

# Creating a Breastfeeding-Friendly Environment

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**CACFP iTrain  
Simple Lesson Plan**

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# Creating a Breastfeeding-Friendly Environment

## CACFP iTrain Simple Lesson Plan

**EXECUTIVE DIRECTOR**  
Aleshia Hall-Campbell, PhD, MPH



**Intended Audience:** CACFP personnel and other child care staff

**Description:** This lesson explains the importance of creating a breastfeeding-friendly environment in the child care setting.

2021

## Institute of Child Nutrition The University of Mississippi

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## Lesson-at-a-Glance

Time	Topic	Activity	Materials
<b>Introduction</b>			
5 minutes	▶ Introduction and Overview		<ul style="list-style-type: none"> <li>• PowerPoint slide deck</li> <li>• Computer</li> <li>• Pen or Pencils</li> </ul>
<b>Objective:</b> Generate ideas for creating a breastfeeding-friendly environment in a child care setting.			
15 minutes	▶ Creating Breastfeeding Spaces	▶ Pair and Share	<ul style="list-style-type: none"> <li>▶ Worksheet: Pair and Share</li> <li>▶ Handout: Sample Breastfeeding Policy</li> <li>▶ Handout: WIC Breastfeeding Basics for Mom</li> <li>▶ Handout: WIC Breastfeeding Basics for Mom – Spanish</li> <li>▶ Video: Breastfeeding Space Makeover</li> </ul>
<b>Conclusion</b>			
10 minutes	<ul style="list-style-type: none"> <li>▶ Lesson Summary</li> <li>▶ Training Evaluation</li> </ul>	<ul style="list-style-type: none"> <li>▶ Speed Action Planning</li> <li>▶ Training Evaluation (Optional)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Worksheet: Speed Action Planning</li> <li>▶ Optional: Training Evaluation &amp; Training Certificate</li> </ul>
<b>Total Time: 30 minutes</b>			

## References

Centers for Disease Control and Prevention. (2013). *Strategies to prevent obesity and other chronic diseases: The CDC guide to strategies to support breastfeeding mothers and babies*. <https://www.cdc.gov/breastfeeding/pdf/bf-guide-508.pdf>

New York State Department of Health. (2020, October). *Breastfeeding friendly child care*. <https://www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon.htm>

New York State Office of Children and Family Services, Early Childhood Education and Training Program. (2017, August 18). *Breastfeeding Space Makeover*. <https://www.youtube.com/watch?v=wRr5EHnu-wE>

Office of the State Superintendent of Education. (2017, October 12). *Supporting breastfeeding mothers and infants in child care centers*. <https://osse.dc.gov/sites/default/files/dc/sites/osse/documents/Supporting%20Breastfeeding%20Mothers%20and%20Infants%20in%20Child%20Care%20Centers.pdf>

U.S. Department of Agriculture, Food and Nutrition Service. (2016). *Optional best practices to further improve nutrition in the Child and Adult Care Food Program meal pattern*. <https://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp>

Wisconsin Department of Health Services. (2016). *Ten steps to breastfeeding friendly child care centers*. <https://www.dhs.wisconsin.gov/publications/p0/p00022.pdf>

## Internet Resources

- ▶ Institute of Child Nutrition: [www.theicn.org](http://www.theicn.org)
- ▶ USDA’s Team Nutrition: [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)

## Preparation Checklist

**Instructions:** Use the Preparation Checklist to prepare for the training session. Keep track of your progress by checking off tasks as they are completed.

