

Goal: To provide continuing education to childcare center employees and owners on supporting breastfeeding mothers whose babies are in their care.

Participants will:

- **List the lengths of time breastmilk can be kept at differing temperatures.**
- **Name three benefits of breastfeeding for the daycare center.**
- **Name three benefits of breastfeeding to the infant.**
- **Name three benefits of breastfeeding to the mother.**
- **List two reasons giving solids to infants before 4 months of age is not recommended.**

AAP Policy Statement

- Breastfeeding is best.
- Breastfeed exclusively for the first 6 months.
- Breastfeed for at least 1 year.*
- Breastfeed beyond one year for as long "as is mutually desired."

**World Health Organization (WHO) recommends at least 2 years.*



You have a copy of the AAP policy statement in your handouts.

It contains a list of the many benefits of breastfeeding for both mother and infant. It also lists the recommended breastfeeding practices ... when to start, how often, no supplements, follow-up schedule, etc.

Breastmilk is all the infant needs for the first few months of life. Most infants are not physically ready for other foods before 6 months of age. Foods other than breastmilk in the early months can cause allergies (Kojosaari & Saarinen, 1983; Saarinen et al., 1979) and digestive problems (Glaser, 1973).

Infants will take in less breastmilk when solids are introduced earlier than 4 months of age (Auerbach, Riordan, Breastfeeding and Human Lactation 2nd edition). Solids should complement the diet of a baby under a year of age, not replace breastmilk. Breastmilk is the superior food and by starting solids too soon, you are replacing a superior food with an inferior one.

Even a former Surgeon General of the United States (Dr. Antonio Novello) stated that it "was the lucky baby who breastfed well into the second year of life".

Healthy People 2010 Goals

- 75% breastfeeding initiation
- 50% continuing to 6 months
- 25% at 1 year

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Healthy People 2010 Objectives for the Nation contain everything from increasing the use of child restraint seats to numerous objectives on nutrition.

Texas is about average in the nation in its breastfeeding rates. We need to do better. In 1998 the national rates were for all infants:

64.3% in hospital

28.6% at 6 months

In Texas in 1998 for all infants:

63.1% in hospital

24.9% at 6 months

Texas WIC infants:

51.9% in hospital

16.0% at 6 months



Breastmilk and Breastfeeding are the gold standards in infant feeding. All forms of infant nutrition attempt to mimic breastmilk. It cannot be done.

Breastmilk changes to meet the needs of the infant, time of year, time of day, beginning, during and end of the feeding, and contains antibodies to protect the infant from illness and disease, both the infant and the mother have been exposed to.

Benefits to Baby

Reduced risks of:

- Otitis media (ear infections)
- Upper and lower respiratory infections
- Urinary tract infections
- Gastroenteritis (intestinal infections)
- NEC in preemies
- Allergies
- Obesity



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Ear infections are one of the most common reasons for emergency care in infants and young children.

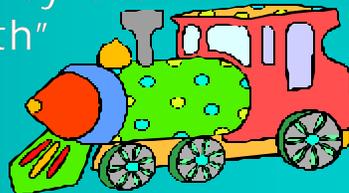
NEC, or necrotizing enterocolitis is a condition that damages the intestinal lining of the baby's gut and sometimes results in parts of the gut dying off. It is the cause of death in many premature babies every year. Infection plays a large part in the cause of NEC. Breastmilk is the best food for premature babies because it fights infection.

Because breastfeeding offers so many health benefits to babies, this results in reduced health care costs and reduced employee absenteeism.

More Benefits to Baby

Reduced risks of:

- Diabetes
- Ulcerative colitis/Crohn's disease
- Childhood leukemia
- Sudden infant death syndrome (SIDS) or "crib death"



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Not only does breastfeeding reduce a baby's risk for diabetes, but breastfeeding is good for a diabetic mother as well. Some women have a lower insulin requirement while they are lactating.

