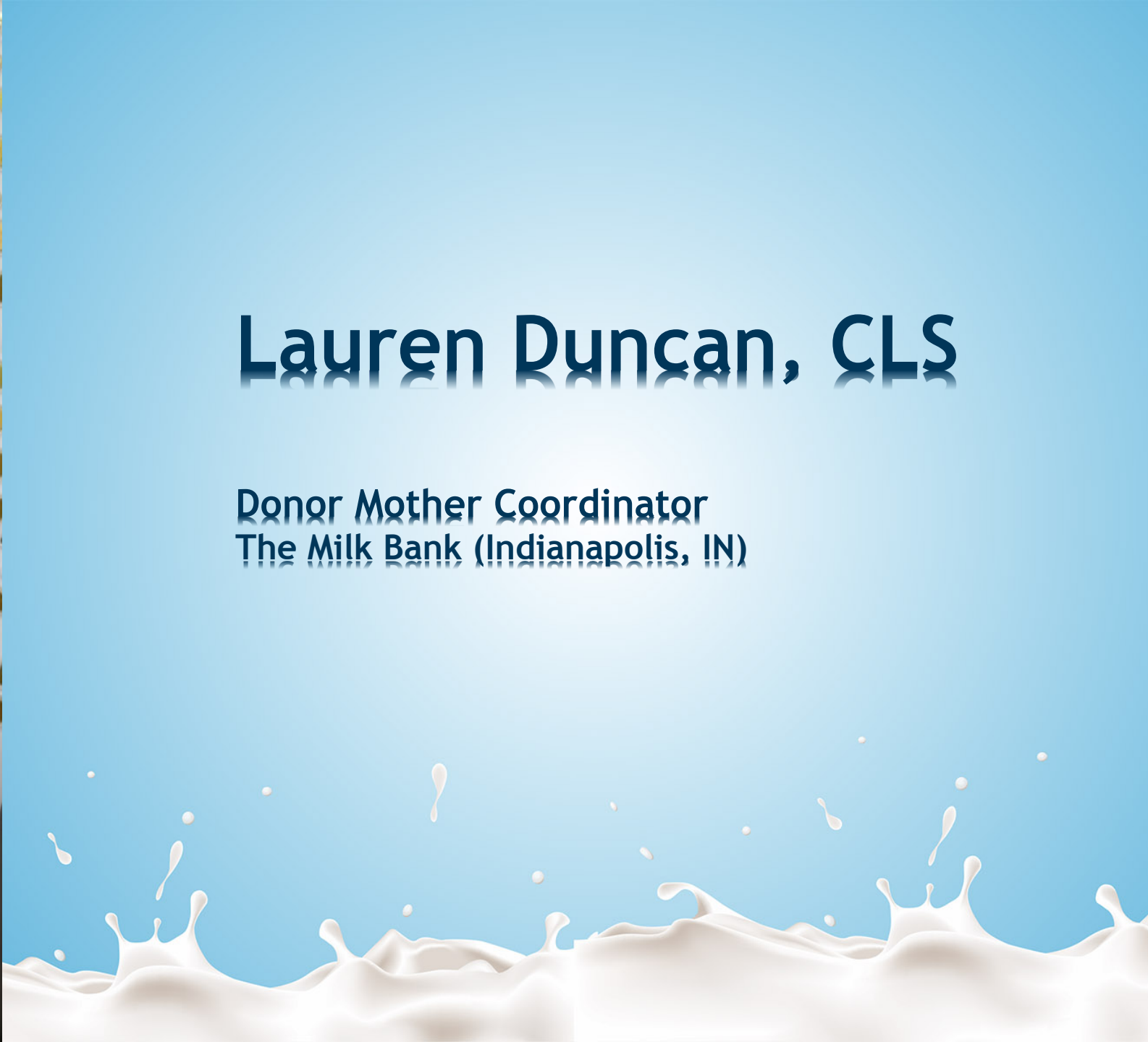




# Lauren Duncan, CLS

Donor Mother Coordinator  
The Milk Bank (Indianapolis, IN)





## Lactation after a loss

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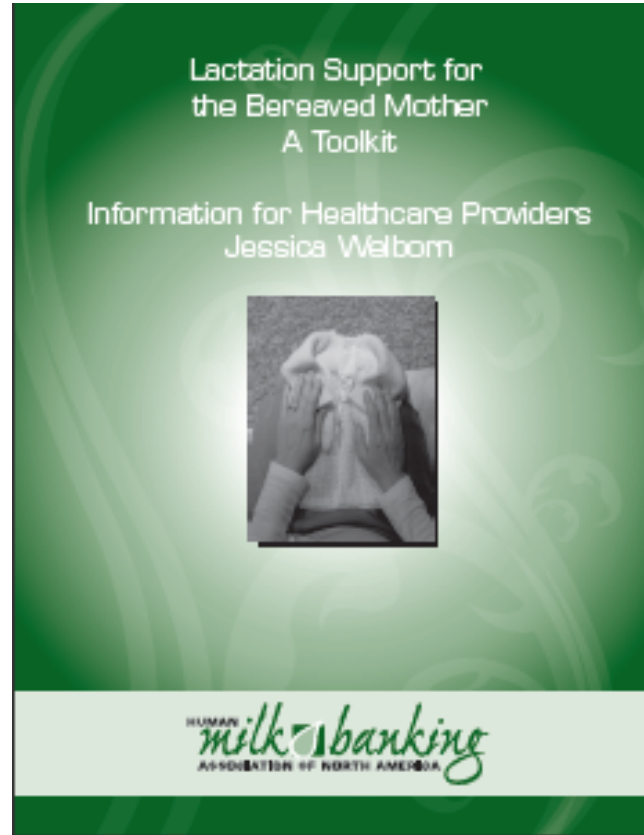
# Who ?

