

# 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 interested in antenatal expressing, please speak to your midwife.