



# Breastfeeding Friendly Child Care Centers: 10 Easy Steps

## Step by Step process for Regional Task Force

1. **Identify the day care facility and facility director**
  - Seek day care centers that have been identified through word of mouth
2. **Call facility director to introduce yourself as a representative from the regional task force and explain the purpose of the task force.**
  - Offer consultation in reviewing breastfeeding friendly guidelines
3. **Set up an appointment to meet facility director to discuss breastfeeding friendly criteria**
4. **Review Breastfeeding Friendly Child Care Centers: 10 Easy Steps Self-Assessment Questionnaire**
  - Utilize power point presentation if presenting to group
5. **Review content of messenger bag or folder (resources, websites, children's books, etc)**
6. **Suggest to the facility director that you are available to assist in the Self-Assessment process**
  - Be available for a tour of the facility
  - Be available for review of facility policies
7. **Ask that the completed Self-Assessment Questionnaire be shared with you**
8. **Review day care center completed Self-Assessment Questionnaire**
9. **Follow up with day care facility director**
  - Offer assistance in reviewing Self-Assessment Questionnaire with staff
  - Offer assistance in developing a plan of action with staff
  - Explain that the agency may wish to work on a few steps gradually and not all 10 initially
10. **Indicate that you are available to provide continuing education to staff during this ongoing process**
11. **Send a Thank You letter offering continuing assistance along with an Evaluation that will provide feedback on the assistance you provided. Include a self addressed stamped envelope.**

**Don't forget to:**

- ✓ Thank the day care center for moving towards becoming a 'Breastfeeding Friendly Day Care Center'
- ✓ Offer praise every step of the way