



feed

EXPRESSING COLOSTRUM

WHAT IS COLOSTRUM?

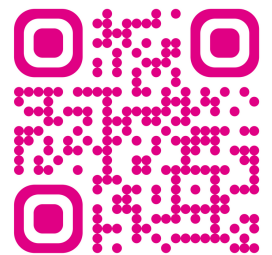
Colostrum is the first milk produced by the breast. It's rich in protein, fat, minerals and vitamins and has high immunoglobulin (antibody) content, which is good for babies tummies and developing immunity.

WHY EXPRESS COLOSTRUM?

Expressing colostrum enables you to feed it to your baby if they are separated from you for any reason, such as a NICU stay, or if they have difficulty latching onto the breast. Some Mums may benefit from expressing colostrum prior to the birth of their baby. This is known as colostrum harvesting.

HOW TO EXPRESS COLOSTRUM

If you would like more information on colostrum, or a step by step guide on how to express and store colostrum, you can find the information on our website. Scan the QR code to take you there directly!



www.feeduk.org/colostrum-harvesting