

Creating a Breastfeeding Friendly Environment

Facilitator's Guide

Information in this lesson comes from chapter four of the *Feeding Infants in the CACFP* care provider's guide. In this lesson, participants will review best practices for evaluating and creating a breastfeeding friendly environment.

Lesson Description

A *Creating a Breastfeeding Friendly environment* lesson takes approximately one hour and thirty minutes. This lesson includes five instructional components, two discussions, a summary, allocated time for questions and answers, and a learning assessment.

Learning Objectives

At the end of this lesson, participants should be able to:

- Identify two benefits of breastfeeding
- Demonstrate three components of a childcare facility's environment that can encourage mothers to breastfeed on site
- Evaluate your childcare facility's breastfeeding environment

Materials and Equipment need for the lesson:

- Computer with Projector
- *A Creating a Breastfeeding Friendly Environment* PowerPoint presentation
- Pencils and notepads
- Breastfeeding friendly childcare environment checklist handout

Lesson Outline (Total 1hr)

- I. Introduction (10 minutes)
 - A. Welcome, Trainer, and Participants' Introduction
 - B. Ice breaker
 - C. Agenda
 - D. Learning Objectives
- II. Benefits of breastfeeding for babies (2 minutes)
- III. Benefits of breastfeeding for moms (2 minutes)

- IV. Benefits of breastfeeding for families (2 minutes)
- V. What is included in a breastfeeding friendly environment? Discussion #1 (7 minutes)
- VI. Review Creating a Breastfeeding Friendly Environment Handout (5 minutes)
- VII. How can we encourage breastfeeding on site? Discussion #2 (10 minutes)
- VIII. Best practices based on USDA literature (5 minutes)
- IX. Summary (5 minutes)
- X. Q&A (6 minutes)
- XI. Assessment (10 minutes)

Lesson Content

Introduction



Welcome!

*Keep your responses to under two minutes

Name

Personal or professional experience in child care

Reason for attending training

Welcome and Trainer Introduction

Welcome participants to the training and introduce yourself by providing:

- Your name
- Your position
- Your experience as a facilitator and/or in childcare

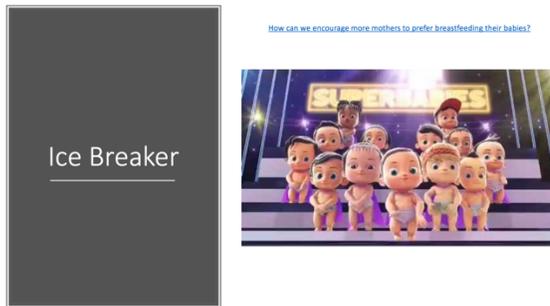
Purpose: To introduce yourself and establish credibility. This introduction is also important to learn about the training participants.

Time: 10 - 15 minutes (Time may vary based on the number of attendees)

Procedure: Introduce yourself and allow each participant to introduce themselves. Listen to each participant's name, unique experiences, and reason for attending the training. Repeat every participant's name and one aspect of their relationship to childcare.

Ice Breaker

SLIDE 3



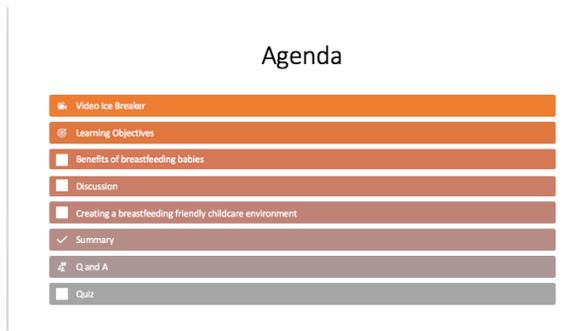
Purpose: To provide a humorous introduction to the content

Time: 4 minutes

Procedure: Click on the hyperlink question to the YouTube video above the image. (Optional: Dance while the video is playing 😊)

Lesson Overview and Agenda

SLIDE 4



Purpose: To provide an overview of the training content

Time: 1 minute

Procedure: Inform participants that this is the agenda for the day's training session. Read each line of the agenda. Ask participants, how does this sound?

Learning Objectives

SLIDE 5

Learning Objectives

-  Identify two benefits of breastfeeding
-  Demonstrate three components of a childcare facility's environment that can encourage mothers to breastfeed on site
-  Evaluate your childcare facility's breastfeeding environment

Purpose: To offer learners with the objectives for the training session

Time: 1 minute

Procedure: Read the learning objectives. Ask if there are any questions, before proceeding to the next slide

Benefits of Breastfeeding for Moms

SLIDE 6

The benefits of breastfeeding babies include:

Fewer infections that cause vomiting and diarrhea	Fewer ear infections	Lower risk of Sudden Infant Death Syndrome (SIDS)
Lower risk of becoming obese	Babies taste different flavors in breast milk based on what the mother eats. This may help babies accept new flavors from solid foods more easily	Skin-to-skin contact during breastfeeding may help moms and babies bond

Purpose: To educate learners about the benefits that babies receive from breastfeeding

Time: 5 minutes

Procedure: Read each benefit of breastfeeding and add clarity if needed.

