

Your Milk After TFMR, Choices, Support & Keepsakes

Milk After TFMR

After your baby has died, your body may still begin to produce breast milk. This can be an unexpected and emotional part of the days following birth.

There is **no right or wrong choice** about what you do with your milk. Some parents may want to stop their milk production, while others may choose to express some milk as part of their memories of their baby.

If you would like to make memories with your milk

Some parents choose to:

- Express and keep a small amount of breast milk as a keepsake.
- Have their breast milk made into **memorial jewellery**, such as a ring, pendant or bracelet.
- Use breast milk as part of another memorial keepsake.
- Donate their breast milk, where this is possible and appropriate.
- Simply express milk as a way of acknowledging the physical connection they had with their baby.

You may also choose **not to express at all**, and this is equally valid.

If you are considering donating your milk

Milk donation is a very personal decision and is not available or suitable for everyone. Donation services have their own eligibility, screening, collection and storage requirements.

If you would like to explore donation, speak to your **midwife, bereavement team or infant feeding team** as soon as possible. They can explain what options are available to you.

If you would like to create a milk keepsake

If you are considering breast-milk jewellery or another keepsake, contact the provider before collecting your milk so that you can follow their instructions for **how much to collect, how to store it and how to label it**.

You don't have to decide straight away.

There is no pressure to decide about your milk. You can take your time, ask questions and choose whatever feels right for you.