



## **CHILD** and Adult Care Food Program

### **Texas Department of Agriculture 2012-2013 Child Care Wellness Grants for Breastfeeding Supportive Child Care Practices**

#### **Early Beginnings Learning Center**

Early, TX

**Project title:** Developing Super-Heroes One Ounce at a Time

**Goals:** Early Beginnings is working with WIC to become the first Mother Friendly Worksite in Brown County.

#### **Activities:**

- create a company-wide breastfeeding policy
- provide staff training by certified consultant
- provide outreach to community through free training sessions
- collaborate with WIC, Headstart and other community organizations
- develop and incorporate curriculum activities that normalize breastfeeding

#### **Children's Connections**

Lubbock, TX

**Project title:** Mom's Milk Matters

**Goals:** The Mom's Milk Matters project will be implemented in 63 day care homes. A two-year plan that goes beyond the grant funding will ensure that activities that relate to each of the 10 Steps to Successful Breastfeeding will be implemented.

#### **Activities:**

- establish a breastfeeding workgroup of 20 providers

- develop breastfeeding policies
- sponsor will provide quarterly training to meet minimum standards
- training by certified lactation consultant via webinar or tele-seminar
- child nutrition specialists provide technical assistance to each participating provider

### **AAA Nutrition Services**

Dallas, TX

**Project title:** Breastfeeding Model — Support for Mother and Infant in Harmony

**Goals:** Harmony Learning Academy, located in rural Sherman, TX, will serve as a pilot in developing a breastfeeding model for other sites served by AAA Nutrition Services.

#### **Activities:**

- develop written policies and procedures that support breastfeeding
- staff training provided by lactation specialist
- set up a culturally appropriate breastfeeding space
- develop and implement a breastfeeding curriculum
- develop a breastfeeding model notebook that will sustain and expand the program through replication

### **Child, Inc.**

Austin, TX

**Project title:** Breastfeeding for Child Inc. Head Start Child Development Centers

**Goals:** Eleven Head Start Child Development Centers will participate.

#### **Activities:**

- provide staff and parent training by lactation consultants
- provide center-based training on storage and handling of breast milk
- draft a breastfeeding policy that aligns with head start performance standards
- develop and distribute educational and promotional materials in Spanish and English
- create an appropriate breastfeeding environment in each center

- collaborate with WIC to conduct an in-depth assessment regarding center environments and staff attitudes around breastfeeding

### **Loving Angels Child Development Center**

McAllen, TX

**Project title:** Supporting Breastfeeding to Promote a Healthier Community

**Goals:** Loving Angels will become a supportive breastfeeding facility.

**Activities:**

- collaborate with La Leche League of Texas for training
- provide topic-of-the-month staff training sessions
- create a culturally appropriate breastfeeding room
- develop a breastfeeding information area
- update the registration packet to include breastfeeding information

### **Bibs and Cribs Preschool and Nursery**

Houston, TX

**Project title:** Mom's Milk Breastfeeding Awareness Program

**Goals:** Mom's Milk Breastfeeding Awareness Program will enhance the current breastfeeding environment.

**Activities:**

- create Mom's Place, a private lactation room
- update enrollment packets with information to support and promote breastfeeding
- normalize breastfeeding in the center through the use of books and educational items and adapted curriculum
- provide staff training

### **Little Pals Playskool**

Texarkana, TX

**Project title:** Breastfeeding Resource Assistance Services

**Goals:** Three facilities will participate in reducing barriers and establishing connections with pregnant women in high-risk communities.

**Activities:**

- establish breastfeeding policies and procedures
- develop and reinvent the Parent Handbook with policies that encourage breastfeeding
- provide staff training
- develop and implement parent outreach program
- create an inviting lactation room with appropriate equipment and supplies
- implement the 10 Steps to Successful Breastfeeding in the everyday program

**Noah's Ark Day Care**

Del Rio, TX

**Project title:** Breastfeeding is Best Promo

**Goals:** The goal of Noah's Ark is to increase the number of breastfed infants through education and outreach to parents and the community and by providing support through well-trained staff.

