

# 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 raw 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