

Produced by Sara Clarke
Senior Neonatal Specialist Dietitian,
WMN ODN
Sara.clarke1@nhs.net



West Midlands
Neonatal Operational Delivery Network

If your baby is born sick or preterm your colostrum and breast milk will protect them from infections and complications of being sick or born too early.

NO other medicine can do this!



Use a QR scanner on your mobile device. Scan the code to be taken to a video to see the benefits and practicalities of expressing colostrum.

www.swmmnn.org.uk/media/



The midwives and nurses will help you to express your breast milk to be fed to your baby as soon after birth as possible.