

**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 8 a.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



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