

Your milk is medicine

Your milk is special and made just for your baby. It helps your baby now and as they grow.



How It Helps Your Baby:

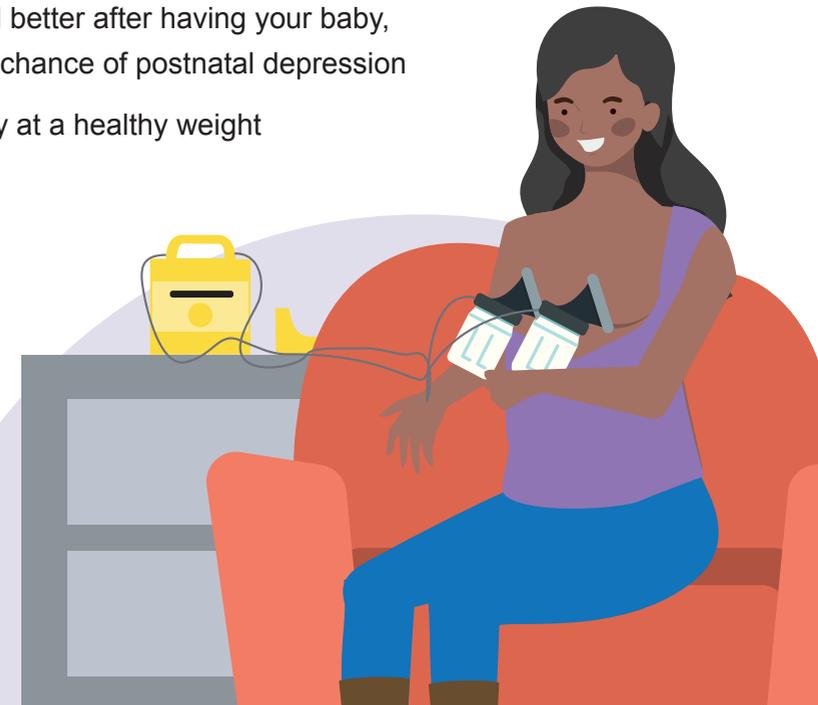
Your milk changes to give your baby what they need every day. It is even more helpful if your baby is born early or unwell. It can:

- Help your baby fight infections, this can be life saving.
- Be much easier for your baby to digest than formula milk
- Help your baby's eyes if they are born early
- Help your baby's brain grow strong

How It Helps You:

Giving your baby your breast milk can help you stay healthy. It can:

- Lower your chance of getting heart problems
- Lower your chance of getting some cancers, like breast cancer
- Help you feel better after having your baby, reducing the chance of postnatal depression
- Help you stay at a healthy weight



Later, your milk can also help your baby have less chance of getting:

- Asthma (breathing problems)
- Eczema (a skin problem)
- Obesity (being very overweight)
- Diabetes (high blood sugar)

Babies who have human milk often don't need as many hospital stays as they grow up.

If Your Baby Is in the Hospital:

If your baby is in the neonatal unit (a special baby ward), you will be asked to give your milk to help them.



Need help?

If you want to know more, talk to your doctor or nurse. You can also scan the QR codes below for more tips on how to express and store your milk.



Your Milk is Medicine

Your milk is special and made just for your baby. It helps your baby as they grow.

[Scan the QR code to view a selection of helpful leaflets](#)



Donor Human Milk & Kinship

Donor human milk is breast milk that another parent gives to a milk bank.

[Scan the QR code to view the information leaflet](#)



Giving Your Baby Expressed Milk

Expressed milk is milk you expressed from your breasts to give to your baby.

[Scan the QR code to watch a selection of videos](#)



24hrs on a Neonatal unit

Follow four parents who had a baby in neonatal care over a 24 hour period.

[Scan the QR code to watch this short animation](#)



The Yorkshire and Humber
Neonatal
Operational Delivery Network

Joined Up Care
Derbyshire



Humber and North Yorkshire
Health and Care Partnership

West Yorkshire
Health and Care Partnership



NHS
South Yorkshire
Integrated Care Board

