

Chapter 2

Feeding the Breastfed Baby

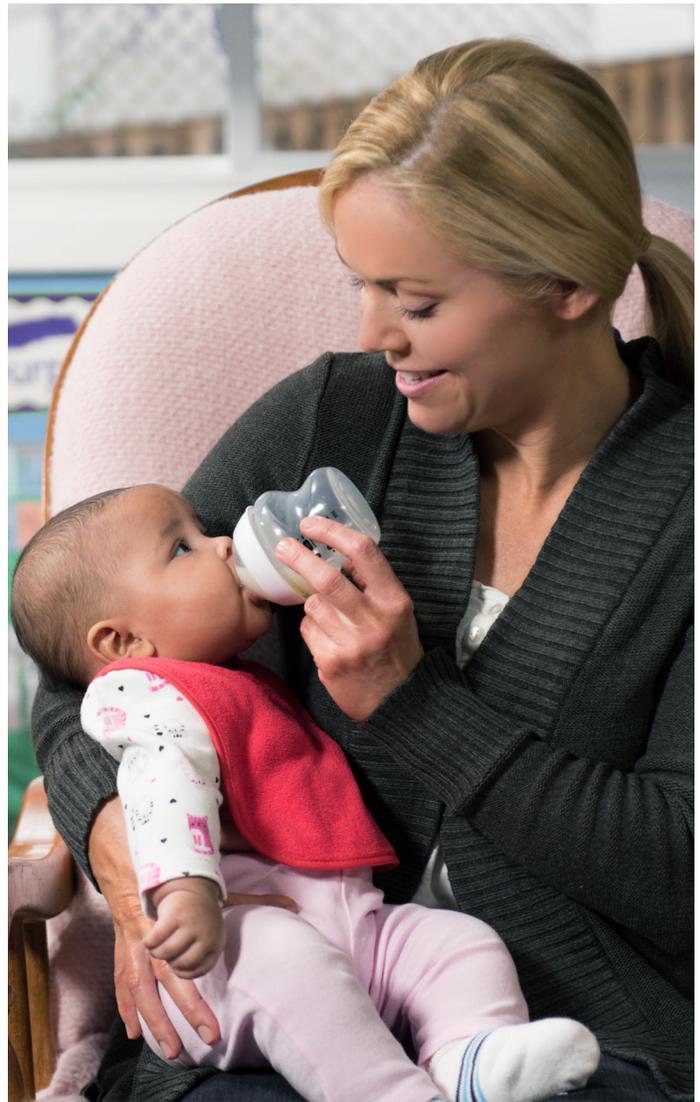
What's In This Chapter?

By the end of this chapter, child care providers will be able to:

- 1 Describe the benefits of breastfeeding for babies, mothers, and their families.
- 2 List at least three ways to support breastfeeding mothers.
- 3 Identify the minimum amount of breastmilk that must be offered to an infant at each meal or snack.

Breastmilk is the best source of nutrition for babies. It is the only food healthy babies need for about the first 6 months of their lives. Breastmilk is easy to digest and helps keep babies healthy by boosting the baby's immune system. A mother's breastmilk is made for her baby and contains just the right amounts of nutrients. As the baby grows and changes, the mother's breastmilk also changes. This helps the baby get the nutrients he or she needs to stay healthy and grow. Babies from birth to around 6 months typically do not need extra water or foods added to the bottle, such as infant cereal.

Breastmilk is still important for babies even after **solid foods**, also known as **complementary foods**, are started. Babies should continue to receive breastmilk until their first birthday or longer. If a mother chooses to give her baby breastmilk, let her know that she is welcome to breastfeed at your **child care site** or can provide **expressed** or **pumped breastmilk** in bottles for her baby.



Child care provider feeding a baby a bottle of breastmilk.



Tip:

As a best practice, the **CACFP** encourages you to offer a quiet, private area that is comfortable and clean for the mother to breastfeed her baby. As a CACFP provider, you will still receive reimbursement for meals and snacks when the mother has provided pumped breastmilk or has breastfed her baby at your child care site even after the child's first birthday.

