



DISASTER READY

# MAKE BREASTFEEDING PART OF YOUR DISASTER READINESS PLAN



## BREASTFEEDING IS THE SAFEST WAY TO FEED YOUR BABY DURING ANY TYPE OF DISASTER:

- Breastfeeding protects your baby from the risk of using contaminated water supplies.
- Breastfeeding helps to protect babies against disease and malnutrition.
- Breast milk is always available without needing other supplies.
- Breastfeeding should not be put on hold during a disaster.
- Breastfeeding saves lives during emergencies.



## BARRIERS TO BREASTFEEDING DURING A DISASTER:

- Lack of lactation support.
- Displacement, relocation, or being away from home.
- Separation from family or other support people.
- Lack of security, privacy, space, or quiet in emergency shelters.



## HOW RESPONDERS CAN HELP:

- Establish evidence-based breastfeeding policies and practices.
- Provide access to lactation professionals.
- Keep families together.
- Create safe locations for breastfeeding women.
- Provide water and food for breastfeeding mothers.
- Support mothers to breastfeed often and exclusively to provide optimal nutrition for babies when other foods aren't available.
- Promote breastfeeding as the safest and most protective method for feeding babies.
- Protect breastfeeding: do not handout infant formula samples during an emergency.

**BREASTFEEDING IS THE OPTIMAL METHOD OF FEEDING  
INFANTS AND CHILDREN WHEN DISASTER STRIKES.**

**MIBFN**  
Michigan Breastfeeding Network

LEARN MORE

[www.mibreastfeeding.org](http://www.mibreastfeeding.org)

