

Self-Appraisal Questionnaire

10 Steps to Successful Breastfeeding Child Care Centers

Step 1: Designate an individual or group who is responsible for development and implementation of the 10 Steps.

Does the Childcare Center have a designated individual or group responsible for initiating and assessing progress in completing the steps to become “Breastfeeding Friendly?”

 Yes No

Does the Childcare Center have a designated individual or group responsible for reviewing policies, procedures, and protocols for practice?

 Yes No

Does the Childcare Center have a designated individual or group responsible for ensuring staff receive orientation and continuing education?

 Yes No

Step 2: Establish a supportive breastfeeding policy and assure that all staff are aware of and follow the policy.

Does the Childcare Center have a written breastfeeding policy?

 Yes No

Does the policy cover all 10 steps?

 Yes No

Are all staff trained on the policy and monitored for compliance?

 Yes No

Is the policy available for review by women and their families if requested?

 Yes No

Step 3: Establish a supportive worksite policy for staff members who are breastfeeding.

Are breastfeeding employees provided a flexible schedule for breastfeeding or pumping to provide breastmilk for their children?

 Yes No

Are breastfeeding employees provided a private and clean place to breastfeed their babies or express milk?

 Yes No

Does this area have an electrical outlet, comfortable chair, and nearby access to running water?

Yes

No

Step 4: Train all staff so that they are able to carry out breastfeeding promotion and support activities.

Are new staff orientated to the breastfeeding policy and appropriately trained within six months?

Yes

No

Is all staff that has responsibility for care of infants and children able to provide breastfeeding information and support to help mothers continue breastfeeding when working or going to school?

Yes

No

Does staff work with family members to develop babies' individual breastfeeding support plans and regularly update the plans?

Yes

No

Does staff promote exclusive breastfeeding until babies are about six months old and continued breastfeeding to one year and beyond?

Yes

No

Step 5: Create a culturally appropriate breastfeeding friendly environment.

Does the Childcare Center display culturally appropriate pictures and posters of breastfeeding and exclude those supplied by formula manufacturers?

Yes

No

Are brochures, pamphlets and other resources about breastfeeding displayed for easy access?

Yes

No

Does the Childcare Center offer information on the benefits of breastfeeding to all families enrolled at the Childcare Center?

Yes

No

Are fathers included in the discussions about breastfeeding?

Yes

No

Step 6: Inform expectant and new families and visitors about your Center's breastfeeding friendly policies.

Is all staff able to explain the benefits of exclusive breastfeeding for six months and do mothers receive this information?

Yes

No

Do staff members willingly tell visitors about your breastfeeding policies?

Yes

No

Are breastfeeding policy and practice materials included in the Center's information package?

Yes

No

Are current and prospective parents encouraged to drop in and view the breastfeeding friendly environment?

Yes

No

Step 7: Stimulate participatory learning experiences with the children related to breastfeeding.

Do learning activities incorporate the concept that animals have baby animals of the same kind, and have special ways they are prepared to care for them, including how they are fed?

Yes

No

Does the Center offer children's books that contain pictures of breastfeeding, play dolls that are nursing and other learning experiences that normalize breastfeeding?

Yes

No

Step 8: Provide a comfortable place for mothers to breastfeed or pump their milk in privacy, if desired. Educate families and staff that a mother may breastfeed her child wherever they have a legal right to be.

Is a private, clean, quiet space available for mothers to breastfeed and/or express milk?

Yes

No

Does this are have a comfortable chair, electrical outlet and nearby access to running water?

Yes

No

Does the Center provide refrigerator space for breastfeeding mothers to store their expressed breast milk?

Yes

No

Does the Center educate staff and families that a mother may breastfeed her child wherever they have a legal right to be?

Yes

No

Step 9: Establish and maintain connections with your local breastfeeding coalition or other community resources.

Does the Childcare Center coordinate and exchange information with the local breastfeeding coalition, e.g., WIC Project, Head Start, UW-Extension, schools, and health care providers?

Yes

No

Step 10: Maintain an updated resource file of community breastfeeding services and resources kept in an accessible area for families.

Are all breastfeeding mothers given contact details of community based breastfeeding support groups, breastfeeding peer counselors, and lactation specialists?

Yes

No

Are mothers with breastfeeding concerns referred to above community resources?

Yes

No

Are current printed or electronic lactation resources available to clients and employees?

Yes

No