

MealTime Memo

August
2026



SUPPORTING BREASTFEEDING MOMS



National WIC Breastfeeding Week is August 1–7. It is the perfect time to recognize breastfeeding moms and show your support! As a child care provider, you can help families feel comfortable and confident about breastfeeding. This *Mealtime Memo* explains the importance of breastfeeding and how to create a supportive space for nursing mothers.

Why Breastfeeding Matters

Breast milk is full of nutrients and easy for babies to digest. It helps babies stay healthy and strengthens their immune systems. Breastfed babies get sick less often. They have:

- Fewer ear and breathing infections
- Fewer stomach problems, such as vomiting or diarrhea
- Lower risk of SIDS (Sudden Infant Death Syndrome) and asthma

Breast milk changes flavor based on what a mom eats, which may help babies accept new foods when they start eating solids. Health agencies, such as the American Academy of Pediatrics, recommend feeding only breast milk for the first six months, then continuing breastfeeding for at least one year.



How CACFP Supports Breastfeeding

The Child and Adult Care Food Program (CACFP) encourages breastfeeding by reimbursing meals when:

- Your program feeds an infant breast milk that the parent supplies.
- A mother breastfeeds her infant at the child care site.

Coordinate and plan feedings with your breastfeeding moms. For instance, if a mom plans to breastfeed at pickup, ask if she wants you to wait on feeding the baby so they'll be ready to nurse.



Make Your Center Breastfeeding-Friendly

You can support breastfeeding moms by providing a **clean, private, and comfortable space** for nursing or pumping. This space should be private and might include:

- A comfortable chair and pillow
- Drinking water
- A small table and footstool
- Disinfectant wipes
- An outlet for a breast pump
- A nearby sink for handwashing and cleaning

Need a visual? See page 27 of USDA's [Feeding Infants in the CACFP](#).

Post the [Breastfed Babies Welcome Here!](#) poster so families know your program is supportive.

Handling Breast Milk Safely

Caregivers trust you to care for their baby's milk the right way. Follow these tips:

- Make sure all bottles are labeled with the baby's name and the date the milk was pumped or expressed.
- Refrigerate breast milk for up to four days from the date it was pumped or expressed.
- Use thawed breast milk within 24 hours and do not refreeze it.
- When the breast milk is thawed and placed in a bottle, be sure to label it with the baby's name and the date it was thawed.



Check out the USDA's [Feeding Infants in the CACFP](#) resource for more guidance. Always follow local or state health rules if they are stricter.

Helpful Tips!

Help Families Feel Supported

Let families know where they can find help:

- [Breastfed Babies Welcome Here! A Mother's Guide](#) – support for mothers returning to work
- [WIC Breastfeeding Support](#) – tips, videos, and tools for nursing moms

By offering a welcoming space and following safe milk handling practices, you help babies thrive and make parents feel confident and supported.



References

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Suggested Reference Citation:

Institute of Child Nutrition. (2026). *Mealtime memo: Supporting breastfeeding moms*. University, MS: Author.

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