

## Feeding Your Baby

- In emergency situations babies have an increased need for the disease-fighting factors and the comfort provided by breastfeeding.
- Breastfeeding can be calming for mom and baby.
- Breastfeeding is recommended during an emergency because it is clean and means that refrigeration, bottles, or water for preparing formula are not necessary.
- Stress can affect your milk supply, but breastfeeding itself can help reduce stress. Do your best to make breastfeeding time as relaxed as possible.
- If breastfeeding is not possible, have a supply of single serving ready-to-feed formula. Ready to feed formula does not need mixing and water should not be added to it. When using ready-to-feed formula, pour the needed amount into a bottle and throw away the formula that the baby does not drink if you cannot refrigerate it. After opening, the formula must be refrigerated.
- Do not use water treated with iodine or chlorine tablets to prepare powdered formula.

## Resources:

- Call the La Leche Breastfeeding Helpline at 1.800.525.3243 for breastfeeding support or if you have any questions about feeding your baby.
- An emergency situation can cause a great deal of stress for a family. If you are concerned about your relationship and your safety, please call the National Domestic Violence Hotline at **1.800.799.SAFE (7233)**.
- Organization of Teratology Information Specialists (OTIS) offers free telephone counseling to women worried about toxic exposures weekdays 8am-6pm Central Time at **1.866.626.6847**.

The March of Dimes is a national voluntary health agency whose mission is to improve the health of babies by preventing birth defects, premature birth, and infant mortality.

Information for this brochure was gathered from the Centers for Disease Control and Prevention "Hurricane Tips: Pregnant Women" and Florida WIC "WIC FACTS Newsletter: Be Prepared at All Times."

## Prepare for Disasters: Special Information For Families with Infants or Anyone Caring for a Newborn

Start with following all directions given by the state during an emergency.

Here are some special things to consider.

The needs of families with newborns are unique.



## Before:

- Call your physician: communicate with your health care provider's office to let them know where you will be; if you plan to leave town bring a copy of your medical records and your baby's immunizations records and current medications.
- If you have a case manager or participate in a program such as Healthy Start or Nurse Family Partnership, let your care coordinator know where you are going and a phone number to contact you.
- If your baby is in the neonatal intensive care unit, check with the hospital to find out their disaster plan and where your baby will be sent in the case of an evacuation.

## Important Telephone Numbers:

Health Care Provider

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Case Manager

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Hospital

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## During:

- Keep a copy of your medical records and your baby's along with contact information for your health care providers. Infants should continue to receive their scheduled vaccines.

### Packing Checklist:

- Several pacifiers to help soothe your baby
- Diapers (you will need about 70 a week for a newborn)
- A blanket for your baby
- Consider bringing a safe place for your baby to sleep, such as a portable crib
- Extra clothes for your baby because these may be hard to find
- It can be loud in shelters and hospitals, so you should bring anything that could help soothe you and your baby
- Hand sanitizer
- Rectal thermometer and lubricant
- Non-aspirin liquid pain reliever

## After:

- Drink 8 glasses (8 ounce serving) of water a day.
- Eat several times throughout the day, and try to choose foods that are high in protein and low in fat.
- Wash your hands with soap regularly or use hand sanitizer.
- Find a quiet spot to clear your mind of worries and take deep breaths from your belly.
- Rest often and avoid getting overheated.
- Having a newborn is a stressful time. Find someone to talk to a few times a day. The fact that you have someone to talk to can be helpful all by itself.
- If you recently gave birth vaginally or had a c-section you still need to follow any directions given by your health care provider.
- Many new mothers experience the "postpartum blues" or the "baby blues", the symptoms include irritability, crying easily, sadness and confusion. Symptoms usually peak three to five days after delivery and end by the tenth day after the baby's birth. If the symptoms last for longer than two weeks or worsen, you may have postpartum depression and should call a health professional. Do not be afraid to ask for help or discuss your feelings.
- Take a little time to lie down and put your feet up a few times a day. You and your baby need to rest often and not get overheated.