



Australian
Breastfeeding
Association

Evacuation and recovery centre signage pack

Pregnant women, breastfeeding
mothers, babies and toddlers

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Background

The signs in this resource were created as part of the Australian Breastfeeding Association's Community Protection for Infants and Young Children in Bushfire Emergencies Project (ABA Bushfire Project). They aim to assist emergency responders to support and protect the health and wellbeing of pregnant women, infants and young children and their parents and caregivers in evacuation and recovery centres.

Research conducted as part of the ABA Bushfire Project, *the Babies and Young Children in the Black Summer (BiBS) Study*, found that evacuation centres were often a very challenging and sometimes risky environment for parents and children. Safety concerns often arose because parents were unaware of where they could access the resources or support they needed. The BiBS Study found that women often evacuated on their own with children and did not ask for the help they needed. They were too busy looking after their children, did not know who to ask, or did not feel confident asking for assistance.

Challenging or unsafe situations identified in evacuation centres included:

- Reconstitution of infant formula and washing of baby feeding bottles in unhygienic toilet hand basins.
- Women not breastfeeding due to lack of privacy, resulting in infant dehydration.
- Lack of support for feeding difficulties or knowledge of where assistance could be obtained leading to situations like the washing of feeding bottles in toilet sinks.
- Child protection concerns and issues with animals due to families being mixed in with the general population.

The BiBS Study also found that recovery centres could be equally challenging places for pregnant women and the caregivers of babies and toddlers. These challenges often related to their continuing care needs for food, drink, nappy changes and sleep. Queuing was a challenge for parents and particular for pregnant women some of whom fainted while queuing for resources.

How to use these signs

The signs in this pack display information for parents to assist them to obtain the support they need in evacuation and recovery centres. They can be printed, laminated (optional) and displayed in appropriate places throughout a venue.

They are designed to be printed in standard A4 size using any available printer. If colour printing is not available, they can be printed in black and white.

Further information

The ABA Bushfire Project has developed a suite of resources that can assist those planning for and operating evacuation and recovery centres to support pregnant women and those caring for babies and toddlers.

Visit aba.asn.au/disaster-support to view the full collection, including:

- A quick and free **e-learning module** that provides practical guidance on providing *Disaster support for babies, toddlers and caregivers*

- A downloadable **infographic** that summarises the support needs of families with babies and toddlers in evacuation centres, and is also relevant to recovery centres
- **Scenarios** focused on the needs of infants and young children for use in evacuation centre set-up and training exercises
- A **checklist** to assist with evaluating potential evacuation or recovery centre venues for suitability and safety for families with babies and toddlers
- Guidance on supporting pregnant women and families with babies and toddlers in **recovery centres**.
- A guide for evacuation centre workers on **supporting safer sleep** for babies during evacuations.
- An **animation on psychological first aid** for babies and toddlers and their caregivers.
- A policy and guidance document on the **management of infant formula** donations, procurement and distributions in emergencies.

Acknowledgements

The Community Protection for Infants and Young Children in Bushfire Emergencies Project received funding from the Australian Government through a Preparing Australian Communities-Local Stream grant.

ABA's National Breastfeeding Helpline also receives funding from the Australian Government.

Version	1
Publication date	October 2024



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STOP!
Do NOT wash baby bottles
or bowls here.



Need baby feeding supplies?

**Don't wait. Ask staff
for what you need.**



Need help with breastfeeding?

Call the Breastfeeding Helpline

1800 686 268





Australian
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Breastmilk storage





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Nappy waste bin





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Nappy changing area



Handwashing area





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**Private:
Do not disturb**

Baby and child area for families



Baby food preparation and cleaning area





1800mum2mum
Breastfeeding Helpline 1800 686 268

Private breastfeeding area





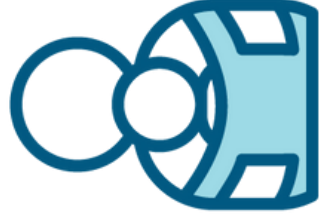
1800mum2mum
Breastfeeding Helpline 1800 686 268

Breastfeeding welcome



Pregnant or caring for a baby or toddler?

Let us know how we
can support you.





Australian
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Association

Wash baby bottles and bowls here





Australian
Breastfeeding
Association

Need a place to wash baby bottles or bowls?

Please ask.



Breastfeeding support for mothers who speak languages other than English

Mothers can access free telephone interpreting to speak to an Australian Breastfeeding Association counsellor on the National Breastfeeding Helpline in any language.

