

How to Become a Donor

To get started, we need a medical history and simple blood test (at our expense).

After this screening, we will send you a donor packet with all the information you need, including how to mark and freeze your milk and how to drop off the milk at a local depot or ship it to us at our expense.

Want to Know More?

Thank you for thinking about becoming a donor. To get more information and ask any questions, please contact us by email at info@milkbankne.org or by phone, 781-535-7594.

You can find more information on our website:

www.milkbankne.org

or the website of the Human Milk Banking Association of North America:

www.hmbana.org

Resources that may be helpful for you

Books:

Davis, Deborah *Empty Cradle, Broken Heart: Surviving the Death of Your Baby*
Golden, CO: Fulcrum Press

Websites:

www.october15th.com

Pregnancy & Infant Loss Awareness Day

www.firstcandle.org/grieving-families

First Candle - Infant Loss Information

Support Groups:

The Compassionate Friends (National)
www.compassionatefriends.org

The M.I.S.S. Foundation (National)
www.misschildren.org

SHARE (national)
www.nationalshare.org

There may also be local resources in your community. For example, many hospital NICUs have bereavement groups. Ask the social worker or nurse in your hospital.

Mothers' Milk Bank of New England
P.O. Box 60-0091
Newtonville, MA 02460

Mothers' Milk Bank of New England



Donating Your Milk After Your Baby Has Died

A Gift of Love; A Gift of Life

We are reaching out to you today with our heartfelt condolences on the death of your precious baby. There is no greater pain than the loss of a child, and there is little anyone can say to help you right now. Take care of yourselves, and surround yourselves with those who love and care for you.

One act that can help is to consider donating your expressed milk to a mothers' milk bank. The miracle of the milk your body has made can make a difference in the life and health of another baby, whose mother cannot make enough milk. Often bereaved mothers find much comfort in donating their milk.

Some mothers donate the milk they have already collected and frozen. It can also be collected as you begin the process of weaning your body from producing milk. Your body will continue to produce milk for a while. This can be both physically and emotionally painful when you do not have an infant to feed. Donating your milk is a loving tribute to your baby, and can be an important part of your physical, emo-

tional, and spiritual healing. It may also just save another baby's life.

Should you decide that you would like to donate your milk, we will do all that we can to make the donation process as easy and comfortable as possible for you at this difficult time. When mothers do not have enough milk for their babies, hospitals and parents sometimes choose to use human milk donated by other mothers. Banked human milk has been used successfully in North America and Europe for a hundred years. It is supplied by a milk bank like the Mothers' Milk Bank of New England (MMBNE), a member of the Human Milk Banking Association of North America (HMBANA). Your donation of milk would be a loving gift from you and your baby to another sick or premature infant somewhere in New England.

From a mother who donated her milk:

“I had my heart set on nursing my fourth baby since I had successfully nursed the others. That special bonding between a mother and child was very precious to me. However, Landry was born with a congenital heart disease that required surgery immediately. I entered the unfamiliar territory of pumping to prepare myself for when he was ready to come home. It brought me comfort to see him receive a small portion of my milk through a tube. After being hospitalized for a month, Landry finished his race. My pumping left me with over 60 bottles of frozen milk. Our experiences in the hospital opened our eyes to the many babies in similar circumstances that did not have mother's milk available to them. We feel privileged to be able to touch their lives in such a positive way. Donating Landry's milk is one of the many gifts our son gave to others in his short time with us.”