

## Why does donating matter?

- Each year, preterm birth affects nearly 500,000 babies — that's one of every eight babies born in the United States ([www.cdc.gov](http://www.cdc.gov)).
- The risk of premature or sick babies developing devastating intestinal infections is 10 times higher if they are fed formula instead of human milk.
- Human milk protects against allergies and contains antibodies to fight disease and growth hormones that 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 is easily digested and provides infection-fighting benefits and optimal nutrition in the absence of mother's own milk.
- The supply of donor human milk does not currently meet the demand of the babies who would benefit from it.

The King's Daughters Milk Bank covers 100 percent of the cost associated with donating milk, including screening, supplies and shipping. The milk bank is made possible through the financial support of The King's Daughters organization and the generosity of our milk donors.



## How can I help?

**Milk Donations:** Donating your milk will aid in the nourishment and healing of medically fragile babies.

**Funding:** Monetary donations are accepted to help with the cost of milk processing, equipment and supplies.

**Volunteering:** Many volunteer opportunities are available ranging from driving to pick up milk to assisting with administrative duties.

## The King's Daughters MILK BANK

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



# The King's Daughters MILK BANK



## Breast Milk is Best

Breast milk is the best nutrition for all babies and can be a life-saving treatment for those who are extremely premature or critically ill. Breast milk significantly decreases the odds of life-threatening complications and infections in premature infants during the first months of life.

Since many factors can prevent mothers of preterm or critically ill infants from being able to provide a sufficient supply of their own milk, CHKD has established The King's Daughters Milk Bank to ensure that breast milk is available to the hospital's most fragile babies.

The King's Daughters Milk Bank at CHKD is a nonprofit, hospital-based donor milk bank with a mission to provide pasteurized milk from carefully screened donors to severely premature and sick infants, improving their potential to survive and thrive.

The milk bank will also serve as a resource center for both medical professionals and the general public regarding the benefits of breast milk.

## Our Milk Donors

Milk donors are critical to the success of the milk bank. Without donors to provide a safe and continuous supply of milk, babies who need this valuable treatment will be unable to receive it.

Donors must be healthy, have a milk supply beyond their own infant's needs and be willing to express and donate to the milk bank using the established collection protocols.

Donors receive no payment or compensation for their donation, except the satisfaction that comes from knowing they have helped improve the health of a fragile baby.



## Our Safety Standards

Operating under the guidelines of the Human Milk Banking Association of North America (HMBANA), The King's Daughters Milk Bank is able to ensure the safety of donated milk by careful screening, laboratory testing and pasteurization techniques. The milk can then be distributed to the babies who need it most.

Potential donors are selected by using a multi-step screening process that is similar to blood banks. After being collected, donated milk is pooled and pasteurized to kill any bacteria or viruses.

The donor milk is ready to be dispensed only after a final testing step that further ensures its safety.



*The King's Daughters Milk Bank operates under the guidelines of the Human Milk Banking Association of North America.*

## Follow the MILK

### Donation

Approved mothers donate their frozen breast milk.



### Clean Technique

The pasteurization team prepares to safely process the milk.



### Pouring

The thawed milk of two to five mothers is poured into flasks and pooled prior to pasteurization.



### Bottling

The mixed batches of donor milk are bottled using BPA-free, tamper-evident bottles.



### Pasteurization

Milk is heat-treated to kill any bacteria or viruses that could be harmful to the fragile infant, while retaining the majority of the milk's nutritional value.



### Bacteriologic Testing

Milk is tested after pasteurization to ensure it is free of harmful bacteria.



### Freezing

Pasteurized batches of donor milk are stored in a deep freezer and dispensed by prescription or physician order.

## 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 or Quest Diagnostics lab 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.



## Can you donate?

To undergo the donor screening process, breastfeeding mothers 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).
- Be willing to donate at least 200 ounces of milk initially, and to continue pumping to donate more as able.
- Be nursing an infant who is less than one year of age (bereaved or surrogate mothers are also eligible to donate).