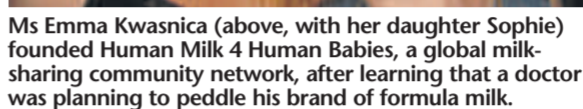


Huang Huifen

These mums usually look to supplement their breastmilk with donated breastmilk.



On the other end, there are mums who have more than what their children need. Finding it a waste to discard their excess breastmilk, they want to donate it.

Breastmilk, which is superior to formula milk, can be stored for between 48 hours and up to a year, depending on the temperature and storage method.

Human Milk 4 Human Babies (HM4HB) on Facebook is one example of a thriving global online community for sharing milk.

It was started last October by Montreal-based breastfeeding activist Emma Kwansnica, whose three children are aged 23 months to seven years old. She was outraged that a well-known online doctor had plans to peddle his brand of formula milk.

“That was the last straw for me, that even a doctor is moving towards formula milk. We have to stand up as mothers to feed our babies with human milk,” she says in a telephone interview with *LifeStyle*.

The network has more than 20,000 users in over 50 countries, including Singapore, Malaysia and Indonesia. It makes clear that its role is to provide a platform to connect donor mums to recipients, so there is no way of tracking how much breastmilk is shared through the network.

Ms Kwansnica would say only that “hundreds of babies are being fed every day with human milk received through the network”.

Since the arrangements are made pri-

She explains that since breastmilk is also a form of bodily secretion, diseases such as

Seriously Kidding
Tan Keng Yao

On bad days, he acts as if the spoon that bears the food actually holds a heap of smouldering coal. Attempting to avoid

On some days, he gets by with very little food. Mystifyingly, his severely limit-

"Try mixing Bovril (a meat extract) into his food. I'm told this works wonders." This would have worked if not for the fact that my son has recently started to reject

His father and I are taking him to Hong Kong for a trip soon and I have no idea where to find homecooked mee suah there. Will my toddler starve to death in the land of dim sum and roast goose? That will be another story. Wish me luck.

 kengyao@sph.com.sg

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