Table 4

Benefits of Breastfeeding for Babies, Mothers, and Families

What is so good about breastfeeding?

Breastfeeding is good for the baby, mother, and family.



Benefits for Babies

- **Breastfed babies may have:**
 - lower risk of asthma.
 - fewer stomach problems like diarrhea.
 - fewer infections that cause vomiting and diarrhea.
 - fewer ear and lower respiratory infections.
 - lower risk of Sudden Infant Death Syndrome (SIDS).
 - lower risk of becoming obese.
- **Babies taste different flavors in breastmilk 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.**



Benefits for Mothers

- **Mothers who breastfeed may:**
 - have less blood loss after childbirth.
 - feel more relaxed.
 - have lower risk of ovarian and certain types of breast cancer.
 - have lower risk of Type 2 diabetes.
- **Skin-to-skin contact during breastfeeding may help moms and babies bond.**



Benefits for Families

- **Families with mothers who breastfeed often:**
 - spend less money because they do not have to buy infant formula.
 - take fewer sick days from work since babies who are breastfed tend to have fewer infections.
 - spend less on doctor's visits since their baby is sick less often.
- **Family members can help with feeding by giving the baby breastmilk that the mother has pumped and put into bottles.**

Supporting Families of Breastfed Babies

Even mothers who have breastfed before can face challenges feeding a new baby, because every baby is different. As a child care provider, you can support families of breastfed infants every step of the way.

While the Mother Is Pregnant, You Can:



Share information about breastfeeding.

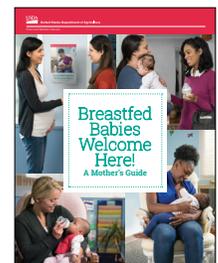
Give the “Breastfed Babies Welcome Here! A Mother’s Guide” to expectant mothers. This guide provides information about breastfeeding and how child care can support the mother’s efforts to continue breastfeeding even when she goes back to work or school.



Create an inviting space.

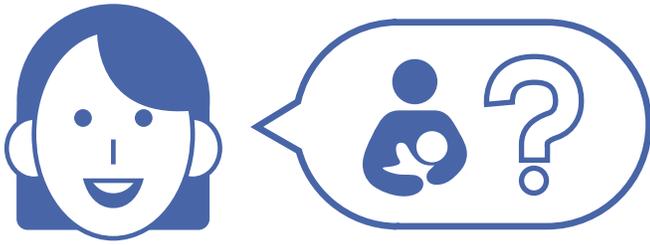
Display the “Breastfed Babies Welcome Here!” poster and message graphic to let families know your child care site is breastfeeding friendly. See “Creating a Breastfeeding-Friendly Environment” on **page 27** for more ideas.

Find the “Breastfed Babies Welcome Here!” guide, poster, and message graphic online at: <https://www.fns.usda.gov/tn/breastfed-babies-welcome-here>.



“Moms would want to know about whether it was ok to breastfeed but might be afraid to ask. The poster would break the ice, get moms asking questions about it. Plain and simple.”
– Director of a Family Child Care Home in New Mexico

Before Mothers Return to Work or School, You Can:



Encourage Mothers To Continue Breastfeeding.

- Let mothers know that your child care site will support their breastfeeding efforts.
- Let mothers know that it's best to wait to give a baby a pacifier until he or she gets used to breastfeeding, usually around 1 month of age.

Encourage Mothers To Prepare To Go Back to Work or School.

- Recommend to mothers that they may want to try expressing or pumping their breastmilk several weeks before they go back to work or school and when they are not breastfeeding their baby directly. A mother's body makes breastmilk based on how much and how often she nurses or pumps. Nursing and pumping often will help mothers keep up their milk supply.
- Suggest that families get the baby used to taking breastmilk from a bottle that is offered from someone other than the mother 2 weeks before the baby starts child care. The baby should be at least 3-4 weeks old before introducing a bottle.



Creating a welcoming environment for breastfeeding mothers can help mothers breastfeed longer.