English

If you need help with breastfeeding, please call the Translating and Interpreting Service (TIS National) on 131 450 and ask them to telephone the Breastfeeding Helpline on 1800 686 268. The Breastfeeding Helpline is open 24 hours a day.

Chinese (traditional)

如果您需要母乳哺育的協助，請致電筆譯和口譯服務中心 (TIS National) 電話：131 450，並請他們撥打母乳哺育求助專線：1800 686 268。母乳哺育幫助專線全天 24 小時開放。

Chinese (simplified)

如果您需要母乳喂养方面的帮助，请致电笔译和口译服务中心 (TIS National) 电话：**131 450**，并要求他们拨打母乳喂养帮助热线：**1800 686 268**。母乳喂养帮助热线全天 **24** 小时开放。

Vietnamese

Nếu cần trợ giúp về nuôi con bằng sữa mẹ, hãy gọi cho Dịch vụ Thông dịch và Phiên dịch (TIS National) theo số 131 450 và yêu cầu họ kết nối đến Đường dây Trợ giúp Nuôi con bằng sữa mẹ theo số 1800 686 268. Đường dây Trợ giúp Nuôi con bằng sữa mẹ hoạt động 24 giờ một ngày.

Punjabi

ਜੇਕਰ ਤੁਹਾਨੂੰ ਛਾਤੀ ਦਾ ਦੁੱਧ ਚੁੰਘਾਉਣ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ **131 450** 'ਤੇ ਟ੍ਰਾਂਸਲੇਟਿੰਗ ਅਤੇ ਇੰਟਰਪ੍ਰੇਟਿੰਗ ਸਰਵਿਸ (**TIS ਨੈਸ਼ਨਲ**) ਨੂੰ ਕਾਲ ਕਰੋ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ **1800 686 268** 'ਤੇ ਬ੍ਰੈਸਟਫੀਡਿੰਗ ਹੈਲਪਲਾਈਨ ਨੂੰ ਟੈਲੀਫੋਨ ਕਰਨ ਲਈ ਕਹੋ। ਬ੍ਰੈਸਟਫੀਡਿੰਗ ਹੈਲਪਲਾਈਨ ਦਿਨ ਦੇ **24** ਘੰਟੇ ਖੁੱਲ੍ਹੀ ਰਹਿੰਦੀ ਹੈ।

Greek

Εάν χρειάζεστε βοήθεια με το θηλασμό, καλέστε την Υπηρεσία Μετάφρασης και Διερμηνείας (**TIS National**) στο **131 450** και ζητήστε τους να τηλεφωνήσουν στη Γραμμή Βοήθειας Θηλασμού στο **1800 686 268**. Η Γραμμή Βοήθειας Θηλασμού είναι ανοιχτή **24** ώρες την ημέρα.

Italian

Se hai bisogno di aiuto per l'allattamento, chiama il Servizio di traduzione e interpretariato (TIS National) al numero 131 450 e chiedi loro di chiamare il numero dedicato all'assistenza all'allattamento (Breastfeeding Helpline) al 1800 686 268. La Breastfeeding Helpline è attiva 24 ore al giorno.

Tagalog

Kung kailangan mo ng tulong sa pagpapasuso, mangyaring tawagan ang Translating and Interpreting Service (TIS National) sa 131 450 at hilingin sa kanila na tawagan ang Breastfeeding Helpline sa 1800 686 268. Ang Breastfeeding Helpline ay bukas 24 oras bawat araw.

Hindi

यदि आपको स्तनपान में सहायता की आवश्यकता है, तो कृपया अनुवाद और व्याख्या सेवा (टीआईएस नेशनल) को 131 450 पर कॉल करें और उन्हें 1800 686 268 पर स्तनपान हेल्पलाइन पर टेलीफोन करने के लिए कहें। स्तनपान हेल्पलाइन 24 घंटे खुली रहती है।

Spanish

Si necesita ayuda con la lactancia materna, llame al Servicio de Traducción e Interpretación (TIS National) al 131 450 y pídale que llamen a la Línea de ayuda para la lactancia materna al 1800 686 268. La Línea de ayuda para la lactancia materna está abierta las 24 horas del día.