Done <input checked="" type="checkbox"/>	Lesson Tasks
<b>Gather Materials</b>	
<input type="checkbox"/>	▶ Training Script
<input type="checkbox"/>	▶ Computer and Projector Screen
<input type="checkbox"/>	▶ Worksheets and Handouts: <ul style="list-style-type: none"> <li>• Worksheet: Pair and Share</li> <li>• Handout: Sample Breastfeeding Policy</li> <li>• Handout: WIC Breastfeeding Basics for Mom</li> <li>• Handout: WIC Breastfeeding Basics for Mom – Spanish</li> <li>• Video: Breastfeeding Space Makeover</li> <li>• Speed Action Planning worksheet</li> </ul>
<input type="checkbox"/>	▶ Pens or pencils (one per participant)
<input type="checkbox"/>	▶ Optional: Training Certificate/Evaluation/Feedback Form (one per participant)
<b>Prepare for Lesson</b>	
<b>Before the training day:</b>	
<input type="checkbox"/>	▶ Review the training script and research any relevant State or local requirements. <ul style="list-style-type: none"> <li>• The content reflects the Federal regulations and/or national best practices or standards. However, it’s essential to include any additional State or local requirements when presenting this training.</li> </ul>
<input type="checkbox"/>	▶ Make enough copies of the handouts for each participant.
<input type="checkbox"/>	▶ Test the PowerPoint on the computer and projector screen.
<input type="checkbox"/>	▶ Optional: Develop and print a session certificate/evaluation/feedback form (one per participant).
<b>On the training day:</b>	
<input type="checkbox"/>	▶ Place pens or pencils on tables (one per participant).
<input type="checkbox"/>	▶ Distribute materials to each participant.
<b>On the instructor’s table:</b>	
<input type="checkbox"/>	▶ Training Script
<input type="checkbox"/>	▶ Instructor’s copy of handouts and/or worksheets
<input type="checkbox"/>	▶ Optional: Session Evaluation/Feedback Forms

## Training Script

**Instructor’s Note:** Each section below has an accompanying slide(s). Review and share the content for each PowerPoint slide.

<b>Introduction</b>
<p><b>Welcome!</b></p> <p>Complete the following tasks:</p> <ul style="list-style-type: none"> <li>▶ Distribute handouts to the participants.</li> <li>▶ Welcome the participants to the training.</li> <li>▶ Introduce yourself and allow the participants to introduce themselves by sharing their name and one thing they would like to get from this training.</li> </ul>
<p><b>Review Current Knowledge</b></p> <p><b>Ask posing question:</b> What are some of the benefits of breastfeeding?</p> <p><b>Share core content:</b> The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for the first 6 months and that it be continued after solid foods are introduced. Breastfeeding can provide health benefits to the infant and mother. For example, it can protect infants from conditions such as obesity, and it can lower a mother’s risk of developing breast and ovarian cancers. Given the benefits, it is best practice to create a breastfeeding-friendly environment in a child care setting.</p>
<p><b>Overview</b></p> <p><b>Share core content:</b> In this training, we will explore the importance of creating a breastfeeding-friendly environment for mothers and infants.</p>
<p><b>Objective:</b> Generate ideas for creating a breastfeeding-friendly environment in a child care setting.</p>
<p><b>Breastfeeding-Friendly Environment</b></p> <p><b>Ask posing question:</b> What would a breastfeeding space look like in your child care setting?</p> <p><b>Share core content:</b> A breastfeeding-friendly environment is a comfortable setting that promotes, supports, and encourages breastfeeding.</p>
<p><b>Why Create a Breastfeeding-Friendly Environment?</b></p> <p><b>Share core content:</b> One of the things that influences a woman’s decision to breastfeed is family and social support. By creating a breastfeeding-friendly environment in your child care setting, you can provide mothers with the support that they may not receive elsewhere. It is also an opportunity to provide them with encouragement, education, and resources related to breastfeeding.</p>

