

# Colostrum

## Baby's First Superfood

### "Liquid Gold"

- ♦ Antibodies to fight off illness
- ♦ Laxative affect to reduce risk of jaundice
- ♦ Vitamin A to promote good vision, healthy skin and immune system
- ♦ 2x protein of mature milk

## Why is colostrum so important?

Colostrum is the first milk your body makes, usually starting at 16 weeks of pregnancy. It is full of good fats and protein, and it helps set up your baby's gut for a lifetime of digestion. It is the perfect food for your newborn and is often referred to as "baby's first immunization" because it is full of antibodies to help fight illness.

## How much colostrum does my baby need?

Your baby's stomach is very small at birth. They will only need around 1 ounce of colostrum for their first 24 hours, this is around 3-5mL per feeding

### Q: How do I tell if my baby is getting enough?

A: We look at diaper output, how well your infant is eating and their activity levels to tell if they are getting enough. If your baby has their blood sugar or bilirubin tested, that can also help paint a picture of their intake. Many people will try to offer a bottle after breastfeeding to see if baby is "still hungry". This is not a reliable method to see how much baby is getting at the breast.



*Colostrum is great for all babies, but particularly infants that are premature or have health concerns.*

## How much should I feed my baby?



Day 1:  
2-10 mL



Day 3:  
15-30mL  
(.5oz-1oz)



Day 10:  
30-60mL  
(1-2oz)



Week 2-3:  
60-90mL  
(2-3oz)

### What if I need to supplement with formula?

Healthy babies that are eating well don't need any extra food, but some babies do need formula supplements if they have health concerns and donor milk is not available. Ask your care team about offering formula in a cup or syringe. Make sure that you are pumping or hand expressing any time baby receives a supplement to encourage a healthy milk supply. Many infants only need to be supplemented for a short time. Many also supplement their babies with their own expressed colostrum if it is available.

*This handout is only meant to be offered as general guidance. Always work with your infant's care team to develop a feeding plan that suits your infant's unique needs, especially if they have any medical concerns.*