

Breastfeeding Tip

what is colostrum?

The first milk you make for your baby is called **colostrum**.

It is thick, yellow and full of the protein, vitamins and antibodies that **protect your baby from getting sick**. Colostrum boosts your baby's immune system for life!

You will make small amounts of colostrum at first - just the right amount for your baby's tiny tummy.

Breastfeed early and often.

Your milk supply will grow with your baby.



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