

Activity: Supporting Breastfeeding in Childcare

The purpose this activity is to address some of the challenges with supporting breastfeeding in child care settings.

Each individual should be given a copy of this activity and then form small groups of 3-4 individuals. In the small groups, respond to the questions under “small group discussion guide” listed below. Roughly, 15-20 minutes are available for discussion. After completing the small group discussion, have all the groups join for a large group discussion about to briefly share what their groups discussed (10-15 minutes.)

Small Group Discussion Guide:

1. What challenges do childcare settings have in working with mothers who are breastfeeding? (Below are probes)
 - a. Milk storage
 - b. Sanitation and safety
 - c. Milk supply
 - d. Location for mother to nurse at the childcare setting
2. What challenges do mothers face when considering whether or not to breastfeed?
 - a. Support from husband/significant other
 - b. Family
 - c. Time
 - d. Pain
3. What challenges do mothers face when trying to continue breastfeeding and they have to go back to work?
 - a. Pumping
 - b. Leaking
 - c. Time
 - d. Milk production
4. What role does our society play in supporting breastfeeding mothers?
 - a. Breastfeeding in public?
 - b. Talking about breastfeeding
5. What can childcare providers do to support breastfeeding mothers?

To learn more about how breastfeeding visit:

Breastfeeding - <http://www.aafp.org/online/en/home/policy/policies/b/breastfeedingpositionpaper.html>