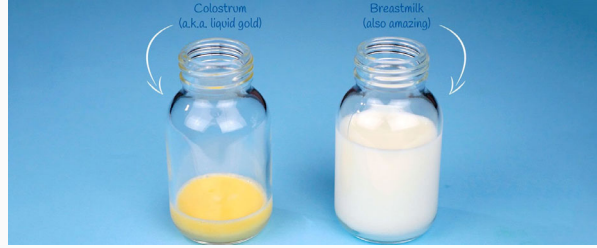




### The Composition of Human milk And the Benefits of Breastfeeding

Why breastfeeding matters for mothers and babies

### What is Colostrum?





### Lining the gut with the first feed



### The size of a newborn's stomach?

Day 1	Day 3	Day 7	Day 30
Size of a Cherry 5-7 ml (0.1 - 0.2 oz)	Size of a Walnut 22-27 ml (0.8 - 1 oz)	Size of an Apricot 50-70 ml (1.5 - 2 oz)	Size of a Large Egg 75 - 150 ml (2.5 - 5 oz)



3 DAYS      5 DAYS      6 DAYS





**Breast Pumps**

- ♥ Should not be used until the milk has come in
- ♥ Around day 3



**Why is colostrum important for babies?**

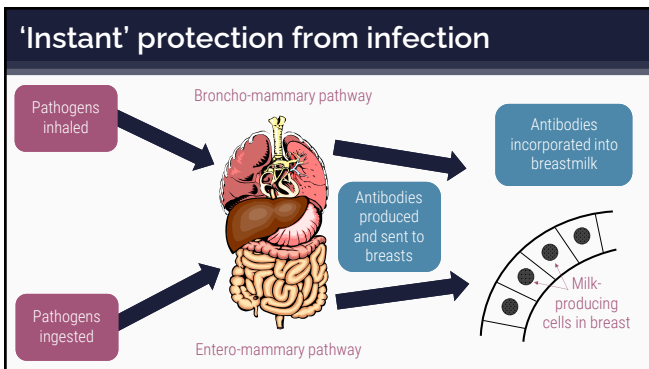
Secretory immunoglobulin A (sIgA)

**Special features of colostrum**

- Packed with protective factors
- Concentrated nutrition
- Small volumes – intentionally
- Laxative effect – to clear meconium

**Features of Human milk**

<p><b>Efficient digestion</b></p> <ul style="list-style-type: none"> <li>♥ Enzymes</li> <li>♥ Transfer Factors</li> </ul>	<p><b>Anti-infective action</b></p> <ul style="list-style-type: none"> <li>♥ Bifidus factor</li> <li>♥ White cells</li> <li>♥ Oligosaccharides</li> </ul>
<p><b>Protection for gut</b></p> <ul style="list-style-type: none"> <li>♥ Growth factors</li> <li>♥ Secretory Ig A</li> <li>♥ Anti-inflammatory molecules</li> </ul>	<p><b>Everyday health</b></p> <ul style="list-style-type: none"> <li>♥ Ready-made antibodies</li> <li>♥ Entero &amp; Broncho-mammary</li> <li>♥ Viral fragments</li> </ul>



**GALT**  
Gut-Activated Lymphatic Tissue

**BALT**  
Bronchus-Activated Lymphatic Tissue

