

The Four Pillars of Safe Breastmilk Sharing

By implementing these four, easy steps, babies can have safe and direct access to donor milk.



Informed Choice

- Understanding the options, including the risks and benefits, of all infant and child feeding methods.
- Know thy source



Donor Screening

- Donor self-exclusion for, or declaration of medical/social concerns
- Communication about lifestyle and habits
- Screening for HIV I&II, HTLV, HBV, HCV, Syphilis, and Rubella



Safe Handling

- Inspecting and keeping skin, hands, and equipment clean
- Properly handling, storing, transporting, and shipping breastmilk



Home Pasteurization

- Heat-treating milk to address infectious pathogens
- Informed choice of donor milk when all donor criteria are met

The Four Pillars are useful to parents, pediatricians, midwives, lactation consultants, and those active in birth and parenting communities