



We share your overwhelming heartache as you grieve the devastating loss of your precious child. As you make it through the initial hours, days, and weeks as a bereaved parent, you may have questions about your breastmilk. We are here to offer a possible pathway toward a sense of peace and community.

What if I am still making breastmilk?

Our bodies start to make milk early in pregnancy. Our bodies do not know when our babies pass away. Even without your baby in your arms, your breasts may leak milk and become full.

What should I do if I still have or produce breastmilk?

There are different options, and there is no right or wrong decision. You should do what feels right to you. There are ways to donate your breastmilk or to stop your milk production. You can even learn how to do both. To stop your breastmilk production, please connect with your healthcare team.

I have breastmilk. How can I donate my milk in honor of my child?

Donating breastmilk in honor of your child can be a meaningful way to build community and connection. Nonprofit milk banks pasteurize milk for infants in the intensive care unit. Any amount of breastmilk you donate will help save another infant's life. Many nonprofit milk banks offer beautiful ways to carry and share the memory of babies like yours.



If you have breastmilk that you'd prefer to donate, you can reach out to your nearest nonprofit milk bank at HMBANA.org/find-a-milk-bank/