Ulcerative colitis is an ulceration of mucosa of the colon. Crohn's disease is a very painful condition which develops later in life. It is a serious chronic disease of the gastrointestinal tract and causes inflammation of the mucous membrane of the small intestine and colon. It can cause irreversible damage.

Breastfeeding and putting a baby to sleep on his back are two preventive measures against SIDS.

Breastfeeding Saves Money

In the U.S., the health care system would save at least 2-4 billion dollars annually if mothers were enabled to choose and to succeed in breastfeeding for as little as twelve weeks.

Miriam Labbok, M.D.
Medical Researcher
Georgetown University

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Millions of dollars are saved when mothers breastfeed their infants. The cost of not breastfeeding has been calculated in several studies. One study from Best Start found that:

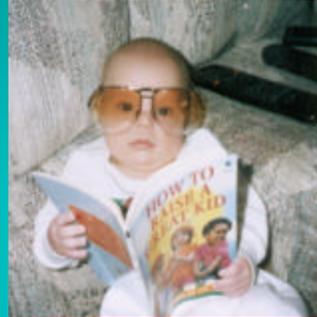
Breastfed children are half as likely to have illnesses within the first year as formula-fed children and are 10 times less likely to be hospitalized for bacterial infection. In the U.S., total treatment costs range from \$4 million to 10.3 million per year.

Breastfed children have a 60% decrease in risk for ear infections compared to formula-fed infants. In the U.S., ear infections cost more than \$1 billion annually in visits to physicians.

--The Potential Health Care Cost of Not Breastfeeding. Best Start, Kentucky: Lexington-Fayette Co. Health Dept. (1993)

More Benefits for baby

- Increases serotonin receptors in the brain
- Enhances brain and IQ development
- Optimizes mother-infant bonding
- Enhances strong jaw and facial development
 - reduces need for orthodontic treatment later on



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Lucas: Breast milk and subsequent intelligence quotient in children born preterm. Lancet 339:261-4, 1992. Lucas controlled for maternal interaction by studying preterm infants who received their mothers' milk via tube feedings and compared them with children who got formula or children whose mothers intended to provide them with breastmilk but did not. Because all the infants were fed only by tube, the effects of breastmilk per se were separate from the normally intertwined effect of intimate maternal contact. The IQ scores of the children fed human milk were 8.5 points higher than those of the groups not fed human milk.

Breastfeeding is strongly recommended for babies with cleft lip, cleft palate or facial anomalies, because breastfeeding will strengthen the jaw and facial structure, help prevent respiratory and ear infections, and strengthen the baby's immune system. Breastfeeding helps reduce speech problems.

Breastfeeding helps improve vision. Because breastfed babies are switched from one side to another during a feeding, this strengthens eye coordination. When you are bottle feeding, you might try switching the baby from one side to another once during the feeding.

Benefits for Mom

- Decreases postpartum bleeding
- Decreases risk of anemia
- Helps in weight reduction
- Reduces risk of breast cancer, especially pre-menopausal
- Reduces risk of ovarian cancer
- May reduce risk of endometrial cancer (of the uterus lining)
- Reduces risk for osteoporosis



What is in it for Mom?

For the mother who works and must be separated from her baby for several hours per day, she has the added reassurance that she is continuing to provide her child with the healthiest nutrition available. When she is with her child, breast-feeding provides a special closeness with her baby.

Breastfeeding Benefits Employers

- Less employee turnover
- Faster return from maternity leave
- Less employee absenteeism
- Happier employee



How can it benefit employers?

All these benefits lead to cost savings for the business, less re-training of employees, and more productive employees.

Breastfeeding Benefits Childcare Centers

- Baby is sick less often.
- Diapers have less odor.
- Baby is happier.
- Breastfed baby spits up less.



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How does it impact the day care center?

