

# BREASTFEEDING SUPPORT

## how to support breastfeeding families

Child care providers play a critical role in helping mothers achieve their breastfeeding goals. Take some time to closely review the strategies and documents in this section to understand how you can best support mom and baby in successfully breastfeeding.

**Bolded items** mean there is a supporting handout in this section!

- Implement the practices outlined in **Are You Interested in Becoming a More Breastfeeding-friendly Child Care?**
- Understand the benefits of breastfeeding for mother, child, and your child care program using **The Basics of Breastfeeding Support.**
- Let families know your child care program supports breastfeeding by posting the **Breastfeeding Welcome Here** sign.
- Understand how to best care for breastfed babies using the **Caregiver's Guide to the Breastfed Baby.**
- Ensure quality and safety of breastmilk by posting and sharing with families **Safely Storing Breast Milk.**
- Create a policy that supports breastfeeding moms using the **Sample Breastfeeding Policy for Child Care Programs.**

Feeding a breastfed baby is very different than feeding a formula-fed baby. Be sure and read **The Caregiver's Guide to the Breastfed Baby** to learn more.