

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 or car <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"/> Suction bulb <input type="checkbox"/> Large blanket for both <input type="checkbox"/> Receiving blankets <input type="checkbox"/> Long cloth or towel to keep mom and baby together <input type="checkbox"/> Bowl for collecting expressed milk <input type="checkbox"/> Syringes or small cup for feeding expressed milk or formula
For Mother	Cutting the umbilical cord
<ul style="list-style-type: none"> <input type="checkbox"/> Cold packs <input type="checkbox"/> Ibuprofen or Acetaminophen <input type="checkbox"/> Sanitary pads <input type="checkbox"/> Antibacterial wipes 	<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 single-sided razor blade (hardware store) <input type="checkbox"/> 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

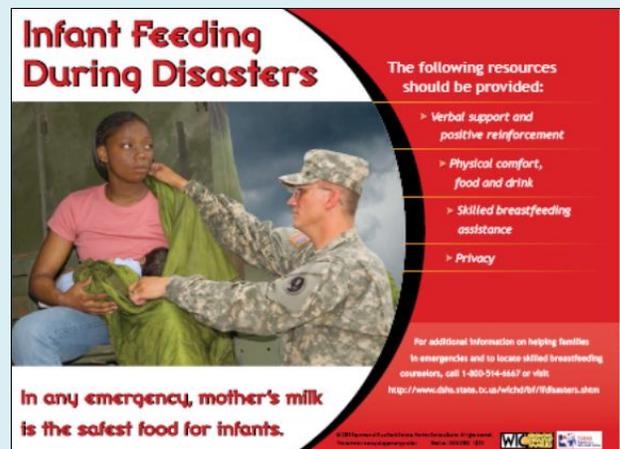
Supplies	Directions
<ul style="list-style-type: none"> <input type="checkbox"/> Antibacterial wipes <input type="checkbox"/> Case of diapers <input type="checkbox"/> Baby wipes <input type="checkbox"/> Sealable plastic bags for soiled items <input type="checkbox"/> Comfort items (e.g. favorite blankets, pajamas, dolls, toys or music) <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 (or at least every 2-3 hours) <input type="checkbox"/> Baby may get fussy due to delayed let-down, use breast massage and deep breathing and milk will flow. <input type="checkbox"/> Help baby to latch on by reclining mom and triggering baby's feeding reflexes. <input type="checkbox"/> If needed, hand express and spoon or cup feed

	<input type="checkbox"/> 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.
Increasing milk production or relactation (re-start making milk)	If Mother's own milk is not available
<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)	<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)

<h2 style="margin: 0;">If Baby is formula feeding</h2> <p style="margin: 0; font-size: small;">Remember - It is possible to relactate (make milk again – see above)</p>	
Supplies	Directions
<input type="checkbox"/> Three days' worth of pre-washed bottles (to be used only once if unable to wash) and formula or disposable cups <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"/> Antibacterial and Baby wipes <input type="checkbox"/> Blanket or fabric to help carry baby.	<input type="checkbox"/> Wash hands with soap & water or use antibacterial wipes. <input type="checkbox"/> 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. <input type="checkbox"/> If water is available, wash then boil all utensils 20 minutes. <input type="checkbox"/> Never give an infant leftover formula/milk <input type="checkbox"/> Do not feed baby tea or water.
Recipe for substitute infant formula	
<input type="checkbox"/> Boil 1/3 cup water (if possible) <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.

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.



Texas Department of Health Poster:
www.dshs.state.tx.us/wichd/bf/pdf/13-06-12506.pdf