

Milk Express Packs feedback

Feedback from families receiving Milk Express Packs during the pilot project in 2019/20.

“Loved the cooler bag so much! Use it every day. I put the magnets on the fridge and like having the information where I can easily access it.”

“The fridge magnet and guidelines to storing breastmilk are handy”.

“Very helpful, when mums/parents like me are not prepared. Getting the pack was at least one less thing to worry about. Especially helpful was the most important thing, ‘transporting milk to your newborn in the safest way’. Thank you.”

“I was very happy to receive it. It was very helpful to me.”

Feedback from Leah Winder, Neonatal Family Support Nurse, Neonatal Intensive Care Unit, Liverpool Hospital

“Our mums find them very useful. I think it’s the magnet (Breast Milk Storage Guidelines) and usefulness of the esky bag.”

Feedback from Rachel Jones, CMC Infant Feeding NICU, Woman and Newborn Services Westmead Hospital

“We have really loved having these bags (as part of the pilot) and would love more if you have them. A great hit indeed.”

Feedback from Shaunah Bresler, ANUM, Neonatal and Paediatric Intensive Care Unit, Royal Hobart Hospital

“The Milk Express Packs are purposeful, convenient, hygienic and importantly transportable between NPICU and the family accommodation. We all know how stressful the NPICU journey can be emotionally and financially, being able to provide families with small comforts brings them such relief.”

See over...



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Dear Miracle Babies Foundation,

Royal Hobart Hospital and the NICU/SCN Units and their families would benefit enormously with the provision of breastmilk storage packs and educational resources. The Royal Hobart Hospital is the tertiary referral centre in Tasmania for all high risk and preterm babies, therefore many of our families are long distances from home while their babies grow in our NPICU. The Milk Express Packs are purposeful, convenient, hygienic and importantly transportable between NPICU and the family accommodation. We all know how stressful the NPICU journey can be emotionally and financially and being able to provide families with small comforts brings them such relief. Supporting families with their decisions to breastfeed increases the number of babies being fed on breastmilk upon leaving hospital and improves long-term health outcomes for these sick and premature babies.

Premature and sick babies, due to their low birthweight, weakened immunity and immature digestive systems, need the nutritional and immunological benefits of breastmilk even more than full-term infants. Breastmilk contains nutrients essential for growth, provides antibodies to fight infections and diseases, and is more easily digested by tiny bellies than formula. Breastmilk also lowers the risk of life-threatening Necrotising Enterocolitis (NEC) which is six times more likely to occur with formula-fed babies and has a 20-40% mortality rate.

Breastfeeding is more difficult for mothers whose babies are being cared for in a NICU/SCN, especially after mothers are discharged to go home while their babies stay on for weeks or months in hospital. Miracle Babies' Milk Express Packs would promote breastfeeding and ensure the breast milk is stored and transported safely.

Regards

Shaunah Bresler
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