

## Introduction

**Content level:** Basic

We are so glad that you decided to listen to **Mother's Milk: Welcoming and Supporting Breastfeeding in Your Program**. The materials were developed for the audio conference that originally aired on May 23, 2007. Use this information to supplement your learning.

To make the most of this training experience:

- **Complete the Reflecting on Your Environment and Reflecting on Breastfeeding pre-activity before the conference begins.** Considering the questions on those handouts will help you prepare for the program and get the most out of your experience.
- **Read the Faculty Biographies and Applying the Information handouts before the conference begins.** These materials are designed to help you learn about faculty and consider how the information that faculty share can be applied where you are.
- **Schedule some time for reflection after the audio conference.** Take the time to think about how you will use what you have heard! While an individual staff member can do this on her or his own, team discussion is the best way to get a collective sense of what is already in place in your program and how to improve program services related to breastfeeding.

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## AUDIO CAST PRE-ACTIVITY

### **Mother's Milk: Welcoming and Supporting Breastfeeding in Your Program**

1. **Reflecting on Our Environment** is designed to help you look at breastfeeding within the physical and social environment in your program. It can be completed as an individual or a team.
2. **Reflecting on Breastfeeding** is designed to help individual staff members reflect on their own experiences and understanding of breastfeeding, and to identify any questions they might have before the conference. Breastfeeding may raise complex issues for staff and families. The questions in this section should be considered individually, and, while we encourage staff teams to discuss information and questions after the audio cast, staff members should be given the option to share this information. Identify an administrator or manager who will be available for further discussion if individuals choose to share concerns or issues privately. If staff members have more questions about breastfeeding, or personal concerns around breastfeeding that they would like to address, call the National Women's Health Information Center's Breastfeeding Helpline at 1-800-994-9662; TDD 1-888-220-5446.

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For your reference, below are the **Head Start Program Performance Standards** that specifically mention breastfeeding and breast milk.

**§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.

## HOW DO WE WELCOME BREASTFEEDING?

### Reflecting on Your Environment

Please complete, either as a team or independently. There are no right or wrong answers. This tool is intended to help you consider how breastfeeding is welcomed and supported in your program.

1. How does your program currently comply with the **Standards** related to breastfeeding and breast milk?
2. How are positive messages about breastfeeding communicated to staff?
3. How are positive messages about breastfeeding communicated to families?
4. How are positive messages about breastfeeding communicated to children?
5. Are there signs at the entrance or in the waiting room of your program that let mothers know that they are welcome to breastfeed in the program?  
 **YES**       **NO**
6. Are there easy-to-understand pamphlets or materials (not produced and distributed by formula companies) describing breastfeeding available to families?  
 **YES**       **NO**
  - 6A. If yes, where and how are they distributed?
  - 6B. If yes, do they reflect the cultural diversity of the families served by your program?  
 **YES**       **NO**
7. Are there posters and materials posted around the program site with positive messages about breastfeeding and photos of mothers breastfeeding their children?  
 **YES**       **NO**
  - 7A. If yes, do the images and materials reflect and respond to the cultural diversity of the families served by your program?  
 **YES**       **NO**
8. How is information on the benefits of breastfeeding provided to expectant fathers and extended family members?
9. How are staff supported if they choose to breastfeed?

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10. Is there a space available where mothers can breastfeed their child if they request a separate space?

10A. Is it private?       **YES**       **NO**

10B. Is it clean?       **YES**       **NO**

10C. Is it comfortable?       **YES**       **NO**

11. How are families educated about breastfeeding during pregnancy in your program?

12. We know that the first few days after birth are very important to breastfeeding. How do you prepare families with information to help them advocate for themselves at the birthing center or hospital after the baby is born?

13. How soon after birth do you contact or visit families?

14. If an enrolled mother decides to breastfeed, what kind of support is provided by your program after the baby is born?

15. During nutrition/feeding presentations or discussions how are breastfeeding and breast milk included?

16. How is breastfeeding and information about breast milk included in nutrition/feeding materials?

17. Is there a breast pump available onsite?  **YES**       **NO**

17A. If yes, how often is it sterilized?

17B. If yes, are individual pumping kits made available to each woman?  
 **YES**       **NO**

17C. If breast pumps are not available, where would you send a breastfeeding woman who needs one?

18. Is refrigerator and freezer space made available for labeled, pumped human milk as needed?

19. Are all staff trained on the benefits of breastfeeding and techniques for handling and storage of human milk?  **YES**       **NO**

19A. If yes, how?

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20. Is a policy promoting, protecting, and supporting breastfeeding included in program policies?  **YES**  **NO**

20A. If yes, how is it shared with families and staff?

21. Consider your community partners. Have you established community partnerships with agencies who can offer your program and families support and information around breastfeeding?  **YES**  **NO**

21A. How is lactation support represented on your Policy Council?

21B. How is lactation support represented in your Health Services Advisory Committee?

21C: How do you share information around breastfeeding with community partners providing prenatal care to families?

21D: How is a family's decision to breastfeed communicated to obstetricians, midwives, pediatricians, the hospital, the birthing center, or other partners serving the family during or after birth?

21E. Who else, in your community, can offer breastfeeding information to your program and/or lactation support to the families you serve?

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## Reflecting on Breastfeeding

To be considered by each participant, independently.

