PRINTABLE CHECKLIST

# How do you cope with a power cut with babies and children?

Explain simply that the electricity has stopped and people are fixing it, then cover light, warmth, food and routine. Give each child a light of their own, keep babies warm with layers rather than loose bedding, use ready-to-feed formula as Be Ready advises, and keep teatime and bedtime normal. Use torches, never candles, and never bring a stove or barbecue indoors.

- [ ] Rechargeable night light in each young child's room, used nightly
- [ ] A torch for every adult and older child
- [ ] Glow sticks for door handles and the bathroom
- [ ] Three days of ready-to-feed formula, nappies and wipes
- [ ] Cold-water sterilising tablets and a lidded container
- [ ] A one-litre or larger vacuum flask
- [ ] Three days of no-cook food the children already eat
- [ ] Children's medicines, a battery thermometer and first aid kit
- [ ] Two or three games that need no power
- [ ] Baby monitor batteries checked
- [ ] Contacts list including school, GP and grandparents
- [ ] Signed up to the Priority Services Register if you have a child under 5