

# BREASTFEEDING AND CHILDHOOD OBESITY PREVENTION

SUPPORTING WELLNESS POLICY  
DEVELOPMENT &  
IMPLEMENTATION





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# **POLICY, SYSTEMS, & ENVIRONMENTAL CHANGES TO SUPPORT BREASTFEEDING IN EARLY CHILDHOOD SETTINGS**

## **OBJECTIVES:**

- ✓ State at least 6 reasons why breastfeeding is important to the infant, to the mother, to the family, to the child care provider, to the employer, and to society
- ✓ Explain the probable link between exclusive & extended breastfeeding and decreased risk of childhood obesity
- ✓ Assist and encourage childcare providers to conduct an assessment for a breastfeeding-friendly site
- ✓ Assist and encourage childcare providers to write policies that promote & support breastfeeding, lactation accommodation, and infant feeding
- ✓ Encourage childcare providers to design of sites that welcome breastfeeding for both breastfeeding employees and working mothers



# EARLY CHILDHOOD SETTINGS

## Childcare Providers of Infants and Toddlers

- Child Development Centers
- Preschools
- Church or Faith-based Settings
- Private Homes
- Colleges/Universities
- Places of Employment
- Others



# WHY IS IT IMPORTANT TO SUPPORT & PROTECT BREASTFEEDING?

## RISKS of Breast Milk:

None



## RISKS of Not Breastfeeding

Diarrhea & GI infections

Ear infections

Respiratory infections

SIDS

Obesity

Diabetes

Asthma

Food allergies

Childhood cancers

Human milk completes the development of the human infant, especially the gut and brain. Human milk provides the infant a passive immune system as long as breastfeeding continues and while the infant's own immune system develops.

# HOW IS BREASTFEEDING RELATED TO CHILDHOOD OBESITY?

Studies suggest a link between breastfeeding and lower obesity risk that may exist .

Studies are inconclusive (don't show causality) as to why, but it likely has to do with:

- Better self-regulation of energy intake in eating by breast-fed baby allows proper development of hunger/satiety signals and may prevent some of the behaviors that lead to overweight and obesity
- Microscopic properties of human milk regulate metabolism and reduce risk of obesity

In summary, as few as two months of exclusive breastfeeding, directly or by expressed milk, showed decreased obesity risk in this study (*Pediatrics*, January 2015.)



# HOW IS BREASTFEEDING RELATED TO CHILDHOOD OBESITY?

Exclusivity and duration matter!!

## Gold Standard:

Exclusive breastfeeding for 6 months, with the gradual introduction of solid foods after 6 months, and the continuation of breastfeeding for at least the first year of life.



# WHAT TO DO NEXT?

Support and encourage early childcare providers to write policies for:

- Supporting and promoting breastfeeding in early child care settings (policy #1)
- Lactation accommodation for mothers of infants in child care and for employees of child care settings and their breastfeeding babies (policy #2)
- Infant feeding plans to be carried out by child care providers (policy #3)



# EXAMPLE FOR POLICY #1

**Support and encourage early childcare providers to promote breastfeeding:**

Regular communication to staff and families--

- Provide all potential/active families and employees with written policy for promoting and supporting breastfeeding
- Provide culturally appropriate educational materials on breastfeeding, and on risks/benefits of different feeding options
- Train staff on risks/benefits of different infant feeding options
- Train staff in breastfeeding protection, promotion, and support—including support of **exclusive** breastfeeding
- Invite breastfeeding mothers to come to the center to nurse their babies while under your care
- Regularly refer families to community breastfeeding resources
- Track community referrals and follow up with families as necessary

## Trainer Tip:

These are actions for the childcare provider to take, not for SNAP-Ed staff to do for them.

# EXAMPLE FOR POLICY #1

Support and encourage early childcare providers to promote breastfeeding:

Provide a breastfeeding-friendly environment that--

- Displays culturally appropriate educational materials on breastfeeding, and on risks/benefits of different feeding options
- Provides toys and books that illustrate nursing animals and babies, for children of all ages
- Displays posters with information about breastfeeding, with photos appropriate for families served
- Provides a clean and comfortable place for mothers to sit and nurse their babies, or pump their milk if desired

## Trainer Tip:

These are actions for the childcare provider to take, not for SNAP-Ed staff to do for them.

## EXAMPLE FOR POLICY #2

Support and encourage early childcare providers to provide lactation accommodation for both employees and breastfeeding mothers of the families served:

Regular communication to staff and families--

- Lactation accommodation (along with pregnancy/family leave) with potential employee hires and families as well as with current staff and families
- Appropriate breaks for staff so they may express milk and/or nurse their babies as needed

Provide adequate space, other than a bathroom, to express milk--

- Clean and comfortable place for mothers to sit and nurse their babies, or pump their milk if desired
- Sufficient refrigerator and freezer space to accommodate all of breastfeeding families' and staff's storage needs

### Trainer Tip:

These are actions for the childcare provider to take, not for SNAP-Ed staff to do for them.

# EXAMPLE FOR POLICY #3

Support and encourage early childcare providers to have an infant feeding plan for each family that states how the infant/toddler is to be fed:

Regular communication to staff and families--

- Make accessible and update regularly
- Instruct all breastfeeding families on the proper way to store and label human milk for child care use, and assure all milk at center is properly labeled
- Discuss with families how human milk will be handled at child care center
- Train staff on age-appropriate infant feeding practices, including proper storage and handling of human milk

## Trainer Tip:

These are actions for the childcare provider to take, not for SNAP-Ed staff to do for them.

