

# BREASTFEEDING AND DISASTER READINESS TOOLKIT

**MIBFN**  
Michigan Breastfeeding Network

The following tools are available at: [www.mibreastfeeding.org/disaster-ready](http://www.mibreastfeeding.org/disaster-ready)



## 1) Disaster Readiness FAQ Sheet

This tool provides answers to frequently asked questions regarding the support and management of breastfeeding during disasters. It provides first responders, relief workers, breastfeeding supporters, and volunteers evidence-based guidelines when working with breastfeeding families



## 2) Disaster Readiness Poster

This tool demonstrates how to make breastfeeding an integral part of every emergency management plan, including why and how breastfeeding is a critical component of disaster readiness. It can be used by first responders, relief workers, breastfeeding supporters, and volunteers working within emergency situations.



## 3) How to Hand Express Breastmilk

Hand expression is a proven method of maintaining milk supply while providing breast milk to infants and children in the face of dangerous or unsanitary conditions, particularly when power and water supplies are unavailable. Available in both magnet and poster form, this tool illustrates the hand expression technique and is a convenient resource for first responders, relief workers, breastfeeding supporters, and volunteers interested in teaching this useful skill.



## 4) Policy Template for Supporting Breastfeeding in Emergency Shelters

The template provides a policy with guidelines to protect, promote, and support breastfeeding in an emergency shelter setting. To be used by local health departments and public aid organizations in times of crisis.



## 5) MIBFN System Changer's Guide

This Guide outlines evidence based practices and recommendations to ensure equitable distribution of resources and lactation support during times of crisis. This tool is intended for breastfeeding supporters, decision-makers, and system changers that plan for and respond to disasters in order to better prepare organizations, families, and communities.



## 6) MIBFN Policy Position Paper

This Position Paper is a concise outline of the evidence-based recommendations in the System Changer's Guide. It is intended to support policy makers, system changers, and breastfeeding supporters in diverse organizations throughout Michigan in order to make breastfeeding a legislative and administrative priority when planning for disasters.



## 7) MIBFN "Breastfeeding and Lead Exposure: Issue Statement and Recommendations"

This statement, from MIBFN Co-Chairs Julie Lothamer and Dr. Paula Schreck, provides evidence-based guidelines for the initiation and continuation of breastfeeding in communities with significant lead exposure. The statement is intended to inform practice for medical personnel, lactation supporters, and relief workers.

## 8) Story Sharing Platform

We want to hear from you! This entire campaign and toolkit are intended to improve disaster readiness preparation throughout Michigan. Please tell us your stories, share your successes, challenges, and experience with breastfeeding support during emergencies. We use your submission to inform our advocacy agenda, plan future tools, and prioritize ongoing work in this important area of breastfeeding support. Please share your story at [www.mibreastfeeding.org/disaster-ready](http://www.mibreastfeeding.org/disaster-ready).

