

Making preparations can spare a new mother from unneeded worry during power outages and storm recovery!

As we approach hurricane season, pregnant women and families with small children need to make extra preparations to ensure that things go smoothly, whether evacuating or staying.

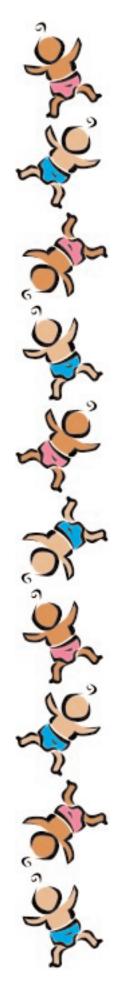
What Mom's need to know:

- A pregnant woman in her last few weeks of pregnancy may need to have an alternate birth location in mind in the event of road problems or evacuation
- A woman in the last four to six weeks of pregnancy should have phone numbers and locations for local obstetricians and midwives in the event they cannot reach their regular provider during evacuation.
- Having a copy of your prenatal care record with you during evacuation can ensure you get the appropriate level of care from another caregiver.
- Hurricanes do not directly cause labor to happen. Labor is expected anytime between 37 and 42 weeks and should be planned for.
- For families with infants and young children, the American Academy of Pediatrics advises parents who "children say that their parents don't talk to them about disasters, even though doing so you, as a parent or responsible adult, can help a child to feel and he safe."
- Often adults will have the local weather on the television or radio in the
 days leading up to a hurricane, and
 young children do understand the tone
 and urgency in reports, even though
 they may not understand the message.
- To help a child understand the situation, remain calm during preparation, and involve the child in any supply gathering. Make a separate box just for the child. Careful planning can make times of storms and power outages go a bit smoother, especially with children.

 Consider that you may be staying with friends, family or in a hotel or shelter and that you may be stuck in traffic at some point.

Feeding your baby:

- Your child's nutritional and comfort needs need to be considered first and foremost when creating a hurricane kit either at home or for a car ride out to safer ground.
- For babies less than 6 months old, breast milk is the sole source of recommended nutrition.
- Breastfeeding, always available and sterile, needs no special consideration during times of storms. Breastfeeding is already clean and ready to feed.
 - Make sure mother has enough clean water to drink for thirst. Stress of the storm will not destroy your milk supply, and will provide you and baby with a strong sense of comfort during a crisis.
- Pumping and feeding may prove to be challenging during a storm: you will need a battery operated quality pump or hand pump, clean storage bottles or bags, and a method of freezing or cold storage. Remember that pumped milk will last about eight days refrigerated; thawed, preViously frozen milk will last about 24 hours in the fridge.
- If bottle-feeding formula, have a supply of pre-washed bottles and nipples in a clean plastic storage bag with proper formula measuring scoops. Pack at least three full days and nights'worth of clean bottles and formula in your pack for evacuation.



Additional bottled water should be on hand to mix the formula if using concentrate or powder and separate additional water to wash the bottles.

If financially feasible, collect ready-tofeed formula, as it requires no extra water to mix. Mixed, open formula needs to stay very cold to stay bacteria-free, so have a cooling method handy within 1 hour of preparation.

 For the baby older than 6 months and starting solid foods, have clean utensils and baby foods collected in advance.

Jarred foods should be unopened and in small quantity to avoid having to store leftovers. If baby is older than 6 months and eating family table foods, make a container filled with non-perishable favorites such as cereals, dried fruits, bars, crackers and shelf-life juice boxes or boxed milk such as soy milk, rice milk or shelf life cow milk for babies over a year.

- Keep in mind comfort items for your child such as favorite blankets, pajamas, dolls or music that can be played on a battery-operated tape player. Having familiar items during evacuations, relocations or scary storms can help the child feel secure.
- Holding your child or allowing children to sleep in the same room with the adults can also provide a sense of comfort as well as safety.



These items should be gathered a stored for staying or evacuating ding a storm when dealing with the children - or soon-to-be children.	nd ur-
If late in pregnancy, have a co of your prenatal record and bi bags if evacuating	py rth
Have phone numbers and local for other obstetricians, midwive and birth locations in the event cannot reach your regular provider.	tions s t you
Make a separate supply bag obox just for the child.	or
Three full days and nights work pre-washed bottles and formula your evacuation pack (only if but the-feeding).	th of a in oot-
Additional sterile water should on hand to mix the formula	be
Separate additional heatable v	vater
One gallon per person per day older children and adults (babi under 6 months do not need water).	y for ies
For older babies, have clean u sils and unopened baby foods (small jarred foods)	ten-
If baby is on family table foods make a container or bags filled with nonperishable favorites	s, d
Comfort items for your child su as favorite blankets, pajamas, dolls, toys or music	ch
Small flashlight during power of ages just for the child	out-
Extra baby wipes and diapers portable potty, and a sealable plastic bag or box for soiled its	or ems

Any medications or special supple-

Insect repellant, hat and clean

changes of comfy clothing.

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