

# COLLECTING COLOSTRUM ANTENATALLY

## MORE MILK SOONER

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## SOCIAL MEDIA

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### Facebook/Instagram

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### What is it?

Using hand expression of the breasts to stimulate milk making cells (priming the breasts for lactation) and collecting colostrum in low risk pregnancies from 36 weeks. Some patients will collect zero mL but still benefit from activating milk-making cells. Average amount of collection in the prenatal period is 0-5 mL

### Protecting Moms

- Breast stimulation in the first hour and first 24 hours is the key to adequate milk production.
- Hand Expression in the antenatal period seems to protect moms supply in the circumstances where stimulation may be compromised after delivery example-cesarean section.
- Parents learn how to stimulate their breasts at home, in a non medical environment.
- Assists with cervical ripening.

### Protecting Babes

- The optimal supplement for babies who are in need is their parents' own colostrum.
- Babes supplemented with formula experience shifts in their gut flora that effects their immune systems for the rest of their lives.
- Due to the leaky gut the baby has after delivery, early supplementation with cows milk can sensitize the baby to later develop a sensitivity or an allergy to cow's milk.

## WHAT WE ALL CAN DO

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Send families to [moremilksooner.com](http://moremilksooner.com) to learn!! Consider making your own kits.

## A UNIQUE APPROACH FROM MORE MILK SOONER

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At More Milk Sooner, we strive to offer innovative ways of making sure parents have the tools and information to contribute colostrum to their baby's care. We have designed a kit with the information and tools for antenatal colostrum collection.

Best practice involves kits being provided to parents prenatally around 30 weeks to facilitate knowledge transfer. Parents do not start until 36 weeks.

Kits should also be available at the maternity ward to allow for education opportunities across the prenatal care continuum . These kits allow for best practice with little extra time involved for educating, and literally put the knowledge and tools in the hands of the parents!

