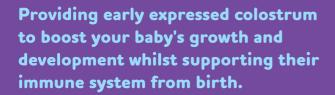


The Leeds
Teaching Hospitals
NHS Trust





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.



caring about children

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	<u>Leeds Hospital</u> <u>Leaflets</u>	Making a feeding decision video	

UNICEF/Baby Friendly Initiative (BFI)		Bliss Neonatal Charity
Off to the best start leaflet	You and your baby <u>leaflet</u>	Expressing



