

Feeding your baby and living with HIV

If you are living with HIV, it's important to know about what support is available and what choices you have for feeding your baby. Thinking about these choices may bring up different feelings. You may feel sad about not being able to breastfeed your baby. It may also involve "disclosure," which means telling someone your HIV status. **Remember that you are not alone.** Talk with your provider (this could be a doctor or nurse practitioner) about getting the support you need and what choices are best for you and your family.

Choices to discuss with your provider:

Using a milk bank:

- Milk banks offer donated breast milk to families in need. Milk banks will offer breast milk to parents who are unable to breastfeed.
- By using donated milk, your baby can get all of the nutrients breast milk has to offer.
- **There is no risk of passing HIV to your baby.** Breast milk from milk banks is tested to make sure it is safe.
- May be covered by public or private insurance.
- Talk with your provider about using donor milk. You can also learn more at **The New York Milk Bank** website: www.nymilkbank.org

Formula feeding:

- With formula feeding, **there is no risk of passing HIV to your baby.**
- You can still bond with your baby by holding your baby skin-to-skin while feeding them formula.
- You can get formula from WIC. Be sure to follow the directions on the formula package.



Having a wet nurse feed your baby or flash heating breast milk are two other choices. With these two choices, **there is a risk of passing HIV to your baby.**

Buying breast milk online or getting it through friends or family can be unsafe. Not knowing if the breast milk is safe can cause harm to your baby.

Talk with your provider if you have questions and to learn more about these choices.