



How does donating breast milk help you and your baby?

Donating milk helps prevent breast engorgement. Since engorgement makes the breast firm and swollen, it makes it difficult for the baby to breastfeed. Engorgement happens when the mother makes more milk than her baby drinks. In such cases, donating excess milk not only gives relief from pain but also helps save lives of many needy babies in the hospital.

Frequent milk expression produces more milk.

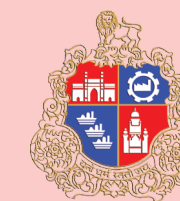
Expression of milk will help in sustaining milk production for exclusive breast feeding of your baby upto 6 months of age.



KNOW YOUR COMPREHENSIVE LACTATION MANAGEMENT CENTRE

THANK YOU

**FOR DONATING THIS WONDERFUL GIFT OF LIFE
AND GOOD HEALTH TO SICK AND VULNERABLE BABIES**



Mother’s milk provides nutrition, promotes growth and development, and protects babies from infections. For babies who are unable to access their mother’s own milk due to unavoidable reasons, donor human milk made available from a Comprehensive Lactation Management Centre (CLMC) is the next best option.

Donor human milk for vulnerable babies

Mother's milk is especially important for premature and sick babies. It is known to help vulnerable babies to have a better chance of survival and discharge early from hospital.

A large number of vulnerable babies are not able to access mother’s own milk for short or long term due to unavoidable reasons such as mother’s sickness, death or delay in milk production. In such cases, donor human milk from a CLMC can be life saving.

Comprehensive Lactation Management Centre



- Supports breastfeeding
- Addresses breastfeeding challenges faced by mothers



- Encourages healthy mothers to express milk for:
- Their own baby
 - Donate excess milk for other needy babies



- Milk donated for other needy babies is treated, tested and stored



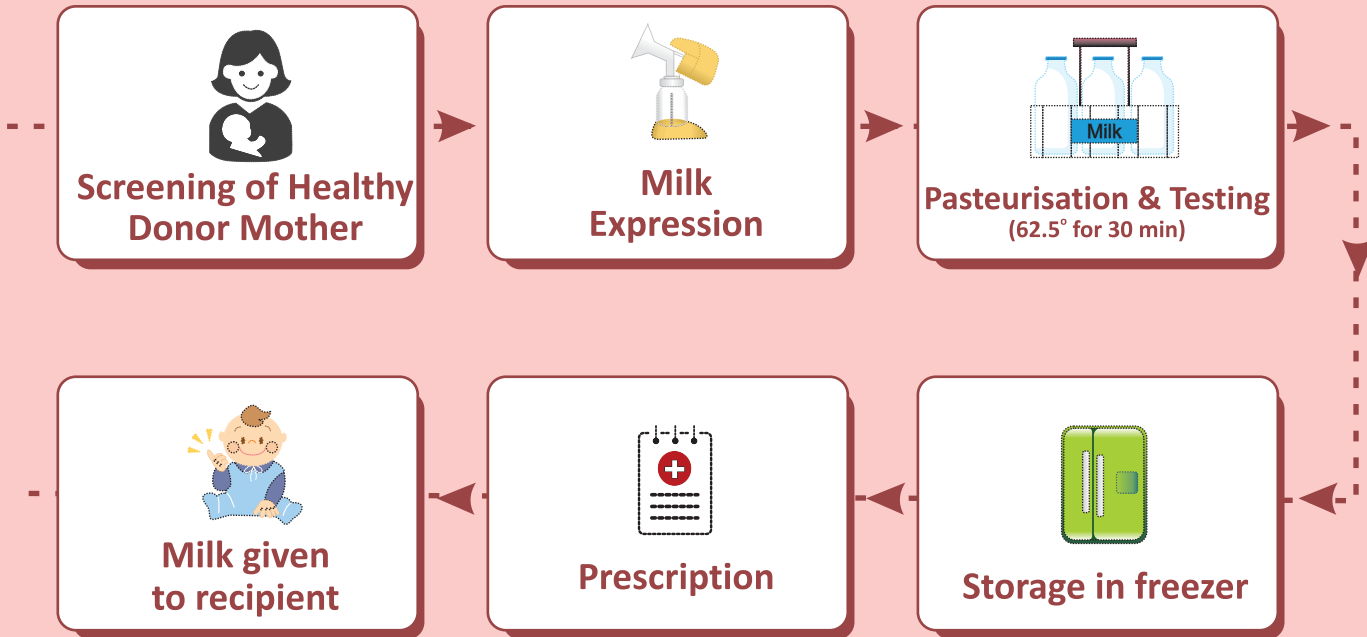
- The tested milk is given to needy babies on Doctor’s prescription

CLMC ensures that every baby gets access to mother’s milk

Process followed at Comprehensive Lactation Management Centre to ensure safety of milk

Any lactating woman voluntarily willing to donate her surplus expressed breast milk can become a part of this initiative. To donate the mother must be in good health. When a mother like you registers for the programme, she is medically examined. This examination is done free of cost in the hospital. The donated milk is then pasteurized, tested and stored. This milk is then given to needy babies in the hospital. CLMCs follow strict guidelines to ensure that safe milk is provided to vulnerable babies.

PROCESS FOLLOWED



Donors are not paid for the milk they donate and it is provided free of charge to needy babies.