

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

①

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”

②

In times of danger, it is not the time to sit and breastfeed, it is time to escape!

③

Milk flow is controlled by hormones, and can be affected by threats of danger - but it resumes again a safe environment.

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

④

In stressful times, milk may not flow easily, but it is still produced by mothers.

⑤

We know that milk will flow again when a mother feels safe.

⑥

In stressful times, milk may not flow easily, but it is still produced by mothers.

⑦

Helpful RISU (squirrel)

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

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

This creates the misconception that stress stops breastmilk production.

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

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…”

MoM “But we probably tend to breastfeed our babies less in emergencies or disasters…”

"Therefore, it is very important to prepare a safe place for mothers during emergencies.”

Screen, separate room, tent, private room.
A safe environment!

RISU

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

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!”

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

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

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

One teaspoon of breastmilk contains 3 million germ killing cells! (Infant formula vs breastmilk)

Mom “Then I guess I could try to breastfeed more…”

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

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

"Breast milk contains immune factors that protect babies from infections, especially in the event of emergencies”

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

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

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…”

MoM “But we probably tend to breastfeed our babies less in emergencies or disasters…”

"Therefore, it is very important to prepare a safe place for mothers during emergencies.”

Screen, separate room, tent, private room.
A safe environment!

RISU

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

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!”

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

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

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

One teaspoon of breastmilk contains 3 million germ killing cells! (Infant formula vs breastmilk)

Mom “Then I guess I could try to breastfeed more…”

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

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

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!”

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

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

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

One teaspoon of breastmilk contains 3 million germ killing cells! (Infant formula vs breastmilk)

Mom “Then I guess I could try to breastfeed more…”

RISU “Some mothers report that they produce more breastmilk than usual when they breastfeed more frequently”
"Afterwards, always throw away any leftover milk! Dispose of leftover milk immediately as bacteria will grow!

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 the milk just reaches the baby’s lips. The baby then starts licking the milk.

Try practicing at home in case of an emergency.

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

Wash hands. Use a sterilized container.

RISU "For those who are feeding infant formula, thorough hygiene management is important!"

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

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

(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

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

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!”

This is based on the IFE’s Operational Guidelines on Infant Feeding in Emergencies. https://www.ennonline.net/operationalguidance-v3-2017

Comics by Yasuko Emura Published by Risu Ando & Hiroko Hongo Medical supervisor: Kikuko Oku, MD English translation: Iona Macnab, IBCLC

References

Other references are listed at https://andorisu.jimdo.com/