ALCOHOL CONSUMPTION AND BREASTFEEDING

The latest edition of Pediatrics featured research done in Australia which looked at a large number of children at ages six and seven (6 and 7) after their mothers had nursed them in infancy. Some mothers consumed alcohol during breastfeeding which resulted in "dose dependent reductions in abstract reasoning at age 6 to 7 years." The findings controlled for many variables which led them to suggest that alcohol consumption was responsible for the reduction in abstract reasoning.

In addition, the method of "pumping and dumping" to reduce the amount of alcohol in milk appears to be ineffective or unpredictable. This practice does not decrease ethanol concentrations in milk as the concentration will remain elevated as long as there is alcohol present in mother's blood. Infants metabolize alcohol at about half the rate as adults and alcohol is known to have harmful effects on the developing brain. Much is known about Fetal Alcohol Syndrome and the effects of alcohol during pregnancy. This article adds to our knowledge about the importance of abstaining during breastfeeding as well.

Mothers' Milk Bank and all HMBANA nonprofit milk banks carefully screen milk donors for the use of alcohol. MMB in Colorado also tests for several drugs of abuse, including THC, cocaine, amphetamines, opiates, and PCP.

Sources:
https://www.cdc.gov/ncbddd/fasd/facts.html
http://pediatrics.aappublications.org/content/142/2/e20174266

August is National Breastfeeding Month

On August 6, 2011, the United States Breastfeeding Committee officially declared that August is National Breastfeeding Month.

In recognition of National Breastfeeding Month, the USBC hosts a social media advocacy and/or outreach campaign inviting breastfeeding coalitions, member/partner organizations, and individual supporters to join online actions and conversations to build support for the policy and practice changes needed to build a
Visit this site http://www.usbreastfeeding.org/nbm to read on for weekly themes, resources, toolkits, and submit your community events for promotion.

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**Prescribe Donor Milk**

Donor human milk is the first choice for all babies anytime moms' own milk is unavailable. It is essential for any baby with a weakened immune system or special dietary needs. To learn more about prescribing donor human milk from Mothers' Milk Bank to infants in your care, please visit our website to view a short introductory video.

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**Potential Milk Donors**

Human milk is a gift that lasts a lifetime and, nationally, there is a growing demand for our babies. We rely on the generosity of donors and are thankful for the healthcare providers who encourage patients with excess milk to become milk donors to meet the constant demand - thank you. **If you have a patient with an established milk supply and more milk than her healthy baby needs, please have her contact us.** Women interested in becoming donors should visit our website for more information.

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**About Mothers’ Milk Bank**

A nonprofit program of Rocky Mountain Children's Health Foundation, Mothers' Milk Bank (MMB) collects, processes, tests, analyzes and provides donor human milk to babies across the country. Babies who receive the milk may be premature or have severe illnesses and need human milk to thrive.

MMB consistently provides more milk to NICUs than any other nonprofit milk bank in North America and adheres to the strict guidelines of the Human Milk Banking Association of North America.

Dedicated to babies. Dedicated to quality. Dedicated to safety.

Mothers' Milk Bank | 303.869.1888 | milkbankcolorado.org

* A program of Rocky Mountain Children's Health Foundation
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