

HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY, INC.

BREASTFEEDING POLICY

The Head Start Community Program of Morris County, Inc. provides information on the benefits of breastfeeding to all pregnant women and nursing mothers. For those who choose to breastfeed in the Center, appropriate arrangements are made. The program respects each mother's decision concerning whether or not to breastfeed. We are sensitive to cultural differences that may affect that decision.

The Head Start Community Program of Morris County, Inc. supports those mothers who choose to breastfeed by:

1. Demonstrating a positive attitude toward breastfeeding at orientation and through educational programs and by supplying culturally appropriate materials for mothers.
2. Having flexible work schedules to provide time for breastfeeding or milk expression for staff members who are nursing.
3. Designating a quiet, comfortable and private place where mothers may nurse their infants.
4. Providing nursing mothers with necessary liquids and nutritional snacks during breastfeeding times.
5. Training Early Head Start staff to serve as lactation consultants or providing appropriate referrals to lactation consultants.
6. Providing staff and program mothers with information in English and Spanish concerning:
 - Proper handling and storage of human milk
 - Safely preparing and storing expressed breast milk
 - Safely thawing breast milk