

# **Feeding Infants in the CACFP: *Creating a breastfeeding-friendly space in a childcare site***

## **Trainer's Guide**

Information in this lesson comes from chapter 2 of the *Feeding Infants in the CACFP* care provider's guide. In this lesson, participants will review the benefits of breastfeeding and the best practices for creating a breastfeeding-friendly environment.

### **I. Lesson Description**

*Creating a breastfeeding-friendly space in a childcare site* lesson takes 28 minutes. It includes a post-test which is included in the PowerPoint presentation. The lesson will include the sections below:

- Introduction
- Creating a breastfeeding-friendly space in a childcare site
- Summary
- Knowledge Check
- Conclusion

### **II. Learning Objectives**

At the end of this lesson, participants should be able to:

- Summarize the benefits of breastfeeding for babies, mothers and their families
- Describe best practices for creating a breastfeeding-friendly environment
- Give examples of items that can be used in a breastfeeding-friendly environment

### **III. Materials and Equipment**

Materials and equipment needed for the lesson:

- Computer, projector and screen
- CACFP video – Providing support to breastfeeding mom
- *Creating a breastfeeding-friendly space in a childcare site* PowerPoint presentation
- Pencils and notepads

## IV. Lesson Outline

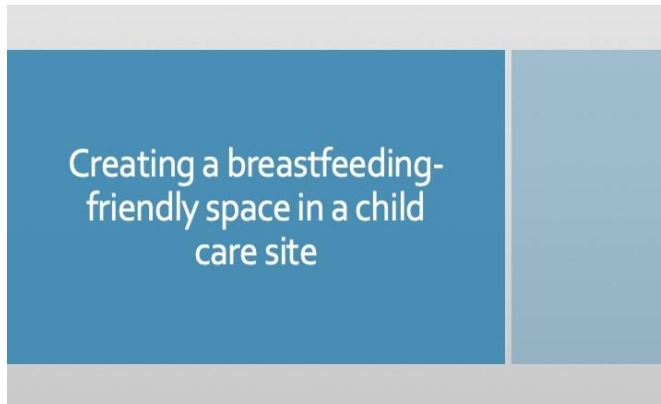
- I. Introduction (5 minutes)
  - A. Welcome and Trainer Introduction
  - B. Overview of Agenda and Learning Objectives
- II. Providing support to breastfeeding mothers (3 minutes)
  - A. CACFP video (Providing support to breastfeeding mom)
- III. Importance of supporting breastfeeding (15 minutes)
  - A. Benefits of breastfeeding
  - B. What is so good about breastfeeding?
  - C. Supporting families of breastfed families
  - D. Local resources
- IV. Breastfeeding-friendly environment best practices (10 minutes)
  - A. Creating a welcoming environment
  - B. Activity
  - C. Items used in a breastfeeding-friendly environment
- V. Summary of Key Concepts (2 minutes)
- VI. Knowledge Check (6 minutes)
- VII. Q&A (5 minutes)

The *Creating a breastfeeding-friendly space in a childcare site* training will take approximately 46 minutes including the Introduction, Summary, Knowledge Check and Q&A. The total time for the lesson will be approximately 28 minutes excluding the Introduction, Summary, Knowledge Check and Q&A.

## V. Lesson Content

### Introduction

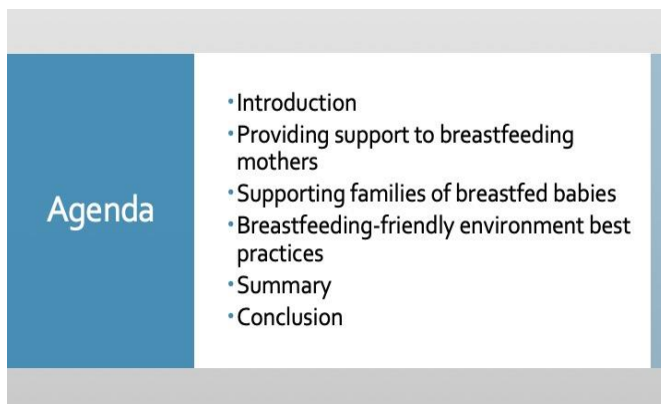
#### **[SLIDE 1]** - Welcome



Welcome participants to the training and introduce yourself and state:

