



# Planning Ahead for Winter Weather with Infants and Young Children

Infants and young children are particularly vulnerable during emergencies. If you lose power or water, you need to be able to continue feeding them safely and to keep them warm!

## Babycarrying

- Using a **baby carrier** such as a wrap or a soft structured carrier can be very helpful for keeping babies warm when it's cold.
- **Skin to skin** contact with a caregiver helps baby maintain warmth.
- A hat on baby's head and blankets or layers wrapped around the **caregiver and baby together** is best!

## Breastfeeding

- **If you're breastfeeding, continue feeding on demand!** This protects your milk supply and keeps baby close for warmth and comfort.
- If you are pumping, be sure to have a **manual pump available**, know how to **hand express**, or have ample **battery backup**.
- See "Cleaning Items" on reverse for ways to clean and sanitize pump parts and other feeding supplies if the power is out.

## Formula Safety

- If you are using formula, have **at least 3 days supply** - or the expected duration of the storm and outages - on hand. Store it where it will NOT freeze.
- **Ready to feed formula** in single serve bottles is the safest formula option.
- If you must use powdered formula, have plenty of **clean water and a heat source** on hand to safely prepare formula.
- Learn about safe feeding and cleaning of feeding supplies on the next page.



# Milk Storage

- **Keep your freezer as full as possible.** Fill empty space with frozen jugs or bottles of water or fill the gaps with crumpled paper. If power goes out, only open the freezer when truly needed.
- Afterwards, stored milk is still ok to refreeze if it partially thawed but has visible ice crystals. **Any fully thawed milk should be used within 48 hours** or discarded.

# Feeding Options

**To reduce cleaning, consider these feeding options:**

- **Cup feeding** - feed baby slowly using a small, disposable cup.
- **Disposable spoons** and other utensils - best for babies eating complementary foods, but infants can be fed with a spoon if necessary.

# Cleaning Items

If you are likely to lose power, prepare to safely clean feeding items:

- **Boiling is the best method** for sanitizing feeding items after cleaning.
- If you may not be able to boil water, **prepare a cold sanitation kit** for sanitizing cleaned feeding items.

**Find more info and a checklist at the link below or scan the QR code on reverse!**

For more information: [www.safeinfantfeeding.org/families](http://www.safeinfantfeeding.org/families)

