

A center that is Breastfeeding Friendly:

- Provides an atmosphere that welcomes breastfeeding families
- Helps mothers continue to breastfeed when they return to work or school
- Makes breastfeeding resources available to parents
- Feeds infants on demand and coordinates feeding times with parent's schedule
- Trains staff so they are able to support breastfeeding parents
- Has a written breastfeeding policy

If you think your center is Breastfeeding Friendly, complete the following information and the self-assessment on the back. Mail this completed form and a copy of your breastfeeding policy to the address below. Centers that answer “Yes” to all six standards and whose policy supports breastfeeding will be awarded a certificate, which designates them as a Breastfeeding Friendly Child Care Center. The certificate expires after 2 years and you will need to complete another self-assessment at that time.

If you are not ready to apply yet and you would like more information on becoming a Breastfeeding Friendly Child Care Center, contact CACFP at the address below.

CACFP Agreement #: _____

Sponsor Name: _____

Center Name (if different): _____

Center Address: _____

City: _____ State: _____ Zip: _____

Number of infants (under 12 months of age) currently in care: _____

Contact Information:

Carla Wallin
NYSDOH CACFP
217 S. Salina Street, 3rd Fl
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Breastfeeding Friendly Self-Assessment

1. *Our center provides an atmosphere that welcomes breastfeeding families.* Yes ___ No ___

There are breastfeeding posters on display and a quiet comfortable place that mothers can feed their babies or express breast milk. The center encourages mothers to visit and breastfeed during the day, if their schedules permit. Center employees are also encouraged to breastfeed their infants in care.

2. *Our center helps mothers continue to breastfeed their babies when they return to work or school.* Yes ___ No ___

Parents are told about the center's policies and services regarding breastfeeding. The center's information packet for new families includes information on breastfeeding.

3. *Our center has accurate written materials on breastfeeding topics available for all parents.* Yes ___ No ___

Staff is familiar with written materials and available community resources (support groups, lactation consultants) and refers moms as appropriate.

4. *Our center feeds infants on demand and coordinates feeding times with the mother's normal feeding schedule.* Yes ___ No ___

Breastfed babies do not receive food or drink (other than breast milk) unless indicated. Parents are asked what they want the center to do if mom will be late and their baby is hungry or the supply of breast milk is gone.

5. *Our center trains all center staff so they are able to support breastfeeding.* Yes ___ No ___

Center staff conveys a positive attitude that moms can return to work and continue to breastfeed and that the center can help them. Staff is trained about the benefits of breastfeeding, preparation, storage and feeding of breast milk and resources available for staff and parents.

6. *Our center has a written policy that reflects the center's commitment to breastfeeding.* Yes ___ No ___

Staff is familiar with the policy and it is available so that staff can refer to it.

Enclosed is a copy of our center's Breastfeeding Policy.

Print Name of Center Director: _____ Phone: _____

Signature of Center Director _____ Date: _____

E-mail address: _____