- Your name
- Your position
- Your experience as a facilitator and/or with infant nutrition

#### **[SLIDE 2]** - Agenda



This training will provide tips for creating a breastfeeding-friendly environment. The topics that will be covered in this training are:

- Providing support to breastfeeding mothers
- Importance of supporting breastfeeding
- Breastfeeding-friendly environment best practices
- Summary
- Conclusion

### [SLIDE 3] - Lesson Objectives

Learning Objectives

At the end of this course, participants should be able to:

1. Summarize the benefits of breastfeeding for babies, mothers and their families
2. Describe best practices for creating a breastfeeding-friendly environment
3. Give examples of items that can be used in a breastfeeding-friendly environment

At the end of this course, participants should be able to:

- Summarize the benefits of breastfeeding for babies, mothers and their families
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- Give examples of items that can be used in a breastfeeding-friendly environment

## Providing support to breastfeeding mothers

### [SLIDE 4] - Video

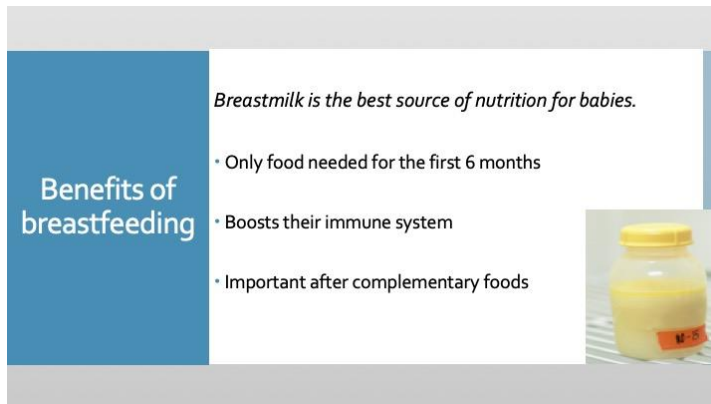
Providing support to breastfeeding mothers

- CACFP video (Providing support to breastfeeding mom)

Trainer Note: Play CACFP video (Providing support to breastfeeding mom)

## Importance of supporting breastfeeding

### [SLIDE 5] - Benefits of breastfeeding



Benefits of breastfeeding

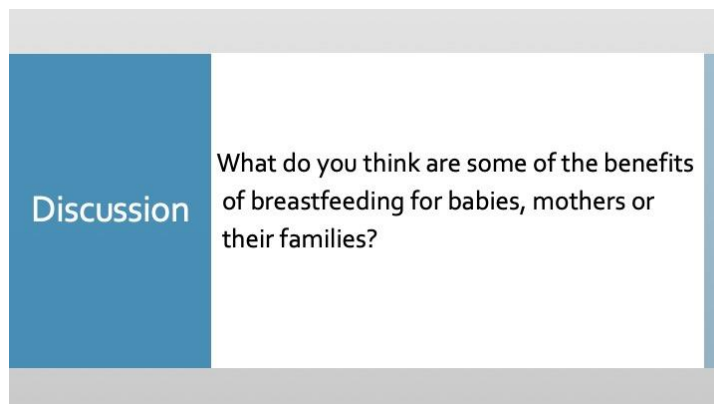
*Breastmilk is the best source of nutrition for babies.*

- Only food needed for the first 6 months
- Boosts their immune system
- Important after complementary foods

Breastmilk is the best source of nutrition for babies.

- It's the only food healthy babies need for about the first 6 months of their lives but they should continue to receive breastmilk until their first birthday or longer
- It's easy to digest and helps keep babies healthy by boosting their immune system
- A mother's breastmilk is made for her baby and contains just the right amount of nutrients
- Breastmilk is still important for babies even after solid foods (also known as complementary foods)

### [SLIDE 6] - Discussion



Discussion

What do you think are some of the benefits of breastfeeding for babies, mothers or their families?


