

# No & Low Cost Best Practices



## Healthy changes don't have to be expensive!

This guide identifies which Breast Feeding & Infant Feeding Best Practices can be met at no or low cost.

Remember, you may be able to make some "low cost" changes for no cost at all! For example, professional development best practices are labeled "low cost" because there could be cost associated if you host an event. But, if your staff takes Go NAPSACC Breastfeeding & Infant Feeding trainings, you can make these changes for no cost at all!

**Bold = Beginner Friendly Best Practice**

## Breastfeeding Environment & Support Practices

### No Cost Changes

**Teachers and staff use many different strategies to promote and support breastfeeding, including showing positive attitudes and sharing information.**

### Low Cost Changes

Enough refrigerator and/or freezer space is always available for all breastfeeding mothers to store expressed breast milk.

**Posters, brochures, children's books, and other materials that support breastfeeding are displayed throughout the building.**

## Breastfeeding Education & Professional Development

### No Cost Changes

Enrolled expectant families and families with infants are offered educational materials on breastfeeding upon request and at 1 set time during the year, and prospective families are informed of the program's breastfeeding policies and practices.

### Low Cost Changes

Teachers and staff receive professional development on promoting and supporting breastfeeding 2 times per year or more.

Professional development on promoting and supporting breastfeeding covers a variety of topics related to the benefits of breastfeeding, working with expressed breast milk, and ways to support breastfeeding mothers.

## Breastfeeding Policy

### No Cost Changes

There is a written policy on promoting and supporting breastfeeding that includes a variety of topics related to the breastfeeding environment and support and education for families, teachers, and staff.



## Breastfeeding & Infant Feeding

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### Infant Foods

#### No Cost Changes

**Baby food desserts that contain added sugar are rarely or never purchased for infants.**

With permission from families, the timing of infant feedings is fully flexible to infants showing they are hungry.

With permission from families, teachers end infant feedings based on infants showing they are full.

Teachers always use responsive feeding techniques when feeding infants.

At meal times, teachers always praise and give hands-on help to guide older infants as they learn to feed themselves.

Each day, both a written and verbal report are provided to families about what, when, and how much their infants eat.

The written infant feeding plan that families complete for the program includes guidance on how, when, and what infants are fed, and how the program can support breastfeeding mothers.

#### Low Cost Changes

When cereal or formula is purchased for infants, it is always iron-rich.

When mashed or pureed meats or vegetables are purchased or prepared by the program, these foods rarely or never contain added salt.

### Infant Feeding Education & Professional Development

#### Low Cost Changes

**Teachers and staff receive professional development on infant feeding and nutrition 2 times per year or more.**

**Childcare providers share education with families on the importance of their child's diet being diverse and composed of a variety of food.**

Families are offered education on infant feeding and nutrition upon request, at 1 set time during the year, and at other times as infants reach developmental milestones.

Education for families on infant feeding and nutrition covers a variety of topics related to how, when, and what to feed infants.

### Infant Feeding Policy

#### No Cost Changes

There is a written policy on infant feeding and nutrition that includes a variety of topics related to how, when, and what infants are fed, and how this information is communicated to teachers and families.

***Giving Kids a  
Healthy Start the  
Go NAPSACC Way!***