

The First.
For All.

Colostrum

is the mostly yellowish breast milk during the first days after birth.

www.bdl-stillen.de

Colostrum

is protection,
is a strong warrior,
is the key to open doors,
just the right food, in amount and quality,
the best friend to guide a baby into a unknown world.

Baby-friendly Hospitals support mothers and their newborn babies.
They support newborn babies to get the first breast milk* after birth.
Different ways are possible:

Fully breastfed, breastfeeding again, combining breastfeeding and formular feeding,
exclusively breastfeeding, breastfeeding alongside complementary foods, weaned,
tandem breastfeeding, feeding expressed breast milk, ongoing breastfeeding,
short-term breastfeeding, somewhat breastfed, breastfeeding for comfort,
partially breastfeeding, mostly breastfeeding, long-term breastfeeding,
feeding antenatally expressed colostrum ...

* See different colours of colostrum at the card border

Listen to the audio information



YouTube Colostrum Information