

# Supporting Breastfeeding Mothers and Infants in Child Care Centers



## Breastfeeding in the CACFP

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Oct. 12, 2017

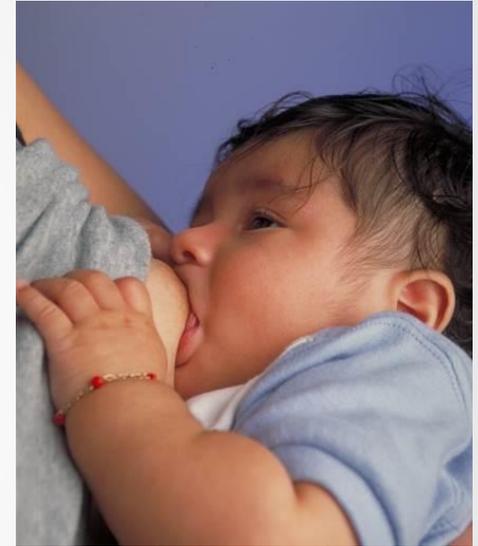
Kristal Dail, MPH- Child and Adult Care Food Program (CACFP) Specialist

Emily Woody, RDN, IBCLC, LD, CLC- Public Health Nutritionist,  
Breastfeeding Coordinator, DC WIC State Agency



# Updated CACFP Nutrition Standards

- Encourages and Supports Breastfeeding
  - Meals are reimbursable when a breastfeeding mother breastfeeds on site
  - Only breastmilk and infant formula are served to infants 0 through 5 month olds
  - Better align the CACFP with WIC and other USDA Child Nutrition Programs



# Breastfeeding Supplies

- Centers can use reimbursement to help purchase equipment related to food
  - Example: Breastfeeding supplies



## CACFP Infant Meal Pattern

	0-5 Months	6-11 Months
Breakfast	4-6 fl. oz. breastmilk or formula	<p>6-8 fl. oz. breastmilk or formula</p> <p>0-4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-8 oz. yogurt; or a combination</p> <p>0-2 tbsp. vegetable, fruit or both</p>
Lunch or Supper	4-6 fl. oz. breastmilk or formula	<p>6-8 fl. oz. breastmilk or formula</p> <p>0-4 tbsp. infant cereal, meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-8 oz. yogurt; or a combination</p> <p>0-2 tbsp. vegetable, fruit or both</p>
Snack	4-6 fl. oz. breastmilk or formula	<p>2-4 fl. oz. breastmilk or formula</p> <p>0- ½ bread slice; or 0-2 crackers; or 0-4 tbsp. infant cereal or ready-to-eat cereal</p> <p>0-2 tbsp. vegetable, fruit or both</p>



# Breastfeeding Infants

- Promote breastfeeding by allowing reimbursement when a parent/guardian supplies expressed milk or breastfeeds on-site
- Documenting On-Site Breastfeeding
  - Recording the total amount a mother breastfeeds her infants is not required
- Acceptable ways to document
  - Breastfed on-site by meal
  - Mother on-site by meal





# Breastfeeding Infants

- Breastfeeding is allowed on the premises of the center/home or in the car if the mother wishes
- If breastfeeding infants receive a combination of breastmilk and infant formula, the meal is still reimbursable
- For Parents/Guardians who provide breastmilk for infants 6-11 months, the center or daycare home must provide the rest of the meal components for the meal to be creditable
- If the mother is an employee, then the meal is still reimbursable whether on the clock or not



- Feed Infants on Demand
  - Avoid strict schedules and force feeding
- As long as the infant is offered the minimum required serving size of expressed breastmilk the meal is reimbursable
  - If infant exhibits signs of hunger after initial feeding, additional breastmilk should be offered
  - Any leftovers should be properly stored





# Benefits of Breastfeeding for Baby

- Changes with baby's needs
- Builds immunity
- Antimicrobial properties
- Easy to digest
- Less constipation and diarrhea
- Spit up less
- Increases physical contact
- Reduces risk of :
  - Respiratory & GI infections
  - SIDS
  - Allergies
  - Celiac disease
  - Inflammatory bowel disease
  - Obesity
  - Diabetes





# Benefits of Breastfeeding for Mom

- Bonding with baby
- Decreased post-partum depression
- Prevents excessive bleeding after birth
- Uterus returns to normal size faster
- Miss fewer days from work because infant is sick less often
- Decreased risk of type 2 diabetes & some cancers
- Burns calories
- Less expensive





# Breastfeeding Challenges

- Not recommended for:
  - Mothers taking certain medications
  - Mothers with history of substance abuse
  - Mothers with HIV
  - Babies with certain metabolic disorders
- Challenges:
  - Inadequate training and support to start
  - Cost of pumping supplies
  - No time, space, or storage for pumping



# Breastfeeding Area

- Private area:
  - Small room or office (4' by 5')
  - Part of larger room partitioned with curtains or screens
  - Not a restroom!
- Near electrical outlet and sink
- Comfortable chair
- Table for pumping equipment
- Disinfectant wipes





# Preparing and Storing Breast Milk in Child Care

- Breast milk does not look like cow's milk or formula
  - Naturally separate, fat layer on top
  - In spite of appearance, breastmilk is rich and nutritious
- Gently swirl bottles of breast milk that have been refrigerated, frozen or thawed
  - Breastfed babies need to eat frequently
  - Look for hunger cues, such as rooting, sucking of hands, opening of mouth
  - Occasionally, breastfed babies may have trouble accepting the bottle
  - Watch for six to eight wet diapers during the day
  - Frequent, loose daily stools are normal for breastfed babies in the first two months