**Activities:**

- provide research-based educational materials for outreach and for the information packets
- provide initial and ongoing staff training
- establish written policies that support the 10 Steps to Successful Breastfeeding
- design and maintain a private lactation area for breastfeeding moms
- normalize breastfeeding through curriculum and teacher resources
- monitor staff compliance on breastfeeding policy

**El Paso Armed Services**

El Paso, TX

**Project title:** Got Milk

**Goals:** The El Paso Armed Services YMCA (ASYMCA) Breastfeeding campaign is designed to reach active duty military mothers. ASYMCA will partner with the

hospital and the Fort Bliss Junior Enlisted Family Center, where many young military mothers seek assistance.

**Activities:**

- create a culturally appropriate lactation station
- provide education classes to pregnant and new moms
- coordinate staff training by a lactation consultant through the local hospital partner
- encourage military mothers to try breastfeeding and to breastfeed longer
- increase number of breastfed infants enrolled from four to eight

**A Precious 1 Child Care**

Midland, TX

**Project title:** Breastfeeding a Precious 1

**Goals:** A Precious 1 Child Care Center will become a certified Breastfeeding Friendly Center. Infant care is this center's greatest demand.

**Activities:**

- establish and implement breastfeeding policies and procedures
- provide quality training on feeding breastfed infants and handling/storing breast milk
- create a culturally appropriate and comfortable lactation room
- develop and conduct information classes for expectant and new moms
- expand capacity to support breastfed infants

**A Creative Learning Center**

New Braunfels, TX

**Project title:** Breastfeeding Our Lil Ones

**Goals:** The goal for A Creative Learning Center is to provide the best care and resources to parents and children. This center has three infant rooms and can accommodate 30 infants. Currently, six infants are breastfed, however, through outreach and education, the hope is to significantly increase that number.

**Activities:**

- design and update a culturally appropriate and inviting Mommy and Me breastfeeding room
- collaborate with local organizations to promote breastfeeding
- create an outreach center and develop outreach tools
- conduct Parent Open House events
- coordinate staff and parent education and training provided by health care professionals

### **My Little Team Texas**

San Antonio, TX

**Project title:** Breastfeeding Support for MLTTX Day Care

**Goals:** MLTTX has the capacity to provide services for 20 infants. Located near a car assembly manufacturing plant in San Antonio, MLTTX intends to provide an ideal place for breastfeeding mothers.

**Activities:**

- develop a breastfeeding policy for the center
- create a private breastfeeding-friendly environment with appropriate equipment
- develop and maintain a resource center
- provide outreach to the community

### **Kritters @ Kidz Zone Playcare**

Hewitt, TX

Lorena, TX

**Project title:** Utterly Delicious and Nutritious

**Goals:** Two locations in rural Hewitt and Lorena with high percentages of low-income residents will implement Breastfeeding Supportive Child Care Practices. Supportive practices include providing breastfeeding mothers a comfortable, nurturing environment. One of the sites is located in a strip mall and can provide drop-in services for breastfeeding moms.

**Activities:**

- collaboration with local hospital for staff training

- individualized staff training based on "knowledge and skills" assessment
- revise enrollment packet to promote breastfeeding services
- develop outreach materials that promote breastfeeding and combat outmoded attitudes toward nursing
- incorporate classroom learning activities that normalize nursing

### **The Village Child Development Center**

Newton, TX

**Project title:** Mother and Child — Unspoken Bond

Goals: The Village Child Development Center in Newton intends to meet the needs of breastfeeding moms by enhancing and expanding current services.

Objectives and activities are based on the 10 Steps to Successful Breastfeeding.

#### **Activities:**

- train staff to carry out breastfeeding promotion and supportive activities
- redesign the mother and child room to create an inviting, supportive and nurturing environment
- inform expectant and new families about the center's breastfeeding policies
- stimulate participatory learning experiences through educational materials and learning activities
- establish partnerships with WIC and the breastfeeding peer counseling program and host support groups
- maintain updated policies and procedures and resources for lactation support
- conduct outreach to promote the mother and child — unbroken bond project
- initiate a community-wide movement to embrace and support breastfeeding

### **The Toddler's Den**

Fort Worth, TX

**Project title:** Everything for Moms

**Goals:** Located in a lower-income area, Everything for Moms will educate and equip mothers for success. Mothers will be equipped to make educated decisions regarding breastfeeding. Currently the center is equipped to handle eight infants.

**Activities:**

- develop and implement classroom activities using educational tools that normalize breastfeeding
- collaborate with WIC and other community agencies that support breastfeeding practices
- develop outreach program with partners
- design and update a culturally appropriate and inviting lactation room with necessary equipment and supplies