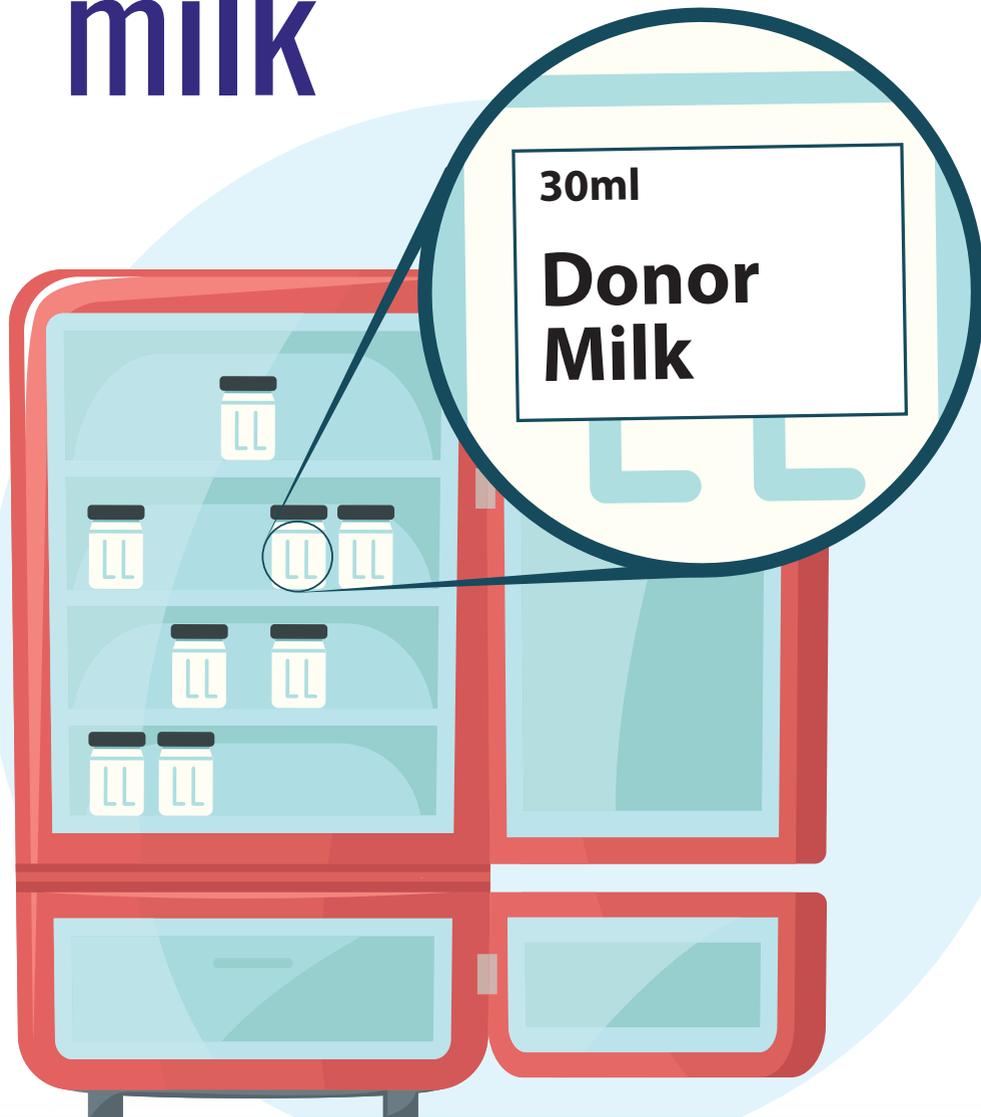


Donor human milk



What is donor human milk?

Donor human milk is breast milk that another parent gives to a milk bank. The milk is heat treated and checked to make sure it's as safe as possible before it's given to babies.

Who gets donor milk?

Some babies (born before 32 weeks or weighing less than 1.5kg) might need donor milk if their parent's milk isn't available. Donor milk is better for them than formula because it helps protect them from getting sick.

Why might a parent's milk not be available?

- Your milk supply might still be building up.
- You might choose to use formula later on.
- You might be feeling unwell or taking certain medicines.

Sometimes, bigger babies with special health needs might also get donor milk.

What about my milk?

Your milk is made just for your baby. It helps your baby stay healthy and grow strong. Even if your baby gets donor milk for a little while, your milk is still the best for them. Nurses and doctors will help you express your milk.



Cultural and religious beliefs

Some families have special beliefs about sharing milk. If this matters to your family, you can read more by scanning the QR code.



Making a choice

If doctors think donor milk might help your baby, they will talk to you about it.

- You can say **yes** or **no**.
- If you say yes, you'll sign a form.
- Information about the milk your baby gets will be written in their medical notes and kept safe for 30 years.

It's okay to feel unsure. The doctors and nurses are there to help you and answer your questions.



Need help?

Ask your doctor or nurse - they are there to help you. You can also scan the QR codes below for more help.



Your Milk is Medicine

Your milk is special and made just for your baby. It helps your baby as they grow.

[Scan the QR code to view a selection of helpful leaflets](#)



Giving Your Baby Expressed Milk

Expressed milk is milk you expressed from your breasts to give to your baby.

[Scan the QR code to view the information leaflet](#)



Giving Your Baby Expressed Milk

Expressed milk is milk you expressed from your breasts to give to your baby.

[Scan the QR code to watch a selection of videos](#)



24hrs on a Neonatal unit

Follow four parents who had a baby in neonatal care over a 24 hour period.

[Scan the QR code to watch this short animation](#)



Joined Up Care
Derbyshire



Humber and North Yorkshire
Health and Care Partnership

West Yorkshire
Health and Care Partnership



NHS
South Yorkshire
Integrated Care Board