

## Baby's First Milk: COLOSTRUM

Right after birth, you are producing a special milk, colostrum. The amount of colostrum matches the tiny size of your baby's tummy.

Only you can provide this unique nutrition and protection for your baby.



### Why is colostrum so important?

- Colostrum protects your baby against infection and disease.
- It is easy for your baby to digest.
- It provides the nutrition that your baby needs in about one teaspoon per feeding.

### Important Tips

- Breastfeed your baby within 30 minutes after birth.
- Nurse your baby at the first signs of hunger – sucking on his hands or searching for your breast.
- Keep your baby near you 24 hours a day. This will allow for more feedings.
- The more you nurse, the more milk you will make.
- If you have concerns, ask for help from a lactation consultant or a breastfeeding counselor.
- Your breasts will NOT feel full during the first few days. This is normal.

As your baby's tummy grows, he will want to nurse more frequently. Your milk production is based on the amount of milk your infant takes from the breast. Nursing when your baby shows hunger cues will help you produce the perfect amount of milk for your baby.

**BABIES** may be extra sleepy in the first few days or need more time to practice breastfeeding. Hand expression allows you to collect colostrum so that your infant does not miss out on the unique benefits.

**TO HAND EXPRESS:**

- Wash your hands before expressing your milk.
- Use a clean container with a wide opening or a spoon to collect your colostrum.
- Hold the clean container near your breast. With your other hand, place your fingers and thumb about one inch behind the nipple.
  1. Gently press your finger and thumb back toward your ribs
  2. Press your finger and thumb together.
  3. Relax your hand.
  4. Repeat the process.
- Be patient. It may take a few minutes of repeating this process before you see any colostrum. This is normal. Ask a nurse or lactation consultant to help you feed colostrum to your baby. Remember that your baby only needs about one teaspoon per feeding.
- Sometimes this feeding may wake your baby and he may want to suckle at the breast. Other times this will satisfy him and he will continue sleeping.

In the first days, hand expression is preferred over pumping. Colostrum is thick and sticky and may stick to the pump parts causing the loss of precious drops.

To see an example of hand expression go to  
[www.breastmilkcounts.com](http://www.breastmilkcounts.com).



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