

**Breastfeeding Basics for the Childcare Provider:
Evidence-Based Information to Support Best Practices**

This workshop will provide information to help childcare providers meet the needs of breastfed infants and their families. This workshop will include information about the benefits of breastfeeding for both child care providers and families, supporting the breastfeeding family, and how to meet the needs of breastfed infants in childcare. There will be information about infant growth patterns, reflexes, hunger cues, and development. Healthy bottle feeding practices will be discussed. Additionally, information about the benefits of creating a breastfeeding policy and how to handle and store breast milk will be provided.

**The PowerPoint is in two parts due to size:
Course Outline Part 1 Slides 1-38**

1. Slides 1-5: Introduction and exploration of participants current experiences feeding infants in childcare (Discussion & Activity; 5 minutes)
 - a. Speaker introduction
 - b. Participants meet others sitting near them and discuss the number of breastfed children, how they approach feeding, and discuss mistakes participants have seen parents or other caregivers make when feeding babies
2. Slides 6-14: Identify benefits of breastfeeding for infants, mothers, and childcare providers (Activity, Lecture & Discussion; 25 minutes)
 - a. Activity: advantages and disadvantages of breastfeeding vs formula for childcare providers
 - b. Describe benefits of breastfeeding for the following:
 - i. Infants
 - ii. Mothers
 - iii. childcare providers/ childcare centers
 - c. Slide 11 Poll Question #1-True or false? Breastfed babies tend to be sick less than bottle fed babies?
 - d. Discuss rates of breastfeeding
3. Slides 15-20: Identify/describe practices that best meet the needs of breastfed infants in the childcare setting and support breastfeeding families (Lecture, & Discussion; 15 minutes)
 - a. Engage participants in discussion about the childcare policies and practices they currently use to support breastfeeding families
 - b. Engage participants in discussion regarding the strengths and weaknesses of the strategies they utilize
 - c. Slide 20 has two optional youtube videos that you can show if you have time. Both videos are included on the resource handout
<https://www.youtube.com/watch?v=lpDDxnbin7c> (10 minutes)
<https://www.youtube.com/watch?v=Zz2ld5GQsno> (6 minutes)
4. Slides 21-38: Describe infant growth patterns, reflexes, and differences between the needs of breastfed and formula fed infants (Lecture & Discussion; 35 minutes)
 - a. Slide 21 Poll Question #2 – Participant question

- b. Describe infant growth patterns and reflexes
- c. Slide 25 Activity: Eating Patterns game. For virtual training you may show one of the optional videos above.
- d. Discuss participant views of differences between breastfed and formula fed infants
- e. Describe signs of fullness and Describe developmentally appropriate feeding strategies

Course Outline Part 2 Slides 39-73

Slide 39 Paced bottle feeding video. To view the video go to <https://www.youtube.com/watch?v=OGPm5SpLxXY> (4 minutes)

- 5. Slides 40-52: Describe breastmilk characteristics, storage, and handling (Lecture & Discussion; 15 minutes)
 - a. Describe breastmilk characteristics, storage, and handling
 - b. Poll Question #3 True or False - Gloves
 - c. Engage participants in discussion about misconceptions related to breastmilk/ breastfeeding
- 6. Slides 53-65: Demonstrate strategies that support healthy bottle feeding for all infants (Lecture & Discussion; 15 minutes)
 - a. Describe strategies that support healthy bottle feeding
 - b. Slide 56 Poll Question #4 True or False – Bottle Propping
 - c. Share resources with further information for supporting breastfeeding families
- 7. Slides 66-73: Wrap Up, Quiz & Questions (Discussion; 10 minutes)
 - a. Slides 67 and 68 Quiz Questions and Answers
 - b. Participants will share thoughts/reflections; speakers will answer closing questions
 - c. Slides 72 and 73 are extras (data and formula preparation)
 - d. Participants complete evaluation (or if online-remind them to complete it)
 - e. Pass out certificates

Total time: 120 minutes

Participant Handouts:

- ❖ Resources Handout
- ❖ Advantages vs. Disadvantages (activity)
- ❖ Eating Patterns Game (activity)
- ❖ Breastfeeding Support (HCCI Fact Sheet) <https://www.idph.iowa.gov/hcci/products>