# EXAMPLE FOR POLICY #3

Support and encourage early childcare providers to have an infant feeding plan for each family that states how the infant/toddler is to be fed:

Regular communication to staff and families—

- Train staff on recognizing hunger cues and feeding in response to these cues
- Teach both staff and families to respond to infants' hunger cues rather than feeding on a schedule, and encourage parents to feed this way at home
- Encourage parents to introduce solid foods at a developmentally appropriate time
- Explicitly include breastfeeding support in all feeding plans, as part of the standard form

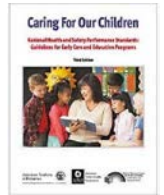
Providing sufficient refrigerator and freezer space for all breastfeeding families' storage needs

## Trainer Tip:

These are actions for the childcare provider to take, not for SNAP-Ed staff to do for them.

# BIBLIOGRAPHY AND RESOURCES

- ❑ *Caring for Our Children: National Health and Safety Standards, 3<sup>rd</sup> Edition*



- ❑ United States Breastfeeding Committee



- ❑ International Lactation Consultant Association



- ❑ Carolina Global Breastfeeding Institute



- ❑ San Diego County Breastfeeding Coalition



- ❑ American Institute of Architects



# BIBLIOGRAPHY AND RESOURCES

UC San Diego Extension

## LACTATION EDUCATION PROGRAMS

### Lactation Educator Counselor-2015 Schedule

This program prepares health professionals and other interested individuals to become lactation educators. It furnishes the basic information necessary to promote breastfeeding and to interact in the breastfeeding situation by assisting and encouraging the breastfeeding triad of mother, baby, and support person. Topics include basic anatomy and physiology of lactation, early attachment of the baby, hospital care, support during the postpartum stage, common concerns and solutions, and appliances and apparatuses used in breastfeeding. The Lactation Educator and the Lactation Educator Counselor are the same course. This 45 hour program meets the prerequisite requirement for the LEAARC accredited Lactation Consultant training program. At completion of the course students are "Certificated Lactation Educator Counselors."



Dates	Location	Section	Cost
Jan. 13,14,15 & Mar. 3-4	San Jose, CA	105601	\$695
Feb. 3,4,5 & Apr. 15-16	Sacramento, CA	106272	\$695
Feb. 25,26,27 & Apr. 1-2	Orange, CA	107292	\$695
Mar. 17,18,19 & May 5-6	San Diego, CA	106283	\$695
Mar. 30 thru Jun. 12	ONLINE	107294	\$695
Apr. 21,22,23 & Jun. 3-4	Vallejo, CA	107293	\$695
May 12,13,14 & Jun 29-30	Loma Linda, CA	103345	\$695
Sep. 15,16,17 & Oct. 14-15	Hanford, CA	107312	\$695
Oct. 27,28,29 & Nov. 18-19	Concord, CA	107313	\$695

#### TO ENROLL:

-On the web: [extension.ucsd.edu](http://extension.ucsd.edu)  
-By Phone: (858) 534-3400

#### FOR MORE INFORMATION

Email: [unexhealthcare@ucsd.edu](mailto:unexhealthcare@ucsd.edu) or call: (858) 534-9262

Visit the program website at [www.breastfeeding-education.com](http://www.breastfeeding-education.com)

[extension.ucsd.edu/lactation](http://extension.ucsd.edu/lactation)



## Certified Lactation Educator (CLE) Training

### CLE Training Program

Become a Certified Lactation Educator with the world's largest childbirth organization, CAPP. This exceptional and affordable training prepares health professionals and breastfeeding counselors to support and educate in the field of lactation. Prepare to assist the breastfeeding dyad and add to your perinatal services by going to the next level in lactation education. There are no prerequisites for this course. Students who complete the three day training, may enroll in CAPP Academy and complete the process to become "Certified Lactation Educators."



"Christy Jo was a great instructor and her knowledge and enthusiasm kept me engaged the entire time. The visual and hands-on teaching was very conducive to my learning style...Christy Jo will be a great resource for me in the future, both with my career and personally."



#### CLE Faculty

Christy Jo Hendricks, IBCLC, RLC, CLE, CD(DONA), has over 20 years teaching experience. She has worked as a birth and postpartum doula, Lactation Consultant and Health Educator for the Department of Public Health. Her passion for lactation education makes her training both fun and informative.

[View Christy Jo's Curriculum Vitae](#)

#### Build Lactation Skills & Counseling Confidence

This course is perfectly suited for anyone who works with prenatal or postpartum moms. The maternal/child professional as well as the community volunteer will benefit from this well-rounded breastfeeding education course.

The CLE Course is regularly attended by:

- Birth & Postpartum Doula
  - Midwives
  - Labor & Delivery Nurses
  - WIC Peer Counselors & WNA's
  - Childbirth Educators
  - Postpartum Nurses
  - Visiting Nurse Programs
  - La Leche League Leaders
  - Nutritionists
  - Public Health Employees
  - NICU Nurses
- ...and all others supporting the dyad.

Select a link to view  
[Course Description](#)  
[Objectives](#)  
[Agenda](#)  
[Brochure](#)

#### 2015 Schedule

Banning, CA  
January 21-23, 2015

Little Rock, AR  
February 12-14, 2015

Mason, OH  
March 21-23, 2015

Lafayette, IN  
March 25-27, 2015

Solvang, CA  
April 9-11, 2015

Las Vegas, NV  
April 22-24, 2015

Reno, NV  
May 11-13, 2015

Check the website for more dates and locations

Fee: \$400 Early Bird Rate  
\$425 Regular Rate

Times: 8AM-5:30PM Daily  
Credit: 21.351-Cerps from IBCLC

Register online at  
[birthandbreastfeeding.com](http://birthandbreastfeeding.com)

951.809.7827 / 1.888.502.1677 fax

Birthing, Bonding and Breastfeeding is an approved vendor for Veteran's Affairs