

Infant feeding resources to support Summerland re-entry

Topic	Content	Resource
Feeding your baby: During an emergency	Emergencies are stressful and can make it harder to safely feed your baby. There are steps you can take to ensure your baby is safely fed during emergencies. Find information on: - Expressing and storing human milk - Power outages and frozen human milk - Types of formula that is safest during an emergency - How to know if your water is safe for making formula - Safely preparing and using formula - Cleaning and disinfecting equipment. - Formula supply disruptions	Feeding your baby: During an emergency HealthLinkBC File #69g (available in multiple languages) https://www.healthlinkbc.ca/healthlinkbc-files/feeding-your-baby-during-emergency Additional information: Expressing Your Milk: Baby's Best Chance https://www.healthlinkbc.ca/sites/default/files/documents/BBC_expressing-milk.pdf Current water notices and advisories https://www2.gov.bc.ca/gov/content/environment/air-land-water/water/drinking-water/drinking-water-quality/notices-boil-water-advisories Well water testing https://www.healthlinkbc.ca/healthlinkbc-files/well-water-testing Feeding your baby formula: Safely making and storing formula Healthfile #69b https://www.healthlinkbc.ca/healthlinkbc-files/feeding-your-baby-formula-safely-making-and-storing-formula Cleaning and Disinfecting Feeding Equipment Baby's Best Chance https://www.healthlinkbc.ca/sites/default/files/documents/BBC_sterilizing-equipment.pdf Formula supply disruptions: Health Canada https://www.canada.ca/en/health-canada/services/infant-care/infant-formula/shortage.html

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Infant Feeding Support	Public Health Nurses are available to provide infant feeding support and answer any questions you may have.	Penticton Health Centre: 250-770-3434 Monday to Friday 8:30 to 4:30
	Lactation consultants are available to help with common breastfeeding questions and challenges. They can also share information about resources in your community.	Interior Health Healthy From The Start Breastfeeding Support Line 1-855-868-7710 from Monday to Friday, 8:30 a.m. to 4 p.m. to speak with a breastfeeding specialist
	Connect with 8-1-1 for personalized assistance. Speak to a navigator who can guide you to reliable health information or connect you with a health professional. Translation services are available in over 130 languages.	HealthLinkBC https://www.healthlinkbc.ca/
	Information on breastfeeding and feeding your baby.	Interior Health Website https://www.interiorhealth.ca/health-and-wellness/pregnancy-and-childbirth/breastfeeding-and-feeding-your-baby