

Big Hugs' Breastfeeding Policy

Big Hugs is committed to providing a breastfeeding friendly environment for our enrolled children and staff.

Big Hugs' subscribes to the following policy:

Breastfeeding mothers shall be provided a place to breastfeed or express their milk.

Breastfeeding mothers, including employees, shall be provided a private and sanitary place (other than a bathroom) to breastfeed their babies or express milk. This area has an electric outlet, comfortable chair, and nearby access to running water. Mothers are also welcome to breastfeed in front of others if they wish.

A refrigerator will be made available for storage of expressed breast milk.

Breastfeeding mothers and employees may store their expressed breast milk in the center refrigerator. Mothers should provide their own containers, clearly labeled with their child's name and the date.

Sensitivity will be shown to breastfeeding mothers and their babies.

The center is committed to providing ongoing support to breastfeeding mothers, including providing an opportunity to breastfeed their baby in the morning and evening, and holding off giving a bottle, if possible, when mom is due to arrive. Infant formula and solid foods will not be provided unless requested by the mother. Babies will be held closely when feeding.

Staff shall be trained in handling breast milk.

All center staff will be trained in the proper storage and handling of breast milk, as well as ways to support breastfeeding mothers. The center will follow human milk storage guidelines from the American Academy of Pediatrics and Centers for Disease Control and Prevention to avoid waste and prevent food borne illness.

Breastfeeding employees shall be provided flexible breaks to accommodate breastfeeding or milk expression.

Breastfeeding employees shall be provided a flexible schedule for breastfeeding or pumping to provide breast milk for their children. The time allowed would not exceed the normal time allowed to other employees for lunch and breaks. For time above and beyond normal lunch and breaks, sick/annual leave may be used, or the employee can come in earlier or leave later to make up the time.

Breast Milk Precautions

Breast milk is a body fluid and should be treated as such. You should clean up breast milk spills like any other body fluid:

- Wipe up the spill wearing disposable gloves.
- Dispose of as directed. See the Procedures for Standard Precautions — Bloodborne Pathogens.
- Clean the area with a bleach and water solution.

A child should never drink another child's breast milk. If this happens, the incident should be taken seriously. Although the risk of any illness being transmitted is very small, should it occur, proceed as follows:

- Inform the parent/guardian of the child given the wrong bottle that his or her child drank another child's breast milk.
- Ask the parent/guardian to notify his or her child's physician immediately.
- Inform the mother whose milk was consumed about the switch and ask her:
 - How the milk was handled before it was brought to the Center
 - If she would be willing to share any pertinent medical information or be tested for any communicable illnesses
 - If she would be willing to allow a confidential call between her doctor and the other child's pediatrician

Storing Bottles of Breast Milk

1. Verify that bottles of breast milk are properly labeled. As soon as bottles of breast milk are brought to the Center, verify that each bottle is labeled with easy-to-read labels, showing
 - The infant's full name
 - The date collected
 - An expiration date
2. Refrigerate or freeze bottles of breast milk immediately, as appropriate.
 - If the breast milk will be used within 24 hours, store the bottles immediately upon receipt in a clean, tightly sealed, labeled, and dated container that is placed in the refrigerator (in the child's labeled storage bin).
 - Freeze breast milk if it will not be used within 24 hours, in two to four-ounce servings. Place the bottles in the rear of the freezer, not near the door.

Note: Milk may be frozen for one month in an average freezer. Discard frozen breast milk after one month. Although some literature suggests that breast milk may be frozen for a longer period, given the types of freezers in our centers and the frequency with which they are opened, it is recommended that it be kept frozen no longer than one month.

Note: Remove all unused bottles (not previously frozen) of breast milk from the refrigerator after 48 hours and discard the contents.

Warming Bottles of Formula, Milk, and Breast Milk

Note: Regardless of whether you are preparing a bottle of formula, milk, or breast milk, verify that you have the correct bottle for the child. Double-check the bottle to ensure that it is clearly labeled with the full name of the child for whom it is intended.

1. Wash your hands and sanitize work surfaces.
2. Thaw frozen breast milk. If you are using frozen breast milk, get the bottle from the freezer and place it under cold running water or place it in the refrigerator. Use the oldest bottle of breast milk first. Fat in breast milk may separate and rise to the top

as it thaws. Gently swirl the container to mix any fat that may have separated. Previously frozen breast milk thawed in the refrigerator must be used within 24 hours.

3. If appropriate, prepare the formula for the infant according to the parent/guardian's written instructions.
4. If you are using a refrigerated bottle, get the bottle. Use the oldest bottle of breast milk first.
5. Check the label to ensure that you have the correct bottle with the correct name of the child.
6. Place the filled bottle in hot water in a ceramic crockpot* set on low (No higher than 120° Fahrenheit for no more than five minutes. Water should not be boiling.)
 - Do not allow bottles to warm at room temperature.
 - Make certain only clean bottles are placed in the crockpot.
 - Only one bottle at a time should be heated in the crockpot when possible.

*Place crockpots used to warm baby bottles as far back on the counter as possible, with electric cords tucked behind. To prevent accidental burns to young toddlers, avoid using towels under the crockpot, or fold the towel so that it sits only under the crockpot and does not reach the edge where toddlers might reach up and pull on it. Crockpots are not the only means that may be used to heat bottles. Bottle warmers can be used as well as a cup of hot tap water. Change the water in the crockpot and sanitize daily.

Note: Do not use a microwave oven to heat a bottle. Microwave ovens heat unevenly and place children at risk for serious burns.

8. Warm the bottle for young infants to "tepid" (about the same temperature as the underside of your wrist or forearm). Older infants may need to only have the chill removed, or may even prefer the bottle cool.
9. Check the temperature of the bottle's contents. Shake the bottle, then sprinkle a few drops from the bottle on your wrist or forearm to test the temperature of the contents. If the drops feel "hot," let the bottle cool a few minutes and then test the temperature again. Do not offer an infant a "hot" bottle.

Note: According to the American Academy of Pediatrics in Caring for Our Children, the risk of transmission of infection to caregivers who are feeding expressed human milk is very low. Wearing of gloves to feed expressed human milk is unnecessary, but caregivers with open cuts on their hands should avoid getting expressed human milk on their hands, especially if they have any open skin or sores on their hands.