

## **Sample Policy and Procedures Related to Breastfeeding Promotion and Support**

Every program is guided by the *Head Start Program Performance Standards*, but your program's written policies document your plan and procedures for how those *Standards* are implemented in your community. While developing a policy around breastfeeding should not be the first step in developing a welcoming environment for breastfeeding, you may find it to be an important step to clarify your approach. The policy below is reprinted from the Columbia University Head Start and Early Head Start program. It is offered as an example, and should be adapted to the needs and resources of your community.

**Title:**           **Breastfeeding Promotion and Support**

**Policy:**           Grantee and delegate agencies must provide information on the benefits of breastfeeding to all pregnant and nursing mothers. For those who choose to breastfeed in center-based programs, arrangements must be provided as necessary.

**Procedure:**   Head Start and Early Head Start

- 1) The Columbia University Head Start and Early Head Start Program recommend breastfeeding as the optimal method of infant feeding. All expectant mothers are encouraged to breastfeed, and new mothers are educated on the benefits of breastfeeding.
- 2) Refrigerator and freezer space is made available for labeled, pumped human milk as needed.
- 3) The Program Nutritionist will train the staff on the benefits of breastfeeding and techniques for handling and storage of human milk.
- 4) A positive breastfeeding attitude is conveyed by distribution of culturally appropriate materials, displaying breastfeeding posters, and providing breastfeeding classes for pregnant women.
- 5) A space has been designated for mothers who want to breastfeed their infants in private.
- 6) Nutritious snacks and fluids are made available to breastfeeding mothers.