- **Breastfed babies and children may be easier to care for.**

Breastfed babies:

- **are less likely to have colic.**
- **have less spitting-up, and if they do spit up, it doesn't smell bad or stain clothes and carpet.**
- **are generally healthier**
- **have less diaper rash**
- **have softer bowel movements which don't smell foul (if baby is exclusively breastfed)**
- **eat a variety of solids and table foods more readily, once solids are begun (around 4-6 months)**
- **are generally more sociable, and reach developmental milestones sooner.**

AAP Recommendations

- Breastfeed for **at least** 12 months
- Provide breast milk even when mom and child are separated
- Encourage family & community support
- Media should portray breastfeeding as the norm
- Employers provide facilities and time

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✎ **That breastfeeding continue for at least 12 months, and thereafter as mutually desired.**

✎ **That arrangements be made to provide expressed breast milk if mother and child must be separated during the first year.**

✎ **That breastfeeding be promoted as a normal part of daily life, and that the AAP encourages family and community support for breastfeeding.**

✎ **That the media be encouraged to portray breastfeeding as a positive norm.**

✎ **That employers be encouraged to provide appropriate facilities and adequate time in the workplace for breast-pumping.**

Support of the Breastfeeding Childcare Employee

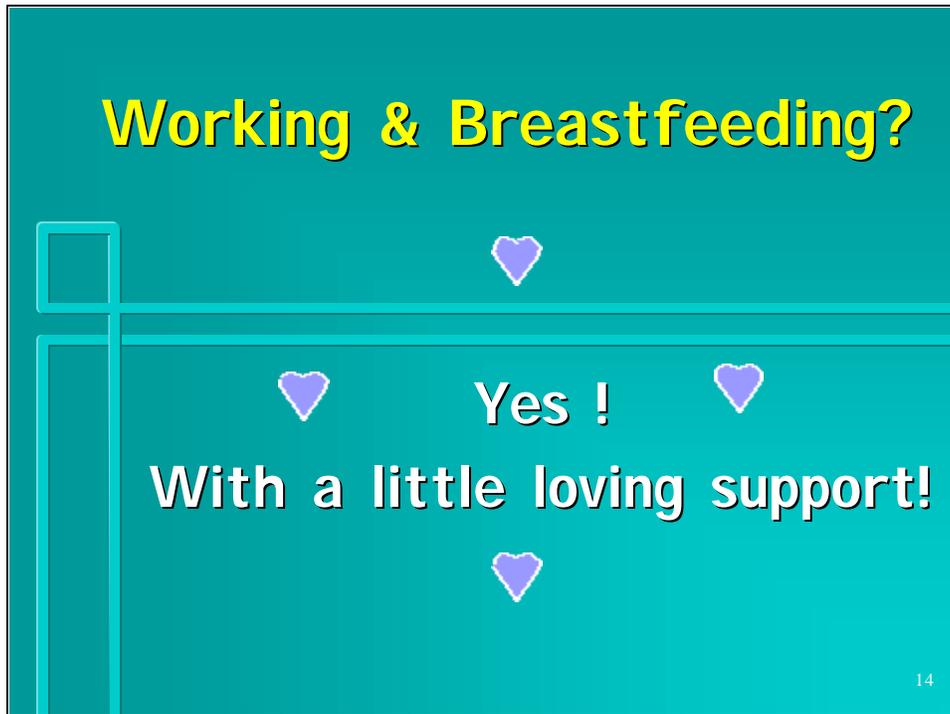
If your childcare center is interested in becoming a Texas Mother-Friendly Worksite, call
(512) 406-0744
for an application packet.

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Texas passed legislation in 1995 which protects mothers who breastfeed. If a mother is in any public place where she has a right to be, she may breastfeed her baby there without being asked to leave.

The legislation encourages businesses to support its breastfeeding employees by providing a place for moms to pump their milk during morning and afternoon breaks or lunch breaks. Any business may apply to become “Mother-Friendly” by filling out an application and returning it to the Texas Department of Health.

