



Mike Braun  
Governor

Lindsay M. Weaver, MD, FACEP  
State Health Commissioner

Dear Family,

Enclosed is information about the Indiana Department of Health Lactation after Loss Program. Included in the materials, you will find:

- Your Guide to Grief – a booklet to help navigate the first year of grief
- Mom-to-Mom letter – a letter from Annabelle Poindexter, a loss mother
- Lactation after Loss Program Overview – a two-page summary of lactation options and contact information
- Simple Guide to Donate Milk – simple steps to start the milk donation process
- Measuring Guide – a guide to choosing the correct flange insert size for a mother who decides to pump
- Cabo Cream Sample – for a mother who decides to dry her supply
- Caring for Yourself after Perinatal Loss – a brief explanation of caring for yourself after a loss

The goal in supplying these materials is simple: to let mothers know that lactation can occur after a pregnancy loss, stillbirth, or infant death and to provide education about her lactation options. The available options are:

- Suppression – dry up the milk supply
- Expression – relief or comfort
- Donation – breast milk donation in honor of the child who died

Please encourage the mother to read through the materials and decide which option she prefers. Reassure her that she is supported in whatever decision she makes. If you need additional resources, please reach out to [IDOHFIMR@health.in.gov](mailto:IDOHFIMR@health.in.gov) with questions or requests for support.

Sincerely,

Emily Twarogal  
Lactation after Loss Program Coordinator

To **promote**, **protect**, and **improve** the health and safety of all Hoosiers.

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