



Breastfeeding Policy

The American Academy of Pediatrics (AAP) strongly recommends exclusive breastfeeding (no formula, juice, or water) for the first 6 months of life and continued breastfeeding for at least one year or longer, with the introduction of solid foods at 6 months of age. Breastmilk provides the ideal nutrition for baby, with a near perfect mixture of protein, fat and vitamins. Breastmilk contains antibodies and strengthens baby's immune system. Breastfeeding lowers baby's risk of asthma, allergies, ear infections, diarrhea, diabetes and obesity. Mother's also benefit from breastfeeding. Breastfeeding burns extra calories, so it can help women lose pregnancy weight and it also lowers moms risk of developing breast and ovarian cancer.

In recognition of the well-documented health advantages of breastfeeding for infants and mothers, **DREAMS Center for Arts Education** welcomes breastfeeding families and provides a supportive environment for all breastfeeding families, visitors, employees and volunteers.

Families and Visitors

Breastfeeding mothers and visitors are always welcome to nurse their child on site.

Breastfeeding families shall receive:

- Support from program staff regarding their decision to breastfeed their child.
- Education materials regarding the appropriate techniques for storage, labeling and preparation of human milk for feeding, upon request.
- A local breastfeeding resource list, upon request.
- A private comfortable nursing space for mothers who prefer privacy.
- A safe, clean refrigerated space for the storage of expressed breastmilk.

Employees, Contractors and Volunteers

Breastfeeding employees, contractors and volunteers who choose to continue providing their milk for their infants after returning to work shall receive:

- Milk Expression Breaks. Breastfeeding employees, contractors and volunteers are allowed to breastfeed or express milk during work hours as needed.
- A Place to Express Milk. A private room (not a toilet stall or restroom) shall be available for breastfeeding or expressing milk. The room will be a private, sanitary space with sink and/or hand hygiene station (hand sanitizer) and have an electrical outlet. Expressed milk should be labeled and can be stored in designated refrigerator.
- Education materials regarding the appropriate techniques for storage, labeling and preparation of human milk for feeding.
- A local breastfeeding resource list.

This policy shall be communicated to all current employees, contractors and volunteers and will be included in new employee/contractor/volunteer orientation training. Opportunities for ongoing training to support and promote breastfeeding will be made available. This policy will be made available to upon request. **DREAMS** welcomes input and feedback from staff, families and visitors regarding our breastfeeding support and promotion efforts. Please contact the Operations Manager with any questions or concerns regarding this policy.