

Activity: Design a Place for Mothers to Breastfeed

We have discussed the need for a comfortable place where a mother can breastfeed her child or express milk in privacy. Think about where such a space could be created in your child care center or family child care home. Remember, it can be as simple as a screen or curtain around a rocking chair or a small room with a homey touch.

If you already have a space in your facility for mothers to breastfeed, determine if there are any improvements that could be made to it.

If you do not have a place for mothers to breastfeed, begin a discussion with your director and/or co-workers about creating one.