

Navigating Emergencies: Supporting and Safeguarding Breastfeeding Families Worksheet

This short worksheet is provided to help you identify opportunities to improve emergency preparedness in your locale. It is designed for those in the United States and its territories. If you are outside the US, use the Internet to identify resources for your area.

- 1) What is the most recent natural disaster than hit your area?

Date:

Natural Disaster:

- 2) What is the MOST likely [natural disaster that might hit in your area](#)? The link will take you to a handy map from the American Red Cross to help you determine the natural disaster risks for your area, if you are in the US. If you are outside the US, use local history or other tools to identify potential disasters. Check the events below that your area is at risk for.

- ☐ blizzards,
- ☐ earthquakes
- ☐ flood
- ☐ hailstorms
- ☐ hurricanes
- ☐ mudslides

- ☐ tornadoes
- ☐ tsunamis
- ☐ volcanic eruptions
- ☐ wildfires
- ☐ other

- 3) For the disaster(s) that you think are most likely in your area, which issues do you see that would be especially affected?

- ☐ Electricity
- ☐ Transportation
- ☐ Food supply
- ☐ Water supply

- 4) Find your local emergency planning or disaster committee in your area. (Do an online search for something like “emergency preparedness near me.”). Note the name of the organization below.

- 5) How can you or other professionals get involved with this organization? Visit [State Emergency Response Commissions](#) and list some opportunities below.

- 6) As related to infant or child wellbeing, especially as related to feeding issues, what do you see as the potential situation that MOST needs improvements if a disaster arises?
- 7) What can you identify as an issue related to emergency preparedness that you could tackle within your current organization (e.g., hospital, clinic, etc.)
- 8) What do you feel are YOUR strengths to contribute to emergency preparedness in your area?
- ☐ Promotion: Waving the flag for breastfeeding as the best way to feed an infant, even in disaster situations. This would include opportunities that might arise, e.g., working in shelters, organizing donations, providing transportation, etc.
 - ☐ Protection: Working with legislators to enact laws that will protect families of infants and young children who could be exposed to natural disasters or other emergencies
 - ☐ Support: Providing information and education in various venues, e.g., regular parenting classes, special classes for emergency preparedness, educating relief workers.
- 9) What is the FIRST step you could see yourself doing to improve emergency preparedness in your locale?

There is no need for you to submit this worksheet. Once you have completed it, mark the assignment complete, and move on to the rest of your course.