



Winter Forecast?

Have a baby?

Plan ahead!

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A woman wearing a dark knit hat and a dark jacket is holding a baby wrapped in a white blanket. She is pointing her right index finger towards the camera. The background is a snowy outdoor area with some trees and a building in the distance.

Keep baby WARM

The safest place to keep
them warm is on you!

***Skin-to-Skin* with a Hat**

[CLICK HERE: Skin to Skin Instructions](#)

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Keep breastfeeding!

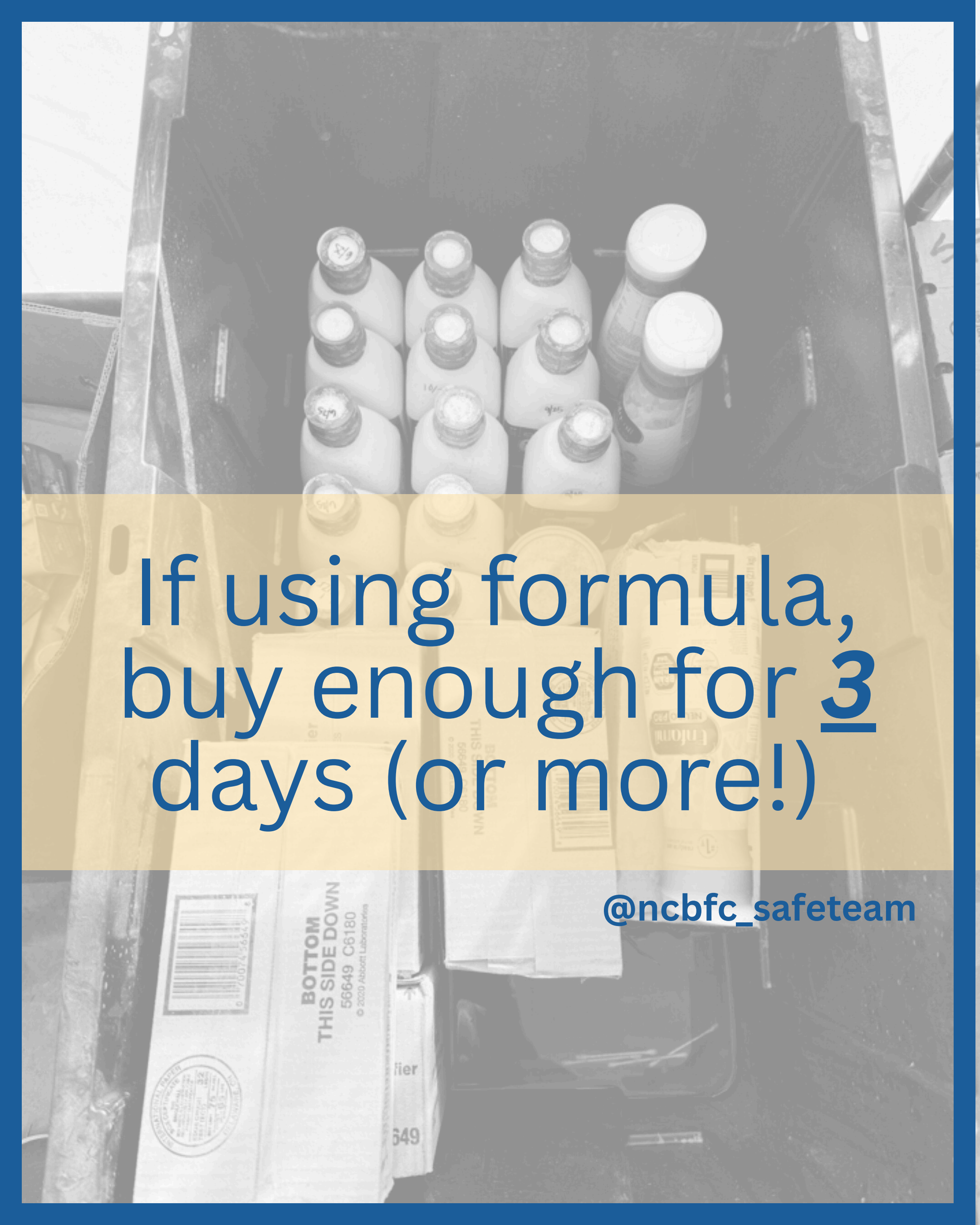
Breastfeeding is the safest way to feed baby. Frequent feeding will protect your supply and help keep baby healthy!



