

#### 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 and be sure to indicate the type of material(s) and the quantities needed.



## 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





#### **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

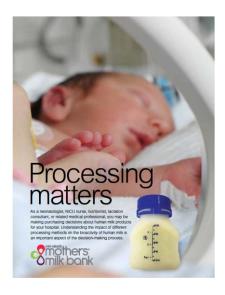


### Bereavement Booklets

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