

## How to Become a Donor

In general, a successful donor is a breastfeeding mother, of a baby under a year old, who is in good health, a non-smoker, and is not regularly using medication or herbal supplements (with some exceptions). To become a donor, you have to complete a medical history and have a blood test – at our expense, not yours – at your doctor's office, a clinic, or a laboratory convenient for you.

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. You will always be able to pump the milk at your convenience and in the comfort of your own home or anywhere else that works for you.



## 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](mailto:info@milkbankne.org) or by phone, 781-535-7594.

You can find more information on our website:

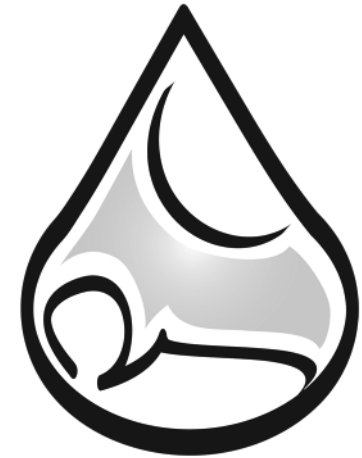
[www.milkbankne.org](http://www.milkbankne.org)

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

[www.hmbana.org](http://www.hmbana.org)

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

Mothers' Milk Bank  
of  
New England



Donating  
Your Milk

# Your Milk is a Gift of Life and Love

Thank you for considering donating your milk, a gift of life, and a gift of love!

As you think about becoming a milk donor for the Mothers' Milk Bank of New England (MMBNE), we would like you to know that this generous act will help improve the health and even save the

lives of premature and sick infants. There are nutritional and immune protections for human

babies that come only from human milk. Sometimes, for any number of reasons, a mother may not be able to make enough milk for her baby. This is not uncommon when a mother has a sick or premature infant. Yet, when a baby is sick or premature, human milk is a vital part of their care, helping these babies to grow, to heal, to thrive.



## Human Milk is Food and Medicine for Babies

We know that **your** milk can make a difference to sick and premature babies throughout New England. Medical research shows that human milk provides these babies with the best outcomes in terms of health and even survival when compared to feeding them artificial baby formulas.

Mothers who can't make all the milk their babies need to grow and be healthy can

choose to use human milk donated by other mothers. Banked human milk has been used successfully in North America and Europe for almost 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).

## A Success Story

We have a story to share with you, from the Mothers' Milk Bank of Iowa. Ethan was born at 33 weeks gestation (7 weeks early) weighing 4 lb. 5 oz, after his mother, Lisa, was on bed rest in the hospital for several weeks. When he was born, Lisa held Ethan only for a moment before he was rushed away to the Neonatal Intensive Care Unit.

On his second day, Ethan received one teaspoon of donor human milk every three hours. On his third day, he was given a combination of his own mother's milk and donor milk. By day four, Lisa was making

enough milk for Ethan and he no longer needed donor milk. On the ninth day, he nursed at the breast! Through pumping for her baby during the time he was in the hospital, Lisa built up a large milk supply. She then became a milk donor because she wanted to give other infants the same boost her son had gotten. At 38 weeks, a healthy Ethan, nourished on donor milk and his own mother's milk, went home. MMBNE is dedicated to helping families like Ethan's throughout New England.