Donor **Jessica** balances PhD classes with pumping

About Me:

- Working towards her PhD in psychology
- Compensation allows her to stay home with her son
- Goal to donate 20,000 ounces

"I am a 37-year-old first time mom. It took my husband and I a very long time to get our miracle and family life is more than we ever hoped for. I am currently taking care of my son, Wyatt, and finishing my PhD in psychology. I started my career focused on serious mental illness, but because of my fertility journey, I changed focus to fertility and women's health. I love the outdoors, particularly the water.

When Wyatt was born, I had no idea what a 'normal' milk supply was. He wouldn't latch and I became so engorged that I was in a lot of pain, so I started pumping to alleviate the pain. I became obsessed with creating a freezer stash. Next thing I knew I'd filled our house freezer. That's when I realized that I made more than we would ever need and found Tiny Treasures while searching online. I immediately found the milk bank to be very open, responsive, and transparent.

My biggest donation-related challenge has been pumping when my routine is disrupted. If anyone wants to do something out of the ordinary or get together, I panic because I must figure out how to fit in my pump sessions. Not to mention, removing myself for a 15-minute pump session, plus cleaning and sanitizing my pump parts and bottles, means I'll miss out on the interaction.

The compensation has allowed me to stay home with my son during this most influential time. I want to continue pumping until my son is 18 months old. I hope to have a personal stash to keep him on some breastmilk per day until he reaches age 2. In that time, I hope to reach 20,000 ounces donated.

My advice for new donors: The rules and donation guidelines can seem daunting at first but they're easy to implement and maintain. Secondly, changing your pump parts regularly, even if you don't think they need changing, can make a huge difference in your output."

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