

EARLY BREAST MILK



WITHIN 6 HOURS OF LIFE FOR INFANTS <34 WEEKS GESTATION

AIM FOR FIRST MBM AS MOUTH CARE/NON-NUTRITIVE FEEDS WITHIN 6 HOURS OF LIFE

Milk production increases with time spent **skin-to-skin** for preterm infants

Lau et al 2007



Expressed breast milk volumes are significantly more if pumping is started **within 1hr of birth**

Parker et al 2012

Pumping 8-10 times a day improves expressed volumes

Furman et al 2002

Hill et al 2005

Receiving Breast milk instead of formula **reduces risk of NEC** by two thirds

Quigley et al 2014

Oropharyngeal colostrum **reduces ventilator associated pneumonia** (odds decreased by 60%)

Ma et al 2020

Breast milk instead of any formula **protects against ROP** (Odds decreased by 70%)

Zhou et al 2015

Breast milk **improves IQ** by at least 5.9 points

Kramer et al 2008



STRONGLY ENCOURAGE AND SUPPORT ANTENATAL AND IMMEDIATE POSTNATAL EXPRESSING

Fully recruit the Perinatal MDTeam engagement to physically support mothers with expressing and a give a unanimous same message.