<p><b>Breastfeeding On-Site</b></p> <p><b>Share core content:</b> To support breastfeeding, the CACFP allows for centers and family child care homes to be reimbursed for meals when a mother breastfeeds her infant on-site. A center or family day care home must document when a mother breastfeeds on-site to claim meals for reimbursement. It is not necessary to record the total number of times a mother breastfeeds her infant(s). An acceptable way to document is to write “breastfed on-site” or “mother on-site” next to the meal.</p> <p>Fortunately, there are several ways to create a breastfeeding-friendly environment in a child care setting.</p>
<p><b>Breastfeeding Policy</b></p> <p><b>Share core content:</b> Establishing a breastfeeding policy is a way to express your support for breastfeeding mothers and infants, and to outline the standard of care that they can expect to receive at your center or home.</p> <p>When creating a policy, you may want to include where mothers can breastfeed, staff responsibilities, and the protocol for handling, storing, and serving breastmilk. This policy can be written and made available to families upon request.</p> <p><b>Handout:</b> Sample Breastfeeding Policy</p>
<p><b>Education and Resources</b></p> <p><b>Share core content:</b> You can also provide breastfeeding mothers and families with education and resources. For example, provide educational handouts or brochures, display the contact information of local and national resources, host a breastfeeding class/workshop, and/or start a peer group of breastfeeding mothers. It is also important to provide similar information to your staff so they are knowledgeable about how to support breastfeeding mothers and infants. The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is also a great place to obtain breastfeeding resources as well as Team Nutrition’s Breastfed Babies Welcome Here resource.</p> <p><b>Handouts:</b></p> <ul style="list-style-type: none"> <li>▶ WIC Breastfeeding Basics for Mom</li> <li>▶ WIC Breastfeeding Basics for Mom – Spanish</li> </ul>
<p><b>Physical Space</b></p> <p><b>Share core content:</b> Offer breastfeeding mothers a physical space to breastfeed that is clean, comfortable, and private. When creating a space, essential things to provide include an electrical outlet, comfortable chair, trash can, paper towels, sink with running water and soap, and refrigerator.</p>
<p><b>Breastfeeding Space Makeover</b></p> <p><b>Share core content:</b> The Breastfeeding Space Makeover video shown will help you think through creating a breastfeeding space. This video will provide ideas of how small spaces can be transformed to accommodate breastfeeding mothers.</p> <p><b>Show video:</b> (<a href="https://www.youtube.com/watch?v=wRr5EHnu-wE">https://www.youtube.com/watch?v=wRr5EHnu-wE</a>)</p>

<p><b>Activity: Pair and Share</b> <b>Time: 10 minutes</b></p> <ul style="list-style-type: none"> <li>▶ <b>Purpose:</b> The purpose of this activity is to identify actions that can be taken to create a breastfeeding-friendly environment in a child care setting.</li> <li>▶ <b>Materials Needed:</b> Pair and Share worksheet and Pens/Pencils</li> <li>▶ <b>Instructions:</b> <ul style="list-style-type: none"> <li>• Allow participants to choose a partner. Have each group refer to the Pair and Share worksheet.</li> <li>• Have participants read and respond to the questions individually, share responses with their partner.</li> <li>• Give participants 5 minutes to complete the activity. Ask if anyone would like to share their responses. There are no right or wrong answers.</li> </ul> </li> </ul> <p><b>FEEDBACK:</b> Possible responses might include educating staff and other families about breastfeeding, creating a breastfeeding resource bulletin board, and offering breastfeeding supplies such as disposable nursing pads and breastmilk storage bags.</p>
<p><b>Conclusion</b></p>
<p><b>Lesson Conclusion</b></p> <p><b>Share core content:</b> Thank you for participating in the activity. We have covered the importance of breastfeeding, how the CACFP supports breastfeeding, and things that you can do to create a space for breastfeeding mothers in your child care setting.</p> <p><b>Ask posing question:</b> Does anyone have any questions about the topic we covered today?</p>
<p><b>Activity: Speed Action Planning</b> <b>Time: 5 minutes</b></p> <ul style="list-style-type: none"> <li>▶ <b>Purpose:</b> This purpose of this activity is to establish future steps for applying the information in their workplace.</li> <li>▶ <b>Materials Needed:</b> Speed Action Planning worksheet, Planner or Cell Phone Calendar App, and Pencil/Pen</li> <li>▶ <b>Instructions:</b> Distribute the Speed Action Planning worksheet. Inform participants that it is important to develop a plan for using the training’s information. Ask them to take 1–2 minutes to answer the following three questions to establish an action plan.             <ul style="list-style-type: none"> <li>• What did you learn in this training?</li> <li>• How will you apply this information in your current or future role?</li> <li>• When will you apply this information?</li> </ul> </li> </ul> <p>Once the participants have finished, encourage them to save this goal to a planner, calendar app, or other sources to ensure they follow through with their plan. Following this activity, dismiss the participants from the training.</p>

