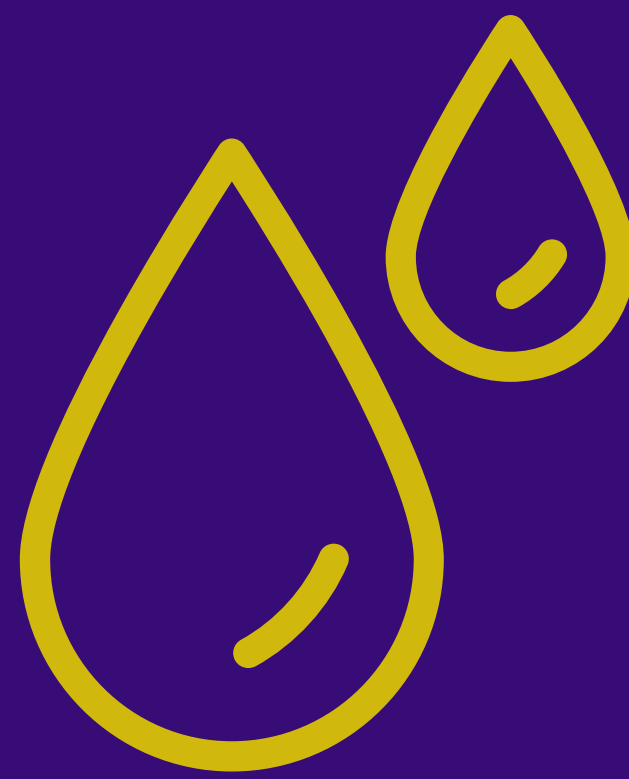


Antenatal expression



What are the benefits of antenatal expression?

- . You can learn how to hand express
- . You will have colostrum ready if your baby is sleepy
- . Gives confidence in your ability to breastfeed your baby
- . Reduces the incidence of formula supplementation
- . Helpful if you've had previous delayed or low milk supply



For babies, collecting this early **Colostrum** has many benefits:

- . Rich in antibodies
- . Protective against infection
- . High in protein
- . Easy to digest
- . Maintains blood sugars



If you are pregnant with twins, have diabetes or essential hypertension, please speak to your midwife about this.