Moms who breastfeed have:

SLIDE 7



Moms Who Breastfeed Have:



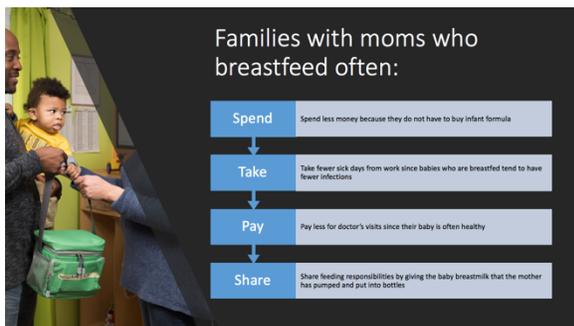
Purpose: Educate learners about the benefits for moms who breastfeed

Time: 5 minutes

Procedure: Read the benefits for moms who breastfeed and provide additional details as needed.

Families with moms who breastfeed often

SLIDE 8



Families with moms who breastfeed often:

- Spend** Spend less money because they do not have to buy infant formula
- Take** Take fewer sick days from work since babies who are breastfed tend to have fewer infections
- Pay** Pay less for doctor's visits since their baby is often healthy
- Share** Share feeding responsibilities by giving the baby breastmilk that the mother has pumped and put into bottles

Purpose: To share the benefits of breastfeeding for families

Time: 5 minutes

Procedure: Read the benefits for families who breastfeed and expand as necessary.

Breastfeeding friendly environment (Discussion #1)

SLIDE 9

What does a breastfeeding friendly environment look like?



Purpose: To engage learners in the content and assess prior learning knowledge

Time: 7 minutes

Procedure: Ask participants to discuss what they believe is critical in creating a breastfeeding friendly environment. Encourage every learner to contribute to the conversation. Call learners by their names.

Breastfeeding friendly childcare environment see handout

SLIDE 10



Create your checklist that includes:

1. A well-lit room
2. A comfortable private space
3. A bottle or cup of drinking water for mom
4. A box with disinfectant wipes to clean up before and after pumping
5. A table to place her pumping equipment
6. An electrical outlet for the breast pump
7. A stool for mom's feet to help support her back while nursing
8. A comfortable chair, such as a rocking chair
9. A sink to wash her hands and the pumping equipment
10. A place for support for baby

- **Purpose:** To review the handout that learners can take with them to their childcare facilities
- **Time:** 10 minutes
- **Procedure:** Provide learners with a printed copy of this slide. It will serve as the handout. Ask ten learners by their names to read a recommendation from the handout. Provide additional information as needed.

How can we encourage breastfeeding on site? (Discussion #2)

SLIDE 11



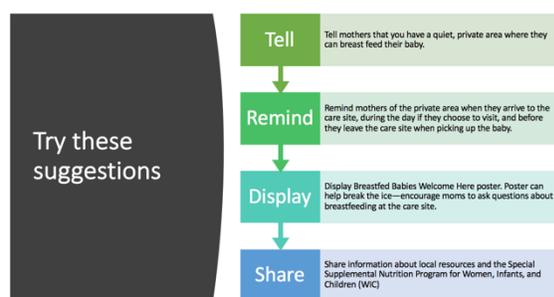
Purpose: To conduct a knowledge check and further engage the learners in the content

Time: 10 minutes

Procedure: Pair off participants into groups of two. Have them talk with their partner about their responses to the discussion question. After five minutes, ask each pair to share the results of their partner work with their larger group.

Try These Suggestions

SLIDE 12



Purpose: To provide the USDA recommendations for creating a breastfeeding friendly childcare environment

Time: 5 minutes

Procedure: Read the USDA recommendations and ask if the learners have any questions.

Summary

SLIDE 13



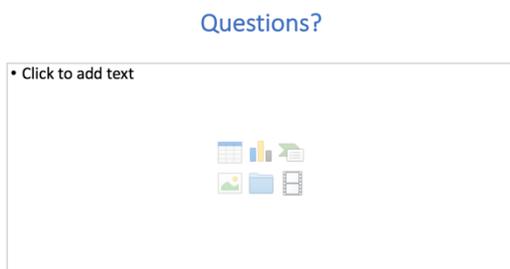
Purpose: To explain the overarching learning goals of the training session

Time: 5 minutes

Procedure: Read the two summary statements and ask if that makes sense given the content covered. Ask them to review the handout provided.

Questions

SLIDE 14



Purpose: To offer learners an opportunity to ask any questions before the assessment

Time: 5 minutes

Procedure: Display the slide and ask does anyone have any questions before the quiz.

Assessment

SLIDE 15



Assessment

1. Identify three elements of a friendly breastfeeding childcare environment.
2. What are two breastfeeding benefits for babies, moms, and families?
3. Evaluate your childcare facility's breastfeeding environment and provide three improvement suggestions

Purpose: To evaluate the students' comprehension of the content

Time: 10 minutes

Procedure: Ask participants to answer the questions on the sheet of paper provided or submit their responses via an electronic resource if available. Inform learners that they will have ten minutes to complete the quiz and set a timer to reinforce the policy.