

Supportive breastfeeding environment

Checklist for your breastfeeding environment:

- Water drinking station for parents.
- Comfortable chair for mothers to feed.
- Private, clean, quiet space to support bonding.
- Fridge for safe storage of expressed breastmilk.
- Change table for safe and sanitary nappy changes.
- Electrical outlet accessible for electrical breast pumps.
- Bottle warmer or water bath for appropriate heating of expressed breastmilk.
- Sinks that can be used appropriately for cleaning equipment and handwashing.



If these resources are in other rooms across the centre, orientate families to where they are located for their use.

What do we need?	How will we get it?	Completed?

This checklist can be used as evidence in your assessment and ratings and quality improvement plan.



Worimi artist, Lara Went
"The heart of a child"

Good for kids
Good for life



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The following factors are considered key features in supporting breastfeeding in ECECs

FRIDGE

Access to a fridge for safe storage of expressed breastmilk



ELECTRICAL OUTLET

Use of an electrical outlet for mothers to express breast milk



ENVIRONMENT

Provide a clean, quiet and welcoming environment with a chair for mothers to feed



WATER

Access to drinking water for breastfeeding mothers



SINKS

Access to appropriate sinks for handwashing or breast pump cleaning



CHANGE TABLE

Access to a change table for safe and sanitary nappy changes



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