



Session 8 Homework

1. Review the handouts
2. Start looking for your core response team.
3. Teach someone some IYCF-E essentials.
4. Start considering some possible meeting locations.
5. Complete the evaluation for this session.
6. *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-nr8/

1. Review Handouts & Resources

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.

- **Site Posters - Safe Infant Feeding Supply Distribution* and Safe Infant Feeding Tips for Families***
- **Site Assessment, Rapid triage/RNA, & other Resources* (from SafelyFed Canada)**
- **CASICAs y pares video** - Volunteers with ASI speak of their experiences (*Spanish with English subtitles*)
- **SAFE Support and Strategic Core*** - Quarterly Meetings

**Indicates previously distributed resources.*

2. Start Looking for Your Core Response Team

Explore who might be willing to be part of your core group if/when an emergency occurs. Look to your local breastfeeding coalition, birth network, lactation professional organizations, or other groups of perinatal professionals. A great place to connect is other people in your state who are registered for this training series (ask us!), and our quarterly S3C meetings.

- Make a list of some potential people and reach out to them. Let us know if you want to connect with other trainees in your state.
- Find out who is willing to consider it. They do NOT need to commit at this time.
- Ensure that you trade contact info and store it in your phone contacts AND somewhere you could access another way.
Include phone number and physical address as well as email and any socials you contact them through.

3. Teach Someone some IYCF-E Essentials.

Teach someone the basics about IYCF-E, why it is important, & a basic RNA.

Possible people to teach:

- Staff or a volunteer at one of the organizations you have volunteered with
- Another lactation professional, CB pro, public health professional
- Community influencers in areas with need.

Remember - you can always revisit the recordings of this training series, or reach out to us at 828-809-3301 or safe@infantfeeding.org to discuss customized training & support.

4. Start Considering Possible Initial Meetup Locations.

Don't wait until a disaster strikes to decide how to connect with other infant feeding specialists in your area. Once you have even one person who may be willing to help in an emergency, or who you want to check in with/on if one occurs, set up one or more possible meeting locations.

A possible approach would be to make an arrangement such as: "If a disaster or emergency occurs that disrupts usual communication, on the 3rd day after it stops, let's try to meet _____ around noon if it is safe to do so."

Suggestions:

- Agree on a timeline that gives enough time for everyone to have secured their own safety and allows for long travel time and possibly not having an available clock.
- Set parameters on the conditions that should be met for people to try to meet up in person.
- Agree on a back-up location in case the primary location is inaccessible.
- Decide how to approach no-shows - will you send someone to check on them?



Site Assessment Handout & Other Resources* - Safely Fed Canada

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.

<https://safelyfed.ca/quick-reference/>



CASICAs y pares video

Volunteers with ASI speak of their experiences (*Spanish with English subtitles*)

https://youtu.be/ysFeZK-Q_pl



SAFE Support and Strategic Core Meetings*

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.

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.

Next session: May 19, 2026 - 1-2:30 pm Eastern

Register here:

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



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