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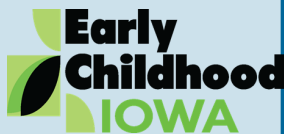
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Photo: CDC

Call your Child Care Nurse Consultant (CCNC) if you have any questions about child health and safety, or any special training needs.



<https://earlychildhood.iowa.gov/>

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Quality Care For Kids

A newsletter for Story and Boone counties Child Care Providers

Written by Stacy Kraft, RN & Heidi Hotvedt, RN

AUGUST 2020

Breastfeeding Awareness Month

August is Breastfeeding Awareness month! Breastfeeding can create a special, long-lasting bond between mother and baby. The American Academy of Pediatrics states that breastmilk provides all the nutrients a baby needs for the first six months of life, followed by introducing foods gradually until the age of 12 months, while still breastfeeding.

There are many benefits to baby and mom when breastfeeding, including:

- Breastfeeding reduces the risk of Sudden Infant Death Syndrome (SIDS)
- Breastmilk is easy to digest—it has the perfect mix of vitamins, fat, and protein
- Breastmilk is loaded with antibodies to protect against various diseases and viruses
- Breastfed babies are less likely to have ear infections, respiratory illnesses, and diarrhea
- Women who breastfeed can have long-term protection against cancer

Child care providers play a crucial role in influencing the length of time a mother breastfeeds. Providing information to expectant parents that you support breastfeeding and are educated about the storage and handling of breastmilk, infant cues and pace feeding can help to ease a parent's anxiety about breastfeeding when returning to work.

You can find information regarding supporting breastfeeding which includes breastmilk storage guidelines on the Healthy Child Care Iowa (HCCI) website at www.idph.iowa.gov/hcci/products. There is also a DHS approved 2-hour training "Breastfeeding Basics for the Childcare Provider" available on the DHS I-PoWER training registry (both in person and virtual). A great video on pace feeding is available from The Milk Mob <https://www.youtube.com/watch?v=OGPm5SpLxXY>. For additional information contact your local child care nurse consultant.

COVID-19 Resources

Iowa Department of Human Services

<https://dhs.iowa.gov/COVID19>

Iowa Department of Public Health COVID-19

<https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus>

Healthy Child Care Iowa

<https://www.idph.iowa.gov/hcci/products>

Centers For Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcareguidance-for-childcare.html>

Child Care Resource and Referral

<https://iowaccrr.org>