



## COMPLIMENTARY EDUCATION MATERIALS

Did you know that **Mid-Atlantic Mothers' Milk Bank provides hospitals and practices with educational materials free of charge?** Many units find these cards and brochures to be useful for prenatal classes, consenting recipient families, or generally spreading the word about donor milk. If you would like a supply of materials just email us at [orders@midatlanticmilkbank.org](mailto:orders@midatlanticmilkbank.org) and be sure to indicate the type of material(s) and the quantities needed.



**Meet mother nature's next best nutrition: donor milk**

For medically fragile infants, premature babies, newborns in mother-baby units and outpatients, mother's milk is best. When mother's own milk is unavailable, donor milk is proven to improve outcomes and increase rates of breastfeeding success.



[midatlanticmilkbank.org](http://midatlanticmilkbank.org)

**Pasteurized donor milk is life-saving medicine.**

Research shows that donor milk for medically necessary supplementation:

- Provides critical nutrition while supporting baby's immune system and a healthy microbiome
- Decreases rates of serious complications for premature and at-risk babies in NICUs
- Decreases length of stay in NICU
- Can serve as a bridge to mom's breastfeeding. In fact, moms of babies receiving donor milk sometimes become donors themselves



**Welcome to Mid-Atlantic Mothers' Milk Bank**

Throughout the region, hospitals, physicians and families rely on the leader, Mid-Atlantic Mothers' Milk Bank, which is accredited by – and strictly adheres to the guidelines of – the Human Milk Banking Association of North America.

**State-of-the-art safe**

Milk donors are healthy volunteers whose screening includes bloodwork. The milk itself undergoes bacterial culturing, drug testing, and nutritional analysis. Milk is also pasteurized to deactivate bacteria and viruses, while retaining important bioactive components.

**Mid-Atlantic Mothers' Milk Bank**  
3127 Penn Avenue, Pittsburgh, PA 15201  
[midatlanticmilkbank.org](http://midatlanticmilkbank.org)  
(412) 281-4400  
[info@midatlanticmilkbank.org](mailto:info@midatlanticmilkbank.org)

Mid-Atlantic Mothers' Milk Bank, a non-profit organization, serves hospitals and families in Pennsylvania, West Virginia, New Jersey, Delaware and Maryland.

### Recipient Family Information Cards

Two-sided card that provides a basic and brief overview of donor milk and the milk bank. Available in English and Spanish. Messaging focuses on these areas:

- Mother's own milk is best
- Donor milk is evidence-based
- Donor milk is processed, tested, and safe

**Suggested Uses:** Handout when consenting families, NICUs, mother baby units, birth centers, donor milk depots and dispensaries, lactation centers, and pediatrician offices



**Join us and change lives, one ounce at a time. Be a milk donor**

All babies benefit from human milk. But for medically fragile or premature infants, breast milk is even more critical. It's life saving.

When mother's own milk is unavailable, the next best option is pasteurized milk from carefully screened donors.

**Donate your breast milk.**

Want to help hospitalized babies and outpatient infants with medical needs right in your community? Talk to us about getting screened to be a donor.

**Contact us.**



[Web: midatlanticmilkbank.org](http://midatlanticmilkbank.org)  
Phone: (412) 281-4400  
Email: [donate@midatlanticmilkbank.org](mailto:donate@midatlanticmilkbank.org)  
Visit: 3127 Penn Ave  
Pittsburgh, PA 15201

Proud to be a non-profit milk bank and part of the Human Milk Banking Association of North America (HMBANA)

**How to become a donor:**

1. Setup a phone interview with one of our screening nurses.
2. Complete the application packet about your medical history, medications, habits, and general health.
3. Get Bloodwork. We have a number of convenient locations closely to every donor.
4. Drop off your frozen milk at our lab, a local depot, or ship it to us.

All costs for screening and shipping are paid by the milk bank.

Considering donation? Please visit us at [midatlanticmilkbank.org](http://midatlanticmilkbank.org) to see our eligibility requirements.

[midatlanticmilkbank.org](http://midatlanticmilkbank.org)



### Donor Information Cards

Two-sided card with basic information about becoming a milk donor. Available in English and Spanish.

**Suggested Uses:** Prenatal classes, post-partum packets, NICUs, mother baby units, birth centers, donor milk depots and dispensaries, OB offices, pediatrician offices, other community practices



## Donor Milk Storage and Handling Cards

Two-sided cards outlining safe donor milk storage and handling practices in the home setting. For outpatient use only.

Suggested Uses: NICUs, mother baby units, and birth centers that discharge infants on donor milk, donor milk dispensaries and lactation or pediatrician practices that distribute donor milk



## Bereavement Booklets

Booklet that contains information about lactation after loss. Available in English and Spanish. Topics include:

- Discontinuing lactation
- Engorgement
- Comfort measures
- The option of donation
- How loved ones can provide support

Suggested Uses: NICUs, mother baby units, birth centers, OB offices, pediatrician offices, and other community practices



## Processing Matters

Summary of available research regarding the effects of donor milk processing methods on the content of human milk.

Suggested Uses: Neonatologists, pediatricians, specialists, nurses, lactation consultants, and dieticians