

## Session 1 Homework

1. Conduct Community Assessment
2. Review CDC RNA & SAFE RNA (rapid needs assessments)
3. Review Trauma-Informed Care Reference Sheet
4. Choose a stress management technique to try or practice.
5. Complete the evaluation for this session

*Additional handouts & resources follow.*

### 1. **Community Assessment**



Learn more about your community's trends and readiness. Track this information yourself, and to help us know how to serve you better, please enter the answers into the form at <https://forms.gle/cPT1T7CfDcZqhhW69>

- What location do you serve?
- What are the most common disasters your community faces?
- How do those emergencies typically impact your community?
- What agency or organization is in charge of emergency response in your community? Be as detailed as you can.
- Who is in charge of making sure the needs of families with infants and young children are taken care of?
- In your current role, what is a concrete step you can take to support safe infant and young child feeding in your community? Feel free to elaborate to more than one if you would like.
- Other thoughts or comments. Anything specific you want to make sure we cover in training?

## **2. Review CDC & SAFE Rapid Needs Assessments**

Familiarize yourself with both of these critical tools. We will practice in the next session.



### **CDC Rapid Needs Assessment**

Rapid Needs Assessment Intake for Infant and Young Child Feeding in Emergencies

<https://www.cdc.gov/nutrition/emergencies-infant-feeding/downloads/pages/Rapid-Needs-Assessment-Intake-Form-IYCF-E-508.pdf>



### **SAFE Simplified Rapid Needs Assessment**

SAFE Infant Feeding Field Rapid Needs Assessment. Designed to be more conversational.

[safeinfantfeeding.org/app/uploads/2025/11/Rapid-Needs-Assessment-SAFE-Simplified.pdf](https://safeinfantfeeding.org/app/uploads/2025/11/Rapid-Needs-Assessment-SAFE-Simplified.pdf)

## **3. Review Trauma-Informed Care Reference Sheet**



Additional info and tips about working with people impacted by trauma and how responders can care for themselves to reduce the impact and maintain better emotional and mental health.

[https://safeinfantfeeding.org/app/uploads/2025/11/Trauma-Informed-Emergency-Response\\_SA FE-Team.pdf](https://safeinfantfeeding.org/app/uploads/2025/11/Trauma-Informed-Emergency-Response_SA FE-Team.pdf)

## **4. Choose a stress management technique to try or practice.**

We can build our emotional resilience and reserves before being in an acute disaster response situation. These practices also help us deal with daily stress, and improve our ability to respond to unexpected stressors.

- Try to do a stress management or trauma-release practice daily, even if just for 2 minutes. You can use one from the handout above, or any technique you know about.


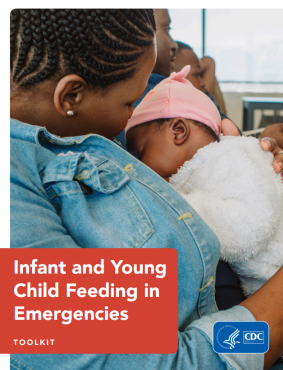

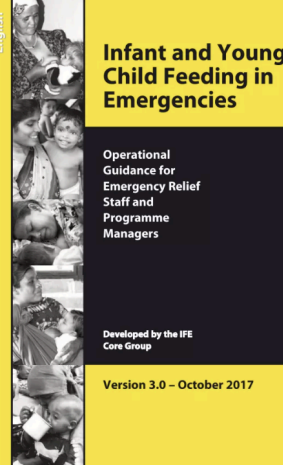
## **5. Complete the session evaluation**





To track your attendance and help us improve, please complete the short evaluation as soon as possible. This will allow us to verify your attendance for the certificate of completion at the end of the series.

