Resources that may be helpful for you

FÉILEACÁIN (Stillbirth and Neonatal Death Association of Ireland)

PHONE: 085 2496464
WWW.FEILEACAIN.IE
E-MAIL: info@feileacain.ie

A LITTLE LIFETIME ORGANISATION
PHONE: 01 8829030
WWW.ALITTLELIFETIME.IE
E-MAIL: info@alittlelifetime.ie

ANAMCARA: SUPPORTING PARENTS AFTER BEREAVEMENT.
PHONE: 01 4045378
WWW.ANAMCARA.IE
E-MAIL: info@anamcara.ie

FIRSTLIGHT: SUPPORTING SUDDENLY BEREAVED PARENTS & FAMILIES
PHONE: 01 8732711
NATIONAL LO CALL 1850391391
WWW.FIRSTLIGHT.IE
E-MAIL: Support@firstlight.ie

Developed by Julie Edwards CNF PICU with special thanks to the Neonatal Clinical Nurse Specialists, Joanne Deering and the staff of PICU.

A Mother’s Generosity; the Gift of Human Milk, a Precious Resource.

An option after the death of your baby

The nearest Human Milk Bank address is:
Unit 2, The Cornsheds,
Mill Street,
Irvinestown,
Co. Fermanagh.
Northern Ireland
BT94 1GR

Contact Name: Ann McCrea
Tel: (048) 68628333
Email: tmb.irvinestone@westerntrust.hscni.net

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We offer our deepest sympathy to you and your family on the death of your precious baby. The grief can be overwhelming so take care, be gentle and patient with yourselves.

The death of your child is a profoundly devastating experience. It is a loss like no other and there is little anyone can say to help you right now.

Included in the pack is an information leaflet on grieving the death of a child that you may find useful.

An option that you might consider is donating your expressed milk.

Breastmilk donated to the milk bank is provided to premature babies and very ill infants in neonatal and paediatric intensive care units in the Republic of Ireland. These babies have a medical need for breastmilk that their own mothers cannot provide, to meet their babies’ needs. It can be lifesaving.

It may be extremely difficult to think of discarding your milk if you have been expressing for your baby.

Bereaved mothers often find comfort in donating their stored breastmilk. Some mothers have found that donating their milk may help retain a physical connection to their baby, serve to honour their baby’s brief life, and may be seen as an important part of their physical, emotional, and spiritual healing.

A Gift of Love: A Gift of Life

"Donating my breastmilk was a way of creating something positive out of Olivia’s devastating loss. Expressing and donating were healing to me in so many ways as I navigated the early months of grief. Having her milk to express kept her alive in me in a way. It allowed me to come to terms with her death. Knowing that her milk helped other tiny sick babies to heal to survive and to thrive is incredibly comforting to me, my husband and our other children”.

Joanne bereaved mother of Olivia

How to Become a Donor

Should you decide that you would like to donate your milk details of the screening process involved in becoming a milk donor are included in this pack.

This includes

- A 10-minute phone interview with the Milk Bank Staff
- Having a blood test done
- Completing a consent form.

You will be told if you meet the criteria to become a donor. If the milk is already collected a bulk one off donation is possible. The milk bank arranges transport of your milk to the bank where it is processed to help premature babies around Ireland. The milk bank will let you know how many babies your little one has helped.

All the information you need and further details of the process will be provided by the milk bank.