

**Breastfeeding-friendly day care homes:**

- Welcome breastfeeding moms and families
- Help moms breastfeed their babies after they go back to work or school
- Feed babies on demand and work to match feeding times with parent schedules
- Has trained staff to support breastfeeding parents
- Make breastfeeding information available to all parents
- Post the Breastfeeding-Friendly Certificate for families to see

***If you think your day care home is Breastfeeding Friendly***

- ***Fill out the area below***
- ***Answer the self-assessment questions on the back***
- ***Check YES to #7 if you want your day care home advertised as breastfeeding friendly***
- ***Give the completed form to your CACFP Sponsor***

Day care homes that answer “Yes” to all 6 Standards receive a certificate from the New York State Department of Health which states they are a Breastfeeding-Friendly Day Care Home. The certificate expires after 2 years. You will need to complete another self-assessment at that time.

If you are not ready to apply now and you want more information about becoming a breastfeeding-friendly day care home, call your Sponsor.

Name of Provider: \_\_\_\_\_

Day Care Home Name (if different): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Name of CACFP Sponsor: \_\_\_\_\_

Number of infants (under 12 months of age) now in care: \_\_\_\_\_

CACFP Sponsor-Provider Number: \_\_\_\_\_

For More Information on Breastfeeding,  
visit CACFP’s Website  
[www.nyhealth.gov/nutrition](http://www.nyhealth.gov/nutrition)



**Breastfeeding Friendly Self-Assessment**

1. *My day care home is a place where breastfeeding families are welcome.* Yes\_\_\_ No\_\_\_

Mom can sit in a quiet and comfortable place to feed her baby or pump breast milk. A breastfeeding poster is on display. Moms are welcome to visit and breastfeed during the day if they can, or at the end of the day. My assistants are also encouraged to breastfeed their babies while in care.

2. *My day care home helps moms breastfeed their babies after they go back to work or school.* Yes\_\_\_ No\_\_\_

We tell parents that my day care home can help them continue breastfeeding their babies when they are working or going to school. My day care home has information for families about breastfeeding when they first enroll their baby in my day care home.

3. *My day care home has accurate written materials about breastfeeding to give all parents.* Yes\_\_\_ No\_\_\_

I understand the written materials about breastfeeding. I can tell moms about community resources like breastfeeding support groups, or lactation consultants. I can refer moms as needed.

4. *My day care home feeds infants on demand and works to match feeding times with mom's normal feeding schedule.* Yes\_\_\_ No\_\_\_

We only give babies breast milk unless the parents tell us other food or drink can be given. Parents are asked what they want the day care staff to do if Mom arrives late to breastfeed and her baby is hungry, or if the breast milk supply is gone.

5. *My day care home makes sure assistants can support breastfeeding moms.* Yes\_\_\_ No\_\_\_

All my day care staff has a positive attitude and believes my day care home can help moms go back to work and breastfeed their babies. I am trained about the benefits of breastfeeding, preparation, storage and feeding of breast milk and resources available for parents.

6. *My day care home will post the Breastfeeding-Friendly certificate to show my commitment to breastfeeding.* Yes\_\_\_ No\_\_\_

7. *I agree to have my day care home contact information included on the Breastfeeding Friendly Child Care listing at [www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon](http://www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon).* Yes\_\_\_ No\_\_\_  
*Note: you will receive a certificate to post in your home even if you do not want to be listed on the website.*

Signature of Provider \_\_\_\_\_ Date: \_\_\_\_\_