

# Safe Infant Feeding

## Checklist + Tips for Emergencies



### Exclusive Formula Feeding

- Ready-to-Feed (safest) or powder formula + bottled water
- Clean ziplock bags for clean/dirty items
- Hand sanitizer and alcohol wipes + plastic bags for waste
- **Only mix formula with clean water. Never dilute formula.**
- If you're stuck without clean water or formula temporarily, hold baby skin-to-skin, keep baby warm, and soothe them.

### Exclusive Breastfeeding

- Baby carrier or wrap (comfort + hands-free nursing)
- Clean nursing pads + hand sanitizer
- Manual pump or hand expression in case of separation
- Breastfeeding is an emotional stabilizer for both of you
- **Nurse often. Stress may slow letdown, not reduce milk supply. Use deep breaths, skin-to-skin contact, and quiet to help the flow start.**

### Exclusive Pumping

- Manual breast pump (no electricity required)
- Milk storage bags or clean containers with lids
- Cooler bag with frozen ice packs
- Bottles and nipples. Extra nipples for easier hygiene.
- Hand sanitizer and cleaning wipes
- Power bank and pump accessories
- **Learn hand expression. Pump every 2–3 hours if separated.**

### Cup Feeding

- An open cup is the safest way to feed an infant if clean bottles aren't accessible.
- Use a disposable plastic cup, but a reusable cup is still easier to clean than a bottle.
- Place the cup at a horizontal angle on baby's lower lip and let them lick up the milk.
- **Do not pour milk into your baby's mouth.**



### Combination Feeding

- Manual pump or hand expression + nursing pads
- Ready-to-feed formula or clean powder mixing supplies
- Bottles + nipples. Extra nipples for easier hygiene.
- Milk storage bags + Cooler with ice packs (if pumping)
- Plastic garbage bags for waste
- Baby carrier or wrap (comfort + hands-free nursing)
- **Prioritize breastfeeding if formula access is limited.**

### How to Clean Bottles + Supplies

- **If you don't have access to hot water:**
- Wash with soap and clean water (if possible).
- Submerge in a solution of 1 Tbsp (15mL) unscented chlorine bleach per 4 liters of water for 2 minutes.
- Allow to dry completely. Do not rinse. The bleach will sanitize the bottles/supplies and then evaporate.

### Tips for All Moms

- Emergencies can make babies clingier. Offer the breast more often, not less.
- Feeding may look different in a crisis: that's okay!
- Babies feed better when you feel calm. Take a breath.
- You're doing a great job keeping your baby safe and fed under hard circumstances.
- **Don't skip feeds.**
- **Don't stress about perfection.**
- **Just keep you & your baby fed and comforted.**

Ask me questions on WhatsApp

