

## Tip Sheets

### Breastfeeding and Child Care Programs

Child care providers who support and have breast feeding-friendly policies, provide babies in their care the best start they can in life.

#### The Benefits to Children

- Breastfed children are less likely to develop diabetes, asthma, childhood leukemia, obesity, and gastrointestinal disease compared to formula fed babies.
- Breastfed children are less likely to experience common ailments such as stomach viruses, ear infections, and respiratory infections.
- Breastfeeding has been shown to lower the risk of Sudden Infant Death Syndrome (SIDS).

#### The Benefits to the Child Care Provider

- Breastfed babies can be easier to care for because they are less prone to spitting up, are sick less often, and are less likely to have constipation or diarrhea. Additionally, their diapers have less odor.
- Breastfeeding provides financial benefits for providers who participate in the Child and Adult Care Food Program (CACFP or The Food Program). Even though there is no purchasing cost for breast milk, The Food Program reimburses child care providers for breast milk meal components served to infants (0 to 11 months of age).
- Policies and environments that support breastfeeding can also be used as an important marketing tool. Parents are increasingly seeking child care programs that support healthy best practices like breastfeeding.

#### How Long Should Children be Breastfed?

- The American Academy of Pediatrics (AAP) and child development experts recommend that infants breastfeed exclusively for the first six months of life.
- After the first six months, the American Academy of Pediatrics (AAP) recommends that breastfeeding continue for the first year of the child's life and beyond as desired.
- The World Health Organization (WHO) recommends breastfeeding through two years of age and beyond.

#### Is Breast Milk a Bodily Fluid?

- No. According to federal workplace safety regulations (OSHA), breast milk is not considered to be a potentially infectious bodily fluid.
- The U.S. Department of Labor has determined that "contact with breast milk does not constitute occupational exposure [to a blood borne pathogen or other infectious material], as defined by the standard."
- In general, providers should use the same safety precautions with breast milk as they would with formula or any other infant food.
- Minnesota's child care center licensing regulations treat breast milk similarly to other infant food, requiring only that "sanitary procedures and practices are used to prepare, handle, and store formula, milk, breast milk, solid foods, and supplements."

## Safe Breast Milk Storage

The Center for Disease Control advises the following for safe breast milk storage:

Human Milk Storage Guidelines				
Storage Location + Temperatures		Countertop/Room Temperature 77°F (25°C) or colder	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Type of Breast Milk	Freshly Expressed or Pumped	Up to 4 hours	Up to 4 days	Within 6 months is best; up to 12 months is acceptable
	Thawed, Previously Frozen	1–2 hours	Up to 1 day (24 hours)	NEVER refreeze human milk after it has been thawed
	Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

## Additional Resources

Breastfeeding and Child Care Programs Meeting Best Practices, Providing Great Service

<http://www.publichealthlawcenter.org/sites/default/files/resources/PHLC-Breastfeeding-and-ChildCare.pdf>

Center for Disease Control

<https://www.cdc.gov/breastfeeding>

For more information, visit [www.inclusivechildcare.org](http://www.inclusivechildcare.org).

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