



Stillförderung Schweiz
Promotion allaitement maternel Suisse
Promozione allattamento al seno Svizzera

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Infant feeding in situations of acute crisis

Infants and young children are particularly vulnerable in situations of crisis and at risk of malnutrition. This can lead to very rapid donation and distribution of infant formula, bottles and teats.

In acute emergency situations, breast milk is the best and safest source of nutrition for the infant. Supplemental feeding of formula reduces the supply of breast milk. In case the formula cannot be distributed regularly and hygienic conditions are inadequate, infants are exposed to additional risks.

Stress can affect the milk-giving reflex, but frequent feeding can stimulate it.

It is important to provide enough food and fluids for nursing mothers as well.

For the above reasons, it is important to note that formula donations should

- be given on demand.
- not be given with the general food distribution.
- be distributed with explanations, information and education to the staff of aid organizations, if possible.
- be distributed together with clean water.

In times of crisis, mothers with infants need special protection and support so they can breastfeed their children.