

human milk 4 human babies

hm4hb.net



Welcome!

HM4HB is a global milksharing network. We use social media as a platform for local families to make real-life connections and come together as sustainable milksharing communities where women graciously share their breastmilk.

We maintain community pages on Facebook with chapters all over the world where peer-to-peer milksharing occurs every day.

Our main focus is to facilitate breastmilk sharing and the network's community pages are a strictly noncommercial environment. We do not support the sale of human milk and/or the advertising of for-profit activities on our community pages.

HM4HB:

A Virtual Village

For more information on the mission, vision, and values of Human Milk 4 Human Babies, and the answers to many frequently asked questions, visit us on the web at hm4hb.net

Breastmilk, the biologically normal sustenance for humankind, is a free-flowing resource and mothers of the world are willing to share it.

Compassion and empathy for babies and their families is what brings us all together. Women are reclaiming their breastmilk, fully recognising its value, and are willing to share it freely with the babies and children of their communities. We desire a paradigm shift back to our biological roots, so that babies and children are being nourished by breastmilk.

How Does It Work?

Find Your Page

Find your local community page on the world map by visiting hm4hb.net/community-pages1

Create a Post

Post your request or offer of #milk2share on your community page, including as much detail as you see fit

Make a Match

Practicing informed choice and full disclosure, match yourself with other milksharing families

Frequently Asked Questions

read more at hm4hb.net/faq

What is informed choice?

Informed choice is a choice made by competent individuals, free from coercion, that takes into account sufficient information to make a decision. This information should include the benefits and risks of a course of action, as well as taking into account what alternatives are available, and an individual's intuitive feelings on a subject.



What may be expected of me?

Expectations will vary depending on the family shared with and the donor. You can work out the details together until you are satisfied. Openness and honesty is expected, as well as full disclosure, on the part of all parties involved. The principles of informed choice are of utmost importance in the context of peer-to-peer milksharing.



My baby is healthy; can I still ask for donor milk?

Absolutely. There does not need to be a medical reason for your baby to have breastmilk. Human milk is for human babies and children. The global network does not prioritize recipients, but simply offers an online space where families can connect and make informed milksharing choices. You can ask for milk for your child at any time and for any reason, regardless of age.



What can I do to provide the safest possible breastmilk?

Full disclosure reduces risk. Suggested points of discussion can include medications, alcohol and drug use. In many countries, testing for infectious diseases is done during routine prenatal/antenatal care. You may be able to consult a health care provider to obtain further testing if desired. Some diseases to consider are HIV, hepatitis B and C, syphilis, HTLV, as well as cytomegalovirus (CMV) and tuberculosis. You can ask for copies of those test results.

