



# New Mexico Breastfeeding Task Force

## 10 steps to Breastfeeding Friendly Child Care Centers

- 1.** Designate an individual or group who is responsible for development and implementation of the 10 steps.
- 2.** Establish a supportive breastfeeding policy and require that staff be aware of and follow the policy.
- 3.** Establish a supportive worksite policy for staff members who are breastfeeding.
- 4.** Train all center staff to carry out breastfeeding promotion and support activities.
- 5.** Create a culturally appropriate breastfeeding friendly environment.
- 6.** Inform all expectant mothers, new families and visitors about your center's policies.
- 7.** Engage in participatory learning experiences with the children related to breastfeeding.
- 8.** Provide a comfortable place for mothers to breastfeed or pump their milk in privacy, if desired. Educate families and staff that a mother may breastfeed her child wherever they have a legal right to be.
- 9.** Establish and maintain connections with your local breastfeeding coalition and other community resources.
- 10.** Maintain an updated resource list of community breastfeeding services and resources kept in an accessible area for families.

