



Session 6

- Sanitation Kit Deeper Dive
- Support Skills
 - Hand Expression
 - Cup feeding
 - Relactation
 - Co-nursing



Photo: www.asi-iyfc.org - All Rights Reserved. Contact if use requested.

SafeInfantFeeding.org

Session 6 Homework

1. Review Handouts
2. Customize Infant Feeding Sanitation Kits
3. Learn more about cup feeding, hand expression, relactation, & co-nursing.
4. Continue creating your community resource list.
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/iyfcfe-nr6/

1. Review Handouts

See the list of handouts after the assignments for links to individual handouts. Handouts are new for this session unless noted. Links to relevant previous handouts are included for your convenience.

- **Cup Feeding Quick Reference***
(Pages 4-5 of Quick Reference Guide)*
- **Cup Feeding Resources**
- **Hand Expression Quick Reference***
(Pages 6-7 of Quick Reference Guide + CDC handout)*
- **Hand Expression Resources**
- **Relactation Resources**
- **Co-Nursing Resources**
- **Alimentación Segura Infantil** - Many useful feeding resources, especially in Spanish.

- **SAFE Feeding Sanitation Kit Decision-making Guide**
- **Bleach Alternative Notes***
- **Water Filters Meeting WHO Standards***
- **DIY Sanitation Kit***

**Indicates previously distributed handouts.*

2. Customize Infant Feeding Sanitation Kit



Each area and every emergency are different. This month, put some time into considering how you might want to customize a version of the infant feeding sanitation kit, if it were needed. Using the most common emergency in your area, consider if sanitation kits would be needed and what should go in them.

Use the [SAFE Feeding Sanitation Kit Decision-making Guide](#) to help you think through the process.

3. Learn More About Cup Feeding, Hand Expression, Relactation & Co-Nursing

Watch videos (ones we recommend in the resources or those you find). Practice instructing someone if you can. Let us know your favorite resources next time.

Please remember your skill level and scope of practice. Anyone can provide peer infant feeding and lactation support, but know when to refer to a trained expert.

4. Continue (or Start) your Resource List



Most organizations serving low-resource people will still operate after an emergency. Start compiling a list of these organizations that would be great referral partners during an emergency. While you are searching, look for the emergency services and disaster planning organizations and contacts that serve your area.

[See more details here:](#)

<https://safeinfantfeeding.org/app/uploads/2025/12/Resource-List-Guide-for-IYCF-E-Connections.pdf>

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

- **Cup Feeding Quick Reference***
(Pages 4-5 of Quick Reference Guide*)
- **Cup Feeding Resources**
- **Hand Expression Quick Reference***
(Pages 6-7 of Quick Reference Guide* + CDC handout)
- **Hand Expression Resources**
- **Relactation Resources**
- **Co-Nursing Resources**
- **Alimentación Segura Infantil** - Many useful feeding resources, especially in Spanish.
- **SAFE Feeding Sanitation Kit Decision-making Guide**
- **Bleach Alternative Notes***
- **Water Filters Meeting WHO Standards***
- **DIY Sanitation Kit***

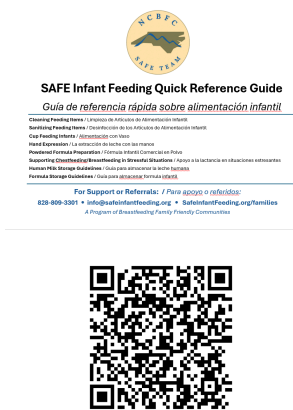
*Indicates previously distributed handouts.

 <p>SAFE Infant Feeding Quick Reference Guide <i>Guía de referencia rápida sobre alimentación infantil</i></p> <p><small>Cleaning Feeding Items - Limpieza de artículos de alimentación infantil Bottle Feeding Basics - Introducción de los artículos de alimentación infantil Cup Feeding Basics - Introducción al vaso Hand Expression - La extracción de leche con las manos Pneumatic Breast Massager - Masajeador de pecho neumático de Pige Supportive Clothfeeding/Breastfeeding in Sanitary Conditions - Cómo dar lactancia en condiciones sanitarias Pneumatic Breast Massager - Masajeador de pecho neumático de Pige Pneumatic Breast Massager - Masajeador de pecho neumático de Pige</small></p> <p><small>For Support or Referrals: / Para apoyo o referidos: 828-909-3247 • info@qualitybreastfeeding.org • SafeInfantFeeding.org/Families A Program of Breastfeeding Family Friendly Communities</small></p> 	<p><u>Cup Feeding Quick Reference Guide*</u> (Pages 4-5 of Quick Reference Guide*)</p> <p>Cup Feeding Infants / Alimentación con Vaso. Pgs 4-5</p>
---	--



Other Cup Feeding Resources

- **[CDC Cup Feeding Instructions:](https://www.cdc.gov/infant-feeding-emergencies-toolkit/php/cup-feeding.html)**
<https://www.cdc.gov/infant-feeding-emergencies-toolkit/php/cup-feeding.html>
- **[South Carolina Breastfeeding Coalition](https://www.scbreastfeeds.org/cupfeeding-videos)** (various resources) <https://www.scbreastfeeds.org/cupfeeding-videos>
- **Cup Feeding a Small (premature) Baby for Mothers** (by *Global Health Media*) - <https://www.youtube.com/watch?v=-6AU6y6qatc>



[Hand Expression Quick Reference Guide*](#)

(Pages 6-7 of Quick Reference Guide* + CDC handout)

