

MOM Monday #8

October 10, 2016

MILK BANKS AND MILK DEPOTS

A **human milk bank** is "a service which collects, screens, processes, and dispenses by prescription human milk donated by nursing mothers who are not biologically related to the recipient infant" As of March 2014, there are 18 milk banks in North America that are members of the Human Milk Bank Association of North America (HMBANA). They are usually housed in hospitals, although some are free standing. Members of HMBANA's follow the annually revised "Guidelines for the Establishment and Operation of a Donor Human Milk Bank." The guidelines were developed with the Food and Drug Administration (FDA) and Centers for Disease Control and Prevention (CDC) and include protocols for soliciting donors, collecting, processing and distributing the milk.

According to a joint statement by the World Health Organization (WHO) and United Nations Children's Fund (UNICEF): "The best food for a baby who cannot be breastfed is milk expressed from the mother's breast or from another healthy mother. The best food for any baby whose own mother's milk is not available is the breastmilk of another healthy mother" (UNICEF, p. 48). "Where it is not possible for the biological mother to breast feed, the first alternative, if available, should be the use of human milk from other sources. Human milk banks should be made available in appropriate situations" (Wight, 2001).



What is the difference between a milk bank and a milk depot?

A **milk depot** is a place where mothers can bring their extra milk to donate for other babies. The collected milk is transported to the milk bank for processing and distribution. Each human milk depot is affiliated with an established milk bank. Here at WPH we are affiliated with Mothers' Milk Bank of Florida located at 8669 Commodity Circle, Suite 490 Orlando, Florida, 32819. For more information:

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Did you know?

- ♦ The World Health Organization recommends that LBW infants should be fed mother's own milk.
- ♦ Women who are encouraged by their Health Care Providers to breastfeed were more than 4 times as likely to initiate breastfeeding as women that received no encouragement.
- ♦ Research indicates that feeding preterm infants at the breast is physiologically less stressful than bottle-feeding.
- ♦ Breast milk produced by the mother of a preemie has extra nutrients (calories, fat, protein, and vitamins) to help these tiny babies grow quickly. It contains live cells and antibodies to protect their immature immune systems from infections, and is easier for preemies to digest than formula.
- ♦ Immediately after birth, the breasts produce colostrum – a fluid so rich in antibodies that it's often called the baby's 'first vaccine'.