



Winter Forecast?

Have a baby?

Plan ahead!



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!

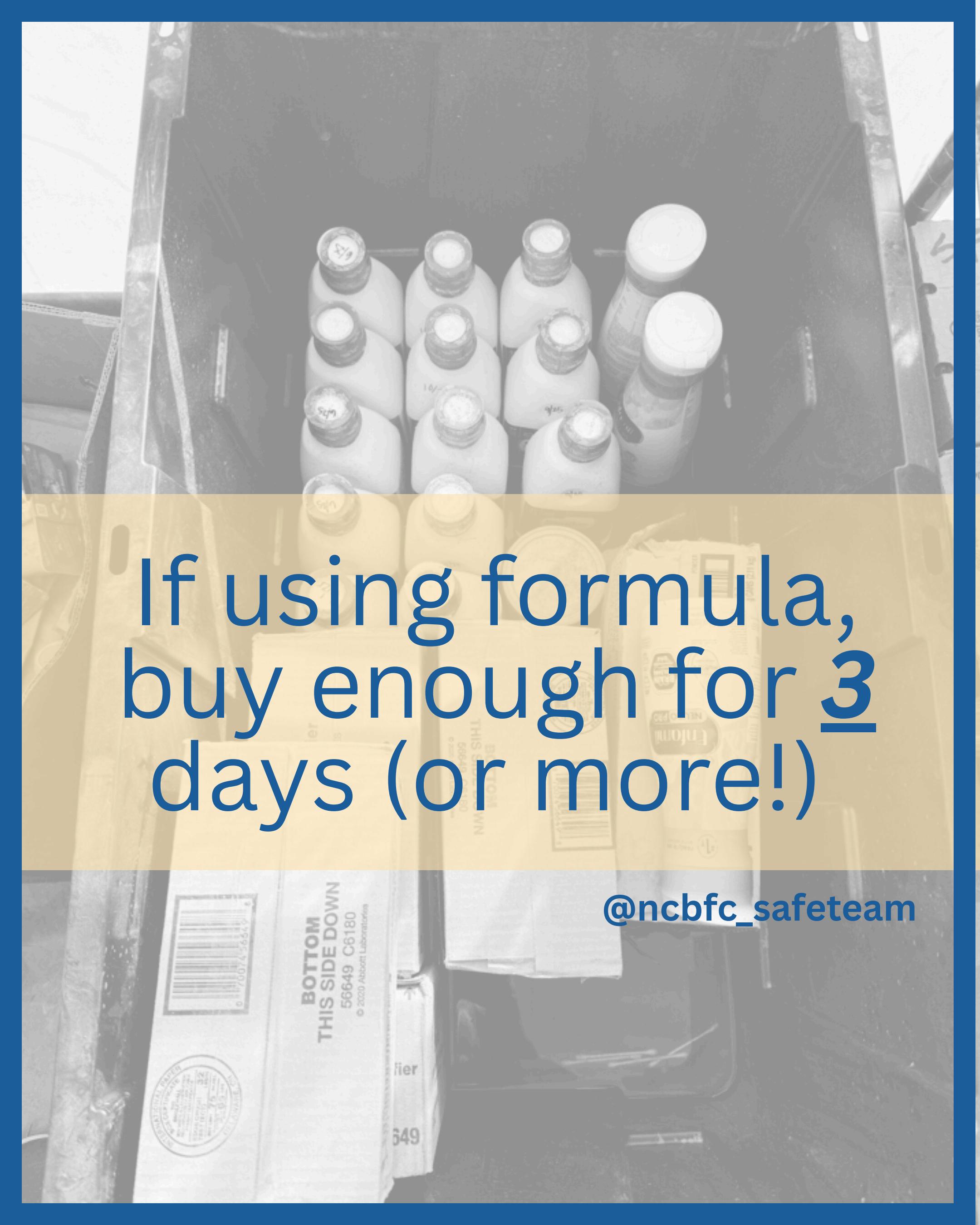


If pumping-

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

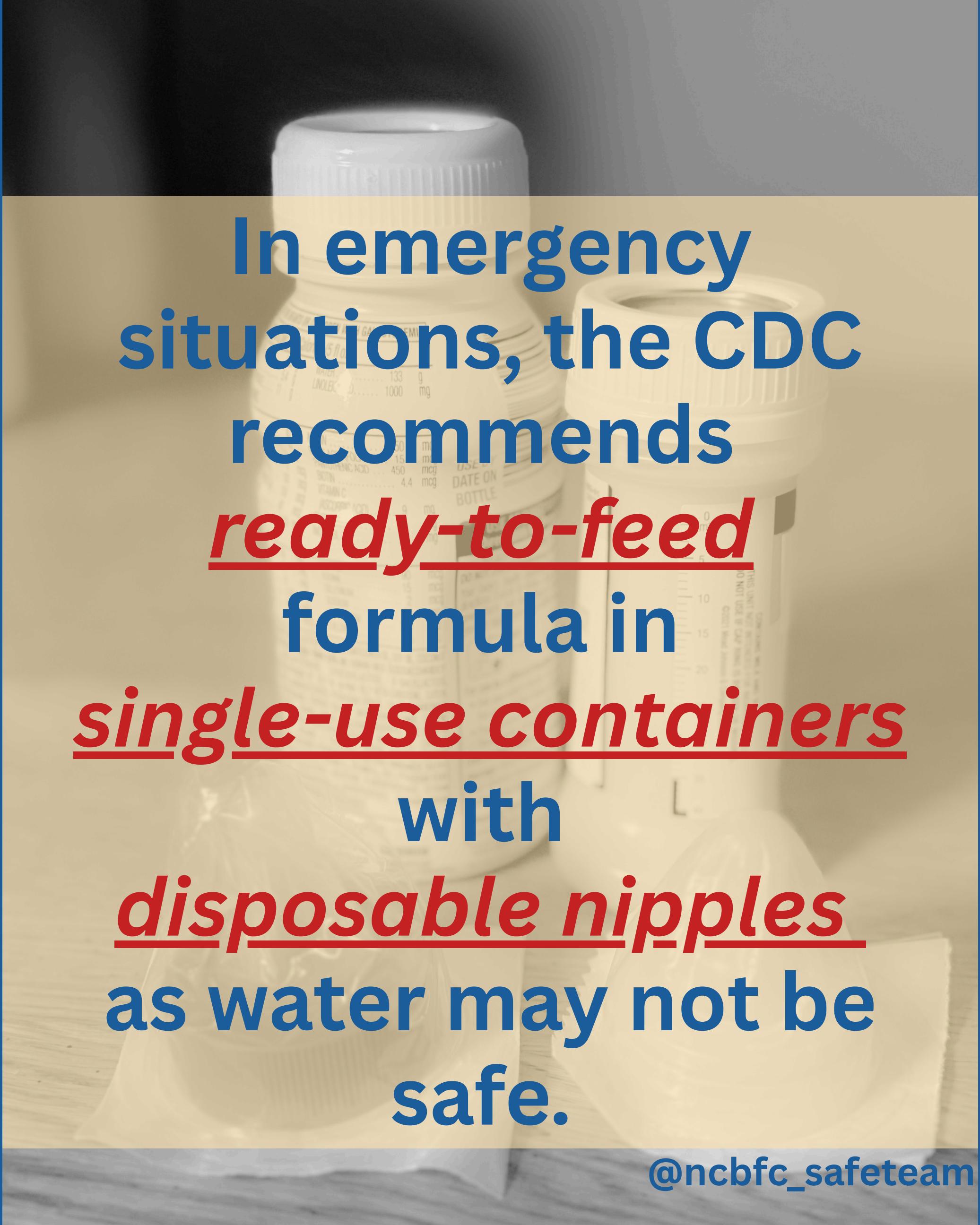
[CLICK HERE: Hand](#)

[Expression Instructions](#)



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

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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



**Keep your baby with
you!**

**A soft baby carrier will
help keep baby safe,
close, and happy.**

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CLICK HERE for FREE
Resources!