*Trainer Note:* Ask the participants what they think are some of the benefits of breastfeeding for babies, mothers or their families. Advise them that their responses can either be based on their own personal experiences with breastfeeding. Have them raise their hand to answer. Let 2-4 people answer and then review the list on the next slide.

## [SLIDE 7] - What is so good about breastfeeding?

	Benefits for Babies	Benefits for Mothers	Benefits for Families
<b>What is so good about breastfeeding?</b>	<ul style="list-style-type: none"><li>• <b>Breastfed babies</b></li><li>• fewer infections that cause vomiting and diarrhea.</li><li>• fewer ear infections.</li><li>• lower risk of Sudden Infant Death Syndrome (SIDS).</li><li>• lower risk of becoming obese.</li><li>• Babies taste different flavors in breastmilk based on what the mother eats. This may help babies accept new flavors from solid foods more easily.</li><li>• Skin-to-skin contact during breastfeeding may help moms and babies bond.</li></ul>	<ul style="list-style-type: none"><li>• <b>Mothers who breastfeed may:</b></li><li>• have less blood loss after childbirth.</li><li>• feel more relaxed.</li><li>• have lower risk of ovarian and certain types of breast cancer.</li><li>• have lower risk of Type 2 diabetes.</li><li>• <b>Skin-to-skin contact during breastfeeding may help moms and babies bond.</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Families with mothers who breastfeed often:</b></li><li>• spend less money because they do not have to buy infant formula.</li><li>• take fewer sick days from work since babies who are breastfed tend to have fewer infections.</li><li>• spend less on doctor's visits since their baby is sick less often.</li><li>• Family members can help with feeding by giving the baby breastmilk that the mother has pumped and put into bottles.</li></ul>

*Trainer Note:* Review the table and items that were not mentioned in the previous discussion.

## [SLIDE 8] - Supporting families of breastfed babies

<b>Supporting families of breastfed babies</b>	<p>While the mother is pregnant you can:</p> <ul style="list-style-type: none"><li>• Share information about breastfeeding</li><li>• Create an inviting space</li></ul> <p>Find the "Breastfed Babies Welcome Here" guide <a href="#">here</a></p>	
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*Trainer Note:* As a child care provider, you can support families of breastfed infants every step of the way. While the mother is pregnant, you can:

### Share information about breastfeeding

- Give the "Breastfed Babies Welcome Here" guide (as seen on the slide) to expectant mothers. This guide provides information about breastfeeding and how child care centers can provide support to mothers even when they return to work or school.

### Create an inviting space

- Tell mothers that you have a private area where they can breast feed their baby, if they choose to do so, when they bring the baby to the child care site, during the day or before leaving the child care site when picking up her baby.
- Hang the "Breastfed Babies Welcome Here" poster to let families know the child care site is breastfeeding friendly. Encourage mothers to ask questions about breastfeeding at the childcare site.

## **[SLIDE 9]** - Supporting families of breastfed babies

Supporting families of breastfed babies

Before mothers return to work or school, you can:

- Encourage them to continue breastfeeding
- Encourage them to prepare to go back to work or school
- Encourage them to talk to their baby's health care provider

Before mothers return to work or school, childcare providers can:

### Encourage mothers to continue breastfeeding

- Let mothers know that your childcare site will support their breastfeeding efforts.
- Let them know that it's best to wait to give a baby a pacifier until he or she gets used to breastfeeding, usually around 1 month of age

