



## 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 an emergency, drink at least 2 quarts of water per day, 3 to 4 quarts per day if you are in a hot climate. If supplies run low, don't ration water. Drink the amount you need today and look for more tomorrow. Don't risk dehydration! Emergency assistance should be available within a few days at most.

In case you go into labor	For Newborn Baby
<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	<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
<input type="checkbox"/> Cold packs <input type="checkbox"/> Acetaminophen <input type="checkbox"/> Sanitary pads <input type="checkbox"/> Baby sling or carrier *	<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
*Baby sling alternatives: wrap child around you securely with sweat pants, T-shirt, or towel	
<b><u>After Baby is Born:</u></b> Mother and infant should ALWAYS remain together, baby skin to skin, wearing only a diaper and hat. Breastfeeding should start within 1 hour of delivery. This will provide the baby with calories to produce body heat.	

### If you are Breastfeeding

<b>Supplies</b>	<b>Directions</b>
<ul style="list-style-type: none"><li><input type="checkbox"/> Case of diapers</li><li><input type="checkbox"/> Baby wipes</li><li><input type="checkbox"/> Sealable plastic bags for soiled items</li><li><input type="checkbox"/> Comfort items (e.g. favorite blankets, pajamas, dolls, toys or music)</li><li><input type="checkbox"/> If child is over 6 months, non-perishable baby food &amp;/or table food</li><li><input type="checkbox"/> Diaper rash ointment</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Keep baby skin to skin</li><li><input type="checkbox"/> Feed on demand (at least every 2-3 hours)</li><li><input type="checkbox"/> If difficulty latching, hand express and cup feed</li><li><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</li><li><input type="checkbox"/> Mother should try to stay rested</li></ul>
<b>Relactation (re-start making milk)</b>	<b>If Mother's Own Milk is Not Available</b>
<ul style="list-style-type: none"><li><input type="checkbox"/> Keep baby skin to skin, offering the breast as a comfort measure</li><li><input type="checkbox"/> Avoid pacifiers, cup feed to supplement</li><li><input type="checkbox"/> Utilize sugar water or formula on the breast to encourage latch</li><li><input type="checkbox"/> Have short periods between feeding attempts (1 – 2 hours)</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Use another mother's breast milk</li><li><input type="checkbox"/> Feed the baby using safe available formula (see infant formula feeding)</li><li><input type="checkbox"/> Use cup for feeding rather than bottle (let the baby sip; do not pour down baby's throat)</li></ul>

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 it is opened, the formula must be refrigerated).

## If Baby is Formula Feeding

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

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

### 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.



Courtesy of Solano County, CA Health and Social Services Department  
and the Lexington-Fayette County Health Department