

Oral Care with Colostrum (Human Milk)



Why It's Important

Your beginning milk, colostrum, has unique properties that promote health and development. It decreases infection risk and eases digestion. This type of care is not a feeding; it simply allows your baby's mouth to absorb tiny amounts of colostrum.

How to Participate

Tell your bedside nurse you are interested in this type of oral care for your baby. Participation is optional but very welcomed.

What to Do

After watching your nurse perform oral care, you will be ready to do it during your baby's hands-on time. Please do not offer this care to your baby without your nurse knowing.

- Wash your hands while the nurse prepares your baby.
- Dip a swab into the cup of colostrum, without over soaking it. Gently apply the colostrum in a small circular motion inside each cheek.
- If you notice any distress, stop and ask the nurse for help.

**Thank you for
participating in oral
care with colostrum
for your baby.**