<https://forms.gle/VeeMBUYdXYzVJsXA>

# Handouts, Links & Resources

	<p><b><u><a href="#">Intro to IYCF-E</a></u></b></p> <p>If you have not yet viewed this video introduction, we recommend you do so.</p> <p><a href="https://www.ncbfc.org/product-page/safe-training-introduction-to-infant-and-young-child-feeding-in-emergencies">https://www.ncbfc.org/product-page/safe-training-introduction-to-infant-and-young-child-feeding-in-emergencies</a></p> <p>Video module © 2025 The University of North Carolina at Chapel Hill and North Carolina Breastfeeding Coalition.</p> <p>Interested in licensing these materials for reuse or co-branding? Contact the University of North Carolina at Chapel Hill Office of Technology Commercialization at 919-966-3932, or email Harmen Steele at <a href="mailto:harmen.steele@unc.edu">harmen.steele@unc.edu</a></p>
 	<p><b><u><a href="#">Infant and Young Child Feeding in Emergencies Toolkit</a></u></b></p> <p>The toolkit contains:</p> <ul style="list-style-type: none"> <li>• Information, resources, and tools about supporting families and providing optimal nutrition to infants and young children during emergencies.</li> <li>• Printable handouts to be used with or given to families.</li> <li>• Information for families and caregivers about being prepared to feed infants and young children during emergencies.</li> </ul> <p>Information for the public about donations in response to emergencies.</p> <p><a href="http://www.cdc.gov/infant-feeding-emergencies-toolkit/php/index.html">www.cdc.gov/infant-feeding-emergencies-toolkit/php/index.html</a></p>
	<p><b><u><a href="#">Infant Feeding in Emergencies Core Group (IFE Core Group)</a></u></b></p> <p>Operational Guidance for Emergency Relief Staff and Programme Managers, referred to as OG-IFE.</p> <p>It offers 6 practical steps:</p> <ul style="list-style-type: none"> <li>• Endorse or develop policies</li> <li>• Train staff</li> <li>• Coordinate operations</li> <li>• Assess and monitor</li> <li>• Protect, promote, and support optimal infant and young child feeding with integrated multi-sector interventions</li> <li>• Minimize the risks of artificial feeding</li> </ul> <p><a href="https://www.enonline.net/operationalguidance-v3-2017">https://www.enonline.net/operationalguidance-v3-2017</a></p>

 <p>Chapter 1</p> <p>✓ 1. Policy</p> <p>Chapter 2</p> <p>✓ 2. Assessing the Need</p> <p>Chapter 3</p> <p>✓ 3. Proposal Development</p> <p>Chapter 4</p> <p>✓ 4. Program Plan and Reporting</p> <p>Chapter 5</p> <p>✓ 5. Caseload and Supply Needs</p> <p>Chapter 6</p>	<h2><u>Save the Children Toolkit</u></h2> <p>Focused internationally. Includes guidance on topics such as:</p> <ul style="list-style-type: none"> <li>• IYCF-E policy</li> <li>• Conducting needs assessments</li> <li>• IYCF-E program planning – establishing secure and supportive places for lactating families; ensuring support for chest/breastfeeding initiation; providing consistent communication on IYCF-E; providing appropriate complementary foods; managing acute malnutrition, etc...</li> <li>• Staff Training</li> <li>• Monitoring and Supervising IYCF-E programs</li> </ul> <p>For the complete Toolkit, visit  <a href="https://resourcecentre.savethechildren.net/toolkits/iycf-e-toolkit/">https://resourcecentre.savethechildren.net/toolkits/iycf-e-toolkit/</a></p>
	<h2><u>USBC IYCF-E Constellation</u></h2> <p>An emerging subgroup to deal with IYCF-E.  <a href="https://www.usbreastfeeding.org/covid-19-constellation.html">https://www.usbreastfeeding.org/covid-19-constellation.html</a></p>
	<h2><u>Gillings on the Ground Emergency Response Training</u></h2> <p>In North Carolina.  Visit <a href="https://sph.unc.edu/resource-pages/gillings-on-the-ground/">https://sph.unc.edu/resource-pages/gillings-on-the-ground/</a></p>
	<h2><u>LIFE (Lactation and Infant Feeding in Emergencies)</u></h2> <p>from the Carolina Global Breastfeeding Institute in NC.</p> <ul style="list-style-type: none"> <li>• For access to L.I.F.E.™ resources, visit  <a href="https://sph.unc.edu/cgbi/cgbi-resources-l-i-f-e-support-basic-kit/">https://sph.unc.edu/cgbi/cgbi-resources-l-i-f-e-support-basic-kit/</a></li> <li>• For resources specific to the child care context, visit  <a href="https://sph.unc.edu/cgbi/resources-lactation-and-infant-feeding-in-emergencies-for-ece/">https://sph.unc.edu/cgbi/resources-lactation-and-infant-feeding-in-emergencies-for-ece/</a></li> <li>• For resources for Community Milk Sharing:  <a href="https://sph.unc.edu/cgbi/covid-19-resources/">https://sph.unc.edu/cgbi/covid-19-resources/</a></li> </ul>



## Support the SAFE Team

### Our Services Include:

- Public training programs like this one.
- Advice/guidance regarding IYCF-E in preparedness & emergency response.
- S3C Virtual Support Sessions for IYCF-E advocates.
- Custom training programs for organizations (*fee*)
- On-the-ground disaster response &/or training when invited & available.

**Please donate to support this work.  
Select SAFE Team.**



*SafeInfantFeeding.org*