

Alaska Breastfeeding Welcomed Here for Child Care Application



Steps to becoming a recognized Breastfeeding Welcomed Here Child Care site:

1. Complete the Go NAPSACC “Breastfeeding and Infant Feeding Self-Assessment”. NAPSACC stands for “Nutrition and Physical Activity Self-Assessment for Child Care”.
 - Register with Go NAPSACC at gonapsacc.org/register/program
Use registration code: SBIDGAHG
 - Answer the questions in the Go NAPSACC “Breastfeeding & Infant Feeding Self-Assessment” module.
2. Complete and sign the *Breastfeeding Welcomed Here for Child Care Commitment Form*.
 - This form is available on the Alaska Breastfeeding Coalition website (alaskabreastfeeding.org) or email pan@alaska.gov to get a hard copy mailed to you.
 - The owner or director of the child care center or family child care home must sign the form.
 - All commitment statements must be answered “yes”.
 - Please answer all commitment statements honestly.
3. Send the following to pan@alaska.gov or mail to: Alaska DOH Physical Activity and Nutrition Unit, 3601 C Street, Suite 722, Anchorage, AK 99503:
 - Your signed *Breastfeeding Welcomed Here Commitment Form for Child Care*
 - A picture of your breastfeeding space
 - A copy of your breastfeeding policies

Need help meeting the six *Breastfeeding Welcomed Here* commitments?

If you cannot honestly answer “yes” to one or more of the commitment statements, we can help! One-on-one coaching and resources are available to help you reach your goals. Learn more by emailing pan@alaska.gov or calling 907-269-8447.



Alaska Breastfeeding Welcomed Here for Child Care Commitment Form



Our center (or family child care home) understands the importance of breastfeeding for the health and well-being of children and mothers. We are committed to helping mothers continue to breastfeed and feed their babies' breast milk while working or going to school.

Your site's information will be placed on the Alaska Breastfeeding Coalition website alaskabreastfeeding.org.

Child Care Site is a (check one) Center Family Child Care Home

Child Care Site Name: _____

Child Care Site Address: _____

Child Care Site Phone Number: _____

Child Care Site Email Address: _____

We meet the following national standards and best practices for breastfeeding:

Yes No Provide a **welcoming environment** for breastfeeding mothers. At a minimum, this includes:

- Allowing mothers to breastfeed at our site
- Providing a quiet and comfortable space set aside for mothers to breastfeed or express breast milk (other than a bathroom)
- Providing refrigerator and/or freezer space for all breastfeeding mothers to store expressed breast milk

Yes No **Provide breastfeeding support by:**

- Sharing with families the ways we support breastfeeding
- Sharing with families education materials about breastfeeding
- Teaching families to properly store and label their expressed milk
- Linking families with community organizations that provide breastfeeding support

Yes No Provide **professional development** for all staff (or owner of the family child care home completes professional development) at least two times per year on promoting and supporting breastfeeding mothers. At a minimum, this includes:

- Training about proper storage and handling of breast milk
- Training about infant feeding and how to bottle-feed a breast-fed baby
- Training on our program's policies on promoting and supporting breastfeeding (not required for family child care homes)

- Yes No Have **written policies** that reflects our commitment to promote and support breastfeeding.
- Yes No Follow national standards for **infant feeding**. At a minimum, this includes:

 - Feeding infants on cue, not on a schedule
 - Developing a breastfeeding-friendly infant feeding plan with each family
 - Ensuring breastfed babies do not receive food or drink, other than their mother's breast milk, unless indicated in the feeding plan
- Yes No **Support breastfeeding employees** by providing flexible breaks and a quiet, comfortable space for breastfeeding and/or expressing breastmilk. (Not required for family child care homes, unless there is more than one employee.)

I have (please check):

- Completed the Go NAPSACC Breastfeeding & Infant Feeding Self-Assessment
- Included my signed *Breastfeeding Welcomed Here Commitment Form for Child Care*
- Included a picture of our breastfeeding space
- Included a copy of our breastfeeding policies

Signature of Child Care Site Owner or Director

Date

Printed Name of Child Care Site Owner or Director

Alaska DOH Physical Activity and Nutrition Unit, 3601 C Street, Suite 722, Anchorage, AK 99503

pan@alaska.gov

