



# Mothers' Milk Bank Northeast

## DONATING MILK AFTER LOSS

*We know this is an impossibly difficult time for you and your family. We are available to provide support if milk donation is something that feels right to you.*



### WHAT ARE MY OPTIONS?

Mothers may choose to donate expressed milk following the loss of a child. Some have described it as helping to process their grief, similar to organ donation. While some find comfort knowing that their baby's milk will help other fragile and premature babies, this option isn't right for everyone. Suppressing lactation is another option. Your care providers can help you after you decide which option is best for you.



### WHAT IS THE PROCESS IF I WANT TO DONATE MY BABY'S MILK?

Our 3 step donor screening process is described on our website at [www.milkbankne.org/donate](http://www.milkbankne.org/donate).

- A phone screen asking basic health questions
- A packet of forms to complete
- A blood test

Once these steps are completed, we will arrange to get your milk to the milk bank. The milk bank will cover screening and shipping costs.



### HOW MUCH MILK IS REQUIRED IF I DECIDE TO DONATE?

We will gratefully accept any amount you would like to donate in honor of your baby.



### WHO SHOULD I REACH OUT TO?

Please call (617-527-6263 x3) or email ([donate@milkbankne.org](mailto:donate@milkbankne.org)) to begin the donation process. You are welcome to complete the prescreening form on our website or you may call to talk with our donor intake team first, whichever you prefer. Our team is trained in supporting bereaved donors and our work is trauma informed. We will do everything we can to help support you during this difficult time.

## RESOURCES

*We believe that anyone who has experienced the loss of a child should have support and not grieve alone. Below are some resources:*

### EMPTY ARMS BEREAVEMENT

Resources, peer groups and one-on-one support for those who have experienced a miscarriage, stillbirth, termination for medical reasons, or infant loss.

<https://emptyarmsbereavement.org>

[413-570-0811](tel:413-570-0811)

### THE TEARS FOUNDATION

Lifting the financial burden from families who have lost a child by providing funds to assist with burial or cremation costs. Comprehensive bereavement care provided via grief support groups and peer companions. Nationwide with numerous local chapters.

<https://thetearsfoundation.org>

253-200-0944

### LACTATION AFTER LOSS: KELLYMOM

Resources for lactating or weaning moms following the loss of a child.

<https://kellymom.com/bf/concerns/mother/lactation-after-loss>

### MATERNAL MENTAL HEALTH LEADERSHIP ALLIANCE

Webinars, fact sheets and a national hotline manned by certified peer specialists. Translation services available in 60 languages.

<https://www.mmhla.org/>

HOTLINE: 1-833-TLC-MAMA or 1-833-852-6262

### POSTPARTUM SUPPORT INTERNATIONAL

Highly recommended for virtual groups, a helpline available in both Spanish and English and other resources

<https://www.postpartum.net/>

1-800-944-4773



*There is no footprint too small to leave an imprint on this world*