milkstork®

SURROGACY BREAST MILK CHECKLIST FOR INTENDED PARENTS

You've made the commitment to feeding your baby the best nutrients available.

Use this quick guide to set yourself and your surrogate or milk donor up for a smooth breast milk shipping journey.

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FIRST STEPS

Start your breast milk arrangement on the right foot by establishing clear expectations and open communication. This will help you build trust with your surrogate or milk donor and create a smooth, supportive process for everyone involved.

01 Have an open, realistic conversation with the person providing milk

- ✓ Discuss how often, how much, and how long you hope to receive breast milk.

- ✓ It's okay to start small, as your breast milk provider may have changes in their supply or comfort level with pumping and sharing.

- ✓ Discuss any health, dietary, or testing expectations, as well as timing for any necessary actions associated.

02 Document Your Agreement

- ✓ Use a written agreement (especially if compensation, health info, or testing is involved)

- ✓ Make sure everyone signs it before they send your first breast milk shipment.

03 Establish Open Communication

- ✓ Make it easy to check in, adapt as needed, and align on plans for milk being shipped and received.

- ✓ Align on communication preferences like text, email, or calls for emergencies.

UNPACKING YOUR SHIPMENT

When your first breast milk shipment arrives, a little preparation goes a long way. Use these steps to safely unpack, store, and track amounces, so that every ounce is ready when your baby needs it.

01 Plan Your Milk Storage

- ✓ Completely thawed milk must be stored in the refrigerator and used within 24 hours.

- ✓ Place frozen and partially thawed breast milk in the freezer.

- ✓ Breast milk is still considered frozen as long as it contains ice crystals.

02 Use the FIFO (First-In, First-Out) Strategy

- ✓ Store milk in date/time order, using the oldest breast milk at the front of your stash first.

03 Store Milk Safely

- ✓ Store in the refrigerator (≤40°F) for up to 4 days, or the freezer (0°F or colder) for up to 6 months.

Need more shipping labels? Order more at milkstork.com!

YOUR FEEDING PLAN

How much breast milk you'll need depends on your baby feeding plan. Here's a side-by-side look at what's available to help you decide what works best for your family.

SURROGATE MILK	DONOR MILK	FORMULA	COMBO FEEDING (Breast Milk + Formula)
👍 **PROS**	👍 **PROS**	👍 **PROS**	👍 **PROS**
Rich in immune-boosting antibodies and nutrition tailored to newborn needs.	Screened, pasteurized donor milk from accredited breast milk banks is safe and reliable.	Widely available, regulated for safety, and easy to prepare.	Offers flexibility. Ensures baby receives breast milk benefits while parents have the convenience of formula.
		Great for families who need convenience and predictability.	Can help bridge breast milk supply gaps.
CONSIDERATIONS	**CONSIDERATIONS**	**CONSIDERATIONS**	**CONSIDERATIONS**
Requires surrogate commitment, pumping schedule, and logistics for storage/shipping.	Availability varies. Most milk banks prioritize small and sick babies.	Doesn't provide immune benefits of breast milk. Some babies are allergic to certain kinds of formula.	Requires planning around storage and preparation of two feeding types.
Supply typically lasts weeks to months, depending on the arrangement.	Informal milk sharing networks also exist but carry safety risks without screening.	Requires trial and error to find the right formula for your baby.	Some babies may need an adjustment period when switching between.

Thaw and Use Breast Milk as Needed

✓ Thaw frozen breast milk in the fridge overnight or gently warm in a bowl of warm water. Never microwave breast milk! Be sure to use thawed milk within 24 hours, and discard any leftover milk from feedings.

NEED A HASSLE-FREE OPTION?

Milk Stork provides safe, reliable breast milk delivery to your baby, no matter the distance.

LEARN MORE

Contact Customer Care

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