



Early Care and Education Program Pledge for Breastfeeding Mothers

_____ (early care and education program name) recognizes the many health benefits when mothers provide breast milk to their newborns at least six months following birth. According to the American Academy of Pediatrics and other professional healthcare organizations, mothers who breastfeed their newborns for a minimum of six months can see a number of benefits, including:

- Breastfeeding may protect babies from infections and illnesses that include diarrhea, ear infections, pneumonia, and inflammatory bowel syndrome.
- Breastfed babies are less likely to develop asthma, and are less likely to be readmitted to the hospital for other illnesses.
- Children who are breastfed for six months may be less likely to become obese, and have a reduced chance of developing type 2 Diabetes.
- Breastfeeding may reduce the risk of sudden infant death syndrome (SIDS).
- Mothers who breastfeed may have a decreased risk of breast and ovarian cancers.
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In order to support the mothers who recently gave birth and are planning to breastfeed, _____ (childcare program name) pledges to adopt the following policies:

Pledge on Expressed Milk for a Nursing Mother While at Work:

Mothers shall be provided a private place to express her milk if she prefers privacy.

- The space shall be shielded from view and free from intrusion from the public.
- A bathroom, even if private, is not a permissible location.

_____ (childcare program name) pledges to accept expressed milk that is provided by mothers and will use this to feed their baby using safe handling and storage guidelines.

This pledge to support mothers who return to work and are committed to breastfeeding their newborns is made by:

Childcare Program Name

Name, Authorized Representative and Title

Signature



Pledge developed from the Central Ohio Hospital Council