You may have employees who work in your childcare center who breastfeed. If your center is interested in applying to be designated as a Texas Mother-Friendly Worksite, you can contact the Texas Department of Health for information: (512) 406-0744.



Show ONE of the following videos:

Another Way of Saying “I Love You.”

This video was produced by the Mississippi WIC program. Some of the moms’ accents are very Southern. Some of these moms are working moms with children in childcare. You will be moved by their testimonials.

OR

The Best Thing/es lo mejor

This video is available in both English and Spanish. Produced by Texas WIC, it gives testimonials from moms who breastfeed, some of whom are working mothers with children in childcare.

Breastmilk Supply

- Supply is consumer driven.
- Breasts make milk while baby is nursing or mom is expressing.
- Pumping schedule:
 - »before work
 - »evening



The baby determines the amount of milk mom produces. The more the baby nurses, the more milk mom makes. The less she nurses or pumps, the less milk she will produce.

Tips for Working Moms

- Mother's milk should be well established before pumping and introducing bottle.
- It takes 3 - 4 weeks of exclusive breastfeeding for mother's milk supply to become well established.
- Let someone else other than mom give baby his/her first bottle.

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Knowledge is power. Being able to share the routine of milk expression with your mothers is another way of being supportive. She may not know anyone else who can help her. You are an invaluable resource. You can provide information and referrals to WIC breastfeeding staff for WIC participants and La Leche League Leaders for all women. For a directory of lactation consultants in your area, check out the Texas WIC web page:

<http://www.tdh.texas.gov/wichd/bf/bf1.htm>

Tips for Working Moms

Before returning to work or school, mom should:

- Talk to a breastfeeding specialist about what type of breast pump would work best for her.
- Begin pumping 2 weeks before returning to work or school.

Breastfeeding
is the
Gold
Standard



Storing That Liquid Gold

■ Temperature

Up to 79° F

Refrigerator

Freezer

Deep freeze

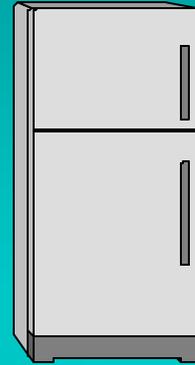
■ Time

4 hours

5 days

3 months

6 months



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Most people think of breastmilk as being very fragile ... that it requires a lot of special handling Not true!

There are properties in breastmilk that actually destroy bacteria.

Handling of Breastmilk

- Refrigerated or frozen, breastmilk separates.
- Heat breastmilk in warm water--
never microwave breastmilk.
- Swirl gently to mix layers back together.
- Thawed breastmilk can be kept in fridge for 24 hours. Do not refreeze.
- It is recommended that leftovers be discarded.

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- **The Centers for Disease Control and OSHA both consider breastmilk to be “food,” not a “body fluid,” so universal precautions are not necessary. Breastmilk may be safely stored in the same fridge as other foods.**
- **Breastmilk will separate. The cream rises to the top and there is a bluish watery layer at the bottom. THIS IS NORMAL!**
- **Do Not Microwave ! This destroys nutritional properties in the milk and heats unevenly—could burn baby’s mouth.**
- **Don’t cook on the stove. Cooking destroys essential protective properties in breastmilk.**
- **If the breastmilk has been previously frozen, you may thaw it by placing the bottle of thawed breastmilk in a container of warm water. It may be kept in refrigerator for 24 hrs. after thawing.**
- **Gently “rock” the bottle back and forth to mix—don’t shake hard as this can destroy some of the components of breastmilk.**
- **Do not refreeze.**
- **It is recommended leftovers be discarded.**

- **By following the simple guidelines above, the babies in your care will be less likely to get sick!**

Breastmilk

Is NOT Classified as A Body Fluid*

- You do **not** need to store breastmilk in a separate refrigerator.
- You do **not** need to wear gloves to give a bottle of breastmilk to a baby.
- You do **not** contaminate breastmilk by touch. Touching breastmilk is not hazardous exposure nor a potential contaminant.

