



STORED BREASTMILK

## Want to Know More?

The nearest Human Milk Bank address is:

South West Acute Hospital,  
124 Irvinestown Road,  
Enniskillen  
Co. Fermanagh.  
Northern Ireland  
BT74 6DN

Contact:

Tel: (048) 68628333

Email:

Tmb.SWAH@westerntrust.hscni.net

## Resources that may be helpful for you

### Féileacáin

(Stillbirth and Neonatal Death Association of Ireland)

Phone: 085 2496464

[www.feileacain.ie](http://www.feileacain.ie)

Email: [info@feileacain.ie](mailto:info@feileacain.ie)

### A Little Lifetime Organisation

Phone: 01 8829030

[www.alittlelifetime.ie](http://www.alittlelifetime.ie)

Email: [info@alittlelifetime.ie](mailto:info@alittlelifetime.ie)

**Anamcara:** Supporting parents after bereavement.

Phone: 01 404 5378

[www.anamcara.ie](http://www.anamcara.ie)

Email: [info@anamcara.ie](mailto:info@anamcara.ie)

**Firstlight:** Supporting suddenly bereaved parents & families

Phone: 01 8732711

National Lo Call: 1850391391

[www.firstlight.ie](http://www.firstlight.ie)

Email: [support@firstlight.ie](mailto:support@firstlight.ie)

Developed by Julie Edwards CNF PICU with special thanks to the Neonatal Clinical Nurse Specialists, Joanne Deering and the staff of PICU.

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Sláinte Leanaí Éireann  
ag Cromghlinn



Children's Health Ireland  
at Crumlin

# A Mother's Generosity; the Gift of Human Milk, a Precious Resource

An option after the death of your baby



**Children's Health Ireland, at  
Crumlin, Crumlin, Dublin 12**

We offer our deepest sympathy to you and your family on the death of your precious baby. The grief can be overwhelming so take care, be gentle and patient with yourselves.

The death of your child is a profoundly devastating experience. It is a loss like no other and there is little anyone can say to help you right now.

Included on this leaflet are the names of organizations who provide bereavement support on grieving the death of a child that you may find useful.

An option that you might consider is donating your expressed milk.

Breastmilk donated to the milk bank is provided to premature babies and very ill infants in neonatal and paediatric intensive care units in the Republic of Ireland. These babies have a medical need for breastmilk that their own mothers cannot provide, to meet their babies' needs. It can be lifesaving.

It may be extremely difficult to think of discarding your milk if you have been expressing for your baby.

Bereaved mothers often find comfort in donating their stored breastmilk. Some mothers have found that donating their milk may help retain a physical connection to their baby, serve to honour their baby's brief life, and may be seen as an important part of their physical, emotional, and spiritual healing.

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### A Gift of Love: A Gift of Life

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*"Donating my breastmilk was a way of creating something positive out of Olivia's devastating loss. Expressing and donating were healing to me in so many ways as I navigated the early months of grief. Having her milk to express kept her alive in me in a way. It allowed me to come to terms with her death. Knowing that her milk helped other tiny sick babies to heal to survive and to thrive is incredibly comforting to me, my husband and our other children".*

*Joanne bereaved mother of Olivia*

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## How to Become a Donor

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Should you decide that you would like to donate your milk details of the screening process involved in becoming a milk donor are available on the milk bank website.

This includes

A 10-minute phone interview- with the Milk Bank Staff

Having a blood test done

Completing a consent form.

You will be told if you meet the criteria to become a donor. If the milk is already collected a bulk one off donation is possible. The milk bank arranges transport of your milk to the bank where it is processed to help premature babies around Ireland. The milk bank will let you know how many babies your little one has helped.

All the information you need and further details of the process will be provided by the milk bank.