

Session 3 Homework

1. Review Handouts
2. Field / Community Experience - volunteer on-site for 1-2 hours if possible.
3. Complete the evaluation for this session.
4. *Make suggested donation of \$5 per session (optional, but appreciated!)*

Additional handouts & resources follow.

1. Review Handouts

See the list of handouts on the next page for links to individual handouts. The handouts listed below are new this session unless noted. Links to some helpful previous handouts are included later in this document for your convenience.

- Infant Feeding Safety Scale (Hierarchy of Safe Feeding)
- Contacting Sites Template
- Safe Formula Storage guidelines - full page
- NC DHHS Feeding Infants in a Disaster whitepaper
- Safe Infant Feeding Supply Distribution
- “Safe Infant Feeding Tips for Families” poster
- SAFE Handout Booklet (*for convenience, from session 2*)

2. Field / Community Experience

The best way to get comfortable working with families and sites is to do it. You don't need to wait for an emergency situation to occur - there are families everywhere who do not have reliable access to safe water and other resources needed to safely feed children under 3 years old, and organizations that try to meet their needs.

Try to attend an event or volunteer with an organization for 1-2 hours in the next month. If possible, try to both help with organizing feeding items and talk with families using the RNA.

Suggested steps to follow:

- 1) **Identify an organization** that serves low resource people with young children. You may need to reach out to multiple organizations to find a suitable one. Examples include food banks, diaper banks, or possibly WIC, if you have access.
- 2) **Prepare** - Write out what you want to say/ask. Use the Contacting Sites Template. Be sure to include:
 - a) **Who you are, and your organization**, if you want to claim one.
We encourage you to call yourself something like an infant feeding specialist, and avoid titles referring to lactation.
 - b) **Why you are calling**. For this experience, you may want to state that you want to help the site organize their baby feeding items and help low-resource families be certain they are feeding their babies and young children as safely as they can with the resources they have access to.
 - c) **Find out when it is convenient for them for you to help**.
- 3) **Call or email the organization** - If possible, volunteer to help at an event or during their open to the public hours. If not, you can help sort infant feeding items during volunteer hours. This may help build rapport for later public events.
- 4) **Ask to talk to families** about their feeding practices with their young children.
- 5) **Decide what you will bring**. See the lists below, and consider if you also want to bring kits, the Quick Reference Guide, or the DIY handout to give families.

Consider Bringing If Organizing Items	Consider Bringing If Talking With Families
<ul style="list-style-type: none">• Permanent marker, preferably black• Safe Storage Guidelines• Steps for Safe Distribution of Infant Feeding Supplies• Safe Infant Feeding Tips for Families sheet, to hang up.• QR code/link to resource page: https://safeinfantfeeding.org/sites/	<ul style="list-style-type: none">• Safe Infant Feeding Tips for Families, for reference & to hang up.• Quick Reference Guide, or QR code families can scan to access it.• <i>Short referral list for other needs (opt)</i>• DIY Sanitation Kit handout• Sanitation kits, if desired.• QR code/link to resource page: https://safeinfantfeeding.org/families/




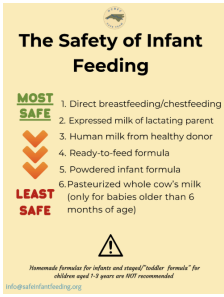

3. Complete the session evaluation



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>Family Resources - SAFE Infant Feeding</p> <p>Videos and information for caregivers about safely feeding your baby or young child in an emergency situation.</p> <p>https://safeinfantfeeding.org/families/</p>
	<p>Site Resources - SAFE Infant Feeding</p> <p>Videos and information for recovery sites to train staff and share with families about safely feeding infants & young children in an emergency situation.</p> <p>https://safeinfantfeeding.org/sites/</p>
	<p>Contacting Sites for IYCF-E Template</p> <p>Use to connect with sites and organizations that are distributing infant feeding supplies to help them manage those supplies and directly support families. You will also want to ensure that they know your team is a resource.</p> <p>https://safeinfantfeeding.org/app/uploads/2025/12/Contacting-Sites-Template.pdf</p>
 <p>The Safety of Infant Feeding</p> <p>MOST SAFE</p> <ol style="list-style-type: none"> 1. Direct breastfeeding/chestfeeding 2. Expressed milk of lactating parent 3. Human milk from healthy donor 4. Ready-to-feed formula 5. Powdered infant formula 6. Pasteurized whole cow's milk (only for babies older than 6 months of age) <p>LEAST SAFE</p> <p><small>Homemade formula for infants and young "toddlers" for children aged 1-8 years are NOT recommended</small></p> <p><small>https://safeinfantfeeding.org</small></p>	<p>Infant Feeding Safety Scale</p> <p>The relative safety of different ways to feed a baby. Use to help educate caregivers. (Spanish and English in same doc)</p> <p>https://safeinfantfeeding.org/app/uploads/2025/11/Infant-feeding-Safety-Scale.pdf</p> 

DIY SAFE Infant Feeding Sanitation Kit

When water is not safe to drink or to reduce germs on feeding items more than usual, you can use these components to make water safe to drink and sanitize feeding items. See safeinfantfeeding.org/infant for how to use and other instructions.

- A small plastic bin — 6 qt. or similar size works well
- Bleach — regular, additional-free, not splash-free
- 100% fragrance, hand-to-wash, or baby protection Regular Clorox & not green Clorox are safe types
- Baby bottle brush with nipple cleaner
- 25 sq. disposable bags (12-15 in a Ziploc bag) — to feed baby if can't clean bottles
- Spoon — 1-2 oz. or 10 oz. — for measuring bleach
- Dish soap — 8-12 oz. size if storing in bin

Steps to Sanitary & Safe Infant Feeding Supplies in Emergency Situations:

Make water safe to drink —> Boil or filter —> Sanitize —> Air Dry

Filter if necessary. Use water that's Boil or disinfect. Use a mesh bag or safe to drink. Do NOT drink. Sanitary surface.

For more info & tips: info@safeinfantfeeding.org safeinfantfeeding.org/infant



DIY Infant Feeding Sanitation Kit

Instructions for making your own sanitation kit, as the SAFE Team used them in WNC, for disinfecting infant and young child feeding items such as bottles, nipples, pump parts, and sippy cups. For responder or family/caregiver use.

English:

English prints as 1/2 page standard letter paper, 2/page.

<https://safeinfantfeeding.org/app/uploads/2025/12/DIY-Sanitation-Kit-Components-English.pdf>



Spanish:

Spanish prints as 1/2 page LEGAL size paper, 2/page.

<https://safeinfantfeeding.org/app/uploads/2025/12/DIY-Sanitation-Kit-Components-Spanish.pdf>





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

Suggested donation -\$5 per session