Emergency checklist for families with a young baby

Whether it's a sudden accident at home, a local emergency, or something affecting the whole country, thinking ahead helps us protect the people we care about. The effects of an emergency can include tap water being stopped or not being safe, a local or national power outage, or phone or internet networks going down.

Being ready for emergencies is particularly important for families with young children as babies and toddlers are limited in what food they can eat and are more sensitive to extremes of heat and cold. Babies under 6 months are especially vulnerable as their only nutrition is breast or formula milk and they are dependent on a trusted adult for all their needs.

This checklist will help you think about what you might need if you have a baby under the age of one.

The government provides general guidance on how to prepare for emergencies. If you have children under five, please consider signing up for the Priority Services Register. https://www.thepsr.co.uk/

Emergency kit list for babies and young children

You may not need all the things listed below, consider which are most relevant to your family and the emergency situations.

Breastfeeding

- ☐ Phone numbers, websites or other contact methods for breastfeeding support e.g. your midwife/Health Visitor, local infant feeding support services, the National Breastfeeding Helpline
- ☐ Food and bottled water for mum/breastfeeding parent
- ☐ Any other items you find useful when breastfeeding, e.g. breast pads, a pillow, a cover etc

Expressing breastmilk

- ☐ Printed information about hand expressing techniques or a manual/hand pump
- ☐ Bottles/teats or single use, disposable cups in case sterilising isn't possible
- ☐ Sterilising equipment (including tablets and a container for cold water sterilising if no power)
- ☐ Bottled water for sterilising

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Formula feeding

- ☐ Formula milk – ready to feed formula is the safest option in many situations, or powdered formula if you have a way to make up bottles safely
- ☐ Bottles/teats or single use, disposable cups in case sterilising isn't possible (disposable cups should be suitable for hot water if they will be used for making up formula)
- ☐ Sterilising equipment (including tablets and a container for cold water sterilising if no power)
- ☐ Bottled water for making up formula and for sterilising
- ☐ Measuring container/jug for measuring the correct amount of water
- ☐ Insulated hot water flask to transport boiling water

General

- ☐ Spare clothes that can be layered to be warm or cool
- ☐ Nappies, wipes, nappy bags, hand sanitiser, antibacterial wipes for surfaces
- ☐ Sling or baby carrier
- ☐ Blankets, sleeping covers
- ☐ Travel cot, carrycot, pram or other safe sleep space (if able to transport)
- ☐ Car seat (if appropriate)
- ☐ Play mat/blanket or similar for the floor
- ☐ Toys and books
- ☐ Suitable food for the age of your baby, feeding spoons if needed, bibs/muslin cloths or similar
- ☐ Baby first aid kit including any prescribed medicines, or prescribed formula milk your baby needs
- ☐ Other *add other things your baby normally uses that might be useful*
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    - ○
    - ○
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Scan the QR code to find more information about feeding your baby in an emergency

the Breastfeeding network

national breastfeeding helpline 0300 100 0212