

Is your baby going to go to the neonatal unit?

Information about breastmilk and feeding your baby



If you would like to have some antenatal support to prepare you for expressing and breastfeeding after your baby's birth then we are here to help. This can be face to face or over the phone.

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We know this can be a tough and scary time. Although your baby may be in need of medical and nursing care, you are a crucial part of their life.

One of the best things you can do for your baby at this time is to provide your breastmilk. It will not only provide the nutrition to help your baby grow but also provide antibodies to protect them from infection while they are in hospital and for years to come.

If you would like to discuss this and have some antenatal support to prepare you for expressing and breastfeeding after your baby's birth then we are here to help. This can be face to face or over the phone.

For more information and guidance about infant feeding please follow the QR code.





Mother's breast milk:

- 👉 Is like liquid gold, a medicine only mum can provide
- 👉 Supports your baby's immune system
- 👉 Reduces the risk of some serious bowel problems
- 👉 Helps your baby's brain development.

You can help:

- 👉 Start expressing as soon as possible after birth
- 👉 First massage the breast
- 👉 Then hand express and collect the colostrum
- 👉 Next double pump using the initiate setting.



- Frequent early expressing in the first few days improves your long term supply
- You will only produce tiny amounts of colostrum in the first few days
- Every drop will be given to your baby, usually directly in their mouth, even if they can't be fed.

