



WV Breastfeeding Friendly Child Care Self-Assessment

Child Care Program: _____

Date: _____

Your Name: _____ Email Address: _____

This self-assessment is to be completed by the program administrator or family child care provider along with the application form for the Breastfeeding Child Care Designation. Answering each question to the best of your knowledge will assist the Infant/Toddler Specialists, Child Care Nurse Health Consultants and Child Care Health Educators in providing your program with the best possible technical assistance to move your program forward to achieving Designation.

Please read each statement and check one of the boxes based on what is currently happening in your program. With the results of the self-assessment, your Infant/Toddler Specialist will assist you in creating a plan of action to complete the Ten Steps to a Breastfeeding Friendly Child Care Designation.

Step 1. Create a policy stating your program's commitment to breastfeeding to share with staff and enrolling families.

A clear statement that the child care program welcomes mothers who breastfeed their babies and provides space for breastfeeding or expressing and storing milk.	☐ Does not exist.	☐ Exist informally, but not written or communicated	☐ Written but not always communicated	☐ Written, readily available and regularly communicated to staff and parents
A list of the health benefits of breastfeeding, including exclusive breastfeeding, for the infant, mother, and family.	☐ Does not exist.	☐ Exist informally, but not written or communicated	☐ Written but not always communicated	☐ Written, readily available and regularly communicated to staff and parents
A plan to assure that all staff are trained in skills needed to support breastfeeding within the first six months of employment and again at time of renewal.	☐ Does not exist.	☐ Exist informally, but not written or followed	☐ Written but not always accomplished	☐ Written, regularly reviewed and followed
A summary of each of the Ten Steps to Breastfeeding Friendly Child Care is included.	☐ Does not exist.	☐ Exist informally, but not written or communicated	☐ Written but not always communicated	☐ Written, readily available and regularly communicated to staff and parents



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Step 2. Train staff in the knowledge and skills needed to promote and support best practice when feeding infants and toddlers.				
Administrators and all staff working in infant and toddler classrooms (under the age of 36 months) have completed <i>Supporting Breastfeeding in Child Care</i> under the self-paced courses in WV STARS demonstrating at least an 80% proficiency on proof of learning.		☐ Not completed	☐ Scheduled but not completed	☐ Completed
Administrators and all staff working in infant and toddler classrooms (under the age of 36 months) have completed <i>WVI/T PD Program: Safe Sleep in Child Care</i> under the self-paced courses in WV STARS demonstrating at least an 80% proficiency on proof of learning.		☐ Not Completed	☐ Scheduled but not completed	☐ Completed
Administrator has completed WVIT I Administration Modules (if employees are attending WVIT I)		☐ Not Applicable	☐ Scheduled but not completed	☐ Completed
All staff working with infants and toddlers under the age of 24 months have completed WVIT I or the first two semesters of ACDS or have completed a college course on infant/toddler development.			☐ Scheduled but not completed	☐ Completed
Annual staff evaluations include a review of breastfeeding support activities.			☐ Annual evaluations are completed, but no review of breastfeeding practices	☐ Annual evaluations are completed with complete review of breastfeeding practices



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Step 3. <i>Inform women and families about the benefits and management of breastfeeding.</i>				
Provide and display copies of culturally appropriate educational materials for understanding, supporting and promoting breastfeeding are:	☐ Not available.	☐ Available, but not displayed	☐ Displayed in several areas.	☐ Displayed in several areas and actively distributed to families
Step 4. <i>Provide learning and play opportunities that normalize breastfeeding for children.</i>				
Toys and books that illustrate nursing babies and animals are:	☐ Not available	☐ Available to some of the children in the program	☐ Available to most of the children in the program	☐ Available to all the children in the program
The interactions between mothers and babies including how they are fed are discussed:	☐ Rarely or never.	☐ Occasionally.	☐ Some of the time, in some of the classrooms.	☐ Often, in all the classrooms



