

Checklist for Baby Friendly: Inclusive, Welcoming And Part of Being a Steward of Creation

Did you know that babies and toddlers need to eat every one to four hours depending on their age and stage of growth? Here is a checklist to help you welcome parents and their babies and young children into your church.

- Is the International Breastfeeding Symbol posted in your entrance window?**
- Do you have a comfortable chair available for all parents and babies?**
- Is there a comfortable room to accommodate a parent who wishes privacy?**
- Do you have a change table, sink and waste bin available?**
- Do your parishioners and employees know that the BC Human Rights Code allows mothers to breastfeed without being asked to cover up or move elsewhere?**
- Do your employees have opportunities to breastfeed or express their milk during their work day? Do they have access to a sink and refrigerator?**
- Does your Synod have a guideline to support breastfeeding?**



(Adapted from the Baby Friendly Initiative Team of the Upper Fraser Valley and <http://www.who.int/nutrition/topics/bfhi/en/>)