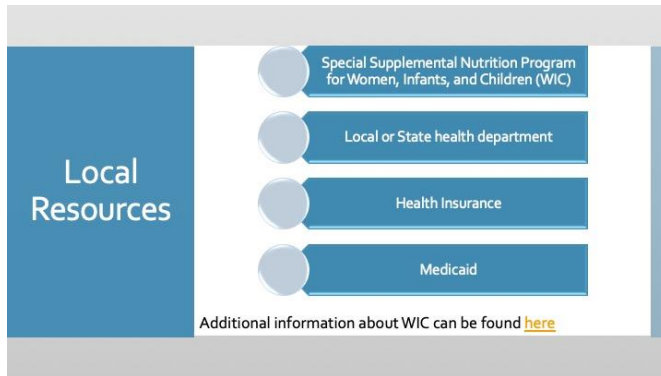
### Encourage mothers to prepare to go back to work or school

- Recommend that they may want to try expressing or pumping their breastmilk several weeks before they go back to work or school and when she is not breastfeeding her baby directly. Nursing and pumping often helps mothers keep up their milk supply.
- Suggest that families get the baby used to taking breastmilk from a bottle that is offered from someone other than the mother 2 weeks before the baby starts childcare.

### Encourage mothers to talk to their baby's health care provider

- Parents should speak to their baby's health care provider regularly to be sure their baby is getting the food and nutrients they need as they develop.

## [SLIDE 10] - Local resources

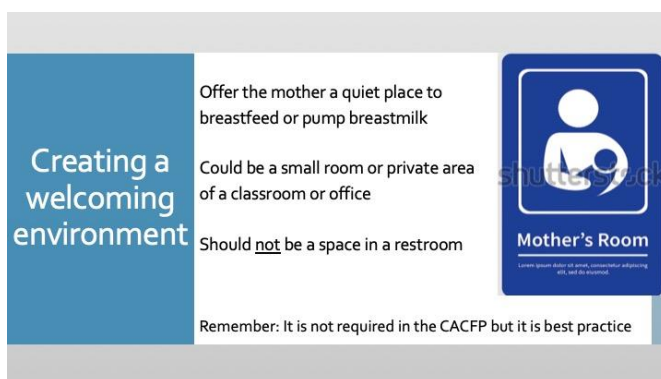


**Trainer Note:** Explain to the participants that there are several local resources available to her to help her with her breastfeeding endeavors.

- If a mother participates in the Special Supplemental Nutrition Program for Women, Infants, and Children (also known as WIC), they can contact their local WIC nutritionist, peer counselor or support group for advice and help with breastfeeding
- Mothers can find a breastfeeding specialist through the local or State health department, local breastfeeding coalition, International Lactation Consultant Association or a local hospital
- Some insurance plans may cover the cost of breastfeeding counseling and breast pumps. Encourage mothers to call their insurance providers to see if they offer those benefits.
- Depending on the State they reside in, Medicaid may also cover the cost of breastfeeding counseling and breast pumps.

## Breastfeeding-friendly environment best practices

### [SLIDE 11] - Creating a welcoming environment



Offer mothers a clean, comfortable and quiet place to breastfeed her baby or pump breastmilk. This could be a space in a small room or in a corner of a classroom or office with a privacy screen or curtain. This must not be a space in a restroom. This breastfeeding-friendly space at your childcare site is not required in the CACFP, but it is a best practice.



## [SLIDE 12] - Activity

**Activity**

Make a list of items you think mothers would like to have in a breastfeeding-friendly environment


Time: 15 minutes

Procedure: Pair off participants into groups of two. Have them work in their pair to write a list of items they think mothers would like to have in a breastfeeding-friendly environment. Give them 5 minutes to work on the list of items. Once they have completed the activity, have one person from each pair read their list. Type the lists on a Word document on the computer and display it on the projector. Every time an item is repeated that was already on the list, put a tally mark beside it. Once all of the pairs have read their lists, compare which items have the most tally marks, if any.

