

## **WHY AM I LACTATING WHEN I DON'T HAVE MY BABY?**

The birth of your baby stimulates hormones that tell your body to make milk. Milk usually comes in 3 – 5 days after a baby is born.

Stimulating your breasts tells your body to keep making milk. Milk can be expressed either by hand or with a pump.

Doing nothing to stimulate your breasts will send the message to your body to stop producing milk.

## **WHAT IF I WANT TO DONATE MY MILK?**

We are deeply sorry for the loss of your baby. Many women find great healing by donating breast milk in honor of their baby.

If you express and store your milk you may be able to donate it to help a fragile infant live. According to the FDA, donating through a non-profit milk bank is a safe way to share your milk.

Mother's Milk Bank of Florida can help guide you through the steps to successful donating. We pay all costs for screening and processing your milk.

## **WHO WILL RECEIVE MY MILK?**

Mothers' Milk Bank of Florida will process your milk and send it to neonatal intensive care units that care for premature infants. Medically fragile babies benefit from the special early milk that mothers make in the first few weeks of lactation.

## **REQUIREMENTS FOR DONATING**

- 🔥 You must be in excellent health.
- 🔥 You must be a non-smoker.
- 🔥 Milk must not be frozen longer than 8 months.
- 🔥 There should be no cost to you for donating your milk. Your time pumping your milk for donation is greatly appreciated and a huge gift to tiny babies at risk.



## **STEPS FOR DONATING**

- 🔥 Call (407) 248-5050 for a telephone interview.
- 🔥 Complete a secure online health questionnaire.
- 🔥 Provide permission to contact your prenatal care provider.
- 🔥 Complete a free blood screening.
- 🔥 Deliver your precious milk to a local milk drop depot or ship back to us in a cooler that we will send to your home.

## Mission

The mission of the Mothers' Milk Bank of Florida is to promote health and healing by collecting, processing, and distributing pasteurized donor human milk by physician prescription, using the guidelines from the Human Milk Banking Association of North America.

## Contact Us

Located in the One Blood Building  
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*Mothers' Milk Bank of Florida  
is a 501c(3) charitable organization  
and is accredited by the*



**Donating breast milk  
after the loss of a baby**

Babies Live  
Because you Give

