

# Navigating the Day Care Waters

Support for breastfeeding parents

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- Fort Wayne, IN
- IN WIC since 1989
- IL WIC since 2008

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## Going back to work

- Is so hard
- Feelings of guilt
- Sad
- Overwhelmed

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## 1 out 4 women in the US

- Return to work less than 2 weeks after delivery
- Working outside the home is related to a shorter duration of breastfeeding
- Intentions to work full time are associated with lower rates of breastfeeding initiation and duration
- Low income women are more likely to return to work earlier, and have jobs that do not provide breastfeeding support
  - Only 11% have access to family leave
  - Mothers either return exhausted or quit
  - Less than 15% request public assistance

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## 70% of women

- In labor force have children under 6
- 57% of married mothers with infants work
- 59% of single mothers are working

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## What are the barriers to mothers?

How do we help mother resolve them?

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## Employment outside the home is a barrier to breastfeeding

- Why?
- Women have always “worked”
- Our expectations of women at work have changed
  - now they work outside the home
  - Entirely new set of expectations
  - “Breastfeeding is time intensive which is economically costly to women”
    - Smith, JHL, 2013

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## What are the barriers?

- Inability to visualize how this will work for them
- Overwhelming, too much work
- One more task, others can help if I use formula
- Lack of support from family and coworkers
- Lack of workplace support and/or cooperation
  - Rarely see the reason or priority
  - Mothers are concerned with losing their job if they ask
- Start pumping immediately
  - tired of pumping

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## Why should I breastfeed? Early prenatal discussion

- Immunities, fewer illnesses
- This is something only she can do
- Reacquaint herself with her baby
- Less time off work
- Less juggling of day care
  - Time off is difficult
- Less stress
  - Remember that oxytocin!

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## Remind her that

- The positive effects of breastfeeding on health persist up to the second year of life
  - Even in the presence of day care attendance
- Breastfeeding reduced the number of antibiotic treatments given to children
- More at risk children could be protected by breastfeeding
  - Dubois 2005

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## Rarely do mothers ask

- Ask about day care breastfeeding support
- Ask about safety and experience

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## We view day care as a service

- Not support
- Not as a partner
- Rarely even thought to ask
- Transactional nature

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## Why it is important to talk about it

- Before you choose a day care provider
- Reduce stress
- May say "what ever you want to do"

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## Prepare a list of questions

- What your thoughts about child feeding?
- How often are infants fed?
- Cue? By the clock?
- How human milk is handled?  
CDC guidelines
- How is milk stored?

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## How will he be bottle fed?

- What if I drop by to nurse?
- Or nurse when I pick her up?
- How much is put in bottle or how much will you expect me to bring each day?

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## All these questions

- Will make the parent more comfortable
- Smooths the transition to work

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## What most parents do not know

- Most child care staff are NOT educated in breastfeeding
- 80% had low level of knowledge breastfeeding
- Preparing and storing milk
- Lack efficacy in supporting mothers

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## Parents were surprised

- Perception of them as experts
- Many just asked breast or bottle?

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## Study in Tampa Florida

- Administrators agreed “breast is best”
- But expressed discomfort with breastfeeding
- Formula feeding is normative
- “I am not an expert”
  - Schafer, 2021

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## Many participate in food program

- Get reimbursed for food such as formula
  - 63%
- Conflict?
- Normative
- Know how to handle it
- “It is regular milk or breast milk”

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## Human milk is different

- Special labels
- Always wear gloves
- “It can harm them”
- Bodily fluid
- Don’t do any of this with formula

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## More knowledgeable about formula

- If parent asked about a breastfeeding problem, they would refer her to doctor or HCP
- And we provide formula if you have a problem

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## Regulations vary by state

- Even state regulations rarely adhere to best practices
- Example: Best Practice:
- Breastfeeding is supported
- Regulations do not mention
- Infants held while fed, regulations do not mention

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## Child care regulations, none federal

- No state met all 5 of the national standards (no federal guidelines)
- Only 2 states met the standards for day care centers
- Many states had regulations requiring a designated place for mothers to breastfeed on site
- Overall support for breastfeeding at the state child care regulation level continues to be insufficient.
  - Gonzalez-Nahm, 2017

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## CDC has information on milk storage

- Nothing on day care regulations for breastfeeding support

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## Question to ask

- Any staff breastfed?
- Any staff attended breastfeeding training?
- Familiar with USDA :  
“Breastfeeding Welcome Here”

