

***In an emergency, the
cleanest, safest food
you can give your baby
is your breast milk.***

*This brochure is adapted from one created by
the Harris County Breastfeeding Coalition
In collaboration with
The Texas Department of State Health Services,
Austin Healthy Mothers Healthy Babies
Breastfeeding Task Force,
Houston Association of Lactation Consultants
And Educators,
And
La Leche League of Houston
www.HALCEA.info*

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Infant Feeding in Emergencies



San Diego/Imperial Counties



Frequently Asked Questions

Q. With all this stress, won't my milk go away?

A. Not if you keep nursing. Babies lives are saved every day by mothers who breastfeed them in spite of war and natural disasters.

Q. Does my baby need water?

A. Breast milk is 87% water. If your baby is getting enough breast milk, then s/he is getting enough water.

Q. Without formula, how can I tell if my baby is getting enough milk?

A. If your baby has 6 wet diapers a day and regular bowel movements, that is a sign s/he is getting enough. To be sure, ask your WIC counselor or doctor to weigh your baby.

Q. What if I don't have milk anymore?

A. You can put your baby to the breast whenever he shows feeding cues, or pump at least 6-8 times in 24 hours. At first you may only get drops of milk. As your supply increases, you can gradually cut back on the formula or donated human milk you are giving. Mothers with younger babies generally begin to make a lot of milk sooner than mothers with older babies.

Five Reasons to Breastfeed during Emergencies

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1. Breast milk helps babies fight diseases like:

- diarrhea
- pneumonia
- cholera
- food poisoning

2. Breast milk gives your baby all the nutrition s/he needs.

3. Breastfeeding helps to keep your baby warm and happy.

4. Breastfeeding helps you feel relaxed and cope with stress.

5. Breast milk is available when you need it.

If you have questions or need assistance, ask for breastfeeding help.

**San Diego County
Breastfeeding Coalition**
1-800-371-MILK
www.breastfeeding.org

American Red Cross WIC
1-800-500-6411
www.sandiegowic.org

**La Leche League
of San Diego County**
1-858-646-9779
www.llusa.org/web/SanDiegoCA.html

**La Leche League
International**
1-877-4-LALECHE
www.llli.org