



This brochure was produced by the National Breastfeeding Coordinating Unit (NBCU) under the Directorate of Women's Health of the Ministry of Health, Trinidad and Tobago.

This series of brochures was developed to assist mothers with any breastfeeding concerns.

Visit the Directorate of Women's Health Website for more information: www.health.gov.tt/womenshealth or speak with a Breastfeeding Counsellor at your nearest health centre or The Breastfeeding Association of Trinidad and Tobago (TBATT):

NWRHA: 623-2954 ext 2823

NCRHA: 662-7153 ext 2144

SWRHA: 225-1813

ERHA: 226-1107

TRHA: 660-4744 ext 3123

TBATT: 468-5412 (Available 24/7)

TTAM-679-8008

TABS-688-7688

When will I start producing milk?

Hormones are produced by the body during and after birth, which tells your body to produce milk.

Skin-to-skin contact with your baby helps to stimulate your milk flow and your baby's natural feeding responses.

Will I produce enough milk for my baby?

In most women, your body is able to produce breast-milk for your baby's needs at every stage during your breastfeeding journey.

Occasionally, some women may find it difficult to produce breast-milk. For guidance, feel free to contact your Healthcare Provider or speak with a Breastfeeding Counsellor at your nearest health facility.



National Breastfeeding Coordinating Unit (NBCU)
BREASTFEEDING SUPPORT SERIES



Part 3/7

Different Types of Breast-milk

2020



What is breast-milk made of?

Breast-milk is mainly made up of water, protein, carbohydrates, fats, antibodies, vitamins, minerals, hormones, immune cells and healthy bacteria.

It is the ideal and complete meal of choice for your baby.

Is it normal for breast-milk to be of different colours?

Yes. The content of breast-milk changes to suit the development of your baby, which includes the colour as well.

There are essentially three forms of breast-milk:



1

Colostrum

Colostrum is thick and yellowish in colour and is produced in the first few days after your baby's birth.

It is very concentrated and is rich in nutrients and antibodies.

It is the perfect food for newborn babies as it helps them to fight off infections and to grow.

It is known as "liquid gold" because of its nourishing and protective capabilities.

It is produced in very small amounts, between 1.4 fluid ounces to 1.8 fluid ounces.



2

Foremilk

Foremilk is the first milk drawn during a feed.

It is watery in texture and is rich in vitamins, minerals and protein.

It has a lower fat content and satisfies the baby's thirst.



3

Hindmilk

Hindmilk follows foremilk during a feed.

It is richer in fat content and high in calories.

It is thick and creamy in texture.

This is important for your baby's health and continued growth.