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[www.fns.usda.gov/breastfeed-welcome-here](http://www.fns.usda.gov/breastfeed-welcome-here)

- How can I help my child care provider care for my baby?
- A great resource for parents, providers and day care personnel

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Talk to provider about your desires

- When you will arrive to nurse
- Feeding cues
- Best way to soothe baby
- Slow flow bottle
- Share how much your baby eats per feeding
- What to do if runs out of human milk

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## Plan ahead

- Provide bottles with average amount
- Label bottles
- Bring a few in small amounts
- Provide a sheet or agreement

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## Ask about

- Paced bottle feeding
- Explain why it is important to you and to your baby's health

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<https://www.youtube.com/watch?v=OGPm5SpLxXY>

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## Why?

- Allow baby to show when he is full
- Baby controls his feeding
- Day care many times in a hurry to feed all babies at once
- NO!!!!!!!!!!!!!!!!!!!!!!

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## Is baby old enough for cup feeding?

- Control his feed
- No need for bottle
- Not a developmental step

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## Another parental concern

- Pumping
- Dislike this
- Takes too much time

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## Practice with your pump

- 1 to 2 weeks before you return
- Get comfortable
- Hands on pumping
- Breast expression

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## Types of Pumps

- Hand
- Battery &  
Mini-electric
- Electric  
personal use  
hospital grade

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## Help parent to plan for this

- Employment schedule
- Times for breaks and lunch
- Day care near work
- Feed infant when arrive

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## Preplanning can help mothers

- Areas to consider
  - Length of maternity leave
    - Attanasio 2013, Mirkovic May 2014 and Nov 2014
  - Support of employer
    - Bai 2014, Tsai 2013
  - Support of family and friends
  - Support of day care provider

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## One of the most important things

- The LC can do is help the mother to formulate a strategic plan
- How will breastfeeding fit into her life
  - Breastfeeding calendar
- She has to develop the plan that works for her
  - Meet with key people
- Make life easier for her
- THESE ARE HER FEARS!

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## Sitter sabotage

- Be prepared
- What will they do/feed baby before you arrive
- Nurse before you leave baby
- How will day care handle that?

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## Sitter sabotage

- Different charge
- OSHA regulations—NO!
- How milk is handled
- Baby given a bottle if fussy
- Baby fed because it is “time”

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## How to Thaw Frozen Milk

- Thaw frozen milk under warm water
- Stir, do not shake
- Don't thaw milk in the microwave
- Use thawed milk within 24 hours
- Do not refreeze
- Discard unused milk

*California Public Health Foundation Enterprises*

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<b>Storage Location and Temperatures</b>			
<b>Type of Breast Milk</b>	<b>Countertop 77°F (25°C) or colder (room temperature)</b>	<b>Refrigerator 40°F (4°C)</b>	<b>Freezer 0°F (-18°C) or colder</b>
<b>Freshly Expressed or Pumped</b>	<b>Up to 4 Hours</b>	<b>Up to 4 Days</b>	<b>Within 6 months is best Up to 12 months is acceptable</b>
<b>Thawed, Previously Frozen</b>	<b>1-2 Hours</b>	<b>Up to 1 Day (24 hours)</b>	<b>NEVER refreeze human milk after it has been thawed</b>
<b>Leftover from a Feeding</b>	<b>Use within 2 hours after the baby is finished feeding</b>		

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## Mothers constant concern: Fatigue

- Remind Mom to take care of herself
- Baby may change his/her schedule
  - Reverse cycle nursing
  - How will she handle this?
- Rest with the baby when arrive home
  - Resist urge to do chores
- Stress reduction techniques
- Support and help at home

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## What can we do?

- Ask open ended questions
- Determine her goals
- What is important to parent?

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## Goals

- Will help set the plan for the future
- What will you do if..?
- How would you like to..?

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## Plan how to interview

- Day care providers
- Sonner rather than later
- Her goals set the questions
- What is important

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## What if I really like the provider

- But she knows little about supporting breastfeeding?
- How can we learn together
- LC in area do an in service for staff
- WIC office in service

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## Avoid judgement

- Suggestions
- Ideas

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## Plan how

- To prepare for return
- Practice day with day care
- How you will do
- How baby will do

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## Plan your

- Work environment
- Where pump or express milk
- When you can do express
- Any barriers?
- Resolve them NOW

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## Plan

- Meet
- Set goals
- Partner with provider
- Eliminate barriers early
- Set the stage for success

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