



Session 5 Homework

1. Review Handouts
2. Consider joining SAFE Support and Strategic Core (S3C)
3. Signs for Congregate Areas - Choose, edit, or create signs to use.
4. Start learning about your community's preparedness.
5. Field / Community Experience - Strive to do an RNA with 3+ caregivers this month.
6. Complete the evaluation for this session.
7. *Make a suggested donation of \$5 per session (optional, but appreciated!)*

Additional handouts & resources follow.

The resource page for this session, including the edited replay when it becomes available, can be found at: https://safeinfantfeeding.org/trainings/nourishing_resilience_virtual/iycfe-nr5/

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.

- **Signs for Shelters & Congregate Areas** - CDC
- **Signs for Shelters & Congregate Areas** - SafelyFed Canada
- **Signs for Shelters & Congregate Areas** - CGBI
- **Breastfeeding Welcome Signs** - Breastfeed Durham
- **Site Assessment Handout & Other Resources** - Safely Fed Canada
- **L.I.F.E. (Lactation and Infant Feeding in Emergencies) Support Kit** from CGBI
- **CDC Guidance on creating safer spaces**
- **UNICEF "Baby Tents" video link**
- **Baby Friendly Spaces Resource PDF** from Save the Children

- **UNICEF Blue Dot Support Centers information**
- **Contacting Sites about IYCF-E Templates** *(previous)*
- **Family Resources - SAFE Infant Feeding** *(previous)*
- **Site Resources - SAFE Infant Feeding** *(previous)*
- **“Safe Infant Feeding Tips for Families” poster** *(previous)*

**Indicates previously distributed handouts.*

2. Consider Joining SAFE Support and Strategic Core (S3C)

Ongoing IYCF-E preparation & implementation support.

This is a quarterly support & strategy meeting for current & former SAFE training participants. The meeting is similar to a mastermind - inviting attendees to bring wins and challenges from their own efforts to implement policies and practices in their local area to improve infant and young child feeding in emergencies and other low-resource settings.

Meetings typically include updates from both the SAFE Team and participants, discussion on topics of interest, and breakouts for small group discussion, sharing of expertise, and brainstorming.

Currently scheduled for the first Tuesday of the second month of each quarter, at 1 pm Eastern.



Next session: February 3, 2026 - 1-2:30 pm Eastern

Register here:

<https://us06web.zoom.us/meeting/register/Jpf2ulfeQgywyTYZ9Sxbjw#/registration>

3. Signs for Congregate Areas - Choose, edit, or create signs you will use.

Signs welcoming breastfeeding and instructing caregivers on where and how to safely feed their babies and clean infant feeding items help support breastfeeding and reduce illness. Decide which signs you think would be suitable to use in your area. If desired, edit available signs or create your own. Prepare to bring a set to shelters and other congregate areas in case there are none.

Be sure to check with your local breastfeeding coalition - they may already have a set of signs to use or adapt.

Signs you can use, adapt or use as inspiration follow in the handouts list.

4. Research in Your Community - Disaster Response

Preparing and making connections during blue sky times makes a significant difference when an emergency occurs.

First - If you have not done so already, find out how to contact your local (city, county, or regional) emergency preparedness group. Some rural areas may only have an emergency preparedness manager who works with the local healthcare coalition. Some areas may have a

website with much of this information, or you may need to email or call and ask someone directly.

In a kind and respectful way, find out:

- How does your community respond when an emergency occurs and people are displaced?
 - Are there standard group shelters that typically activate?
 - Do they use hotels instead, or rely on an outside organization to set up shelters?
 - When do they activate?
- How do they handle infant and young child feeding in these situations?
 - Are there supports in place for breastfeeding or mixed feeding families?
 - Are there separate wash stations for infant feeding items?

5. Field / Community Experience - RNA with 3 caregivers

The best way to get comfortable working with families and sites is to do it, then practice periodically to develop and maintain that skill. 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.

In the next month, aim to use the Rapid Needs Assessment with at least 3 caregivers. If you are unable to connect with people who may be in need, ask someone to help you practice by role playing a scenario.

6. 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/VeeMBUYYdXYzVJsXA>






Handouts, Links & Resources

Handout List

- **Signs for Shelters & Congregate Areas** - CDC
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- **UNICEF “Baby Tents” video link**
- **Baby Friendly Spaces Resource PDF** from Save the Children
- **UNICEF Blue Dot Support Centers information**
- **Contacting Sites about IYCF-E Templates** (*previous*)
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- **“Safe Infant Feeding Tips for Families” poster** (*previous*)

	<p>Signs for Shelters & Congregate Areas - CDC</p> <p>Signs to download and print for family-friendly areas, breastfeeding spaces, etc.</p> <p>https://www.cdc.gov/infant-feeding-emergencies-toolkit/php/shelter-signage/index.html</p>
	<p>Signs for Shelters & Congregate Areas - Safely Fed Canada</p> <p>Signs for use in congregate areas</p> <p>Breastfeeding Welcome - English Multi-Lingual Do Not Wash in Restroom - English</p>
	<p>Signs for Shelters & Congregate Areas - CGBI</p> <p>CGBI- Baby Care Area / CGBI- Family Care Area / CGBI- Breastfeeding Area / CGBI- Washroom Warning</p>
	<p>Breastfeeding Welcome Signs - Breastfeed Durham</p> <p>https://breastfeeddurham.org/art/</p>

	<p>Site Assessment Handout & Other Resources - Safely Fed Canada</p> <p>Resources to help volunteers supporting sites assess their readiness to support families with infants and young children, quickly determine infant feeding needs, set up caregiver-baby spaces, and safely feed babies in shelters.</p> <p>https://safelyfed.ca/quick-reference/</p>
	<p>L.I.F.E. (Lactation and Infant Feeding in Emergencies) Support Kit from Carolina Global Breastfeeding Institute (CGBI)</p> <p>A suite of materials and information about IYCF-E.</p> <p>https://sph.unc.edu/cgbi/cgbi-resources-l-i-f-e-support-basic-kit/</p>
	<p>CDC Guidance on creating safer spaces</p> <p>Guidelines, suggestions, signs, and other information about creating baby- and family-friendly spaces in shelters.</p> <p>https://www.cdc.gov/infant-feeding-emergencies-toolkit/php/safe-spaces.html</p>
	<p>UNICEF “Baby Tents”</p> <p>An older version of safer congregate spaces for caregivers of young children. Helpful, but may split up families.</p> <p>https://www.youtube.com/watch?v=XX9HRC0c_5g</p>
	<p>Baby Friendly Spaces</p> <p>Save the Children resource on creating baby-friendly spaces in emergency settings.</p> <p>https://resourcecentre.savethechildren.net/pdf/ACF_Baby_Friendly_Spaces_Dec_2014.pdf</p>
	<p>UNICEF Blue Dot Support Centers</p> <p>A newer model with full family support in a single location.</p> <p>https://www.unicefusa.org/stories/see-what-unicef-blue-dot-refugee-support-center-looks</p>

	<h3>Contacting Sites for IYCF-E Template</h3> <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>
	<h3>Family Resources - SAFE Infant Feeding</h3> <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>
	<h3>Site Resources - SAFE Infant Feeding</h3> <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>
	<h3>Safe Infant Feeding Tips for Families</h3> <p>Essential tips for families, with a QR code link to other resources.</p> <div> <div data-bbox="539 1270 641 1306" data-label="Text"> <p>English</p>  </div> <div data-bbox="998 1270 1112 1306" data-label="Text"> <p>Spanish</p>  </div> </div>



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