- **Hand Expression / La extracción de leche con las manos.**
Pgs 6-7
- **Adapted from [CDC hand expression guidance](https://www.cdc.gov/infant-feeding-emergencies-toolkit/php/hand-expression.html) at:**
<https://www.cdc.gov/infant-feeding-emergencies-toolkit/php/hand-expression.html>





Other Hand Expression Resources

- **[La Leche League International on Hand Expressing](https://lila.org/breastfeeding-info/hand-expressing/)**
<https://lila.org/breastfeeding-info/hand-expressing/>
- **[Hand expression/Extracción Manual](https://youtu.be/Dpg9Pmw_fOE) video -**
https://youtu.be/Dpg9Pmw_fOE
- **[Hand expression, breast care, etc in emergencies](https://www.mayabolman.com/videos)**
<https://www.mayabolman.com/videos>

Relactation Resources:

- **[La Leche League USA - Relactation During Emergencies](https://lilausa.org/relactation-during-emergencies/)**
<https://lilausa.org/relactation-during-emergencies/>
- **[CDC on Relactation](https://www.cdc.gov/breastfeeding-special-circumstances/hcp/relactation/) -**
<https://www.cdc.gov/breastfeeding-special-circumstances/hcp/relactation/>

	<p>Relactation Videos:</p> <ul style="list-style-type: none"> • Save the Children discussion • Drip-Drop Feeding Method (IBFAN, Safely Fed Canada, ABN, LLI) • Mass Relactation - Safer Infant & Young Child Feeding in Emergencies
	<p>Co-Nursing (aka wet nursing**) Resources:</p> <ul style="list-style-type: none"> • Wet Nursing** Screening Tool (IYCF-E Core Hub, Save the Children, USAID) https://iycf-uploads.s3.amazonaws.com/uploads/Wet-Nursing-Screening-Tool.pdf • Supporting Wet Nursing** During Emergencies https://www.enonline.net/sites/default/files/2025-08/Supporting-wet-nursing-during-emergencies-%28ENGLISH%29.pdf • Facilitators and barriers of wet nursing:** a qualitative study with implications for emergencies (research article) https://pmc.ncbi.nlm.nih.gov/articles/PMC12098040/ <p><i>**The term wet nursing is considered by many to be insensitive or derogatory and is strongly discouraged, though many government and organization resources still use it. Alternately, co-nursing can be called delegated nursing, shared nursing, allo-maternal or allo-parental nursing, or substitute nursing.</i></p>
	<p>Alimentación Segura Infantil (ASI)</p> <p>This organization, run by Lourdes Santaballa and other dedicated persons, works to support food safety and security for infants, in and outside of emergencies. They have many useful resources, particularly in Spanish. https://www.asi-iycf.org/</p>

	<p><u>SAFE Infant Feeding Sanitation Kit Decision-making Guide</u></p> <p>Questions to ask when deciding if infant feeding sanitation kits are needed, and what to include in your group's version.</p> <p>https://safeinfantfeeding.org/app/uploads/2026/02/SAFE-Feeding-Sanitation-Kit-Decision-making-Guide.pdf</p>
	<p><u>Bleach Alternative Notes</u></p> <p>Notes and facts about cold water purification alternatives other than liquid bleach.</p> <p>https://safeinfantfeeding.org/app/uploads/2025/12/Bleach-Alternatives-Notes.pdf</p>
	<p>Water Filters Meeting WHO standards</p> <p>3 *** are better!</p> <p>https://safeinfantfeeding.org/app/uploads/2025/12/WHO-Water-Treatment-Solutions.pdf</p> <p>https://www.who.int/tools/international-scheme-to-evaluate-household-water-treatment-technologies/products-evaluated</p>
<p>English:</p>  <p>DIY SAFE Infant Feeding Sanitation Kit</p> <p>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 located (linked on safeinfantfeeding.org/app/uploads/2025/12/DIY-Sanitation-Kit-Components-English.pdf) for how to use and other instructions.</p> <ul style="list-style-type: none"> • A small plastic bin – 6 of whatever size works well • Bleach – regular, unscented, not splash-free • Fragrance, hexachlorophene, or fabric preservative (Regular Clorox & other brands contain any of these) • Baby bottle brush with rigid cleaner • 17 ml disposable syringe (10 ml in some bags) – to feed baby if can't clean bottles • Syringe – 5 ml or 10 ml – for measuring bleach • Dish sponge – 4-1/2 in size if using in bin <p>Steps to Sanitize & Baby Infant Feeding Supplies in Emergency Situations:</p> <p>Make water safe to drink → Clean & rinse → Sanitize → Air Dry</p> <p>Filter if necessary: Use water that's safe to drink. Do NOT filter. Sanitize surface.</p> <p>For more info & tips: info@safeinfantfeeding.org SafeInfantFeeding.org/feedback</p> <p>Spanish</p> 	<p>DIY Infant Feeding Sanitation Kit</p> <p>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.</p> <p><u>English:</u></p> <p>English prints as 1/2 page standard letter paper, 2/page.</p> <p>https://safeinfantfeeding.org/app/uploads/2025/12/DIY-Sanitation-Kit-Components-English.pdf</p> <p><u>Spanish:</u></p> <p>Spanish prints as 1/2 page LEGAL size paper, 2/page.</p> <p>https://safeinfantfeeding.org/app/uploads/2025/12/DIY-Sanitation-Kit-Components-Spanish.pdf</p>



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