## 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.

