Alameda County: Using the power of a breastfeeding coalition to transform child care practices

Tonya Lang, MPH, CHES & Jeanne Kettles, MA, IBCLC
California Breastfeeding Summit 2018
Resources for Early Child Care Providers & Families

Supporting Breastfeeding Families: A Toolkit for Child Care Providers

Webinar: Breastfeeding Friendly Child Care
In Alameda County, over 54,000 children 0 to 6 years of age participate in over 2,300 licensed child care facilities; close to half of whom (46%) are under 2 years of age. (2012, KidsData.org)
Identified lack of access to appropriate support for breastfeeding in child care settings as a key barrier for breastfeeding duration when mothers return to work or school.

Alameda County childcare and early childhood education providers came to ACBC for help.

2015 World Breastfeeding Week - Breastfeeding and Work: Let’s Make It Work!

AC Supervisor Keith Carson support for lactation accommodation.
Stakeholders

- Alameda County Breastfeeding Coalition
- California WIC: Women, Infants, & Children
- Alliance for Health
  - Health care you can count on. Service you can trust.
- Supervisor Keith Carson
  - Alameda County Dist 5
- 4Cs of Alameda County
Expert Advisors

Tina Cardarelli BS, IBCLC
Indiana Perinatal Network

Jude Burdon
Community Care Licensing

Christine Kambergs
Little Crumbles Family Child Care
Opportunity to create a uniquely accessible quality resource

- Specific target audience
- Concise comprehensive format
- Literacy appropriate
- English, Spanish, Chinese
- Sustainable ongoing training potential
Ten Steps to Breastfeeding Friendly Child Care
Appoint a person or group to be responsible for making sure the 10 Steps are carried out.
Establish a supportive breastfeeding policy and require that all staff be aware of and follow the policy.
Inform women and families about the importance of breastfeeding and about your breastfeeding friendly policies.
Provide learning and play opportunities for children that make breastfeeding natural.
Ensure that all breastfeeding families you serve are able to properly store and label milk for child care center use.
6

Create a breastfeeding friendly space
Establish a supportive worksite policy for staff members who are breastfeeding
8

Develop a feeding plan that supports best infant feeding practices with each family
9

Reach out to the local breastfeeding coalition or other breastfeeding resources
Maintain an updated resource file of breastfeeding services for families
Feeding Tips for Breastfed Babies

Handling Breast Milk
- Store milk in small amounts (1-4 ounces), labeled with baby’s name and date collected
- Store milk in back of refrigerator or freezer
- Thaw milk in refrigerator or in a bowl of warm water
- Warm milk by using warm, not hot, water (never microwave)
- Breast milk may separate—swirl gently to mix (never shake)
- Use oldest milk first; never refreeze thawed milk

Breast Milk Storage Guidelines

<table>
<thead>
<tr>
<th>Location</th>
<th>Temperature</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room temperature</td>
<td>up to 77°F</td>
<td>6-8 hours</td>
</tr>
<tr>
<td>Insulated cooler bag</td>
<td>5-39°F</td>
<td>24 hours</td>
</tr>
<tr>
<td>Refrigerator (thawed milk)</td>
<td>32-39°F</td>
<td>24 hours</td>
</tr>
<tr>
<td>Refrigerator (fresh milk)</td>
<td>32-39°F</td>
<td>5 days</td>
</tr>
<tr>
<td>Freezer inside refrigerator</td>
<td>5°F</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Freezer with separate door</td>
<td>0°F</td>
<td>3-6 months</td>
</tr>
<tr>
<td>Deep freezer</td>
<td>-4°F</td>
<td>6-12 months</td>
</tr>
</tbody>
</table>

Feeding the Breastfed Baby
- Breast milk is easily digested, so babies may eat more often (every 1.5-3 hours)
- Watch for hunger cues: turning head from side to side, sucking, hand movements toward face, smacking lips
- Crying is a late hunger cue
- Feed small amounts of milk, adding more as needed
- Feed slowly with frequent pauses
- Slow flow nipples are recommended

Sponsored by:
Alameda County Supervisor Keith Carson
Alameda County Breastfeeding Coalition

Source: A partnership between the Indiana State Department of Health, the Indiana PSE Bureau of Child Care, the Indiana Association for Child Care Resource and Referral, and the Indiana Prenatal Network. Storage Guidelines Source: Academy of Breastfeeding Medicine, 2010.
Webinar Training for Child Care Providers

- Breast milk, storage & handling
- Hunger cues of a breastfed baby
- Bottle feeding breastfed babies
- Your role: knowledge & encouragement
- Health benefits for moms & babies
- Simple steps to help families reach their goals
- Applicable codes and licensing regulations
- Family rights and steps for advocacy
- Story from the field
Impact

Integrated into regular regional trainings conducted by the County Resource and Referral agency

Improved quality of care for thousands of providers and families each year

Broad distribution and adaptation by dozens of coalitions across California
Recognized for excellence and for sharing for all to use!
For more information...

Jeanne Kettles, MA, IBCLC
Regional Breastfeeding Liaison
Women Infants & Children (WIC) Program
510-393-9632
Jeanne.Kettles@acgov.org

Tonya Lang, MPH, CHES
Co-Chair, Alameda County Breastfeeding Coalition
510-290-2281
tonya.lang@gmail.com

Thank you!