

Infants & children during disruption

ACTION CHECKLIST

Keep children with a trusted caregiver and plan safe feeding, water, hygiene, medicines and warmth around their age and needs. Put written contacts with each child and agree a reunion plan. Use age-appropriate feeding guidance; do not dilute formula or use unsafe water to stretch supplies.

[] Name the caregiver

Decide who stays with each child during sheltering and travel. Use a familiar trusted backup; do not hand children to unverified helpers.

[] Protect feeding

Maintain breastfeeding where applicable. Ready-to-feed formula can avoid preparation water needs when available; follow product and age-specific guidance. Do not improvise formula or change dilution.

[] Keep hygiene supplies

Pack nappies, wipes, soap, clean clothing and safe water for essential care. Keep feeding equipment clean and separate from waste.

[] Keep a contact card

Use necessary caregiver contact details and medical information without displaying sensitive identity details publicly. Teach older children the agreed safe contacts.

[] Use simple explanations

Explain the next action calmly and specifically. Familiar routines and a comfort item can help; avoid promising that you know when danger will end.

WATCH FOR

Infants can deteriorate quickly with dehydration, temperature exposure or illness. Seek qualified care for concerning symptoms; do not rely on adult treatment advice.

IF HELP IS UNAVAILABLE

Use the caregiver plan and safe supplies already available while seeking verified medical or feeding support. Do not stretch formula with extra water or leave a child alone to find supplies.

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/preparedness/infant-child-preparedness/>

Ready.gov · Planning for families

CDC · Infant feeding in emergencies