

COLOSTRUM: LIQUID GOLD

What is Colostrum? It is the first milk your breasts produce, starting during pregnancy and continuing for the first few days after birth. It is thick, sticky, and golden-yellow. It is perfectly designed for your newborn.

Why It Is So Important

- **Immune Protection:** Packed with antibodies (especially IgA) that coat your baby's mouth, throat, and gut to block germs.
- **Active Factors:** Contains white blood cells, lactoferrin, and lysozymes to fight bacteria and viruses.
- **Development:** Rich in growth factors for the digestive system and acts as a natural laxative to reduce jaundice risk.
- **Preterm Bonus:** Colostrum from mothers who deliver early is even more concentrated in protective factors.

Volume Expectations

Your baby's stomach is tiny (about the size of a marble on Day 1), so small volumes are completely normal.

Timeline	Typical Amount
Day 1	1-2 teaspoons (5-10 mL) total per day
Day 2	2-3 teaspoons (10-15 mL) total per day
Days 3-5	Transition to mature milk begins

How to Hand Express

1. Wash hands thoroughly and get relaxed.
2. Form a "C" shape with thumb and forefinger 1-2 inches behind the nipple.

3. Press back toward the chest wall, then compress and release in a rhythmic motion.
4. Collect drops in a clean spoon, cup, or syringe. (*Avoid squeezing the nipple itself*).

When to Hand Express During Pregnancy

- You can start hand expressing colostrum once you are full term (37 weeks) if you have a low-risk pregnancy (not earlier, to minimize any risk of preterm contractions).
- Express once or twice daily for a few minutes per session.
- Collect colostrum into a small syringe or cup. Label with name and date, place the syringe in a sealed plastic bag, and freeze.
- Bring frozen colostrum to the hospital in a cold container at the time of delivery.

Not all women will be able to express colostrum antenatally, and this does not predict postpartum milk production.

Feeding & Storage

Alternative Feeding: Since amounts are small, skip the bottle. Use a syringe, spoon, medicine cup, or finger-feeding to avoid nipple confusion.

Storage:

Storage Method	Recommended Time
Room temperature	4 hours
Refrigerator	4 days
Freezer	6 months

Questions? Contact your Specialist

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