

## Healthy Choices for Mothers in the Emergency Shelter

### 1. Don't push yourself, Mom!

If you have any troubles, consult a medical professional nutritionist for help.



### 2. Drink adequate fluids

You may not feel thirsty or feel the need to use the restroom. But, it is important to drink enough fluids whenever a beverage is available to help keep the baby and mother healthy and maintain adequate breast milk production.

### 3. Eat even a little bit of food whenever you have a chance

Times and quantities of meals may be limited. You may not have an appetite, but please eat as much as you can whenever you want to.

### 4. Take vitamins even when a variety of food is available

Let's replenish vitamins by eating vegetables, fruits, fruits, juice, and nutritionally enhanced food, instead of only rice balls and bread.

### 5. Baby feels relieved when sucking

Even if you have trouble producing breast milk temporarily, your baby feels relieved by sucking. Also, if your baby continues sucking, your breast milk supply will increase.

※Please read the notes on the backside.

### 6. Keep baby and mother as warm as possible

Warm your baby by wrapping a cloth around him/her or by holding him/her close. Babies feel secure in their mother's arms.

For a pregnant woman, warm yourself by layering clothing or using a blanket. This helps you and your baby's health.



## Don't push yourself, Mom!

The most important thing is that both mom and baby are fine.

\*When mom is tired, breast milk production decreases, or may stop temporarily.

At that time, don't push yourself! Use baby formula instead of shortage.

(Extracted from "How to Prepare Formula for Bottle-Feeding at Home (FAO/WHO)" and modified)

### How to prepare baby formula



<Items>

- Baby bottle (If not available: cup, spoon or any other equipment is OK)

- \*Please clean everything thoroughly before use.

- Purified water

Well water cannot be used. ❌

Use water from tank truck within a day.

When you have no access to tap water, use domestic mineral water.

<How to make baby formula for bottle-feeding>

Wash your hands thoroughly with soap and water.



Pour the boiled water into a bottle; be careful not to burn yourself.



Add the exact amount of formula to the bottle, reading the instructions on the package.



Immediately cool the bottle after mixing thoroughly.  
\*Make sure the level of water is below the lid of the bottle.



Check the temperature by dropping a little onto the inside of your wrist. It should feel lukewarm.

## Making Baby Food ...

You may also worry about baby food in the emergency shelter.

For 5 or 6-month-old babies, breast milk or baby formula can be substituted.

For 7-11 month-old babies, pureed food or porridge with hot water is fine.

For children over-12-months-old, "easy ojiya" mixed rice with miso soup or Japanese radish or boiled potatoes are no problem.



\*Never feed babies raw or undercooked food.

\*Avoid too much salt.

\*Clean dishes and spoons.

### For children with food allergies

Served food might contain allergic ingredients like Japanese stock (mackerel, prawn, etc.), consommé seasoning/soup (egg, milk, etc.), miso, soy sauce, butter (soy beans) and other seasonings.

Ask a staff member for more information.