

Go NAP SACC: Sample text for **Breastfeeding & Infant Feeding Policy**

This document provides guidance and sample policy text to support your adoption of Go NAP SACC best practices related to breastfeeding and infant feeding policy.

Go NAP SACC Policy Best Practices

In order to meet the Go NAP SACC best practices, policies must be written and cover a variety of topics.

The Go NAP SACC breastfeeding best practices recommend having a written policy that addresses:

- Providing space for mothers to breastfeed or express breast milk
- Providing refrigerator and/or freezer space to store expressed breast milk
- Professional development on breastfeeding
- Education for families on breastfeeding
- Breastfeeding support for employees*

* This topic is only required for centers

The Go NAP SACC infant feeding best practices recommend having a written policy that addresses:

- Foods provided to infants
- Infant feeding practices
- Information included on written infant feeding plans
- Professional development on infant feeding and nutrition
- Education for families on infant feeding and nutrition

Written Policies: Many of these topics can be added to your parent handbook. For centers, some may fit better in your staff handbook. As long as the topics are covered in at least one of these documents (or in other related policy documents), your program is meeting the best practice.

Sample Policy Text

You may use the sample text below directly, or edit as needed to express the values and expectations of your program. There are notes throughout to help you do so.

Sample Parent Handbook Text:

Breastfeeding & Infant Feeding

Giving infants a healthy start helps them develop healthy habits for life. Our program is committed to breastfeeding and other developmentally appropriate infant feeding practices.

Providing Breastmilk to Infants

We invite mothers to breastfeed on site and/or provide breastmilk for us to feed to their infants. Mothers may breastfeed enrolled infants at any time during the day in [*name room and any needed specific instructions here*]. Program guidelines regarding the provision of expressed breastmilk are given to all breastfeeding families upon enrollment of an infant. There is always refrigerator space available for daily storage of breastmilk. At the end of each day, we return unused breastmilk to families. We [*do/do not*] provide freezer storage for breastmilk.

Infant Foods

[For programs that provide foods] Around 6 months of age, we work with families to begin introducing solid foods. Our program provides a variety of healthy meals and snacks for infants each day, including iron-rich cereals, pureed/mashed vegetables and/or meats without added salt, and pureed/mashed fruits without added sugar. Families will provide information about known allergies and already introduced foods on the infant “feeding plan” they are asked to complete for our program.

Infant Feeding Practices

We strive to use “best practices” when feeding infants to help them build healthy eating habits right from the start. These best practices include feeding infants when they begin to show signs of hunger and ending feedings when they show that they are full. Our feeding practices are flexible to the needs of families. For example, we can avoid large feedings at the end of the day before mothers plan to breastfeed. Families should inform us of their preferences and instructions in writing on the infant “feeding plan”.

Education & Support

We provide/participate in professional development on breastfeeding and other infant feeding and nutrition topics twice a year. Information about the importance of breastfeeding, and what we do to support breastfeeding, is provided to all families enrolling infants. Additional resources regarding breastfeeding, infant nutritional needs, and feeding are made available as infants age. We ask that families complete an infant “feeding plan” upon enrollment that provides us with needed information and guidance.

Sample Staff Handbook Text:

Breastfeeding & Infant Feeding

Giving infants a healthy start helps them develop healthy habits for life. Our program is committed to breastfeeding and other developmentally appropriate infant feeding practices.

- Teachers and staff are expected to support breastfeeding families by sharing our program’s practices and policies, showing a positive attitude toward breastfeeding, and providing information and educational materials.
- We strive to use “best practices” when feeding infants to help them build healthy eating habits right from the start. These best practices include feeding infants when they begin to show signs of hunger and ending feedings when they show that they are full. Teachers should always follow infant feeding plans, which may mean flexibility to families’ preferences. Teachers and staff are expected to never prop feeding bottles.
- Teachers are expected to provide families with a verbal and written report of what, when, and how much their infants eat each day.

To support our teachers and staff members, our program will provide:

- informational and educational materials about breastfeeding, infant nutrition and other infant feeding topics that can be easily shared with families;
- opportunities for professional development related to breastfeeding and infant feeding twice a year;
- a quiet and comfortable space in [*specify room*] where employees can breastfeed their own infants or pump, and flexibility with scheduling to accommodate this.