

# Smart Start Tips for Infants

## In the Child and Adult Care Food Program

Mother's milk is the most natural nourishment for babies. Breastfed babies experience lasting health benefits including reduced risk of infectious diseases, diabetes, childhood cancers, obesity and asthma.



### When storing expressed milk and providing it to infants, consider:

- Human milk does not look like formula; it may be a different color and/or consistency. It is normal for milk to be bluish, greenish, or even brownish in color.
- Frozen milk or milk expressed during the early days of nursing, which still contains colostrum, may look yellowish.
- Human milk is not homogenized and will naturally separate into layers of milk and cream. This does not mean the milk is spoiled. Warm the milk by placing it in a bowl of warm water and swirl it gently to mix.
- Babies digest and use human milk completely, so less breast milk than formula may be needed at a feeding.
- Always remember that a mother's expressed breastmilk (EBM) should only be used for her baby.



### Partners & Hotlines:

Partnerships are crucial to a successful breastfeeding child care environment. Partner organizations may include:

- [Baby-Friendly facilities in Texas](#)
- [Women, Infants and Children \(WIC\)](#)
- [Mom's Place](#)
- [Texas Breastfeeding Coalition](#)
- [La Leche League](#)
- [Mothers' Milk Bank of Austin](#)
- [Texas Lactation Support Hotline: \(855\) 550-6667](#)



Food and Nutrition Division  
Child and Adult Care Food Program



TEXAS DEPARTMENT OF AGRICULTURE  
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### Creating a breastfeeding supporting environment:

A clear message that the child care setting sees breastfeeding as the normal and accepted way to feed babies and provides a comfortable and welcoming surrounding is an important message for all families, children, staff and visitors who use the facility.

Cited barriers to breastfeeding include embarrassment and perceived lack of a supportive environment. It takes active involvement by partners and community systems in support of breastfeeding to change behavior.

Private accommodations where nursing mothers can comfortably breastfeed their babies and/or express milk provide a supportive environment and convenient space. Spaces can range from an area sectioned off with a privacy curtain to a designated private room. Accommodations can range from a rocking chair and side table to nursing equipment and refrigerated storage for expressed milk.

Educate that the only food babies need for the first six months of life is breast milk!



### 10 steps to breastfeeding-friendly child care centers:

1. Designate an individual or group who is responsible for development and implementation of the 10 steps.
2. Establish a supportive breastfeeding policy and require that all staff be aware of and follow the policy.
3. Establish a supportive worksite policy for staff members who are breastfeeding.
4. Train all staff so that they can carry out breastfeeding promotion and support activities.
5. Create a culturally appropriate breastfeeding friendly environment.
6. Inform expectant and new families and visitors about your center's breastfeeding friendly policies.
7. Stimulate participatory learning experiences with the children related to breastfeeding.
8. Provide a comfortable place for mothers to breastfeed or pump their milk in privacy, if desired. Educate families and staff that a mother may breastfeed her child wherever they have a legal right to be.
9. Establish and maintain connections with local breastfeeding coalition or community breastfeeding resources.
10. Maintain an updated resource of community breastfeeding services and resources in an accessible area for families.



*Excerpted from: Ten Steps to Breastfeeding-Friendly Child Care Centers Resource Kit found under Resources*



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