**Thank You!**

Complete the following tasks:

- ▶ Conclude the training.
- ▶ Refer participants to the Institute of Child Nutrition for additional information at [helpdesk@theicn.org](mailto:helpdesk@theicn.org) or 800-321-3054.
- ▶ Distribute any certificates or evaluations.



# BREASTFEEDING BASICS FOR MOMS: Your Breastfeeding Questions Answered



**Why should I breastfeed?**

**BREASTMILK IS THE BEST FOOD FOR YOUR BABY. IT:**

- has all the nutrients your baby needs for proper growth and development
- may reduce the risk of ear infections and colds
- may reduce the risk of obesity, diabetes, and other diseases
- is easier for your baby to digest
- is always the right temperature, never too hot and never too cold

**IT'S HEALTHIER FOR YOU, TOO! BREASTFEEDING:**

- can help you recover more quickly from childbirth
- reduce your risk for certain breast and ovarian cancer and type 2 diabetes
- may help you lose weight after childbirth



The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a program of the USDA, Food and Nutrition Service.

FNS-737 August 2018  
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The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a program of the USDA, Food and Nutrition Service.

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August 2018

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## How often should I breastfeed my baby?

Newborn babies breastfeed frequently, about 8 to 12 times in 24 hours. Feed your baby when he or she shows signs of hunger, such as:

- sucking on hands or fingers
- smacking lips or opening mouth when lips are touched
- rooting or turning their head to search for mother's nipple
- squirming or restless movements while asleep

Many moms think crying is the only sign that their baby is hungry. But, it's actually a sign of distress. Hungry babies will show signs of hunger before they begin to cry. Watching for and responding early to your baby's hunger signs may help prevent them from crying.



## Your body is amazing!

Did you know: as you breastfeed your baby, your body adjusts to make the right amount of milk? Putting your baby to your breast early and often will help your body keep up with your baby's growing tummy.

The more breast milk your baby drinks from you, the more milk you will produce. This is called *supply and demand*, and it is very important to the success of breastfeeding.

## How will I know my baby is getting enough?

You can be assured that your baby is getting plenty of milk in a few ways. One way is to count the number of wet diapers and poops. The color, texture, and frequency of your breastfed baby's poops will change as your baby grows.

The chart to the right offers a guide for the frequency and color of your baby's daily poops and wet diapers. The boxes show the smallest number of diapers for most babies. It is okay if your baby has more diapers than what is shown. Your baby may have more than six poops a day after the first week. After 6 weeks, there may be fewer dirty diapers.

Another way to tell if your baby is getting enough milk is weight gain. Don't worry if your baby loses a little weight in the first few days—that's normal. Talk to your baby's doctor to make sure your baby is gaining the right amount of weight.

Baby's Age	Wet	Poops
DAY 1 (birthday)	○	●
DAY 2	○○	●●●
DAY 3	○○○○○	●●●
DAY 4	○○○○○○	●●●
DAY 5	○○○○○○○	●●●
DAY 6	○○○○○○○	●●●
DAY 7	○○○○○○○	●●●



**Can I feed my baby both breast milk and formula?**

Feeding your baby both breast milk and formula in the first month can decrease your milk supply. If your baby gets full with formula and does not breastfeed, your breasts will make less milk.

**Why does it feel like I'm not making any milk?**

The first milk new mothers produce is called colostrum. Colostrum is a sticky yellowish substance full of vitamins and minerals. It provides your baby with important immunities and nourishment. Though it may not seem like a lot, it is enough to fill your baby's stomach in the first days.