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Step 5. <i>Ensure that all families we serve can properly prepare, label and store breast milk for child care program use.</i>				
Breastfeeding families are instructed on how to properly label and store human milk for use in the child care program.	☐ Rarely or never	☐ Informally, but not in writing	☐ Most families receive written guidelines	☐ All families receive written guidelines, and all breastmilk in the program is properly labeled
Families are told how expressed milk will be handled at the child care program.	☐ Rarely or never	☐ Sometimes	☐ Usually or Always	☐ Always, in writing as well as verbally
Refrigerator and freezer space for storage of expressed human milk is:	☐ Not available	☐ Available on site but not in individual rooms	☐ Available in some but not all infant/toddler rooms	☐ Available in each infant/toddler room
The necessary waiver(s) from child care licensing have:	☐ Not been determined or applied for	☐ Been determined but not applied for	☐ Been applied for but not yet approved	☐ Been applied for and approved



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Step 6. <i>Provide a breastfeeding friendly environment.</i>				
A designated area, other than a bathroom, for mothers to breastfeed their infants or to express milk is;	☐ Not available	☐ Only available upon request	☐ Available but lacks privacy and/or all components of basic needs	☐ Always available with all components of a well-equipped designated breastfeeding area
Breastfeeding mothers are:	☐ Not or rarely encouraged to come to the program to nurse or express milk	☐ Sometimes encouraged to come to the program to nurse or express milk	☐ Often encouraged to come to the program to nurse of express milk	☐ Always encouraged to come to the program to nurse or express milk, including a written invitation in materials provided by the program
Culturally appropriate posters that contain information about breastfeeding and photos of mother and nursing babies are:	☐ None posted	☐ Posted only in infant/toddler rooms	☐ Posted in one public part of the program	☐ Posted in multiple locations within the program.
The necessary waiver(s) from child care licensing have:	☐ Not been determined or applied for	☐ Been determined but not applied for	☐ Been applied for but not yet approved	☐ Been applied for and approved



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Step 7. Support breastfeeding employees.				
Breastfeeding employees are given appropriate breaks so that they may express milk and/or nurse their babies as needed:	☐ Never or rarely	☐ Sometimes, if asked.	☐ Usually	☐ Always
A designated area, other than a bathroom, for employees to nurse and/or express milk is: (This can be the same area available for enrolled families)	☐ Not available	☐ Only available upon request	☐ Available but lacks privacy and/or all components of basic needs	☐ Always available with all components of a well-equipped designated breastfeeding area
Step 8. Ensure that each infant has a feeding plan that supports best feeding practices.				
Written care plans are created with the family at the time of enrollment and are easily accessible.	☐ Does not exist	☐ Is written but is not accessible and not updated.	☐ Is written, accessible but not updated	☐ Is written, accessible and updated every three months
Breastfeeding support is included in care plan.	☐ Not explicitly included.	☐ Written plan created but depends on additional information provided by caregiver.	☐ Usually included with information filled in by parents and caregivers	☐ Always included, covering age-appropriate introduction of solid food, feeding in response to baby's cues, and inviting mother to come to the program to nurse her baby.



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Staff respond to infant feeding cues rather than feeding on a schedule	☐ Not practiced at our program	☐ Is practiced at our program but not discussed with parents.	☐ Is practiced at our program and discussed with some parents.	☐ Always practiced at our program and discussed with all parents.
Mothers are encouraged to introduce solid foods at developmentally appropriate times per their primary care physician's recommendations.	☐ Never or rarely	☐ Sometimes	☐ Usually	☐ Always
Step 9. Contact and coordinate with local skilled breastfeeding support and actively make referrals.				
A list of community breastfeeding resources and support for referral for both families and staff:	☐ Is not available	☐ Exists, but is not readily accessible to families or staff	☐ Exists and is readily accessible to families and staff but is incomplete and/or out of date	☐ Is comprehensive, up-to-date and readily accessible to families and staff
Referrals to community breastfeeding resources are made as needed;	☐ Never or rarely	☐ Sometimes	☐ Usually	☐ Always
After referrals are made, follow-up with families occurs;	☐ Never or rarely	☐ Sometimes	☐ Usually	☐ Always
Step 10. Continue updates and learning about the protection, promotion and support of breastfeeding.				
Breastfeeding information and support materials for families are regularly reviewed and updated as needed.	☐ Never or rarely	☐ Sometimes	☐ Usually	☐ Always
Staff members receive updated research on breastfeeding and milk storage and handling as available.	☐ Never or rarely	☐ Sometimes	☐ Usually	☐ Always



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Our program regularly collects feedback from families and staff regarding our breastfeeding practices and support.	☐ Never or rarely	☐ Sometimes	☐ Usually	☐ Always
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