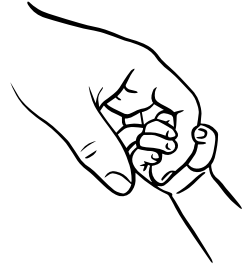




EMERGENCY KIT FOR BABIES

PREPAREDNESS & EVACUATION

Feeding Needs For Babies 0-6 Months Old



How you feed your baby is a personal choice.

An evacuation or emergency can be scary and may change your daily life, including when and how your baby feeds. If your feeding routines shift during this time, that's ok.

WHAT TO PACK

THE BASICS

- ☐ Diapers - 6 to 10 per 24h
- ☐ 2 Packs baby wipes
- ☐ Diaper rash cream
- ☐ Plastic bags for dirty diapers, clothes
- ☐ Clothes - at least 2 for each day
- ☐ 2 Baby blankets
- ☐ Baby carrier
- ☐ Tape and marker to label your things
- ☐ Infant pain reliever (like Acetaminophen)
- ☐ Disinfecting wipes
- ☐ Paper cups for feeding - 2 to 8 per 24h (in case you cannot clean bottles)

BREAST/CHESTFEEDING

- ☐ Extra water for lactating parent (4L/24h)
- ☐ Extra snacks for lactating parent
- ☐ Disposable nursing pads (if needed)

PUMPING

- ☐ Manual hand pump
- ☐ Milk storage bags
- ☐ Bottles for collection/feeding

BOTTLE FEEDING

- ☐ Bottle nipples, individually packaged
- ☐ Wash basin, soap, brush, bleach & tsp
- ☐ Bottled water for cleaning feeding items
- ☐ Camping stove, propane, pot for boiling
- ☐ 59mL Ready-to-feed formula if you are already using formula for feeding. Bring enough for typical feeding volumes.

BREAST/CHEST FEEDING DIRECTLY

Will my milk supply be ok? Yes.

Keep baby close | Latch often | Let them nurse for hunger *and* comfort
Your milk supply may go down for a bit, but will come back if you latch often.

Why is my baby nursing more or less? They may want to latch more to calm down, hydrate, or sleep. They may feed less if you are driving, busy or away from them. Latch them as much as they want and offer feeds often.

Is it better to pump instead of latching? If you have only been latching your baby for feeding, then it is better to keep doing that. It takes extra water and effort to clean pumps and bottles properly. Use a pump only when needed.

Should I still pack formula just in case? Offering formula to an exclusively breast/chestfed baby is not recommended. See above or visit [Safelyfed.ca](https://safelyfed.ca)

PUMPING & BOTTLE FEEDING

How can I adjust my usual routine? Set regular alarms to pump.

Pack a manual pump in case you don't have power.

Avoid going over 5 hours without pumping.

Use breast massage and compressions to get more milk out.

FORMULA FEEDING

Can I use my regular formula?

In an emergency, ready-to-feed is the safest formula option.

Throw away any formula not consumed within 1 hour from the start of the feed.

Use the 59mL bottles so you can put the nipple directly on the bottle.

For liquid concentrate or powder, you will need bottles and extra water for mixing.

CLEANING FEEDING SUPPLIES

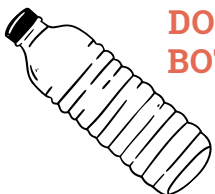
1. **Wash Right Away** With soap & bottled water in a wash basin

2. **Air Dry**

3. **Disinfect** Soak for 2 minutes in
8 cups bottled water + 1 teaspoon unscented bleach

Do all 3 before reusing bottles or nipples.

Wash pumps after each use. Disinfect every 1-3 days.



DO I HAVE TO USE BOTTLED WATER?

Yes

Babies under 4 months old need extra care with water. In an emergency, only use bottled water for making & cleaning baby's feeds. If you don't have that, boil clean tap water for 2 whole minutes, then cool before using it for cleaning or feeding.

NEED BREAST / CHESTFEEDING HELP

A list of local options across Canada can be seen at [Safelyfed.ca](https://safelyfed.ca)

