

Apple Tree Daycare staff support breastfeeding mothers

One of the top five reasons for weaning from breastfeeding among Siouxland WIC participants is returning to work or school. Finding a daycare that provides support to breastfeeding mothers might help mothers to avoid early weaning and continue breastfeeding.

We chose Apple Tree Daycare because it is one of the largest daycare centers in Sioux City and has approximately 31 staff members. A verbal survey indicated that more than 94 percent of the staff did not breastfeed and were not aware of breastfeeding benefits to infants and mothers. We decided to provide an in-service to the staff during their staff meeting which was mandatory for staff to attend.



Courtesy - Matt McClain/The Washington Post



What did we do?

Developed a power point presentation and presented it at their February 2020 staff meeting attended by the staff from both of their locations. Following were the objectives for the in-service:

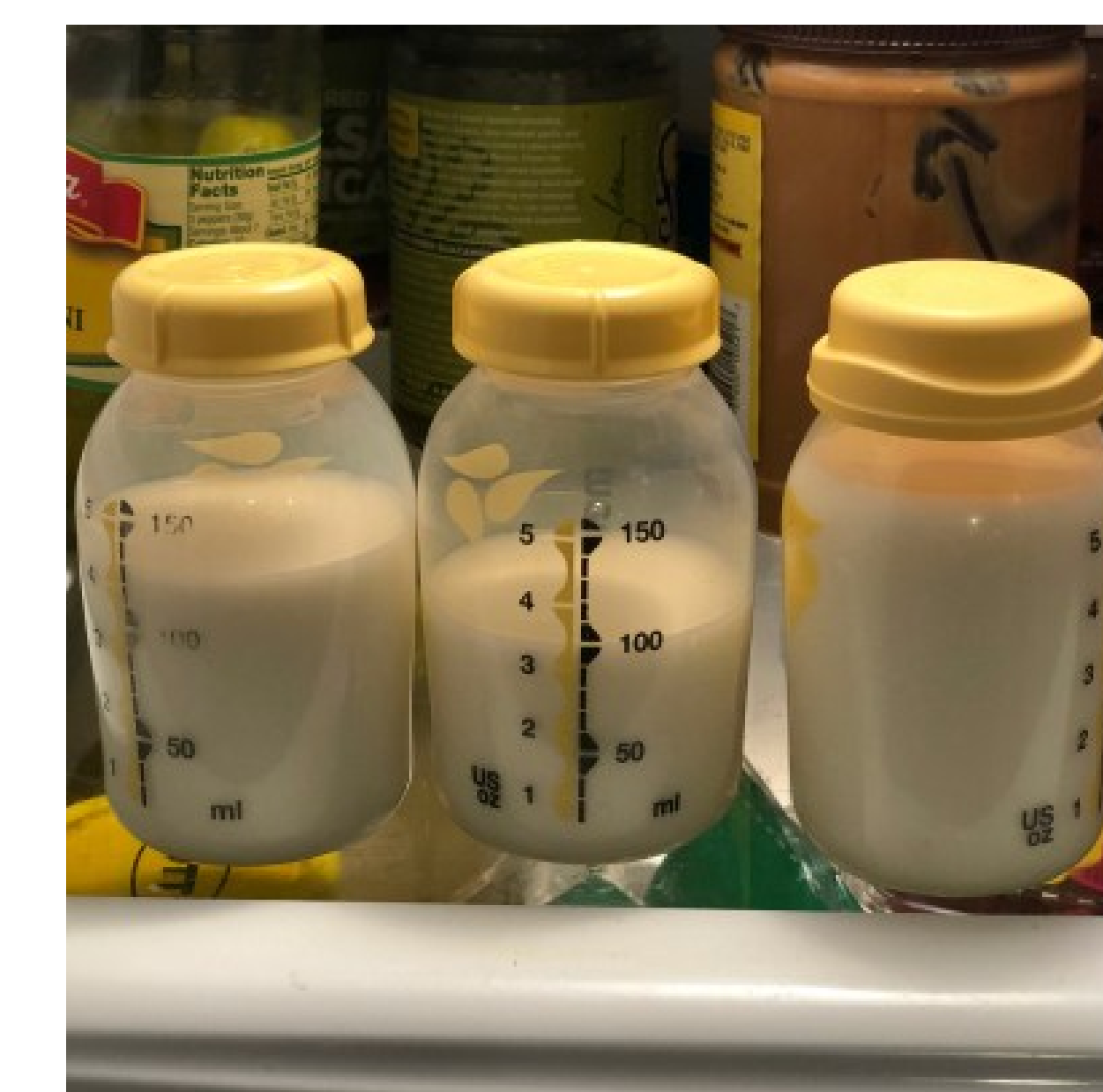
- Describe benefits of breastfeeding for infants and mothers.
- Describe safe handling. (Provided refrigerator magnets with storage guidelines as a long term reminder).
- Describe elements of a breastfeeding friendly child care center.
- Describe the role of the child care environment and staff in helping mothers reach their breastfeeding goals.

What were the results?

- Staff learnt about benefits of breastfeeding for mothers and babies and their role in supporting breastfeeding mothers in a daycare setting .
- Apple Tree provides an appropriate environment for mothers who want to breastfeed at the facility.
- Staff felt confident about storing and handling of breastmilk after the in-service.

What lessons were learned?

- Daycare staff benefited from the in-service.
- Staff learned their supportive role in promoting and encouraging breastfeeding.
- Staff learned how their support of breastfeeding helps Apple Tree Daycare Center.
- Keeping in contact with the Director of the day care center and provide any support in future might assure their continued support of breastfeeding.
- Providing in-service on an annual basis will help staff to refresh their knowledge and teach new staff about storing and handling of breast milk and provide support to breastfeeding mothers.



TEAM MEMBERS:

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