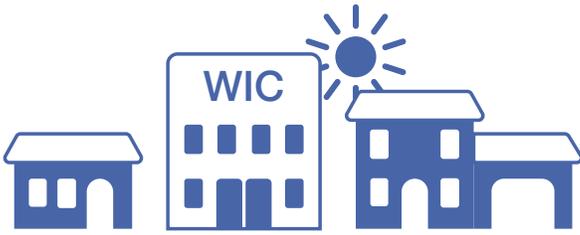
Encourage Mothers To Talk to Their Baby's Health Care Provider.

- Parents should speak to their baby's **health care provider** regularly to be sure their baby is getting the food and nutrients he or she needs as he or she develops.



Tip:

Ask parents to introduce a bottle 2 weeks before the baby starts child care.



Tell Mothers About Resources in the Community.

- If mothers participate in the **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)**, they can contact their local WIC nutritionist, a WIC peer counselor, or WIC support group for advice and help with breastfeeding.
- If they do not participate in WIC, they can find a breastfeeding specialist through the local or State health department, local breastfeeding

coalition, International Lactation Consultant Association (<http://www.ilca.org>), or a local hospital.

- Some insurance plans may cover the cost of breastfeeding counseling and breast pumps. Encourage mothers to call their insurance provider to see if they offer these benefits.
- Depending on the State the mothers live in, Medicaid may also cover the cost of breastfeeding counseling and a pump for breastfeeding mothers.

For more information on WIC, including how to apply, please see: <https://www.fns.usda.gov/wic/who-gets-wic-and-how-apply>.



Having a place where moms can breastfeed at your child care site can make it possible for moms to pump less often.

Encourage Mothers To Breastfeed at Your Child Care Site.

If available at your child care site, let mothers know that you have a quiet, private area that is comfortable and clean for mothers who choose to breastfeed their babies on site.

See “Creating a Breastfeeding-Friendly Environment” on **page 27** for ideas on how to create an inviting space for breastfeeding mothers.

When the Baby Is in Your Care, You Can:

Ask the parents about the baby's usual eating habits.

Babies should be fed when they show signs of being hungry. Talk with the parents about how the baby shows that he or she is hungry and full. You can use the “**For Parents: Breastfeeding? Tell Us About Your Breastfed Baby!**” handout on **page 26** to help you talk to parents about feeding their baby.

See **Table 1**, How Can I Tell If a Baby Is Hungry? and **Table 2**, How Can I Tell If a Baby Is Full? on **pages 8 and 9**.



Encourage parents to provide a back-up supply of frozen or refrigerated breastmilk for times when the baby wants to eat more or the parent is running late. All breastmilk should be clearly labeled with the baby's full name and the date the milk was pumped.



If a mother requests that her baby receive infant formula in addition to breastmilk, encourage the mother to continue to breastfeed and pump her milk to keep up her milk supply. If a mother breastfeeds or pumps less often, her body may make less breastmilk. Giving a baby both breastmilk and infant formula in the same meal or snack is **creditable** in the CACFP. Be sure to feed the baby the breastmilk first, and then the infant formula.

For more tips on how to support parents, see **Chapter 12: Partnering With Families** on **page 129**.



For Parents: Breastfeeding? Tell Us About Your Breastfed Baby!

As your child care provider, we want to make sure we are meeting your baby's needs. Please share how you know when your baby is hungry and what you feed your baby.

Today's Date _____

Baby's Name (first and last) _____

Baby's Birth Date _____

Parent's Name (first and last) _____

What signs does your baby give you to tell you that he or she is hungry?

- Opens and closes mouth
- Tries to bring food to his or her mouth
- Cries
- Roots or turns his or her head and opens his or her mouth
- Other _____
- Sucks hands and other objects
- Reaches or points to food
- Makes sucking noises and motions

How many fluid ounces of breastmilk does your baby usually drink when you feed him or her?

We will always feed your baby breastmilk if you provide it. If your baby is still hungry after we feed him or her the breastmilk, what would you like us to give your baby?

