

## **Head Start Program Performance Standards related to Breastfeeding**

Below are the *Head Start Program Performance Standards* that specifically mention breastfeeding and breast milk. While the *Standard* around breastfeeding education is specifically for those programs who enroll pregnant women, infants and toddlers, in serving young children and their families, all Head Start programs have an opportunity to share information and support around breastfeeding with families.

### **§1304.23 Child nutrition.**

(a) Identification of nutritional needs. Staff and families must work together to identify each child's nutritional needs, taking into account staff and family discussions concerning:

(3) For infants and toddlers, current feeding schedules and amounts and types of food provided, including whether breast milk or formula and baby food is used; meal patterns; new foods introduced; food intolerances and preferences; voiding patterns; and observations related to developmental changes in feeding and nutrition. This information must be shared with parents and updated regularly;

(e) Food safety and sanitation.

(2) For programs serving infants and toddlers, facilities must be available for the proper storage and handling of breast milk and formula.

### **§ 1304.40 Family partnerships.**

(c) Services to pregnant women who are enrolled in programs serving pregnant women, infants, and toddlers.

(3) Grantee and delegate agencies must provide information on the benefits of breast feeding to all pregnant and nursing mothers. For those who choose to breast feed in center-based programs, arrangements must be provided as necessary.