

Quality Care For Kids Newsletter

September 2024 | Support for Working Moms Who Breastfeed

Written by Heidi Hotvedt, RN, BSN, Healthy Child Care Iowa Program Coordinator

Workplace Lactation Week is September 1 – 7. According to the U.S Office on Women’s Health, more than 80% of new mothers in the US begin breastfeeding and 60% of new mothers are in the workforce. Breastfeeding support in the workplace is critical and can result in lower health care costs, lower absenteeism rates, and higher rates of retention.

As a child care professional, your support for mothers who are breastfeeding is important. Breast milk is the best source of nutrition for most infants and provides many health benefits. The American Academy of Pediatrics (AAP) recommends that mothers exclusively breastfeed their infants for the first six months of life and that mothers continue to breastfeed until the child is at least one year old. Unfortunately, breastfeeding rates both in the U.S. and Iowa decrease when infants are 3 months of age - the same time mothers return to work and infants enter child care.



Healthy Child Care Iowa has the following FREE new resources available for child care providers on the HCCI website.

Supporting Breast Milk Feeding

This fact sheet includes information on:

- Benefits of breast milk
- Policies for supporting breast milk fed infants
- Storage and handling CACFP guidelines updated by the Centers for Disease Control
- Video link showing paced bottle feeding tips



<https://hhs.iowa.gov/media/2852/download?inline>

Breast Milk Feeding Promotion and Support in Child Care

This 2-hour HHS approved training is available on I-PoWeR.



<https://ccmis.dhs.state.ia.us/trainingregistry/TrainingRegistry/Public/>



Scan the QR code to find your local CCNC or visit online at <https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>