



## How to Talk to Bereaved Mothers About the Option to Donate Milk

### Starting the Conversation

Speaking to a bereaved mother about milk donation after infant loss requires a unique blend of deep empathy, compassion, and respect. Here's a sensitive approach to guide that conversation:

#### 1. Lead With Acknowledgment and Compassion

Start by recognizing her loss first and foremost. Before bringing up milk donation as an option, it's essential to honor her grief. *"I want to start by saying how truly sorry I am for your loss. There are no words for what you're going through, but I'm here to support you in any way you need."*

#### 2. Offer Milk Donation as an Option, Not a Suggestion

Frame the idea gently—as something that some parents find meaningful, not as something expected or encouraged. *"Some mothers have found comfort in donating their milk—it's a way to honor their baby's life and help others. But this is entirely your choice. We understand that this is not a choice that is right for everyone."*

#### 3. Give Her Space and Control

She may feel overwhelmed. Offer information, but make it clear she's in control. *"I can give you some information about milk donation if you'd like, or I can be here if you just want to talk. Whatever feels right for you."*

#### 4. Be Prepared for a Range of Emotions

Donating milk after loss can be healing for some but triggering for others. Let her know all reactions are valid. *"There's no right or wrong way to feel about this. Whether you choose to donate or not, your decision is deeply respected."*