



Early Breast Feeding



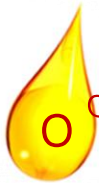
Provision of mother's breast milk to infants within an hour of birth & ensures that the infant receives the colostrum or "First Milk" (3-4 days)



Contains protein, antibodies
immune & growth factors



Lactocrine Programing



Oral cavity protection from microbial
colonization



Small amount, Sticky, & Stimulates the
bowel movements



Thick & at the right Temperature



Regulates baby's own immune system



Ultimate and organizing health



Metabolism, Microbiome &
Less Mortality

*"Colostrum is the smallest
drops for the tiniest tummies"*



Reason for Early Breast Feeding

1. The baby receives colostrum & Maintains APGAR
2. Touching, mouthing and suckling at the breast stimulates oxytocin

- a.) Helps to delivery of placenta
- b) Reduce bleeding by contract uterus
- c) "In love" with her baby as she feels calm, relaxed
- d) Stimulates the flow of milk from the breast.

3. The process of bonding between mother and baby begins