## [SLIDE 13] - Items used in a breastfeeding-friendly environment

**This space can include:**

- Drinking water
- A sink
- A pillow
- Disinfectant wipes
- A table
- An electrical outlet
- A foot stool
- A comfortable chair

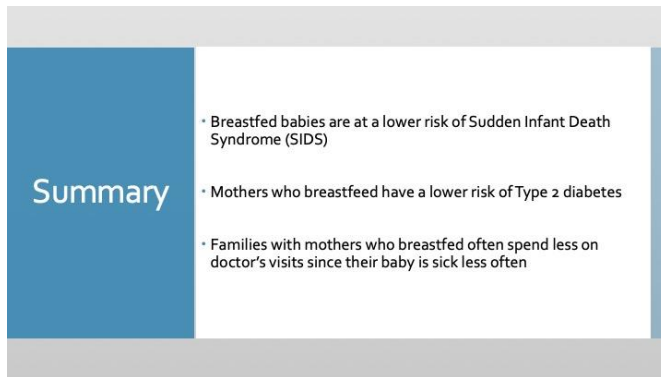


Trainer Note: Explain that the breastfeeding-friendly space can include:

- Drinking water for mom
- A sink to wash her hands and the pumping equipment
- A pillow to support the baby
- Disinfectant wipes to clean up before and after pumping
- A table to place her pumping equipment
- An electrical outlet for the breast pump
- A stool for mom's feet to help support her back while nursing
- A comfortable chair, such as a rocking chair

## Summary of Key Concepts

### [SLIDE 14] - Summary

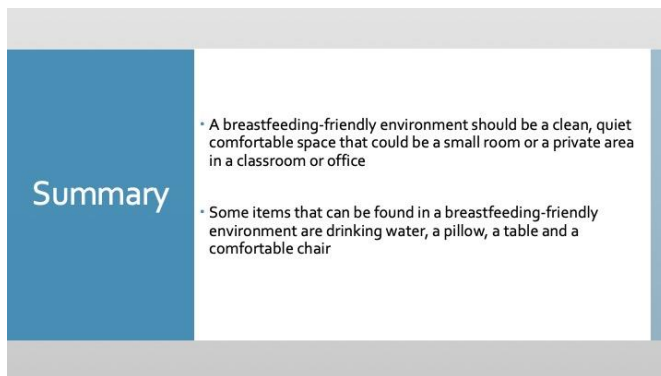


Summary

- Breastfed babies are at a lower risk of Sudden Infant Death Syndrome (SIDS)
- Mothers who breastfeed have a lower risk of Type 2 diabetes
- Families with mothers who breastfed often spend less on doctor's visits since their baby is sick less often

*Trainer Note:* Review the key points listed on slide 14 and give participants time to ask questions if they have any.

### [SLIDE 15] - Summary



Summary

- A breastfeeding-friendly environment should be a clean, quiet comfortable space that could be a small room or a private area in a classroom or office
- Some items that can be found in a breastfeeding-friendly environment are drinking water, a pillow, a table and a comfortable chair

*Trainer Note:* Review the key points listed on slide 15 and give participants time to ask questions if they have any.

## Conclusion

### [SLIDE 16] - Knowledge Check #1

Knowledge Check #1

Which of the following choices is not a benefit of a breastfed baby?

- A. Skin-to-skin contact may help moms and babies bond
- B. Lower risk of diabetes
- C. Lower risk of Sudden Infant Death Syndrome
- D. Fewer ear infections

*Trainer Note:* The answers for the Knowledge Check questions will be shown on the following slide.

Which of the following choices is not a benefit of a breastfed baby?

- A. Skin-to-skin contact may help moms and babies bond
- B. Lower risk of diabetes
- C. Lower risk of Sudden Infant Death Syndrome
- D. Fewer ear infections

### [SLIDE 17] - Knowledge Check Answer #1

Knowledge Check #1

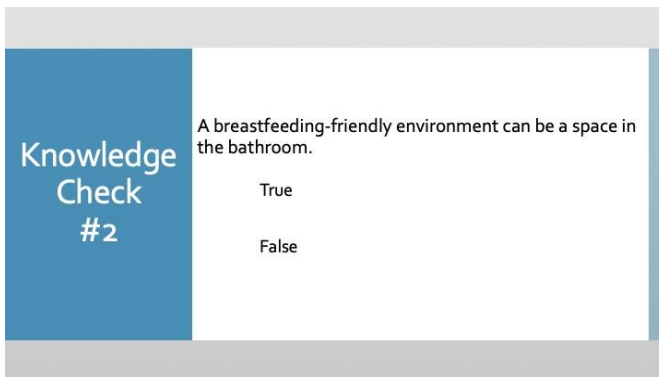
Which of the following choices is not a benefit of a breastfed baby?

