

Session 11

Influencing Policies for Better Preparedness

From local insight to durable policy change



PUMP Act roundtable with advocates from MomsRising, the U.S. Breastfeeding Committee, and others — Workplace Lactation Week 2024, Eisenhower Executive Office Building, Washington, D.C.

Session 11 Homework - Influencing Policies for Better Preparedness

1. Bookmark handout & resource websites
2. Consider your policy advocacy path.
3. Decide on your next steps.
4. Complete the evaluation for this session.
5. Connect to at least one source of ongoing support.
6. *Make a suggested donation of \$5 per session (optional, but appreciated!)*



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-nr11/

1. Bookmark Handout & Resources Pages

Throughout the Nourishing Resilience series, you have received many handouts and resources, and there are many more that exist. You don't need to keep track of all of them - just bookmark a few sites, unless you want to save some essential docs locally in case of no internet (recommended).

- **Nourishing Resilience Training main page** (North America focus)
https://safeinfantfeeding.org/trainings/nourishing_resilience_virtual/
(You can also search for resources using the search box in the right sidebar)
- **IYCF-E Core Group** (International Focus)
www.enonline.net/about/infant-and-young-child-feeding-emergencies-iycf-e-resources

2. Consider Your Policy Advocacy Path.

Remember, as Tina Sherman said: “Your goal is not to lead emergency response, your goal is to ensure infant feeding is part of it.”

Consider both the highest needs in your area and what you feel comfortable doing. You can:

- Connect partners across systems
- Contribute subject matter expertise
- Center the voices of families
- Champion practical solutions

Questions to ask yourself to help determine action steps:

- What relationship can I build?
- What gap can I help close?
- What conversation can I start?



MomsRising is a great source of information.

You can learn more about Mom’s Rising, get education on family-related policy issues, or join their advocacy newsletter at <https://www.momsrising.org/>

If you are not sure what to do or want additional support, stay in touch with the SAFE Team through the S3C Meetings or USBC IYCF-E Constellation (links later).

3. Decide On Your Next Steps

When deciding on next steps, there are multiple categories to consider in addition to policy (previous item), including: personal readiness, IYCF-E response support, and local preparedness.

Personal Readiness:

- What habits do you want to implement to help you be ready to help respond to support babies and families when an emergency arises?
- What habits do you want to implement to help your family be ready for an emergency?

IYCF-E Response Support:

- How would you ensure you have access to some clean water in an emergency?
- Consider keeping plain (“regular”) bleach and some black permanent markers on hand. Watch bleach expiration date.
- Periodically practice RNA so you are ready to use it when needed.
- *See also other planning docs and resources!*

Local Preparedness:

- How much time can you commit?
- Are you connected with your local and state:

- **Champions** — Who has already stepped up for this work?
 - **Partners** — Diaper banks, housing authorities, other organizations local families trust.
 - **Emergency managers & responders** — The ones who hold general emergency preparedness in every community.
- **Plan for connecting and follow-up.**
 - What is the best way for you to stay connected? Email, phone calls, attending regular meetings, etc?
 - Can you spend some time once every 3 months to reconnect by phone/email? Once a year in person? Consider getting involved in emergency planning meetings and exercises that are open to the public.
 - What do they need? Do they need support, information, volunteers, or something else? Can you feed them when there is an emergency?

4. Complete the Session Evaluation



To track your attendance and help us improve, please complete the short evaluation. This will allow us to verify your attendance for the certificate of completion.

5. Connect to at Least One Ongoing Support Resource

While we have done our best to make the Nourishing Resilience series comprehensive, emergency preparedness and policy work can be challenging. We all need support, even the SAFE Team.

We encourage you to stay connected with us and others doing this work using one or more of the methods below.

	<u>Ongoing IYCF-E Advocate Group - Planning Survey</u> Many of you have requested an ongoing asynchronous group for discussion and mutual support. To try to help the platform we select fit as many interested people as possible, please respond to this short survey hosted on Google forms. https://forms.gle/RpMJ5CsGumqvzBi69
	<u>USBC IYCF-E Constellation is Re-Emerging</u> Currently open to USBC member organizations. Sponsored by USBC Reach out to office@usbreastfeeding.org to express interest. Organizing session tentative time - Wed. Oct. 14, time TBD



SAFE Support and Strategic Core Meetings

Ongoing IYCF-E preparation & implementation support.

This quarterly support & strategy meeting for current & former SAFE training participants invites 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, small group discussion, and breakouts for sharing of expertise and brainstorming.

Next session: Aug 4, 2026 - 1-2:30 pm Eastern

Find more details at:

<https://safeinfantfeeding.org/safe-support-and-strategic-core-s3c/>

Want or Need Additional Support? We Can Help!

SAFE Team Services Include:

- Technical support & capacity building
- Policy guidance
- S3C Virtual Support Sessions for IYCF-E advocates.
- Custom training programs for organizations
- Tabletop exercises to practice IYCF-E & pregnancy
- Emergency response guidance



Reach out to us at info@safeinfantfeeding.org or 828-809-3301

<https://safeinfantfeeding.org/about-us/technical-assistance-and-capacity-building-services/>

If the Nourishing Resilience training series has been valuable to you, please support our ability to continue bringing you quality training and other resources.



Visit <https://safeinfantfeeding.org/donate>

Select "SAFE Team"

Suggested donation -\$5 per session