



Photography by Melanie Aldridge

Mothers and Babies need...

- Warm support
- Appropriate information



Courtesy of F.B. Monika

### Information About Breastfeeding During Emergencies

Multilingual versions of *Do women experiencing stress 'lose' their breast milk?* – La Leche League (LLL) Asia & Middle East

<https://www.lll.org/do-women-experiencing-stress-lose-their-breastmilk>

English information on breastfeeding in emergencies – LLL Asia & Middle East

<https://www.lll.org/english-emergency-info>

Chinese information on breastfeeding in emergencies - LLL Asia & Middle East

紧急情况下的母乳喂养

<https://www.lll.org/chinese-emergency-info>

Japanese information on breastfeeding in emergencies - LLL Japan

災害時のための情報

[https://lll-japan.org/hisai\\_support/](https://lll-japan.org/hisai_support/)

Arabic information on breastfeeding in emergencies - LLL Asia & Middle East

الرضاعة الطبيعية في حالات الطوارئ

<https://www.lll.org/arabic-emergency-info>

Multilingual information on breastfeeding in emergencies - LLL Asia & Middle East

<https://www.lll.org/multilingual-information>

Multilingual resources on infant feeding in emergencies – La Leche League International

<https://www.llli.org/breastfeeding-info/infant-feeding-emergencies-multilingual/>

Multilingual brochure *Breastfeeding is Emergency Preparedness* by Magdalena Whooley

<https://www.lll.org/breastfeeding-is-emergency-preparedness>

Multilingual infographic *Early Initiation of Breastfeeding During Emergencies* and others by Infant Feeding in Emergencies (IFE) Core Group

<https://www.enonline.net/ifecoregroupinfographicseries>

Multilingual comic based on the IFE's Operational Guidelines on Infant Feeding in Emergencies

<https://www.enonline.net/comicbasedontheogife>

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◆ Myths: Stress & breastfeeding in emergencies ◆

## Do women experiencing stress 'lose' their breast milk?



Courtesy of Radhika Rao

It is easy to become worried when you hear such words. What happens to your ability to produce breast milk when you are under strong stress?



La Leche League  
Asia & Middle East

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**Do women experiencing stress 'lose' their breastmilk?**



**What can I do to build up my breastmilk supply again?**



**Though the milk flow may 'temporarily' stop, it is designed to flow again.**

- **Stress *does not* affect the hormone Prolactin which makes breastmilk**
- **Stress has a short-term effect on Oxytocin the other important hormone for breastfeeding**

The World Health Organization explains this as a positive mechanism that stops milk flowing at difficult moments – for example when an early human mother was fleeing with her baby from a wild animal – it is helpful that the milk does not start flowing while running but once mother and baby are safe and sheltered the milk flow starts again when the baby goes to the breast.



**Frequent breastfeeding and lots of contact with your baby make the milk flow again.**

- **The milk is still all there inside the breasts, ready for the baby**
- **Ready to be made in response to the baby sucking**
- **The let-down reflex, which starts the milk flowing, has temporarily stopped**

Everyone is highly likely to be stressed during and after an emergency and disaster situation. Breastfeeding is an amazingly adaptive activity designed to win despite everything. All a breastfeeding mother has to do is put the baby to the breast frequently and have lots of contact with the baby and soon the milk flow will start again.

**Being comforted and receiving support helps mothers.  
Breastfeeding can be soothing and will help promote healing and calmness for babies and mothers.**