

Breastfeeding saves lives

1. It's easily available and doesn't cost anything, doesn't require special preparation, you don't have to go out to buy it and it has all the nutrients and special properties that your baby needs. It's clean and safe.
2. Many, but not all, parents can produce a little bit of milk, even if they've weaned or never breastfed. You know your body and your desires.
3. Even when you think that stress has dried you up, it just sometimes (not always) causes it to flow less quickly, but it's still available and abundant for you and your baby.
4. If you're not exclusively breastfeeding, you can try to re-lactate or induce lactation if you want, by putting your baby to the breast more frequently or pumping with your hands, even if you plan to go back to formula feeding after the crisis.
5. You can also ask another breastfeeding parent to feed your baby, keeping in mind they may be struggling to feed their own baby already. This is optional!
6. If you've received this formula donation and are exclusively breastfeeding, pass it to a friend or neighbor who needs it.

Mama's Village Warmline for Formula and Breastfeeding Families 910-764-8314





Combo Feeding / Exclusive Formula Feeding



formula during an emergency, safer measures save lives:

1. Please read the other side only if you'd like to re-lactate or increase your supply.
2. If there's not a wet-nurse or human milk available, liquid ready to feed formula, in disposable 3 or 4 ounce bottles, is the cleanest and safest for your baby. Read and make sure if it's liquid concentrate that you add more water but don't dilute regular formula.
3. When liquid formula isn't available, the World Health Organization recommends preparing it with freshly boiled and still hot water, whether it's bottled or from the faucet. This is to kill germs in the formula which are more abundant after a disaster. After preparation, you can cool it, as it lasts 2 hours at room temperature and 24 hours in a cold refrigerator.
4. If the brand of formula you use isn't available, read the ingredients on the back of another brand. The "type" of formula (regular, soy, hypoallergenic, amino acid) is safe even if it's another brand and you don't have to ask your doctor.
5. You must always sanitize ("sterilize") bottles after washing them with soap and water. Boil them for 5 minutes, steam the with a top for 7 minutes, or cold sanitize by immersing for 2 minutes in a solution of 1 gallon potable water to 1 tablespoon regular unscented household bleach. When you can't disinfect bottles, you can feed your baby with a disposable or clean household cup easily.
6. Remember that when babies get sick from poorly handled milk, they blame it on something else like SIDS, gastroenteritis, infection, diarrhea, etc. These are basic measures you can take to help your baby who we know you love and care for so carefully.

Mama's Village Warmline for Formula and Breastfeeding Families

#ASI #SafelyFedUSA

910-764-8314