

# Got Colostrum?

It's all they need!

## Colostrum is Liquid *Gold*



Colostrum is the perfect nutrition for babies, free and ready to use on baby's birth day. New babies only need small amounts of milk. Colostrum is concentrated milk.

### We support your decision to exclusively breastfeed your baby.

- » We will make sure your baby stays with you as much as possible.
- » We encourage you to room in with your baby. Babies who room-in are more likely to take in more breast milk and gain more weight per day and are less likely to become jaundiced.
- » All nurses are trained to assist with breastfeeding, and we also have a lactation consultant available for consultation Monday through Friday from 8a.m. - 1p.m.
- » We want you to know that you have all that your baby needs. You have colostrum! It is available now, on your baby's birthday. You only have a small amount because that is all your baby needs. It is like liquid gold full of nutrients and immunities that your baby needs.
- » Don't worry, when your baby needs more, your body will make more. Your milk will come in fully within the next few days.
- » We advise against offering formula and artificial nipples to breastfed newborns which may cause nipple preference, which can interfere with the establishment and/or continuation of breastfeeding.
- » Please call your nurse anytime you need help!

Source: Kaiser Permanente 2014/ United States Breastfeeding Committee 2013



Altru Health System complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our website at [altru.org](http://altru.org). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.732.4277. ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1.800.732.4277. LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1.800.732.4277.

6080-0211-A JAN 18