Mothers and Babies need...
- Warm support
- Appropriate information

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### Information about Breastfeeding During Emergencies

**Do women experiencing stress ‘lose’ their breast milk?**

*Arabic version*

هل تفقد النساء آل مرضه بالتبور الحليب؟

*Japanese version*

「ストレスで母乳が出なくなる」って本当？

*Spanish Latin America version*

Se le va la leche a las mujeres que sienten estrés - Latinoamérica versión 2018

La Leche League China - information on breastfeeding in emergencies, Chinese

緊急情况下的母乳喂养

La Leche League Japan - information on breastfeeding in emergencies, Japanese

災害時の母乳児支援

災害時の母乳児相談~よく聞かれる質問（FAQ）

Links to other La Leche League and non-LLL resources for infant feeding in emergencies, multilingual

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

La Leche League International – breastfeeding information

https://www.llli.org/breastfeeding-info/

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**Myths: Stress & breastfeeding in emergencies**

Do women experiencing stress ‘lose’ their breast milk?

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?
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.

**Do women experiencing stress ‘lose’ their breast milk?**

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

**What can I do to build up my breast milk supply 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 through 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.

Adapted from *Infant Feeding in Emergencies* by Carol Bartle