

# 5 Reasons Why...

BREASTMILK IS SO SIGNIFICANT FOR  
PREMATURE BABIES



Colostrum is packed with nutrients, antibodies, growth factors and hormones. This 'first milk' is perfectly designed by the body to meet the needs of your premature baby, with more fats and proteins in it for growth than colostrum produced for a full term baby!

Breastmilk can help to develop babies' immune systems and particularly protects against gut infections such as necrotising enterocolitis (NEC)

Babies who are breastfed are more likely to have fewer hospital admissions and tend to spend less time in the neonatal unit.

Research suggests premature babies who are fed breastmilk are less likely to have cardiovascular problems in later life.

Premature babies fed breastmilk are less likely to suffer with eyesight problems due to special fatty acid chains found in breastmilk.

Expressing milk in the neonatal unit for a premature or poorly baby can be challenging. Skilled breastfeeding support can be key to achieving your goals. We can signpost you to help- so reach out!