

Get a free Checklist for Breastfeeding Success

THEMILKBANK.ORG/PARENTS



Our generous milk donors help more babies celebrate a 1st birthday. Have extra breastmilk and want to join them? Get started with a screening.

THEMILKBANK.ORG/DONATE-MILK

317-536-1670

@themilkbank

Member, Human Milk Banking Association of North America

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We've got your back

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Congratulations & welcome to parenthood!

Those early days of newborn life are both challenging and rewarding. Your care provider may suggest donor milk for your baby in the NICU or to help you overcome a breastfeeding hurdle. Donor milk is an important tool in caring for your baby. Rest assured, The Milk Bank is here to support you and your family.

“Breastfeeding was the journey I always wanted with my baby.”

However, I was not producing any milk initially when my baby was born. Having donor milk to provide for my son until my own milk came in was such a relief. It helped me put my mind at ease and focus on my son. I will forever be grateful for the moms who donate milk. It's incredible that they have our back. As a teacher, my motto had always been that “it takes a village to raise a child”, and that's what this was.”

—ALLIE, ON RECEIVING
DONOR MILK FOR HER BABY



The Milk Bank Breast Milk Storage Guide

Freshly Pumped Milk

Room Temp: Up to 4 hours

Fridge: Up to 4 days

Freezer: Up to 12 months

Thawed Milk

Room Temp: Up to 2 hours

Fridge: Up to 24 hours

Don't refreeze thawed milk.

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What's The Milk Bank?

The Milk Bank collects, pasteurizes, and analyzes human milk from carefully screened donors, similar to a blood bank. Why? Because for preemies and fragile babies, human milk is more than nutrition, it's medicine. When mom's own milk isn't available, hospitals count on The Milk Bank to provide safe donor milk for their tiniest patients.

How can donor milk support me and my baby?

AFTER DELIVERY

If your baby needs extra care in the NICU, Pasteurized Donor Human Milk can play an important role in the treatment and prevention of illness.

For preemies and low birthweight babies, **exclusively using human milk is lifesaving** and can help prevent necrotizing enterocolitis (NEC), a devastating intestinal complication, by 77%.

Ask your provider if your hospital or birth center uses Pasteurized Donor Milk from The Milk Bank in their NICU.

AT HOME

Breastfeeding is a skill, for both you & your baby! As you learn to breastfeed and until your milk comes in, supplementation may be recommended so baby receives all the benefits of breastmilk.

Our lactation team is available for free lactation consultations in-person or by phone.

Purchase Pasteurized Donor Human Milk to bridge this gap.* You can pick up orders of donor milk at a convenient spot in your community or have it shipped to your home.

*If baby has medical issues or other long-term needs, we'll help you through the process!

#EveryOunceCounts

CREATING COMMUNITY

A fed baby makes for a happy family. The Milk Bank & lactation professionals are part of your support team if you face challenges along the way.

- Follow @themilkbank to learn about donor milk and lactation
- Find online support with hashtags like #breastfeedingsupport #exclusivepumping #lowsupply