You are also welcome to bring a back-up supply of breastmilk that we can keep in the refrigerator or freezer.



Tip:

Remember: when you bring in breastmilk, please label the bottle with your baby's full name and the date you pumped the breastmilk.

We have a space for you to breastfeed at our child care site! Would you be interested in using it?

Yes No

Let us know if you want to breastfeed your baby at pick up and we will make sure your baby is ready.

Parent's Signature: _____

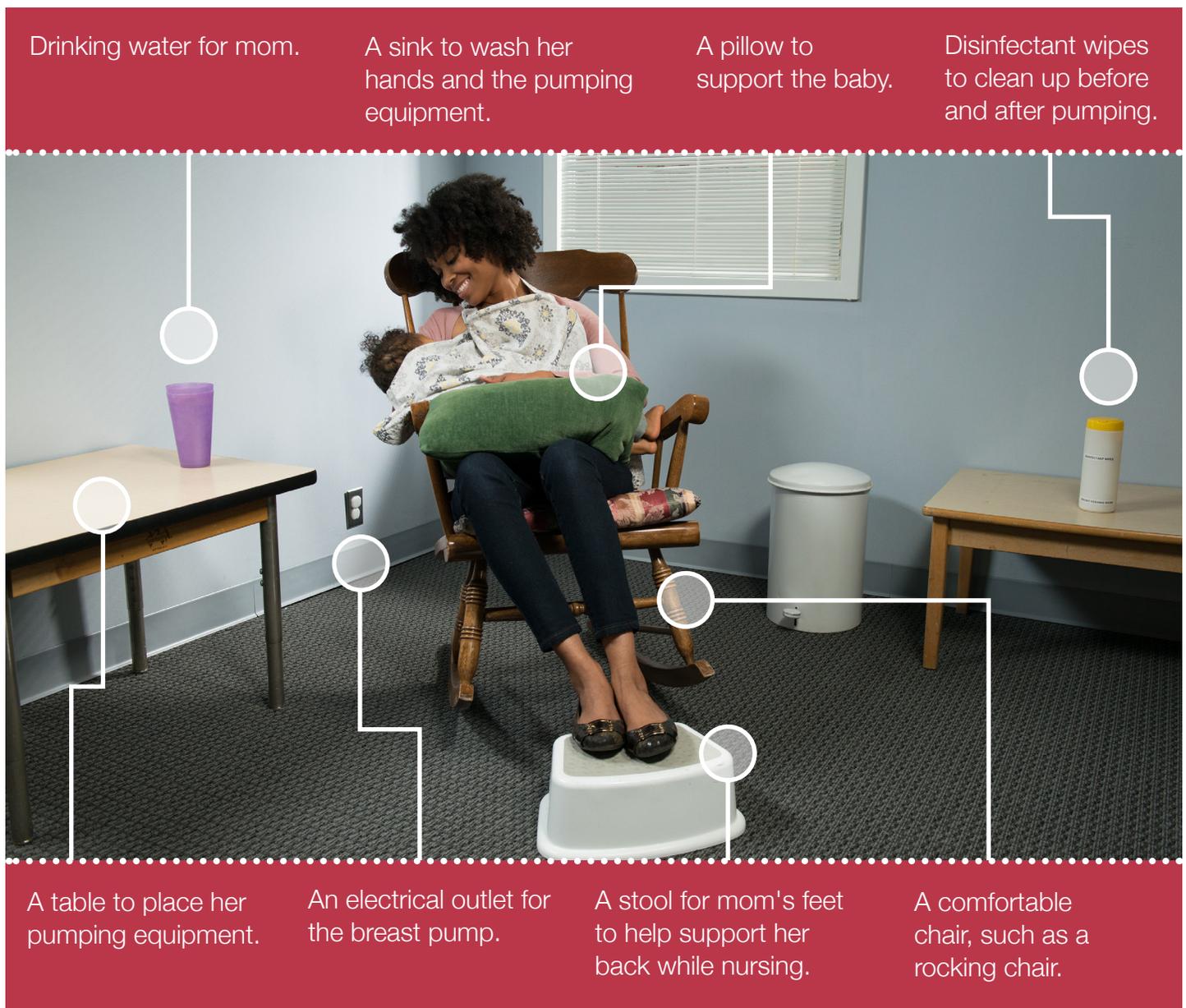
A handout from *Feeding Infants in the Child and Adult Care Food Program*
<https://teamnutrition.usda.gov> • FNS 786B • March 2019
USDA is an equal opportunity provider, employer, and lender.

