

## **Help for your child's care giver**

When choosing your child's care giver, discuss with them that you plan to provide your expressed breastmilk for your baby. If you have the opportunity to go to your baby to breastfeed during your lunch breaks, this is ideal. Ask your care giver to work with you on this. Share with them the safe handling instructions for breastmilk included on this website. Explain to your care giver that you always want your baby fed on cue and always hand fed, never with a bottle propped for feeding. Have those who will be feeding your baby understand 'Paced bottle feeding'. Maybe share the video with them so they have a clear understanding.

### **Helpful links:**

<https://balancedbreastfeeding.com/daycare-and-you-working-together-to-maintain-milk/>  
<http://www.nancymohrbacher.com/articles/2013/12/3/for-the-caregiver-of-a-breastfed-baby.html>  
<https://www.breastfeedingbasics.com/articles/caregivers-guide-to-the-breastfed-baby>  
[http://www.cccf-fcsge.ca/wp-content/uploads/RS\\_57-e.pdf](http://www.cccf-fcsge.ca/wp-content/uploads/RS_57-e.pdf)