

COLOSTRUM

Colostrum is the first milk your body will make.

It is very powerful so your body will only need to make small amounts of it to help your baby

This milk is very protective and reduces the risk of your baby getting an infection now and in the future and helps their digestion

IT'S THE BEST FIRST MEAL YOUR BABY COULD HAVE!

Your baby is on our transitional care unit. However you plan to feed your baby, we want to help you understand how important colostrum is for your baby...



Blood Sugar Monitoring - colostrum is 'small but mighty'! Small amounts will increase your babies blood sugar



Small Baby and/or Pre-term - 'growth factors' inside the milk will help your baby to grow



Antibiotics/Risk of Infection - your colostrum contains antibodies and white blood cells to help get rid of your baby's infection - its like medicine!

Jaundice - colostrum has a laxative effect causing your baby to poo regularly - this will help to get rid of the bilirubin, which causes jaundice

**ASK THE WARD STAFF FOR HELP TO GIVE
YOUR BABY COLOSTRUM**