

# 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



- Clean towels
- Waterproof pads for the bed or car
- Medium-sized bowl (for the placenta)
- Disposable gloves
- Phone numbers & locations for other obstetricians, midwives & birth locations
- Copy of your prenatal record and medications

### For Newborn Baby

- Newborn hat or cap or adult sock to place on the newborn's head to prevent heat loss
- Case of diapers
- Suction bulb
- Large blanket for both
- Receiving blankets
- Long cloth or towel to keep mom and baby together
- Bowl for collecting expressed milk
- Syringes or small cup for feeding expressed milk or formula

### For Mother

- Cold packs
- Ibuprofen or Acetaminophen
- Sanitary pads
- Antibacterial wipes

### Cutting the umbilical cord

- Boiled shoelaces or string to be used as cord clamps
- Sharp, clean scissors or single-sided razor blade (hardware store)
- Note: no need to use alcohol wipes on umbilical area

## After Baby is born

Mother and infant should **ALWAYS** remain together, baby skin to skin (baby wearing diaper and hat), to stabilize and regulate infant, reduce calorie needs, calm mother and baby, and allow baby to lead the breastfeeding.

Use a long piece of fabric as a baby sling or carrier to assure keeping baby warm and safe, and parents calm. Other options to wrap mother and baby together include sweat pants, T-shirt or towel.



## If you are breastfeeding

### Supplies

- Antibacterial wipes
- Case of diapers
- Baby wipes
- Sealable plastic bags for soiled items
- Comfort items (e.g. favorite blankets, pajamas, dolls, toys or music, pacifiers)
- If child is over 6 months, non-perishable baby food &/or table food

### Directions

- Keep baby skin to skin
- Feed on demand (or at least every 2-3 hours)
- Baby may get fussy due to delayed let-down, use breast massage and deep breathing and milk will flow.
- Help baby to latch on by reclining mom and triggering baby's feeding reflexes.
- If needed, hand express and spoon or cup feed

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| Drink 8- 8 ounce glasses of water each day & eat several times a day. Try to choose foods rich in protein and low in fat.   | Mothers should be given food and drink when available, but even without adequate food she <u>can</u> provide enough milk for her baby. Mother should try to stay rested.  |
| <b>Increasing milk production or relactation (re-start making milk)</b>   | <b>If Mother's own milk is not available</b>  |
| <p>Keep baby skin to skin, offering the breast as a comfort measure</p> <p>Avoid pacifiers, cup feed to supplement</p> <p>Utilize sugar water or formula on the breast to encourage latch</p> <p>Have short periods between feeding attempts (1- 2 hours)</p> | <p>Use another mother's breastmilk.</p> <p>Feed the baby using safe available formula (see infant formula feeding)</p> <p>Use cup for feeding rather than bottle (let the baby sip; do not pour down baby's throat)</p> |

## If Baby is formula feeding

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

| Supplies   | Directions   |
|--|--|
| <p>Three days' worth of pre-washed bottles (to be used only once if unable to wash) and formula or disposable cups</p> <p>Ready-made formula or sterile water to mix formula</p> <p>Non-perishable baby &amp; table food</p> <p>Case of diapers</p> <p>Antibacterial and Baby wipes</p> <p>Blanket or fabric to help carry baby.</p> | <p>Wash hands with soap &amp; water or use antibacterial wipes.</p> <p>Cup feed if water supply to wash and boil bottles and nipples is unavailable or limited. Clean with antibacterial wipes followed by rinse with potable water.</p> <p>If water is available, wash then boil all utensils 20 minutes.</p> <p>Never give an infant leftover formula/milk that has not been refrigerated. Do not feed baby tea or water and do not use water treated with iodine or chlorine tablets to prepare powdered formula.</p> |

**\*\*Keep a copy of your medical records and baby medical records and any vaccinations already given. Infants should continue to receive their scheduled vaccines and any medications they are currently taking.**

### 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, although baby may get impatient and fussy. Use laid back breastfeeding and give reassurance and support to each other.

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.