*According to OSHA's and CDC's definitions, breastmilk is classified as "food" and does not require universal precautions for handling body fluids.

Feeding Suggestions for Childcare Worker

- Hold baby close.
- Burp well.
- Use orthodontic nipples.
- Avoid pacifiers for babies under 2 - 3 weeks old.
- Avoid solids before four to six months.
- Try not to feed baby during the last 2 hrs before mom is due to pick up baby—or if you do, just give baby a “snack.”



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- **Tickle the baby’s lips with the bottle nipple. The hole should be on the top. When the mouth opens WIDE, place bottle nipple in the infant’s mouth FULLY. Baby’s lips should be flanged around the largest part of the nipple.**
- **Pacifiers can cause nipple preference or nipple confusion. Avoid the use of pacifiers until breastfeeding is well established. Encourage the baby to find her hand to suck.**
- **Starting solids too early increases chances of allergies, and replaces a superior food with an inferior food.**
- **Mom may want to sit and quietly nurse her baby before she leaves the day care. By postponing a feeding until she gets there, the baby will be interested and hungry when she arrives. If the baby is fussy, try giving him a small amount or “snack” until mom arrives.**
- **Breastfed babies are used to being held close. NEVER prop the bottle! It may take time for the baby to get used to bottle-feeding. Don’t put the baby down for a nap with a bottle. Also, be sure that you place the baby on his back to sleep.**

Other Ways to Be Supportive

- Praise mom for providing the very best nutrition to her baby.
- If possible, provide "nursing nook" in the childcare center where mom can breastfeed her baby.
- Keep 1 bottle of frozen milk for emergencies.
- Keep track of wet, soiled diapers for mom.
- Keep track of amount baby consumes and report to mom.

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- **Praise builds pride and self worth. Encouraging words are welcomed.**
- **A nursing nook can be as simple or as elaborate as you like. What changes could you make in your daycare for providing a quiet, private place for nursing?**
- **It helps to have a little extra breastmilk on hand in times of growth spurts, accidents, and when the infant just seems to need a little more today.**
- **Counting wet and soiled diapers for mom, provides her with necessary information on how well breastfeeding is going. Runny, loose stools are normal in a fully-breastfed baby.**
- **In the first couple of days or weeks, the previously exclusively breastfed infant may seem to consume a lot of milk. This should settle down pretty soon. Remember they have been able to suck for food and comfort at the breast. Bottle-feeding may not give them the amount of comfort sucking they are used to.**

Nutrition and Foods Brought From Home

- Clearly label each child's bottle with child's name and the date the milk was expressed.
- Use the oldest milk first.
- Feed infants expressed breastmilk on demand, unless parent provides other written instructions.
- Staff should wash their hands before and after feeding.

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When you clearly label each infant's bottle, there is less risk of giving the wrong bottle to an infant.

If an infant (no matter what is in the bottle) receives another infant's bottle, always notify the parents.

Baby's Hunger Cues



- Turning head from side to side in search of breast
- Making sucking noises
- Sucking on hand or fist
- Crying is the last cue. Try to feed before this stage.

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Babies should be fed on demand, at the first signs of hunger.

Learn to recognize early signs of hunger.

Things to Remember

- The risks of artificial infant feeding are numerous and can have lifelong implications.
- If breastfeeding is not going well, the solution is to fix the breastfeeding--NOT to "wean to a bottle".
- Most potential problems are easily managed without interrupting breastfeeding.
- A little breastmilk is better than none.
- For help call Mom's Place: **1-800-514-6667**
Or La Leche League: **1-800-525-3243**

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Praise and support the mother in her decisions.

If you have a concern or question about breastfeeding, call the Texas Breastfeeding and Support Hotline or the La Leche League Hotline.



Time for questions.