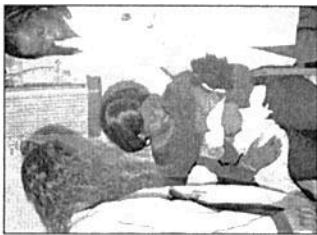


## Additional Help

International Board Certified Lactation Consultants (IBCLCs) are credentialled health care professionals with special knowledge and experience helping breastfeeding families. They work with prenatal and postpartum families to ensure that breastfeeding mothers and babies meet their goals.



To find a lactation consultant in your community, visit the "Find a Lactation Consultant" feature at [www.ILCA.org](http://www.ILCA.org), or contact\*:

**FAMILY CARE COTTAGE**  
4 BONAR STREET  
MAITLAND NSW 2320  
PH: 4939 2530

\* ILCA does not endorse any materials or products, or specific services of lactation consultants.



ILCA



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Written by Lisa Akers for World Breastfeeding Week Action Kit,  
"The Road to Lifelong Health Begins with Breastfeeding."

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*Especially for Childcare Providers...*

# Mapping the Future



**Babies are born to breastfeed. A mother's milk provides everything her baby needs for the first six months of life.**

Through supportive community partnerships each mother's breastfeeding goal can be realized. Childcare centers are one such partnership.

By working together and sharing the road, we have the ability to normalize breastfeeding, provide for generations of healthier citizens, and reduce the economic burden of chronic and acute illnesses.

Please join us in supporting breastfeeding in your childcare facility.

**Remember, the road to lifelong health begins with breastfeeding!**

## The Road to Lifelong Health Begins with Breastfeeding

Breastfeeding has numerous benefits which cannot be duplicated in any other form of feeding. In fact, infants who are not breastfed are at increased risk of developing:

- \* Ear infections
- \* Type 2 diabetes mellitus
- \* Diarrhea and vomiting
- \* Sudden Infant Death Syndrome (SIDS)
- \* Asthma
- \* Childhood obesity
- \* Many other acute and chronic illnesses

Mothers who do not breastfeed are at increased risk for breast and ovarian cancer.



Given today's economy, breastfeeding makes financial sense. By choosing to breastfeed, families could save a significant amount of money on infant formula and healthcare. Studies in the United States estimate an annual cost savings of US\$1,200-\$1,500 per child on infant formula alone. In fact, if 90% of United States families chose to exclusively breastfeed for the first six months of life, medical costs would be reduced by US\$13 billion per year.

Accommodating breastfeeding at work makes good business sense too. Employers who provide time, space, and support for breastfeeding employees to nurse or express their milk at work, observe lower healthcare costs, improved productivity, decreased absentee rates, and increased employee retention rates, loyalty, and morale. Furthermore, these employers are considered family-friendly within the community.



## Sharing the Road

Planning to go back to work or school can cause distress for some mothers. Don't let these decisions be a detour on the road to a healthy future for your mothers. Here are a few things you can do to support breastfeeding mothers:

- \* Encourage mothers to prepare in advance by visiting your facility before going back to work or school.
- \* Create a written policy to support breastfeeding and assure that all of your staff is aware of the policy.

- \* Educate new parents about your breastfeeding policy that supports breastfeeding through the first year and beyond with the addition of complementary feeding at six months.
- \* Establish a supportive worksite policy for breastfeeding staff members.
- \* Create a culturally appropriate breastfeeding environment where artwork and brochures of mothers breastfeeding are displayed.
- \* Create a comfortable place to breastfeed or express milk within the facility.
- \* Maintain an updated resource file of community breastfeeding services.



## Breastmilk Storage Guidelines (for Healthy Term Babies)

Condition of Human Milk	Room Temperature 16-29°C (60-85 ° F)	Time in Refrigerator <4°C (39°F)	Time in Freezer Upright Freezer < -17°C (0°F)
Freshly Expressed	≤ 6 hours	≤ 5 days (term infant) ≤ 8 days (older child)	Ideal 3 months Optimal ≤ 6 months Acceptable 12 months in deep freezer (-20 degrees C)
Previously Frozen, Thawed in Refrigerator, Not Warmed	≤ 4 hours	≤ 24 hours	Do not refreeze
Previously Frozen, Brought to Room Temperature	Complete feeding up to 1 hour at room temperature, then discard	≤ 4 hours	Do not refreeze
Infant Has Started Feeding	Complete feeding session and refrigerate the rest for ≤ 4 hours	≤ 4 hours	Do not refreeze

*Adapted from Academy of Breastfeeding Medicine Clinical Protocol #8 and Best practice for expressing, storing, and handling human milk in hospitals, homes, and child care settings. Human Milk Banking Association of North America. 3rd ed. 2011.*

## Safe Handling and Storage of Human Milk in a Child Care Setting



- \* Label the expressed human milk with infant's full name, date and time milk was expressed. The label should be resistant to washing and handling.
- \* Human milk should always be stored in either the refrigerator or freezer.
- \* Keep a thermometer in refrigerator and freezer to assess proper temperature control.
- \* Use the oldest milk first.
- \* Thaw or warm milk under warm running water. Never thaw or warm milk in a microwave.
- \* Never refreeze thawed milk.