



TEN STEP TUESDAY

Colostrum is Milk!

It's Ten Step Tuesday!

"When your milk comes in..."

"Is your milk in?"

"Your milk will come in around 3-4 days..."

Have you heard any of these common phrases in the unit where you work? Maybe you have even said them yourself? This week I am challenging you to flip the script on this language because...



Colostrum is Milk!

- When we use phrases like "milk coming in" it makes it sound as though milk isn't there now.
- Colostrum is truly "liquid gold" and contains valuable immunological substances that support the health of the newborn. Formula cannot replicate these!
- Remember that showing a new parent drops of her milk using hand expression as well as providing education on the stomach size and capacity (only about 5 ml) are important in reassuring a new parent that the colostrum is perfect for their baby!
- Alternative phrases to try could include:
 - "Milk transitions around 3-5 days"
 - "Milk volume will increase in a few days and you will notice more breast fullness"

For more information contact

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