

Did you know?

- ♥ Breastfeeding reduces the risk of illness and infection, as a result of antibodies and other protective components in human milk.
- ♥ Breastfeeding helps strengthen the emotional security of the child because being held and nursing at the breast are comforting.
- ♥ Breastfeeding makes a child's integration into the child care setting easier, as it helps reduce the intensity of separation anxiety.
- ♥ Breastfeeding helps mothers build strong bonds with their children, making them feel more confident when their children take this important new step.

Breastfeeding even once a day has a positive impact on your child's health and wellbeing.

- ♥ Continuing to breastfeed while a child is adapting to child care eases the challenges of change, and breastfeeding gives children a sense of stability and security that contributes to a smoother transition to child care.
- ♥ Health Canada and the Canadian Paediatric Society recommend sustained breastfeeding for up to two years or longer with appropriate complementary feeding after six months.

Community breastfeeding services

Breastfeeding volunteers offer support to mother and families. They have received basic or extensive training in breastfeeding and can answer a wide range of questions about pumping, weaning, alternatives to bottles, etc.

They can also help child care staff learn more about caring for breastfed babies. Don't hesitate to connect with them whenever you have a question!

mouvementallaitement.org/ressources

Local contact:



This flyer is part of the **Breastfeeding-Friendly Child Care Service Kit**

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Breastfeed

when your child is in
child care?

You can do it!



Breastfeeding-Friendly



Child Care Service



Photo p. 1: FatCamera | iStock—Photo p. 2: Isabelle Lemaitre

You can definitely continue breastfeeding when your child is in child care, whatever your child's age!

How? By breastfeeding when you are with your child, for instance in the morning and evening and on your days off. You can talk to breastfeeding volunteers about your options when your child is at the child care centre. Volunteers are also there to help you with the transition if you need to talk or get tips. Your milk production will quickly adapt to the new pattern and you will be able to continue breastfeed as long as you and your child wish.

My daughter is starting daycare in three weeks, and I was convinced that would be it, breastfeeding would be over. But after I talked to a breastfeeding volunteer, I found out I could continue, even if I went back to work full time! Thanks to her suggestions, I'm going to breastfeed until we're both ready to wean.

Alice's mom

I just got home from work and my daughter is nursing already. I hardly have time to take my coat off! Every drop of milk seems to make up for part of the long day we were apart. For us, breastfeeding after work is a special moment that helps me relax as well as my little one.

Maya's mom

When a mom comes to the daycare to breastfeed, I make sure she's comfortable. I know how important these visits are for her and her child, special moments of connection. I feel lucky to be there for them,

Paolo's ECE

At first I was afraid I'd be bothering the staff or get negative comments when I wanted to breastfeed my child before leaving the centre in the morning. I had nothing to worry about, because the ECE in my son's group was really welcoming about everything. Breastfeeding mothers shouldn't worry about talking to the child care staff about their plans.

Louis's mom

How do you know if a child care service is breastfeeding friendly?

- ★ Does the child care service identify itself clearly as a breastfeeding-friendly space ?
- ★ Does the entire staff demonstrate a positive and non-judgmental attitude, regardless of the way the infant or child is fed?
- ★ When registering their children, are parents told about practices in place to facilitate breastfeeding?
- ★ Can parents breastfeed in the facility? ★
Est-ce possible de fournir du lait maternel, quel que soit l'âge de l'enfant?
- ★ Can parents bring expressed breastmilk for their children, regardless of their age?
- ★ Do parents determine how fluids are to be given to their children and what containers should be used?
- ★ Do staff members apply rigorous precautions when handling human milk?
- ★ Are the benefits of breastfeeding for up to two years or longer recognized in the facility's nutrition policy?

An increasing number of child care services are breastfeeding friendly. In fact, the guidelines of the *Ministère de la Famille* encourages every child care service to respect the family's decisions about breastfeeding and facilitate continued breastfeeding. It is best to open dialogue with staff when you register your child to ensure their co-operation with your plans..

