



Childbirth & Infant Feeding Emergency Information

*If you are pregnant or have an infant less than one year old,
the following additional supplies are recommended*



If you are pregnant

In case you go into labor	For Newborn Baby
<ul style="list-style-type: none"> <input type="checkbox"/> Clean towels <input type="checkbox"/> Waterproof pads for the bed <input type="checkbox"/> Medium-sized bowl (for the placenta) <input type="checkbox"/> Disposable gloves <input type="checkbox"/> Phone numbers & locations for other obstetricians, midwives & birth locations <input type="checkbox"/> Copy of your prenatal record and medications 	<ul style="list-style-type: none"> <input type="checkbox"/> Newborn hat or cap or adult sock to place on the newborn's head to prevent heat loss <input type="checkbox"/> Case of diapers <input type="checkbox"/> Hot water bottle (for warmth) <input type="checkbox"/> Suction bulb <input type="checkbox"/> Receiving blankets
For Mother	Cutting the Umbilical Cord
<ul style="list-style-type: none"> <input type="checkbox"/> Cold packs <input type="checkbox"/> Acetaminophen <input type="checkbox"/> Sanitary pads 	<ul style="list-style-type: none"> <input type="checkbox"/> Boiled shoelaces or string to be used as cord clamps <input type="checkbox"/> Sharp, clean scissors or unused razor blade <input type="checkbox"/> Alcohol wipes
<p><u>After Baby is Born:</u> Mother and infant should ALWAYS remain together, baby skin to skin, wearing only a diaper and hat</p>	
<ul style="list-style-type: none"> <input type="checkbox"/> Baby sling or carrier 	<p>*Baby sling alternatives: wrap child around you securely with sweat pants, T-shirt, or towel</p>



If you are Breastfeeding

Supplies	Directions
<ul style="list-style-type: none"> <input type="checkbox"/> Case of diapers <input type="checkbox"/> Baby wipes <input type="checkbox"/> Sealable plastic bags for soiled items <input type="checkbox"/> Comfort items (e.g. favorite blankets, pajamas, dolls, toys or music) <ul style="list-style-type: none"> <input type="checkbox"/> If child is over 6 months, non-perishable baby food &/or table food 	<ul style="list-style-type: none"> <input type="checkbox"/> Keep baby skin to skin <input type="checkbox"/> Feed on demand (at least every 2-3 hours) <input type="checkbox"/> If difficulty latching, hand express and cup feed <input type="checkbox"/> Mothers should be given food and drink when available, but even without adequate food she CAN provide enough milk for her baby. <input type="checkbox"/> Mother should try to stay rested

Relactation (re-start making milk)	If Mother's Own Milk is Not Available
<ul style="list-style-type: none"> <input type="checkbox"/> Keep baby skin to skin, offering the breast as a comfort measure <input type="checkbox"/> Avoid pacifiers, cup feed to supplement <input type="checkbox"/> Utilize sugar water or formula on the breast to encourage latch <input type="checkbox"/> Have short periods between feeding attempts (1 – 2 hours) 	<ul style="list-style-type: none"> <input type="checkbox"/> Use another mother's breastmilk. <input type="checkbox"/> Feed the baby using safe available formula (see infant formula feeding) <input type="checkbox"/> Use cup for feeding rather than bottle (let the baby sip; do not pour down baby's throat)

If Baby is Formula Feeding

Remember - It is possible to relactate (make milk again - see above)



Supplies	Directions
<ul style="list-style-type: none"> <input type="checkbox"/> Three days worth of pre-washed bottles and formula <input type="checkbox"/> Ready-made formula or sterile water to mix formula <input type="checkbox"/> Non-perishable baby & table food <input type="checkbox"/> Case of diapers <input type="checkbox"/> Baby wipes <input type="checkbox"/> Baby sling* 	<ul style="list-style-type: none"> <input type="checkbox"/> Boil all utensils 20 minutes in water <input type="checkbox"/> Wash hands with soap & water <input type="checkbox"/> Never give an infant leftover formula/milk <input type="checkbox"/> Do not feed baby tea or water <input type="checkbox"/> Cup feed if clean water is not available to wash bottles and nipples, as they are easier to clean

Recipe for substitute infant formula

<ul style="list-style-type: none"> <input type="checkbox"/> Boil 1/3 cup water <input type="checkbox"/> 2/3 cup boiled cow's milk <input type="checkbox"/> 1 level teaspoon of sugar 	In emergencies, this may be used for a few days until mother can re-lactate or manufactured formula is available.
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Protect your baby by breastfeeding

- ▲ Human milk protects baby from diseases and prevents exposure to unclean food and water
- ▲ Breastmilk is an MRE ("meal ready to eat").
- ▲ Women can and do breastfeed under stress,
- ▲ Women can relactate – make milk again - (especially if the baby is under four months old)
- ▲ During an emergency, even a baby over 6 months old can survive only on breast milk or small amounts of solid foods.

