

## **Ten Steps to Support Parent's Choice to Breastfeed their Baby in the Child Care Setting**

1. Make a commitment to the importance of breastfeeding, especially exclusive breastfeeding.
2. Train all staff in skills necessary to support breastfeeding.
3. Inform women and families about the importance of and basic management of breastfeeding.
4. Encourage feeding on demand - breast (by mom) or bottle (by caregiver).
5. Show mothers how to pump and maintain lactation, if needed.
6. Be knowledgeable about community resources and refer when needed.
7. Support and follow the mother's breastfeeding plan.
8. Handle and store breastmilk appropriately.
9. Provide a breastfeeding friendly environment.
10. Praise and support mothers to breastfeed for as long as she and baby want.

Adapted from Ten Steps to Support Parents' Choice to Breastfeed Their Baby, AAP Task Force on Breastfeeding