Nepali

यदि तपाईंलाई स्तनपानको लागि मद्दत चाहिन्छ भने, कृपया अनुवाद र दोभाषे सेवा (TIS National) लाई 131 450 मा कल गर्नुहोस् र उनीहरूलाई स्तनपान हेल्पलाइन 1800 686 268 मा टेलिफोन गर्न सोध्नुहोस्। स्तनपान हेल्पलाइन 24 घण्टा खुला छ।

Korean

모유 수유에 도움이 필요하시면 번역 및 통역 서비스(TIS National)에 131 450번으로 전화하여 모유 수유 헬프라인 1800 686 268번으로 전화해 달라고 요청하십시오. 모유 수유 헬프라인은 하루 24시간 운영됩니다.

Tamil

தாய்ப்பால் கொடுப்பதில் உங்களுக்கு உதவி தேவைப்பட்டால், **131 450** என்ற எண்ணில் மொழிபெயர்த்தல் மற்றும் விளக்குதல் சேவையை (டிஐஎஸ் நேஷனல்) அழைத்து, **1800 686 268** என்ற தொலைபேசி எண்ணில் தாய்ப்பாலூட்டுதல் ஹெல்ப்லைனை அழைக்கவும். தாய்ப்பால் ஹெல்ப்லைன் **24** மணி நேரமும் திறந்திருக்கும்.

Sinhalese

ඔබට මව්කිරි ලබා දීම සම්බන්ධයෙන් උපකාරයක් අවශ්‍ය වේ නම්, කරුණාකාර **131450** අංකයෙන් ජාතික භාෂා පරිවර්තන හා භාෂණ පරිවර්තන සේවය (**TIS National**) අමතා, මව්කිරි ලබා දීම සම්බන්ධයෙන් වන උපකාරක සේවා අංකය වන **1800686268** හා සම්බන්ධ කරන මෙන් ඉල්ලා සිටින්න. මව්කිරි ලබා දීම සම්බන්ධයෙන් වන උපකාරක සේවාව දවසේ පැය **24** පුරාම විවෘතයි.

Gujarati

જો તમને સ્તનપાન માટે મદદ જોઈતી હોય, તો કૃપા કરીને **131 450** પર ટ્રાન્સલેટિંગ એન્ડ ઇન્ટરપ્રીટિંગ સર્વિસ (**TIS નેશનલ**) ને કોલ કરો અને તેમને **1800 686 268** પર ઓસ્ટ્રેલિયન હેલ્પલાઇન પર ટેલિફોન કરવા કહો. સ્તનપાન હેલ્પલાઇન **24** કલાક ખુલ્લી રહે છે.

Malayalam-

മുലയൂട്ടൽ സംബന്ധിച്ച് നിങ്ങൾക്ക് സഹായം ആവശ്യമുണ്ടെങ്കിൽ, **131450** എന്ന നമ്പറിൽ വിവർത്തന, വ്യാഖ്യാന സേവനത്തിൽ (ടിഐഎസ് നാഷണൽ) വിളിച്ച ശേഷം **1800 686 268** എന്ന നമ്പറിൽ മുലയൂട്ടൽ ഹെൽപ്പ് ലൈനിൽ വിളിക്കാൻ ആവശ്യപ്പെടുക. മുലയൂട്ടൽ ഹെൽപ്പ് ലൈൻ **24** മണിക്കൂറും പ്രവർത്തിക്കുന്നതാണ്.

Indonesian

Jika Anda memerlukan bantuan dalam menyusui, silakan hubungi Layanan Penerjemahan dan Juru Bahasa (TIS National) di 131 450 dan minta mereka menelepon Saluran Bantuan Menyusui di 1800 686 268. Saluran Bantuan Menyusui buka 24 jam sehari.

Arabic

إذا كنت بحاجة إلى مساعدة في الرضاعة الطبيعية، يرجى الاتصال بخدمة الترجمة والفورية (TIS الوطنية) على الرقم 131450 واطلب منهم الاتصال بخط المساعدة للرضاعة الطبيعية على الرقم 1800686268. يعمل خط المساعدة للرضاعة الطبيعية على مدار 24 ساعة في اليوم.

Urdu

اگر آپ کو دودھ پلانے میں مدد کی ضرورت ہو، تو براہ کرم ٹرانسلیٹنگ اور انٹریپرٹنگ سروس (ٹی آئی ایس نیشنل) 131450 کو کال کریں اور ان سے بریسٹ فیڈنگ ہیلپ لائن 1800686268 پر ٹیلی فون کرنے کو کہیں۔ بریسٹ فیڈنگ ہیلپ لائن 24 گھنٹے دستیاب ہے۔