As you know, personal experiences and issues impact your work with children and families. It is important to identify your own feelings and thoughts about breastfeeding so that you can educate and support families in making the choices that are best for them. Consider the questions on this sheet on your own. There are no right or wrong answers. After participating in the audiocast, we recommend that participating programs set aside time to discuss issues on **Reflecting on Your Environment and Reflecting on Breastfeeding** as a team. Members should be given the freedom to choose whether they share. If you have questions or concerns that are not addressed in the audiocast, please seek time for discussion with someone on your staff, see the resources that will be shared in your materials, participate in our on-line bulletin board, or call the National Women's Health Information Center's Breastfeeding Helpline at 1-800-994-9662; TDD 1-888-220-5446.

1. What have been your professional experiences around breastfeeding?
2. What have been your personal experiences around breastfeeding?
3. Would you recommend breastfeeding to the families your work with?

**YES**       **NO**

3A. Explain why yes or why not:

4. What is challenging or concerns you about breastfeeding?
5. How do you feel when someone says, "Breast is best?"
6. How do you feel about women breastfeeding in public places in your program?
7. How do you feel when young children (boys and girls) mimic breastfeeding in their pretend play?
8. What is your comfort around children breastfeeding at older ages?
9. What questions do you have about breastfeeding/supporting breastfeeding?

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## **EHS NRC Infant & Toddler 2007 Distance Education Series**

### **Audio Cast Introduction**

#### **Mother's Milk: Welcoming and Supporting Breastfeeding in Your Program**

#### **Objectives**

During this audio cast, panelists will:

- Discuss reasons to breastfeed;
- Discuss ways to create a breastfeeding-friendly environment within Early Head Start and Head Start programs;
- Offer information on supporting staff in providing breastfeeding education and support; and
- Highlight simple strategies for promoting breastfeeding within your program.

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## **Mother's Milk: Welcoming and Supporting Breastfeeding in Your Program**

### **Faculty Biographies**

Moderator: Cathy Carothers, BLA, IBCLC, RLC  
Co-Director  
EVERY MOTHER, INC.  
Greenville, MS



Cathy Carothers is co-founder and co-director of EVERY MOTHER, INC., a nonprofit organization providing counseling and lactation trainings for health professionals and families across the United States. Ms. Carothers is an International Board Certified Lactation Consultant (IBCLC), and the former Training and Outreach Coordinator for Best Start Social Marketing, where she served as project coordinator for several national breastfeeding promotion and support projects for USDA, the Centers for Disease Control, and the Maternal and Child Health Bureau. She is the former State WIC Breastfeeding Coordinator for the Mississippi State Department of Health, where she coordinated the state's comprehensive breastfeeding promotion program that earned them the "National WIC Award." An experienced trainer and speaker, she has provided nearly 300 training events on breastfeeding promotion and support across the country and internationally.

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## **Janice Barnett, MA**

Early Head Start Manager  
Northern Panhandle Head Start  
Wheeling, WV



Janice Barnett is a special educator who began her work with young children and their families in private child care programs up and down the East Coast. Building on her experience in inclusion and her commitment to supporting families in their central role in the lives of their children, she came to Head Start. She began as a teacher in a preschool classroom, and served as Child Care Partnership Coordinator and Education Coordinator before accepting the position of Early Head Start Manager at Northern Panhandle Head Start. In that role, Ms. Barnett works closely with staff, administrators and community partners to identify the best approaches and strategies for providing comprehensive services for children and families in a rural community. Ms. Barnett is a certified trainer for the Program for Infant Toddler Caregivers, a High/Scope Curriculum Trainer, a Parents As Teachers (PAT) Parent Educator and Supervisor, and a Child Development Associate (CDA) Trainer.

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## **Marilyn Figueroa, EdD, CD/N, IBCLC**



Nutritionist/Supervisor  
Columbia University Head Start  
New York City, NY

Dr. Marilyn Figueroa has experiences teaching staff and families about nutrition and breastfeeding as a professor, a trainer, a writer, a program administrator, and in direct service with families. For 15 years, she served as the Assistant Director of Nutrition Education and Breastfeeding Services for the Women, Infants, and Children Program (WIC) at Columbia Presbyterian Medical Center in NYC. Now, as the Nutritionist/Supervisor at Columbia University Head Start, Dr. Figueroa continues to develop community support for breastfeeding in New York City. A Certified Dietitian/Nutritionist and an International Board Certified Lactation Consultant, Dr. Figueroa has particular expertise in supporting Latino families in breastfeeding, pregnancy and healthy nutrition.

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## Mary Musholt, MS, PNP



Pediatric Nurse Practitioner  
Dane County Parent Council, Inc.  
University of Wisconsin

Since attaining undergraduate and then graduate degrees in nursing, Mary Musholt has provided skilled care and health education regarding medical issues for populations at particular health risk, including children with developmental disabilities. Now a certified Pediatric Nurse Practitioner, she has worked with Dane County Parent Council for the past eight years. As part of her role there, Ms. Musholt conducts home visits with expectant families to provide information on breastfeeding and other health issues, and with families just home with their newborn children to offer further support. Ms. Musholt has particular interest in the impact of staff-family and parent-child relationships on healthy growth and development. Having worked in the diverse Madison community and on a health education project with Native American tribes in Wisconsin, she brings particular expertise on providing culturally sensitive and responsive health services and education.

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## **Mother's Milk: Welcoming and Supporting Breastfeeding in Your Program**

### **Head Start Program Performance Standards**

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.

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