

## How donating can help

- Each year, preterm birth affects nearly 500,000 babies — that's one of every eight babies born in the United States.
- Human milk greatly reduces the risk of devastating intestinal infections in premature or critically ill babies.
- Human milk protects against allergies and contains antibodies and growth hormones that fight disease and help babies develop.
- Many factors can prevent mothers of preterm or critically ill infants from providing an adequate supply of their own breast milk. Donor milk can bridge that gap.
- Pasteurized donor human milk is easily digested and provides infection-fighting benefits and optimal nutrition in the absence of mother's own milk.
- The supply of pasteurized donor human milk does not currently meet the demand of the babies who would benefit from it.



CHKD Medical Tower  
400 Gresham Drive, Suite 410  
Norfolk, VA 23507  
757-668-MILK (6455)  
KDmilkbank@chkd.org  
[CHKD.org/Milk](http://CHKD.org/Milk)

## Donating Milk After the Loss of Your Baby



There is no foot *too small*  
to leave an **imprint**  
on this **WORLD**.



The King's Daughters  
**MILK BANK**

## Creating a legacy

It is with greatest sympathy that we offer you our heartfelt condolences on the loss of your baby.

For many mothers, breast milk donation can bring comfort during one of the most difficult times in their lives. Donating milk can not only be a healing experience, but it can serve as a legacy of your baby. Your milk can improve the lives of many critically ill infants in need of this invaluable treatment.

*"As devastating as it was to lose our son Daniel, who was stillborn at 26 weeks, I found comfort and healing in donating my breastmilk to CHKD in his memory. Every life has meaning and purpose, and I hope that Daniel's short life will help save the lives of other babies who can benefit from the premie milk I have to give."*

~ CHKD milk bank legacy donor

Donating your milk is a loving tribute that can contribute to your physical, emotional and spiritual healing. It may even save another baby's life.

Some mothers donate the milk they already have stored in their freezers. Others begin or continue the process of producing milk specifically to donate.

We would like to make donating your milk as easy and comfortable as possible. If you are considering a donation, please contact The King's Daughters Milk Bank at CHKD for more information, support and guidance.

## Can I donate?

To undergo the donor screening process, you must:

- Be in good general health.
- Be willing to undergo blood testing at the milk bank's expense.
- Not use medication or herbal supplements (with a few exceptions).

### Steps to Become A DONOR

#### Contact the milk bank.

Complete a 10-15 minute phone screening by calling 757-668-MILK (6455).



#### Complete and return the donor information packet.



#### Blood screening performed.

Donor serum screening is arranged at the LabCorp location of the donor's choice and at the milk bank's expense.



#### Receive notification of milk donor approval status.

Donor receives official donor number and prepares for delivery of milk.



#### Deliver milk.

If required, the milk bank will arrange and pay for overnight shipping.