**B. Lower risk of diabetes**

*Trainer Note:* This slide will reveal the answer to the question from the previous slide in bold print. The answer will slide up from the bottom of the screen.

The correct answer is B. Lower risk of diabetes. One of the benefits for a breastfeeding mother is a lower risk of Type 2 diabetes but this is not a benefit for a breastfed baby

**[SLIDE 18]** - Knowledge Check #2



Knowledge Check #2

A breastfeeding-friendly environment can be a space in the bathroom.

True

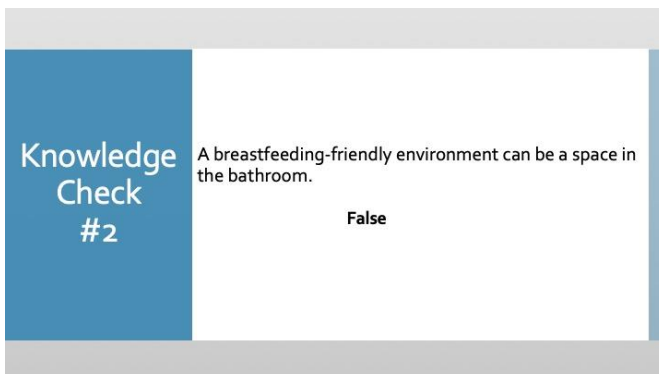
False

A breastfeeding-friendly environment can be a space in the bathroom.

True

False

**[SLIDE 19]** - Knowledge Check Answer #2



Knowledge Check #2

A breastfeeding-friendly environment can be a space in the bathroom.

**False**

*Trainer Note:* This slide will reveal the answer to the question from the previous slide in bold print. The answer will slide up from the bottom of the screen.

The correct answer is False. A breast-feeding friendly environment should not be a space in the bathroom.

**[SLIDE 20]** - Knowledge Check #3

Knowledge Check #3

A mother walks into the breastfeeding space for the first time. What items could she see in this space?

- A. A sink
- B. Disinfectant wipes
- C. A foot stool
- D. All of the above

A mother walks into the breastfeeding space for the first time. What items could she see in this space?

- A. A sink
- B. Disinfectant wipes
- C. A foot stool
- D. All of the above

**[SLIDE 21]** - Knowledge Check Answer #3

Knowledge Check #3

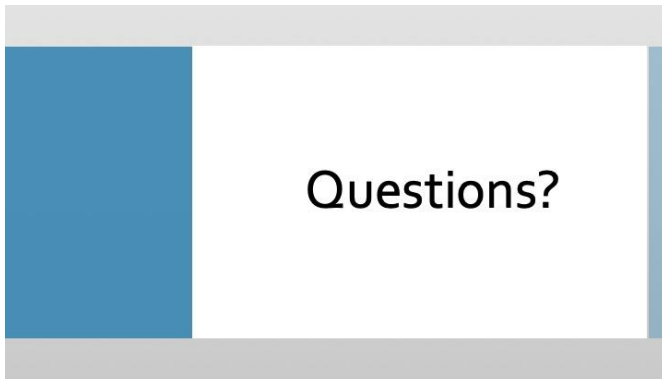
A mother walks into the breastfeeding space for the first time. What items could she see in this space?

**D. All of the above**

*Trainer Note:* This slide will reveal the answer to the question from the previous slide in bold print. The answer will slide up from the bottom of the screen.

The correct answer is D. All of the above. All of these items are things a mother could see in a breastfeeding friendly space.

**[SLIDE 22]** - Conclusion



*Trainer Note:* Spend a couple of minutes to answer any additional questions the participants may have.