

Breastfeeding Support in Ohio's Early Care & Education (ECE) Setting



Breastfeeding is good for everyone:

- Protects infants against many childhood illnesses.
- Reduces the risk of SIDS.
- Provides lasting health benefits to both mother and child.
- Contributes to positive maternal self-image.
- Promotes a child's early and secure attachment, which is central to subsequent development.
- Affects children's cognitive and social functioning which significantly impacts school readiness and participation.
- Protects children at risk for adverse early experiences.

The American Academy of Pediatrics (AAP) recommends exclusive breast-feeding for approximately 6 months after birth. Furthermore, the AAP supports continued breastfeeding, along with appropriate complementary foods introduced at about 6 months, as long as mutually desired by mother and child for 2 years or beyond.

ECE Professionals Play a Critical Role in Supporting Breastfeeding

ECE professionals influence the lives and health of the families they serve and can be an important source of support for working mothers who want to breastfeed.

National Regulations for Breastfeeding Support in the Child Care Setting

Caring for our Children: National Health and Safety Performance Standards, 2011: *"The facility should encourage, provide arrangements for, and support breastfeeding."*

Child and Adult Care Food Program (CACFP)

The CACFP meal pattern requirements recommend that child care providers feed babies when they show signs of hunger instead of on a set schedule.

For CACFP questions, contact (877) 644-6338 or visit child.nutrition@education.ohio.gov.

Breastfeeding Equals Monetary Reimbursement

Breastfeeding provides financial benefits for providers who participate in the USDA's Child and Adult Care Food Program (CACFP). CACFP providers receive reimbursement for meals and snacks when the mother has provided pumped breast milk or has breastfed her baby at the child care site even after the child's first birthday.

Head Start/Early Head Start

Head Start Program Performance Standards require breastfeeding education for expectant families and accommodations for breastfeeding children (*Head Start, Early Childhood Learning & Knowledge Center, 2019*).

Head Start programs have opportunities to build strong relationships with families in efforts to:

- Talk with families about breastfeeding.
- Offer accurate information about breastfeeding to help with decision making.
- Provide a welcoming environment supportive of breastfeeding.
- Support families' decisions that make the most sense for them.
- Feed infants and toddlers on demand to the extent possible.



**Department of
Health**

Breastfeeding Program



Ohio Child Care
Resource & Referral
Association

Breastfeeding Support in Ohio's Early Care & Education (ECE) Setting

Ohio Women, Infants & Children, (WIC) Program

Half of the babies born in Ohio are born into WIC-eligible families. WIC provides breastfeeding education and support and early childhood nutrition education. WIC is available in all 88 counties. Ohio WIC is funded through the U.S. Department of Agriculture.

Ohio Law

A woman can breastfeed in any public location where she is legally allowed to be. [ORC 3781.55](#)

Emergency Preparedness Plan

You will need to have a plan in place for breastfed babies in the event of an emergency. The plan should include how you will have their breast milk available and procedures for contingencies when breast milk is not available and infant formula may be offered. The emergency plan should be reviewed with parents.

For additional resources, visit <http://www.usbreastfeeding.org/emergencies>.



Ohio Department of Job And Family Services and Ohio Department of Education, Child Care Licensing Regulations

Breastfeeding Policy

ODJFS Rule: [5101:2-12-07](#) & [5101:2-13-07](#), [Appendix B](#)

Breast Milk Storage and Handling

ODJFS Rule [5101:2-12-23](#) & [5101:2-13-23](#)

ODE Breast Milk Storage and Handling

ODE Rule [3301-37-09](#)

Achieve the Breastfeeding Friendly Child Care Designation

The purpose of the Ohio Breastfeeding Friendly Child Care Designation is to provide ECE professionals with the knowledge and tools to support breastfeeding children, families and employees in their settings. Programs can earn designation by creating and implementing a breastfeeding policy that meets the minimum requirements outlined in the application and by attending an Ohio Approved online training. This designation goes above and beyond licensing requirements.

ECE programs can earn designation by creating and implementing a breastfeeding policy that is inclusive of the following:

- Providing an atmosphere that welcomes breastfeeding families.
- Helping mothers continue to breastfeed when they return to work or school.
- Training all staff in essential breastfeeding knowledge and practices.

Breastfeeding Friendly Designations



Bronze



Silver



Gold

The training, *Supporting Breastfeeding in the ECE Setting*, is available online and at no cost through the [Ohio Professional Registry](#). All program staff should be encouraged to take the training.

For more information or questions, contact breastfeedECE@odh.ohio.gov and/or visit www.odh.ohio.gov/breastfeeding.

Resources

U.S. Department of Health & Human Services — <https://www.womenshealth.gov/breastfeeding/making-decision-breastfeed/#1>

“Supporting Breastfeeding in the ECE Setting” online course — <https://occr.org/>

Breastfed Babies Welcome Here — <https://www.fns.usda.gov/tn/breastfed-babies-welcome-here>

Ohio Breastfeeding Alliance — <http://www.ohiobreastfeedingalliance.org/>

Ohio Women, Infants and Children (WIC) Program — <http://www.odh.ohio.gov/wic>

Ohio Department of Health — <http://www.odh.ohio.gov/breastfeeding>

Adapted with permission from the [Kansas Breastfeeding Coalition](#).