At birth, your baby's tummy is no bigger than a toy marble (about 1 to 2 teaspoons). By day 10, your baby's stomach grows to the size of a ping-pong ball (about 2 ounces). Your milk supply will increase within a few days to keep up with your baby's needs.

**Why do my breasts hurt when my baby nurses?**

You may feel pain if your baby is not positioned properly or not latching on correctly to breastfeed. Talk to WIC breastfeeding staff for help with positioning and latching. Mothers, grandmothers, sisters, other relatives, and friends who have breastfed their babies can be good sources of information, too!

**How do I prepare to go back to work if I am breastfeeding?**

If you are returning to work soon after your baby is born, it is best to make a plan about how to work and breastfeed. Find a day care center or babysitter near your job and talk about your plans to breastfeed. You can use a breast pump to collect and store milk for your baby to have while you are at work. WIC can help you learn about pumping and storing breast milk. You should start to pump a week before you return to work to ensure you have a good supply.



For more resources visit:  
[WICBreastfeeding.fns.usda.gov](http://WICBreastfeeding.fns.usda.gov)



**CONCEPTOS BÁSICOS SOBRE LA LACTANCIA MATERNA:**  
respuestas a sus preguntas sobre la lactancia materna



**¿Por qué debo amamantar?**

LA LECHE MATERNA ES EL MEJOR ALIMENTO PARA SU BEBÉ PORQUE:

- tiene todos los nutrientes que su bebé necesita para crecer y desarrollarse adecuadamente
- puede disminuir el riesgo de contraer resfriados e infecciones de oído
- puede disminuir el riesgo de obesidad, diabetes y otras enfermedades
- es más fácil de digerir para su bebé
- siempre está a la temperatura correcta, ni muy caliente ni muy fría

**¡TAMBIÉN ES MÁS SALUDABLE PARA USTED! AMAMANTAR:**

- puede ayudarla a recuperarse más rápido del parto
- reduce el riesgo de contraer diabetes tipo 2, algunos tipos de cáncer al seno y de ovario
- puede ayudarla a bajar de peso después del parto



U.S. DEPARTMENT OF AGRICULTURE  
**APOYO A LA LACTANCIA MATERNA DE WIC**  
*APRENDAN JUNTOS. CREZCAN JUNTOS.*

El Programa Especial de Nutrición Suplementaria para Mujeres, Infantes y Niños (WIC) es un programa del Servicio de Alimentos y Nutrición (FNS).

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agosto 2018

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

**¿Qué tan seguido debo amamantar a mi bebé?**

Los recién nacidos amamantan frecuentemente, cerca de 8 a 12 veces en 24 horas. Alimente a su bebé cada vez que muestre signos de tener hambre, como:

- chuparse las manos o los dedos
- hacer ruidos con los labios o abrir la boca cuando le tocan los labios
- girar la cabeza para buscar el pezón de la madre
- retorcerse o estar muy inquieto cuando esté dormido

Muchas madres creen que llorar es el único signo que indica que su bebé tiene hambre. Pero, en realidad es un signo de ansiedad. Los bebés hambrientos muestran signos de hambre antes de empezar a llorar. Observar y responder pronto a los signos de hambre de su bebé puede evitar que llore.



**¡Su cuerpo es sorprendente!**

¿Sabía usted que a medida que amamanta a su bebé, su cuerpo se adapta para producir la cantidad correcta de leche? Amamantar pronto y con frecuencia ayudará a que su producción de leche siga el ritmo de crecimiento del estómago de su bebé.

Mientras más succione el bebé de su leche materna, usted producirá más leche. A esto se le llama estimulación y producción, y es sumamente importante para amamantar con éxito.