# Preparing and Storing Breastmilk in Child Care

- Bottles of expressed breastmilk must be stored in a refrigerator kept at 40 Fahrenheit (4.4 Celsius) or below
- Use bottles of breastmilk only for the baby for whom they are intended
- To prevent spoiling, do not allow bottles of breastmilk to stand at room temperature.
- Rotate frozen breastmilk, using the oldest milk first.
- Protect breastmilk in an air-tight container (hard plastic bottles are recommended) while in the freezer
- Wash skin on which breastmilk has spilled with soap and water immediately



# Preparing and Storing Breastmilk

- Thaw a bottle of frozen breastmilk in the refrigerator or hold it under running cold water. Thaw only as much frozen breastmilk as you think a baby will need for a feeding
- If breastmilk has a bad odor after thawing, it may have spoiled and should be thrown out.
- Once thawed, do not refreeze breastmilk
- For those babies who prefer a warm bottle, hold the bottle under running warm (not hot) water immediately before feeding the baby
- Warm only as much breastmilk as you think a baby will need for a feeding, feed breastmilk immediately after warming



# DC Child Development Center Licensing Regulations

- After each feeding, discard any unused breast milk, if less than one ounce, otherwise return remaining breast milk to the mother
- Each bottle or container of breast milk provided by the parent or guardian shall be:
  - Labeled with the child's first and last name and the date of receipt
  - Refrigerated immediately upon arrival to the facility
- Fluid breast milk may be held for feeding for no more than **24 hours**
- Frozen breast milk may be held in a frozen state for no more **than two months**
- Microwaving of breast milk is **not allowed**
- A Licensee shall provide a comfortable and secluded location where mothers may breast-feed their children on-site



# Breastmilk from a Cup

- Discuss with the parents when they would like you to feed breastmilk or infant formula from a cup
  - Babies are usually ready around 8 months of age
- Babies usually consume less breastmilk or formula from the bottle as their eating of solid foods and drinking from a cup increases.





# Tips for Promoting Breastfeeding

- Have a written breastfeeding policy that promotes a breast-feeding friendly environment and is routinely communicated to all staff
- Ensure that all staff are trained in the skills necessary to implement breastfeeding policy and do not tolerate discrimination against breastfeeding mothers
- Ensure that all staff are trained in the proper handling and feeding of each milk product, including human milk or infant formula
- Infant formula should not be used for a breastfed infant without the mother's written permission





# Tips for Promoting Breastfeeding

- Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
- Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birth center
- Provide culturally appropriate breastfeeding materials including community resources for parents/guardians that include appropriate language and pictures of multicultural families to assist families to identify with them



# The Special Supplemental Food Program

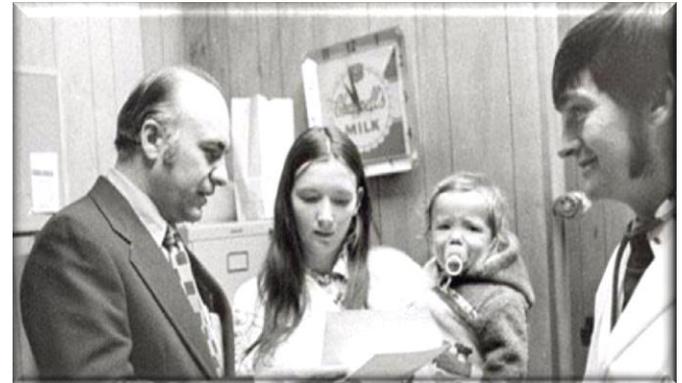
For Women, Infants and Children (WIC)





# What is WIC?

- A supplemental food and nutrition education program.
- Safeguard the healthy of low income women, infants and children up to age five who are at nutritional risk.





## Who does WIC serve?



Women who are pregnant, breastfeeding or have recently had a baby.

Infants under 12 months old



Children under 5 years of age



# What are the eligibility requirements?

- Category
- Residency
- Income
- Nutritional Risk

# What does WIC provide?

- Checks to buy healthy foods
- Nutrition education and counseling
- Breastfeeding education and support
- Referrals



Photo Credit: [www.wicworks.fns.usda.gov](http://www.wicworks.fns.usda.gov)



# Breastfeeding education and support

WIC provides:

- Anticipatory guidance, counseling and education materials
- Expanded food package
- Longer certification than non-breastfeeding moms (one year)
- Breastfeeding aids such as breast pumps, nursing pads, etc.
- Breastfeeding peer counselors
- Access to a Lactation Consultant (IBCLC)



## Referring to WIC

- Call local WIC site to make an appointment:
- List of WIC sites: <https://doh.dc.gov/service/wic-sites-dc>

OR

- Call: 1-800-345-1WIC



## Breastfeeding Resources:

- La Leche League of DC (<http://www.lllofmd-de-dc.org/>)
- Mocha Moms  
(<http://www.mochamoms.org/chapters.html?state=Washington%20D.C>)
- East of the River Lactation Support Center  
(<http://dcbfc.org/EastRiverLactation/>)
- Breastfeeding, Lactation, Education and Support Services (B.L.E.S.S. @ Howard University Hospital)  
(<http://huhealthcare.com/healthcare/hospital/departments/pediatrics/support-groups>)
- Breastfeeding Center for Greater Washington  
(<http://breastfeedingcenter.org/>)
- DC Breastfeeding Coalition (<http://dcbfc.org/>)



# Women in the Workforce

- Mothers are the fastest-growing segment of the workforce.
- 70% of employed mothers with children younger than 3 years work full time.
  - One-third of these mothers return to work within 3 months.
  - Two-thirds return within 6 months.
  - Lower rates of breastfeeding initiation and shorter duration.



# Child Care Settings: How to Support Breastfeeding

Breastfeeding Coalition of Oregon: How to Support Breastfeeding Mothers & Families

Youtube Link:

<https://www.youtube.com/watch?v=IpDDxnbin7c&feature=youtu.be>