



Why does donating matter?

- Each year, preterm birth affects nearly 500,000 babies — that's one of every eight babies born in the United States (www.cdc.gov).
- The risk of premature or sick babies developing devastating intestinal infections is ten times higher if they are fed formula instead of human milk.
- Human milk protects against allergies, contains antibodies to fight disease, and provides growth hormones that help babies develop.
- Pasteurized donor human milk is easily digested, and it provides infection-fighting benefits and optimal nutrition in the absence of mother's own milk.
- One ounce of donor milk can feed four premature infants.

The King's Daughters Milk Bank covers 100% of the cost associated with donating milk, including screening, supplies and shipping. The milk bank is made possible through the financial support of Children's Hospital of The King's Daughters and the generosity of our milk donors.

How can I help?



Milk Donations:

Donating your milk will aid in the nourishment and healing of medically fragile babies.



Funding:

Tax deductible monetary donations are accepted to help with the cost of milk screening, processing, equipment, and supplies.



Volunteering:

Many volunteer opportunities are available.

Help us spread the word and share the health.



CHKD Medical Tower
601 Children's Lane
Norfolk, VA 23507
757-668-MILK (6455)
KDmilkbank@chkd.org

CHKD.org/Milk



The King's Daughters Milk Bank at CHKD is a nonprofit, hospital-based donor milk bank with a mission to provide pasteurized donor human milk from carefully screened donors to severely premature and sick infants, improving their potential to survive and thrive.

The milk bank also serves as a resource center for both medical professionals and the general public regarding the benefits of breast milk and breastfeeding.

CHKD.org/Milk



Breast milk is best

Breast milk is the best nutrition for all babies and can be a life-saving treatment for those who are extremely premature or critically ill. Breast milk significantly decreases the odds of life-threatening complications and infections in premature infants during the first months of life.

Many factors can prevent mothers of preterm or critically ill infants from being able to provide a sufficient supply of their own milk. For this reason, Children's Hospital of The King's Daughters established a milk bank to ensure that safe, pasteurized donor human milk is available for medically fragile babies in need, no matter their location.

Our milk donors

Milk donors are critical to the success of the milk bank. Without donors to provide a safe and continuous supply of milk, babies who need this invaluable treatment will be unable to receive it.

Donors must be healthy, have a milk supply beyond their own infant's needs and be willing to express and donate to the milk bank using the established collection protocols.

Donors receive no payment or compensation for their donation, except the satisfaction that comes from knowing they have helped improve the health of a fragile baby.

Our safety standards

Operating under the guidelines of the Human Milk Banking Association of North America (HMBANA), The King's Daughters Milk Bank is able to ensure the safety of donated milk through careful screening, pasteurization, and laboratory testing. The milk can then be distributed to the babies who need it most.

Potential donors are selected by using a multi-step screening process that is similar to blood banks. After donation, the milk is pooled and pasteurized to kill any bacteria or viruses. The pasteurized donor human milk is ready to be dispensed only after a final testing step that further ensures its safety.



Can you donate?

To undergo the donor screening process, breastfeeding mothers must:

- Be in good general health.
- Be willing to undergo blood testing at the milk bank's expense.
- Not consume herbal supplements and take only approved medications.
- Be willing to donate at least 50 ounces if a local donor or 200 ounces if shipping from out of town.
- Have a milk supply in excess of your baby's needs (bereaved or surrogate mothers are also eligible to donate).

Steps to become a donor

- Contact the milk bank.**
Complete a 10-15 minute phone screening by calling 757-668-MILK (6455).
- Complete online questionnaire.**
- Blood screening performed.**
Donor blood testing is arranged at a LabCorp location at the milk bank's expense.
- Receive notification of milk donor approval status.**
Donor receives official donor number and prepares for delivery of milk.
- Deliver milk.**
If required, the milk bank will arrange and pay for overnight shipping.

