

Ep. 74: Preparing for a Hurricane during Pregnancy and Breastfeeding

Taylor Dubuisson, the Coordinator of Training and Best Practices for the Disaster Distress Helpline, joins host Chris Stallman, CGC to talk about dealing with a natural disaster during pregnancy and breastfeeding. She describes what a parent should prepare in an emergency kit and the free resources available should disaster strike. Taylor is also a mother of two toddlers and has spent the last 15 years living in hurricane-prone areas including southern Florida, Guam, and coastal Mississippi.

Resources mentioned in this episode:

Disaster Distress Helpline: Call/Text 1-800-985-5990

MotherToBaby Hurricane Blog

American Red Cross

Centers for Disease Control and Prevention: Prepare for a Hurricane

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://www.MotherToBaby.org).

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