**¿Cómo puedo saber si mi bebé está tomando suficiente leche?**

Usted puede asegurarse de que su bebé está tomando suficiente leche de diferentes maneras. Una manera es contar el número de pañales mojados y sucios. El color, la textura y la frecuencia de las deposiciones de su bebé amamantado cambiarán conforme su bebé crezca.

La siguiente gráfica proporciona una guía para monitorear la frecuencia y el color de las deposiciones diarias de su bebé, así como sus pañales mojados. Las casillas muestran el menor número de cambios de pañal para la mayoría de los bebés. Está bien si su bebé tiene más cambios de pañal de los que se muestran. Su bebé puede producir más de 6 deposiciones al día después de la primera semana. Después de 6 semanas, puede que haya menos pañales sucios.

Otra manera de saber si su bebé está tomando suficiente leche es el aumento de peso. No se preocupe si su bebé baja un poco de peso durante los primeros días, es normal. Hable con su médico para asegurarse de que su bebé esté aumentando de peso normalmente.

Edad del bebé	Pañales mojados	Deposiciones
DÍA 1 (al nacer)	○	●
DÍA 2	○○	●●●
DÍA 3	○○○○○	●●●
DÍA 4	○○○○○○	●●●
DÍA 5	○○○○○○○	●●●
DÍA 6	○○○○○○○	●●●
DÍA 7	○○○○○○○	●●●



**¿Puedo alimentar a mi bebé con leche materna y fórmula?**

Alimentar a su bebé con leche materna y fórmula durante el primer mes puede disminuir su producción de leche. Si su bebé se llena con fórmula y no amamanta, sus senos producirán menos leche.

**¿Por qué se siente como si no estuviera produciendo leche?**

La primera leche que producen las mamás nuevas se llama calostro. El calostro es una sustancia pegajosa y amarillenta llena de vitaminas y minerales. Le proporciona a su bebé inmunidad y nutrición. Aunque no parezca mucho, es suficiente para llenar el estómago de su bebé en los primeros días.

Al nacer, la barriga de su bebé no es más grande que una canica (aproximadamente de una a dos cucharaditas). Para el día 10, el estómago de su bebé crecerá al tamaño de una pelota de ping-pong (aproximadamente dos onzas). Su suministro de leche aumentará en unos días para mantenerse al día con las necesidades de su bebé.

**¿Por qué me duelen los senos cuando mi bebé amamanta?**

Es posible que sienta dolor si su bebé no está colocado adecuadamente o si no se agarra correctamente del pezón. Hable con el personal de lactancia de WIC para obtener ayuda con el posicionamiento y el agarre. ¡Las madres, abuelas, hermanas, otros familiares y amigos que han amamantado también pueden ser buenas fuentes de información!

**¿Cómo me preparo para volver al trabajo si estoy amamantando?**

Si regresa al trabajo poco después del nacimiento de su bebé, es mejor que haga un plan de cómo trabajar y amamantar. Busque una guardería o una niñera cerca de su trabajo y hable con ellos sobre sus planes para amamantar. Puede usar un extractor de leche para recolectar y almacenar leche para que su bebé tenga mientras está en el trabajo. WIC puede ayudarla a aprender sobre la extracción y el almacenamiento de leche materna. Deberá empezar a extraerse leche una semana antes de regresar al trabajo para asegurar un buen suministro.



Para más recursos visite:  
[WICBreastfeeding.fns.usda.gov](http://WICBreastfeeding.fns.usda.gov)

## Pair and Share

**Instructions:** Answer the following questions, and then share your responses with your partner.

What actions are you taking to create a breastfeeding-friendly environment in your child care setting?

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List one or two things you can implement as a result of this training:

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## Speed Action Planning

**Instructions:** Today's training featured key information on the importance of creating a breastfeeding-friendly environment in the child care setting. Answer the following three questions to establish a plan for using the information.

**1. What did you learn in this training?**

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**2. How will you apply this information in your current or future roles?**

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**3. When will you apply this information (e.g., one week, one month, six months, etc.)?**

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[www.theicn.org](http://www.theicn.org)