Creating a Breastfeeding-Friendly Environment

A welcoming environment for breastfeeding mothers can help mothers breastfeed longer.

Offer a mother a clean, comfortable, and quiet place to breastfeed her baby or pump breastmilk. This could be a space in a small room, or a corner of a classroom or office with a privacy screen or curtain. See below for some ideas on how to create a breastfeeding-friendly space at your child care site. Remember that a breastfeeding-friendly space at your child care site is not required in the CACFP, but it is a best practice.

This Space Can Include:





Bottles of breastmilk labeled with baby's full name and the date the breastmilk was pumped.

Feeding Breastmilk in a Bottle

Breastfed babies usually eat every 1½ to 3 hours in the first few months and every 3 to 4 hours after that. As with all babies, breastfed babies go through growth spurts. During these growth spurts, babies may need more breastmilk or need to eat more often. All babies should be fed based on signs of when they are hungry. Stop the feeding when the baby shows signs of being full.

When babies are adjusting to a new place, some babies may only drink a little breastmilk. Talk about the baby's usual eating habits with the parents. A baby who drinks less breastmilk during the day may drink a lot more at home to make up for it.

See **Table 1**, How Can I Tell If a Baby Is Hungry? and **Table 2**, How Can I Tell If a Baby Is Full? on **pages 8 and 9**.

Breastmilk and the CACFP Infant Meal Pattern

As long as the baby is offered the minimum amount of breastmilk required by the CACFP, you can claim it as part of a **reimbursable** meal even if the baby does not drink all of it. The minimum amount of breastmilk for babies 0 through 5 months at breakfast, lunch, supper, and snack

is 4–6 fluid ounces. The minimum amount of breastmilk for babies 6 through 11 months is 6–8 fluid ounces at breakfast, lunch, and supper, and 2–4 fluid ounces at snack. Some babies may regularly drink less than the minimum amount of breastmilk required. In this case, you may offer less than the minimum amount of breastmilk at each feeding as long as more breastmilk is offered later when the baby is hungry.

For example, if a baby was breastfed at home right before arriving at your child care site, he or she may not be hungry for the breakfast meal when he or she first arrives. You can offer the meal to the baby later in the morning when the baby is hungry. You can still claim it as part of a reimbursable meal even if the baby does not eat all of it.



Tip:

As long as the baby is offered the minimum amount of breastmilk required by the CACFP, you can still claim it as part of a reimbursable meal or snack even if the baby does not drink all of it.



What if the baby is still hungry after a feeding, but there is no more breastmilk?

Use the "**For Parents: Breastfeeding? Tell Us About Your Breastfed Baby!**" handout on **page 26** to talk to the baby's parents about what they would like you to do if you run out of breastmilk. They may want to bring a back-up supply of breastmilk to your child care site for that meal or have you offer the iron-fortified infant formula you have at your child care site.



Be sure to talk to breastfeeding mothers to see if they plan to breastfeed at pickup. If they do, ask if they would like you to wait to

feed the baby if the baby is hungry right before pickup time. This can help make sure the baby is hungry enough to nurse once mom arrives.

Remember, you may claim reimbursement of meals when a mother nurses her baby at your child care site. This includes meals when the baby is only drinking breastmilk.

Bowel Movements

Stool of babies given only breastmilk are loose and seedy looking. Sometimes it can be mistaken for diarrhea. The bowel movements for formula-fed babies tend to be darker and firmer with a stronger smell. Usually, breastfed babies have more bowel movements than formula-fed babies. However, as breastfed babies grow, they may have fewer bowel movements and even go for days without one. This is normal as long as the bowel movement is soft.



