



Ottawa Human Milk Bank
Every Drop Counts

Dear obstetrical care provider,

The Ottawa Human Milk Bank is actively recruiting pregnant women as potential milk donors to provide life saving human milk to fragile newborns in our region and across Ontario.

Your engagement with this initiative will be foundational to our success in educating the pregnant women of our region as to the enormous contribution they might make through breastmilk donation. Learning about the option in pregnancy makes donation postpartum more likely.

Please consider discussing human milk donation with all of your pregnant clients. You can do this in three easy steps.

1. Mention milk donation to your clients at or about 30 weeks gestation and direct them to the enclosed poster and cards for more information.
2. Place the below information and link on your web page.
3. Include the below information and link in any email correspondence to your pregnant clients.

Every Drop Counts! Consider donating breast milk after your baby is born. Learn more about how to make this lifesaving gift here:

<https://www.facebook.com/groups/172523061610793/> or email ottawamilbank@gmail.com

By helping to promote this important public health initiative you will be participating in a grassroots community initiative to increase the donor milk available to infants in Ottawa and help the Ottawa Human Milk Bank fulfil its mission: **To provide ALL infants in the region with access to human milk when medically indicated.**

Note: Until our own local laboratory staff and resources are fully realized all donor milk will be sent to Rogers Hixon Milk Bank in Toronto for processing and redistribution. Recruiting local women and tracking their donations is an important first step in securing ongoing regional engagement for this important initiative, hence our request to help educate potential donors and forward them to our program to be tracked.

Please feel free to contact us should you have any questions and consider joining the Ottawa Human Milk Bank Facebook group to get up to date information and learn about upcoming events and opportunities to support and advance this initiative.

Warmly

Gillian Szollos

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All posters and promotional materials as well as a copy of this letter are available under downloads on our website www.ottawamilkbank.ca