



HOW DO WE WELCOME BREASTFEEDING?

Reflecting on Your Environment

Please complete, either as a team or independently. There are no right or wrong answers. This tool is intended to help you consider how breastfeeding is welcomed and supported in your program.

For your reference, below are the *Head Start Program Performance Standards* (as of February, 2008) that specifically mention breastfeeding and breast milk.

§1304.23 Child nutrition

(a) Identification of nutritional needs. Staff and families must work together to identify each child's nutritional needs, taking into account staff and family discussions concerning:

(3) For infants and toddlers, current feeding schedules and amounts and types of food provided, including whether breast milk or formula and baby food is used; meal patterns; new foods introduced; food intolerances and preferences; voiding patterns; and observations related to developmental changes in feeding and nutrition. This information must be shared with parents and updated regularly;

(e) Food safety and sanitation.

(2) For programs serving infants and toddlers, facilities must be available for the proper storage and handling of breast milk and formula.

§ 1304.40 Family partnerships

(c) Services to pregnant women who are enrolled in programs serving pregnant women, infants, and toddlers.

(3) Grantee and delegate agencies must provide information on the benefits of breast feeding to all pregnant and nursing mothers. For those who choose to breast feed in center-based programs, arrangements must be provided as necessary.

1. How does your program currently comply with the *Standards* related to breastfeeding and breast milk?
2. How are positive messages about breastfeeding communicated to staff?
3. How are positive messages about breastfeeding communicated to families?
4. How are positive messages about breastfeeding communicated to children?
5. Are there signs at the entrance or in the waiting room of your program that let mothers know that they are welcome to breastfeed in the program?

YES

NO

6. Are there easy-to-understand pamphlets or materials (not produced and distributed by formula companies) describing breastfeeding available to families?
 YES **NO**
- 6A. If yes, where and how are they distributed?
- 6B. If yes, do they reflect the cultural diversity of the families served by your program?
 YES **NO**
7. Are there posters and materials posted around the program site with positive messages about breastfeeding and photos of mothers breastfeeding their children?
 YES **NO**
- 7A. If yes, do the images and materials reflect and respond to the cultural diversity of the families served by your program?
 YES **NO**
8. How is information on the benefits of breastfeeding provided to expectant fathers and extended family members?
9. How are staff supported if they choose to breastfeed?
10. Is there a space available where mothers can breastfeed their child if they request a separate space?
- 10A. Is it private? **YES** **NO**
- 10B. Is it clean? **YES** **NO**
- 10C. Is it comfortable? **YES** **NO**
11. How are families educated about breastfeeding during pregnancy in your program?
12. We know that the first few days after birth are very important to breastfeeding. How do you prepare families with information to help them advocate for themselves at the birthing center or hospital after the baby is born?
13. How soon after birth do you contact or visit families?
14. If an enrolled mother decides to breastfeed, what kind of support is provided by your program after the baby is born?
15. During nutrition/feeding presentations or discussions how are breastfeeding and breast milk included?

16. How is breastfeeding and information about breast milk included in nutrition/feeding materials?
17. Is there a breast pump available onsite? **YES** **NO**
- 17A. If yes, how often is it sterilized?
- 17B. If yes, are individual pumping kits made available to each woman?
 YES **NO**
- 17C. If breast pumps are not available, where would you send a breastfeeding woman who needs one?
18. Is refrigerator and freezer space made available for labeled, pumped human milk as needed?
19. Are all staff trained on the benefits of breastfeeding and techniques for handling and storage of human milk? **YES** **NO**
- 19A. If yes, how?
20. Is a policy promoting, protecting, and supporting breastfeeding included in program policies? **YES** **NO**
- 20A. If yes, how is it shared with families and staff?
21. Consider your community partners. Have you established community partnerships with agencies who can offer your program and families support and information around breastfeeding? **YES** **NO**
- 21A. How is lactation support represented on your Policy Council?
- 21B. How is lactation support represented in your Health Services Advisory Committee?
- 21C: How do you share information around breastfeeding with community partners providing prenatal care to families?
- 21D: How is a family's decision to breastfeed communicated to obstetricians, midwives, pediatricians, the hospital, the birthing center, or other partners serving the family during or after birth?
- 21E. Who else, in your community, can offer breastfeeding information to your program and/or lactation support to the families you serve?