It is important to talk with parents about the number and types of diaper changes the infant had during the day. This way, they will

be aware of anything that might be unusual and can talk to the baby's health care provider as needed.

Breastmilk for Babies Over 12 Months of Age

Breastmilk may be used to meet the fluid milk component in the meal pattern for children. If a parent wants his or her child (1 year old or older) to be served breastmilk in place of fluid milk, a written request by the parent is not required. Mothers may breastfeed on site or parents can provide pumped breastmilk for their child. Parents do not need to provide a written request for the meal to be reimbursed.



Tip:

Breastmilk may be served in place of fluid milk for children one year of age and older. A written request from parents is not required.

If a mother is unable to provide enough breastmilk to meet the minimum fluid milk requirement of 4 fluid ounces (½ cup) at each meal or snack for a child 1 through 2 years old, unflavored whole milk may be offered, after breastmilk, to meet the minimum requirement. For children older than 2, unflavored fat-free (skim) or low-fat (1%) milk may be served after breastmilk to meet the minimum fluid milk requirement for that age group. Discuss this with the parents before giving a child fluid milk.

In This Chapter

In this chapter, you have learned about the benefits of breastfeeding, how to support breastfeeding mothers, and how to offer breastmilk within the CACFP infant meal pattern. In the next chapter, you will learn more about offering infant formula to a baby at your child care site.



Breastmilk provides benefits to babies, mothers, and families. Share these benefits with families to support breastfeeding mothers at your child care site. See **Table 4**, Benefits of Breastfeeding for Babies, Mothers, and Families on **page 21** for a full list of benefits.



If a parent provides pumped breastmilk for the baby, the meal is still reimbursable as long as you provide all other required food components.



If a mother breastfeeds her child at your child care site, you may claim that milk as part of a reimbursable meal as long as you provide all other required food components.



The infant meal is still reimbursable if the infant does not finish the required minimum serving size of pumped breastmilk as long as it is offered to him or her.



By offering a place where the mother can breastfeed her baby on site, you can support continued breastfeeding.



For children age 1 year and older, breastmilk can be used to meet the CACFP fluid milk component of a meal. A written request from the parent is not required.

Check Your Knowledge

1. All of the following statements about the benefits of breastfeeding are true, *except*:

- A** Breastmilk helps a baby's immune system to fight infections, like ear infections.
- B** Mothers that breastfeed may have a lower risk of Type 2 diabetes.
- C** Families cannot help with feeding a breastfed baby.
- D** Babies taste different flavors in breastmilk, which may help babies accept new flavors later when they start eating solid foods.

2. A child care provider can support breastfeeding mothers by doing all of the following, *except*:

- A** Let mothers breastfeed in the bathroom.
- B** Share information about the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).
- C** Distribute the "Breastfed Babies Welcome Here! A Mother's Guide" to visiting mothers, and display the "Breastfed Babies Welcome Here!" poster and message graphic at the child care site.
- D** Encourage mothers to continue breastfeeding even when they go back to work or school.

3. The minimum amount of breastmilk for babies 0 through 5 months at breakfast, lunch, supper, and snack is _____ fluid ounces. The minimum amount of breastmilk for babies 6 through 11 months is _____ fluid ounces at breakfast, lunch, and supper, and _____ fluid ounces at snack.

4. A mother wants to come to your child care site at lunch to breastfeed her 3-month-old baby. Can you claim reimbursement for the lunch meal?

ANSWERS: 1. C. • 2. A. Offer mothers a clean, quiet place to breastfeed her baby or pump breastmilk. • 3. 4–6 fluid ounces; 6–8 fluid ounces; 2–4 fluid ounces. • 4. Yes, a meal or snack is still reimbursable even when the mother breastfeeds her baby at the child care site. To document the feeding, indicate on the menu that baby was breastfed on site by mom.