

Benefits of Early Feeding

Colostrum

Colostrum is the very first milk that your body produces, sometimes even before your baby is born. It is produced for the first 2-3 days of your baby's life and has concentrated immunological properties that acts as one of your baby's first protections against germs that he or she may be exposed to. It is produced in very small amounts to feed your newborn whose stomach is about the size of a marble at birth and is sometimes an orange/yellow tint due to the high levels of beta-carotene which is an antioxidant. The milk contains high concentrations of secretory immunoglobulin A or sIgA which is an anti-infective agent that coats the intestines to protect against the passage of germs and foreign proteins that could create allergenic sensitivities and viruses. Colostrum also contains high amounts of sodium, potassium, chloride, and cholesterol which is believed to encourage the baby's heart, brain, and central nervous system to develop. Pancreatic Secretory Trypsin Inhibitor (PSTI) which protects and repairs baby's intestines. It is found in all human milk, but is 7x greater in colostrum and acts as a laxative to help your baby rid of meconium – the first tar-like stool. Lastly, colostrum is saturated with fat-soluble vitamins and minerals

Colostrum has 3x the amount of protein than mature milk, and may have even more if you have a premature baby. This is also really good for mothers who are diabetic or experienced gestational diabetes since proteins are responsible for helping to maintain baby's blood sugar.

Bonding While Establishing Production

Two other benefits to early feeding is that it is one of the best ways for mom and baby to bond, especially when it is done skin-to-skin. At the same time it is helping you to establish your milk production which will benefit you for the entirety of your breastfeeding journey. Supply and demand is initiated with the delivery of the placenta. If you create a good establishment of milk production it can make it easier to reestablish your supply should you need to.



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