

Antenatal Colostrum Collection

Give your baby a healthy start

What is it?

- Collecting small amounts of colostrum before your baby arrives

When do I start?

- From around 36–37 weeks of pregnancy (check with your healthcare provider)

Why?

- Build familiarity with your breasts
- Learn how to collect milk if baby isn't able to latch after birth
- Supports your baby if extra milk is needed after birth
- Increase the amount of milk your body produces after baby is born



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How is it done?



Step 1:
Gently massage your entire breast for about 1 minute



Step 2:
Grasp your breast with a "C" or "U" shaped hand
Make sure your nipple is in between your thumb and pointer finger



Step 3:
Press into your breasts, towards your chest
Keep your hand in a "C" or "U" position while pushing back towards your chest



Step 4:
Compress your whole hand, bringing your finger and thumb together



Step 5:
Release and repeat
Continue to massage your breast in the "back, together, forward" pattern



Step 6:
Collect the drops into the syringe
Once you are collecting more use the cup, then draw up into the syringe



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