



Poppy's Dream

Bereavement Milk Donation Program

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Everett's Mom -
Kate







Perinatal Bereavement and Grief

- When an adult dies, a part of the past is lost, when an infant dies, the future is lost¹
- Parents grieve the loss of their transition to parenthood²
- Parents can enter a state of immobilizing despair and helplessness³
- About 15-20% of bereaved mothers may have long-term psychological problems¹

Welborn's Research

- In-depth, semi-structured interview of 21 bereavement milk donors
 - 10 open ended questions
 - Interview recorded and transcribed
- Colaizzi's phenomenological method of analysis
 - Read and review each transcript
 - Isolate statements that describe experience
 - Formulate themes
 - Validate findings with participants

Themes

1. Grieving the loss of motherhood
2. Pumping maintained connection to baby
3. Pumping out of necessity
4. Pumping as a tool for grieving loss
5. Support (or lack of) from nurses and lactation consultants
6. Determination NOT to throw milk away
7. Relief in learning about option to donate milk
8. Difficulty letting go of the milk
9. Giving meaning to the experience
10. Healing from loss
11. Importance of addressing lactation with bereaved mothers and educating them about their options

Important Considerations for HMBANA Milk Banks

- Milk donation is offered as a choice
- **There are no exclusions for bereavement donors-** all milk is accepted
 - There is no minimum donation- any milk is accepted
 - Some mothers may not need a blood draw
 - Milk that is not appropriate for processing is used for research

- Making Meaning
- Legacy
- Ritual
- Linking Object



Acknowledge Dad's/Partner's Grief





2016



October 2018

Digital Frame & Dedication

Every star family is invited to submit a photo of their baby.

Families express gratitude for having a safe place to share these memories.

Parents have noted that they feel like their baby is part of a community, and they are glad the baby has “friends”.



Additional Materials

- Bereavement Milk Donation Pamphlet –
Includes letter of support, pumping tips, pictures, etc.
- Bereavement Milk Donation Video – 3 minutes
Includes intimate interviews with several donors
Produced by a local bereavement donor



Babinski Family - The memorial dedication took place on 01/13/18,
Poppy's 4th birthday.



Stacey Porter,
Tangerine Owl Project



Lisa Koenen,
Melinda's Pixie Dust Foundation

















Lisa created hand crafted custom
flameless candles for each star baby.



Candle lighting ceremony -As we read the name of each baby, family members lit their candles.



A member of the Milk Bank WGL Bereavement Committee lit the candles for families who were not in attendance.

Thank You

For supporting families
who choose to donate
milk after loss!



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