- Lactation professionals
- Nurses
- Social workers
- Bereavement counselors
- Spiritual support





Mothers' Milk Bank  
— OF MONTANA —



Jessica Welborn, PhD, Perinatal Psychology



## **Aim of the research:**

Examine the role milk donation may play in the spiritual, emotional, and physical dimensions of bereaved mothers' grieving process. Investigate how donating may reshape these women's identities as mothers



# Key Points

- Participants relieved to learn about option to donate milk-gives hours of pumping a purpose
- Participants felt strongly that education about lactation after a loss is important to address her comfort and options.
- Participants expressed frustration from not being informed about milk donation and how it can save lives





# Why ?

- Lactation completes the reproductive cycle
- Mothers suffering a loss will produce milk
- Lactogenesis I can occur around 16 weeks gestation
- Release of Prolactin reduces symptoms of depression
- Most bereaved mothers have a physiological need to pump.







- 💧 Pumping to Maintain a Connection with Baby
- 💧 Acknowledges that baby did exist
- 💧 Pumping is a way for bereaved mothers to move through their grief
- 💧 Every mother is unique - Grief can look different for everyone



“Please know, while our stories may be different, I understand the pain you are feeling, for I, too, have suffered a similar loss. After my son, Michael, passed away, I was left with milk that he would never use. Donating my milk to The Milk Bank in his memory, allowed me to heal and provided comfort knowing that other babies’ lives could be saved”- *Lauren Duncan, Donor Mother Coordinator.*





# How?

- Address milk production as a physiological norm following delivery
- Discuss lactation management options
- Milk expression and/or suppression education.
- Include information about donating milk as part of other resources
- Leave brochures about milk donation in lactation rooms.
- Refer potential donors to TMB for screening and counselling



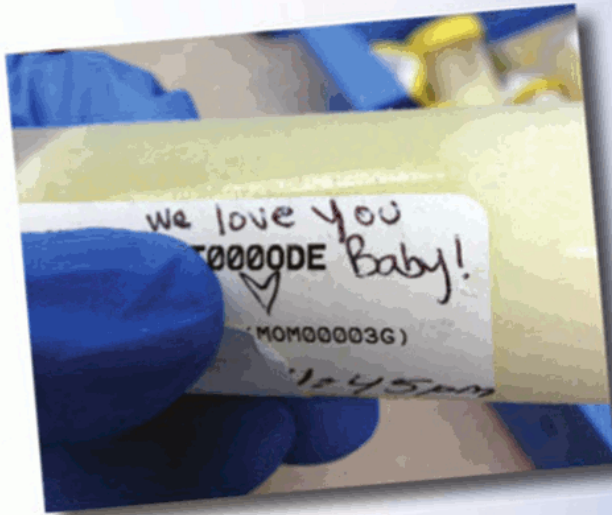


- 🕯 The Milk Bank offers bereaved families the opportunity to join our Giving Tree Memorial
- 🕯 Displayed in our office to honor babies who have passed and families who have donated in their memory.

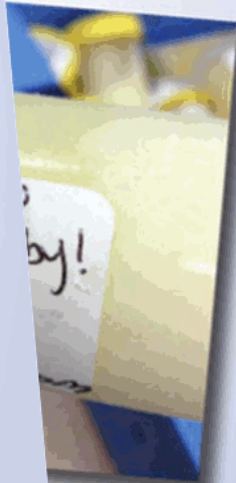




## BEREAVEMENT DONATION



## E DUELO



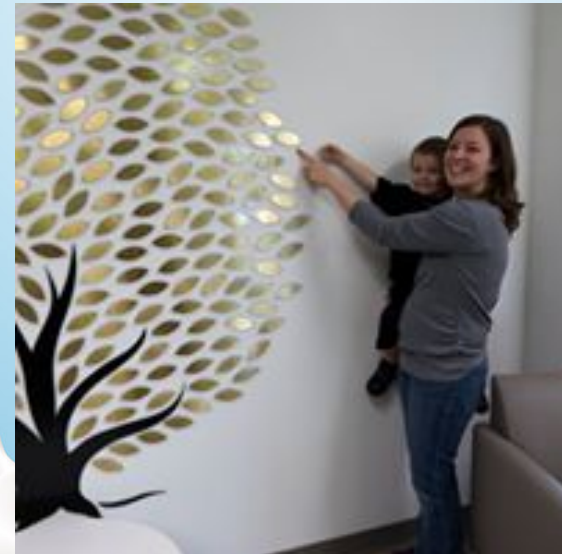
# The Milk Bank Bereavement Family Day

October 6th 10a-12p

5060 E 62nd Street, Suite 128  
Indianapolis, IN 46220

The Milk Bank invites all bereavement  
donor mothers and their families to gather  
in honor of precious little ones lost.

RSVP to Lauren at  
[lduncan@themilkbank.org](mailto:lduncan@themilkbank.org)





Milk banks are uniquely positioned as a community for grieving families







## Little babies fighting to live need you!

The Milk Bank has a **higher demand** for safe human milk than our current supply of donations can provide.

Our donor milk feeds **preterm and ill babies in NICUs.**

**Are you a breastfeeding mom with  
more milk than your little one needs?**

**Donating is easier  
than you think.**

Call (317) 536-1670  
today to start.



Donor Human Milk Saves Lives.  
It's What We Do.

Contact us to learn how you can help provide  
Health and Hope for the most vulnerable infants.  
317-536-16570 • [www.themilkbank.org](http://www.themilkbank.org)

Sarah Long, IBCLC, Director of Clinical Operations

Lauren Duncan, CLS, Donor Mother Coordinator

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