If pumping-

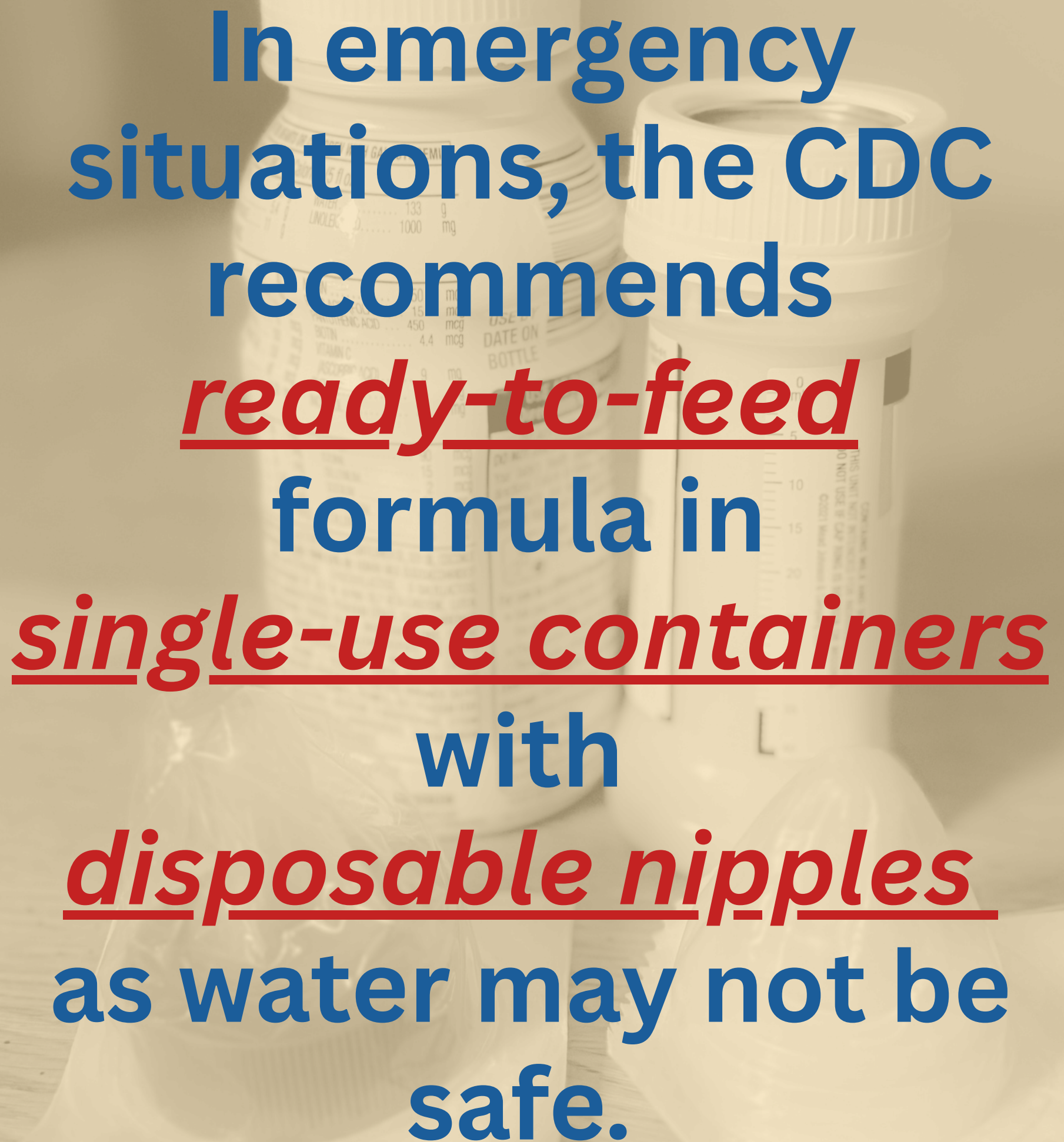
Make sure you have a manual pump or know how to hand express.

[CLICK HERE: Hand Expression Instructions](#)



If using formula,
buy enough for 3
days (or more!)

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The background of the image shows several white plastic bottles of baby formula with labels, and a white disposable nipple lying on a surface. The text is overlaid on this image.

In emergency
situations, the CDC
recommends
ready-to-feed
formula in
single-use containers
with
disposable nipples
as water may not be
safe.



Sanitizing:

- plain bleach can be used to sanitize items if boiling is not an option
- mix 5 mls (1 tsp.) of bleach to $\frac{1}{2}$ gallon of water
- let your items soak for two minutes
- air dry

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**Keep your baby with
you!
A soft baby carrier will
help keep baby safe,
close, and happy.**

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Resources!