

COLOSTRUM IS *liquid gold*

In the first few days of life, healthy newborns *only* need mother's colostrum

- Colostrum is the perfect nutrition for babies.
- Colostrum can prepare baby's system for digestion and help them pass their first bowel movement as it works as a natural laxative.
- Colostrum is thick and concentrated, perfect for newborns small stomachs.
- Breastfeeding 8-12 times every 24 hours can ensure baby is getting all the benefits of colostrum, and can help stimulate the production of moms mature milk.
- Colostrum is usually yellow and is truly *liquid gold*.

Lets encourage mothers to breastfeed often in the first few days to get as much colostrum as possible!