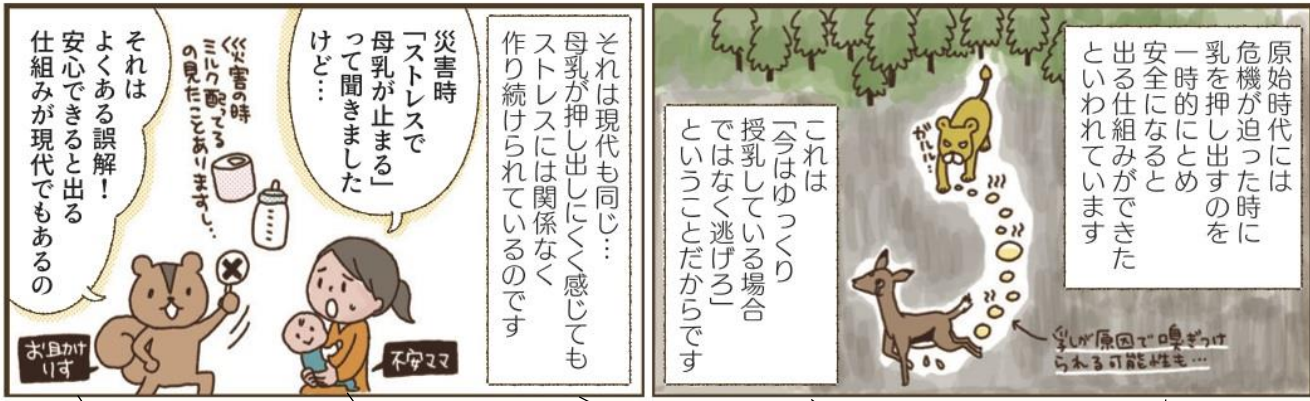


Feeding Babies during Emergencies: What should you do?

どうする？ 災害時の赤ちゃんの栄養



① 原始時代には危機が迫った時に乳を押し出すのを一時的にとめ安全になると出る仕組みができたといわれています

Grrr
(Imagine if drops of milk helped a predator track down their prey!)

② これは「今はゆくり授乳している場合ではなく逃げろ」ということだからです

③ それは現代も同じ...母乳が押し出しにくく感じてもストレスには関係なく作り続けられているのです

④ 「ストレスで母乳が止まる」って聞きましたけど...

Worried Mom "I've heard that in emergency situations, stress can make my milk dry up." "And I've seen infant formula being distributed during emergencies"

⑤ それはよくある誤解！安心できる outcomes 仕組が現代でもあるの

Helpful RISU (squirrel) "That's a common misunderstanding!" "We know that milk will flow again when a mother feels safe"



① だから「ここは安心」と思えるような場所を用意する事がとっても大事なのだ

RISU "Therefore, it is very important to prepare a safe place for mothers during emergencies." Screen, separate room, tent, private room. A safe environment!

② 災害時の状況だと授乳回数が減りがちになって...

Mom "But we probably tend to breastfeed our babies less in emergencies or disasters..."

③ FIL: Mechanism to suppress and control milk production "We aren't using milk very much right now. Shall we reduce production?"
Prolactin: Hormone to produce milk "I have already made some milk, but should we reduce it for now?"
Oxytocin: Hormone to eject milk (Sensitive to stress) "Let's take a break for now..."

④ 授乳回数が減ったりここでミルクをあげると作られる量が減ってきます

"If the frequency of breastfeeding decreases or infant formula is added in this situation, the amount of milk produced might decrease."

⑤ 母乳中の免疫物質は災害時に心配な感染症から赤ちゃんを守ってくれる

"This creates the misconception that stress stops breastmilk production."

⑥ 「Breast milk contains immune factors that protect babies from infections, especially in the event of emergencies」

⑦ Protection from Norovirus, Salmonella, E. coli, Campylobacter, Rotavirus, Influenza virus



① 少し多めにあげていたらいつもより出たって人もいるの

RISU "Some mothers report that they produce more breastmilk than usual when they breastfeed more frequently"

② 母乳成分が含まれている！スプーン1杯で菌を殺す成分は300万！！

One teaspoon of breastmilk contains 3 million germ killing cells! (Infant formula vs breastmilk)
Mom "Then I guess I could try to breastfeed more..."

③ だから母乳をあげている人には授乳に専念できるように

(RISU's note: "We are talking about protecting the mother's right to breastfeed, not saying that all mothers must breastfeed.")

④ 安心してできる環境整備が特に重要な

"Therefore, it is especially important for breastfeeding mothers to have a safe environment that allows them to focus on breastfeeding."

⑤ ママが食べてなくても母乳は作られるけどママの元気ののために多めの食事をあげたいし

"Of course, a safe environment is also important for formula feeding babies"

⑥ 赤ちゃんは落ちつくために夜の授乳もあるからできれば家族専用のスペースがいいよね

"Breast milk can be made even if mom doesn't eat much. But we want moms to get plenty of food for their own health." Mom "I eat and make milk for my baby!"

⑦ "Because breastfeeding can calm babies, and moms need to breastfeed during the night, it's good to have family-friendly spaces."



⑦
“Afterwards, always throw away any leftover milk! Dispose of leftover milk immediately as bacteria will grow!”

⑥
Sit the baby upright on your lap. Choose a quiet place, not too bright! Hold the small cup of milk to the baby’s lips. The cup rests lightly on the baby’s lower lip, and the edges of the cup touch the baby’s upper lip. Tilt the cup so that so that the milk just reaches the baby’s lips. The baby then starts licking the milk. Try practicing at home in case of an emergency.

⑤
RISU “If you don’t have a sterilized baby bottle, you can use a cup.”
(A pile of paper cups can easily be stored!)

④
〔Ready-to-feed liquid formula〕 should be stored at room temperature, which falls from 15°C to 25°C (Refer to manufacturer’s instructions.)
Shake well.

③
〔Powdered formula〕 Mix with hot water above 70°C. (Necessary to kill any bacteria in the powder!!) Cool it to feeding temperature (body temperature). Note – Hypo-allergenic Formula is only available in powdered form.

②
Wash hands.
Use a sterilized container.

①
RISU “For those who are feeding infant formula, thorough hygiene management is important!”



⑤
Mom “That will protect both breastfed and formula-fed babies.”

④
RISU “Listen to parents first before giving advice, so that they can continue looking after their children in their own way”

③
〔International standards〕 WHO’s International Code or Operational Guidance on Infant Feeding in Emergencies
ASSESS the individual needs and distribute infant formula only to those who need it
Do **NOT** distribute infant formula without assessment during disasters
Do **NOT** give samples of infant formula in non-emergency settings

②
“Everyone should be sympathetic to mothers with babies. Supporters should think of how to help moms look after their children in the same way they did before the emergency”

①
RISU “Whether you are formula feeding or breastfeeding, you are working hard looking after your children. Even during emergencies, you deserve people’s respect for your own feeding methods!”

本資料は、災害時の乳児栄養の国際基準に基づく内容です。詳しくは https://jal-net.jp/dl/OpsG_Japanese_Screen.pdf IFE 災害時乳幼児栄養 検索

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This is based on the IFE’s Operational Guidelines on Infant Feeding in Emergencies. <https://www.enonline.net/operationalguidance-v3-2017>
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Other references are listed at <https://andorisu.jimdo.com/>