PRINTABLE CHECKLIST

Feeding a baby in a power cut

Breastfeeding carries on as normal. For formula-fed babies, keep ready-to-feed formula in stock: the government's Be Ready list prefers it because it needs no water or heating. Powdered formula must be made with water of at least 70°C, so you need a safe way to boil water. Follow NHS guidance and your health visitor's advice.

- [ ] Three days of ready-to-feed formula, if you use formula
- [ ] Cold-water sterilising tablets and a lidded container
- [ ] A clean flask kept for boiled water
- [ ] A safe way to boil water
- [ ] Nappies, wipes and nappy bags for three days
- [ ] Baby food pouches or jars for older babies
- [ ] Priority Services Register sign-up