



Immune Boost

Providing early expressed colostrum to boost your baby's growth and development whilst supporting their immune system from birth.



Expressing immediately following delivery

**HELPS
YOU**

to establish an adequate milk supply.



Administering colostrum provides a unique immunity **BOOST**.

IT IS LIQUID GOLD THAT ONLY YOU CAN PROVIDE!

Expressing antenatally or soon after delivery reduces the length of hospital stay for breastfed babies admitted to the neonatal unit.



Colostrum helps

**PROTECT
YOUR BABY**

by providing concentrated nutrients and antibodies to fight infection.

Colostrum

**HELPS
STRENGTHEN**

your baby's **IMMUNE SYSTEM**, establishing a healthy gut by coating the intestine and preventing harmful bacteria from being absorbed.

Follow the QR codes below for support with expressing and speak with your Midwife or Neonatal Nurse.

Trust Information		
Hand expressing video	Leeds Hospital Leaflets	Making a feeding decision video
UNICEF/Baby Friendly Initiative (BFI)	Bliss Neonatal Charity	
Off to the best start leaflet	You and your baby leaflet	Expressing