

Guidelines to Support the Breastfeeding Infant During Emergencies While in Child Care

If you have breastfeeding infants in your care, you will need to plan to have their breast milk available during an emergency. Make plans to:

- Leave facility if possible and it is safe to do so
- Shelter in facility in designated area or room
- Be unable to return to the facility when outside at the time the emergency occurs

CHECKLIST TO PREPARE:

- Emergency backpacks:
 - Breast milk in small 1-2-ounce quantities, in soft sided freezer bag, ready to go, labeled with the infant's name and date expressed
 - Feeding bottles with nipples for each infant
 - Battery operated bottle warmer or alternative to thaw and warm breast milk (i.e. body heat, room temperature water bath, heat packs/hand warmers)
 - Powdered infant formula and water and/or ready-to-feed infant formula until the infant's breast milk can be accessed

(For a comprehensive list, see *Emergency Preparedness Tool Kit* under "Resources")
- Shelter space—bowl for water bath to thaw breast milk and bottled water
- Include an "Emergency Plan" in the infant feeding plan reviewed with the parents and signed at time of enrollment, that addresses contingencies when breast milk is not available and infant formula may be offered.
- Contact local emergency managers (See *Kansas County Emergency Manager Contacts* under "Resources") and/or law enforcement to introduce yourself and establish a relationship.
- Practice different scenarios—make it a picnic in the shelter, see what is needed to make it easier. Try thawing breast milk in shelter space without electricity. Make adjustment to plan as needed.

BREAST MILK STORAGE AND HANDLING GUIDELINES:

- Check supply of breast milk daily for expired milk using storage guidelines below
- Thaw breast milk in water bath before warming

Storage Location and Temperatures		
Type of Breast Milk	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 3 Days (per CACFP)	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	Up to 1 Day (24 hours)	NEVER refreeze breast milk after it has been thawed unless ice crystals are still present
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding	



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RESOURCES:

- Infant Feeding Policy: <http://ksbreastfeeding.org/wp-content/uploads/2014/02/infantfeedingplan.pdf>
- Breast Milk Storage Guidelines: https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm
- Supporting breastfed infants during times of emergencies: <http://ksbreastfeeding.org/resources/breastfeeding-emergencies-disasters/>
- Kansas County Emergency Manager Contacts: <http://www.kansastag.gov/kdem.asp?PageID=200#MR>
- Emergency Preparedness Tool Kit from Child Care Aware of KS: <https://www.ks.childcareaware.org/for-child-care-early-education-staff/toolkits/>
- Emergency Preparedness Courses for Child Care Providers:
 - Sound the Alarm: Emergency Preparedness in Child Care: <https://kccto.org/programs/course/sound-the-alarm-emergency-preparedness-in-childcare>
 - Next Steps: Emergency Preparedness for Child Care Centers: <https://kccto.org/programs/online-learning/online-course-descriptions#course47>
 - Next Steps: Emergency Preparedness for Family Child Care: <https://kccto.org/programs/online-learning/online-course-descriptions#course48>
 - Emergency Preparedness for Child Care Providers: <https://www.ks.childcareaware.org/professional-development-calendar/> (search in "Classroom Training")

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