



# Quality Child Care

Choosing a child care program is an important decision for your family, but there is no need to take on the journey alone!



The brain develops from birth to 3 years at an amazing rate. Relationships & experiences during this time are critical. Interactions a child has with the world & their caregivers in these early years can lay the groundwork for learning.

There are quality child care programs that will honor your feeding choices, offer supportive resources, engage in open communication about your child, & be responsive to the needs of each child enrolled.

## Connect with Resources

There are reliable organizations whose mission it is to meet your family's needs. Look up the resources listed below to find contact information for services near you.

### FIND CHILD CARE (AND HELP FOR PAYING)

- NC Child Care Resource and Referral Agency
- NC Division of Child Development and Early Education
- Child Care Aware of America

### SUPPORT FOR FAMILIES

- Children's Developmental Services Agency
- Local *Smart Start* Partnerships
- Child Care Health Consultants

### ADDITIONAL INFORMATION

- NC Children's Environmental Health - Child Care Sanitation
- Child & Adult Care Food Program (CACFP)

## QUALITY MATTERS

Why? Quality means commitment to maintaining skilled staff who strive to provide your child with optimal learning opportunities.



# Did You Know?

Licensed child care center & family child care home requirements include:

- Accommodating breastfeeding families
  - Families are encouraged to visit the program to breastfeed, not only during drop-off/pick-up, but anytime during the day
  - Families are offered space for breastfeeding & expressing milk (note: space is always available; is not a bathroom; is out of view from staff & the public; has seating & access to an outlet)
  - Families may provide breast milk for children of any age
  - Families may request breast milk, leftover from a feeding, be returned home (note: ask to see the program's breastfeeding policy)
  - Families have additional option to send frozen breast milk
  - Program staff may breastfeed their children
- Working with families to develop a feeding plan which matches child's eating habits at home (note: up-to-date feeding plan is required for children under 15 months of age)
- Accepting bottles (or cups) sent from home that are always labeled with your child's name & the date intended to feed (note: to avoid waste, prepare multiple bottles with the amount needed for each feeding throughout the day)

## HAVE A CONCERN?

If a program does not meet these requirements, you can anonymously submit a report by calling a licensing consultant

800-859-0829



For breastfeeding resources in Orange County  
visit [breastfeedorangenc.org](http://breastfeedorangenc.org)



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