

# INFANT FEEDING EMERGENCY PLAN

Whānau (family) plan for feeding pēpi (baby) in an emergency, specifically to prepare for a minimum of 72 hours of various emergency situations such as: a power cut, store food shortages, infectious disease outbreaks, wildfires, flooding, landslides, earthquakes, storms, volcanic activity, tsunami, temporary access issues etc.



## EMERGENCY CONTACTS Name, phone number, address, email etc.

Pēpi (baby) info:		Hospital/GP:
Caregiver(s):		Well child provider:
Other(s):		Ambulance/Police: <b>111</b>
Out of region:		Healthline: <b>0800 611 116</b>

**Important:** Clean & safe water, foods & containers. Continue breastfeeding wherever possible.

## ADDITIONAL INFORMATION other important information for the whānau

**Any known allergies & treatment plan:** \_\_\_\_\_

**Any known medical issues & treatment plan:** \_\_\_\_\_

**Other information:** \_\_\_\_\_


**Local Provider(s) contact(s):** \_\_\_\_\_

**Additional contact(s):** \_\_\_\_\_

**How to get through:** Stay connected and up to date with emergency progress. Stay calm, keep warm & make sure the whole whānau are aware of the plan & how to work together if an emergency hits.

**Whānau supplies:** Make sure there is enough extra food, first aid and water for the whole whānau.

# RESOURCES What to prepare before an Emergency for Pēpi

	General	Breastfeeding	Formula	Solids
<p><b>Resources Needed</b></p> <p>Full list of emergency items you need for all of your family:</p> <p><a href="https://getready.govt.nz/prepared/household/supplies">https://getready.govt.nz/prepared/household/supplies</a></p> <p>How to fill &amp; store water containers safely:</p> <p><a href="https://getready.govt.nz/prepared/household/supplies/storing-water">https://getready.govt.nz/prepared/household/supplies/storing-water</a></p> <p>For keeping food safe:</p> <p><a href="https://www.mpi.govt.nz/food-safety-home/preparing-and-storing-food-safely-at-home/safe-food-preparation-cooking-and-storage-at-home/">https://www.mpi.govt.nz/food-safety-home/preparing-and-storing-food-safely-at-home/safe-food-preparation-cooking-and-storage-at-home/</a></p> 	<input type="checkbox"/> 30 disposable nappies <input type="checkbox"/> 1 pack of baby wipes <input type="checkbox"/> 1 bottle of hand sanitizer <input type="checkbox"/> Rubbish bags for dirty nappies <input type="checkbox"/> Any medicines or creams your baby needs <input type="checkbox"/> Spare clothes, a blanket or special toy, towels <input type="checkbox"/> Cleaning supplies/ Dish wash liquid <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Bottled water at least 10L <input type="checkbox"/> Manual breast pump <input type="checkbox"/> 2+ clean bottles/ cups <input type="checkbox"/> Milk storage (bags/ jars) <input type="checkbox"/> Nipple cream <input type="checkbox"/> Nutritious snacks for feeding parent: muesli bars, dried fruit & nuts, breakfast biscuits, tinned fish <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> 1 tin of unopened Formula <input type="checkbox"/> 5L of bottled water <input type="checkbox"/> 15-20L of stored safe water <input type="checkbox"/> Container with lid for sterilised water <input type="checkbox"/> 2+ clean bottles/ cups <input type="checkbox"/> 1 box of water purifiers (Aqua tabs) <input type="checkbox"/> 1 box sterilizing tabs (Milton) <input type="checkbox"/> 1 large pot with lid <input type="checkbox"/> Extra bottles & teats/ lids <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Gas stove or cooker & gas bottle, lighter <input type="checkbox"/> Can opener <input type="checkbox"/> Clean water at least 10L <input type="checkbox"/> 2 rolls of paper towels <input type="checkbox"/> Set of plates, cups & utensils <input type="checkbox"/> Cooking pots, pans <input type="checkbox"/> Food items in tins or pouches/jars, packeted: tinned fruit & vegetables, tinned fish and beans, dried soups, plain cereals & crackers, oats, baby bars etc. <input type="checkbox"/> <input type="checkbox"/>

## Other useful links:

**Breastfeeding:** [www.health.govt.nz/your-health/healthy-living/babies-and-toddlers/breastfeeding](http://www.health.govt.nz/your-health/healthy-living/babies-and-toddlers/breastfeeding)

**Breastfeeding Support:** [www.findyourbreastfeedingsupport.org.nz](http://www.findyourbreastfeedingsupport.org.nz)

**Formula feeding:** [www.healthed.govt.nz/resource/feeding-your-baby-infant-formula](http://www.healthed.govt.nz/resource/feeding-your-baby-infant-formula)

**Civil Defence:** [www.civildefence.govt.nz](http://www.civildefence.govt.nz)