## Storm Preparation



**Charge** your cell phones, laptops, tablets, & other electronic devices

Download things to watch for yourself & your child (if they have screen time)





Have extra batteries on hand (especially if your pump can run on batteries).

If you have an electric pump, pump now, even if you're not "scheduled to," in case you loose power.





Fill your refrigerator & freezer with container of water; this will slow temperature rising if power goes out. Open refrigerator/freeze only when needed.

If your baby is formula fed, boil water so there is a chance of it being lukewarm for feedings.





WESTCHESTER | PUTNAM | DUTCHESS | GREENWICH WWW.BLISSFULBIRTHINGWESTCHESTERNY.COM