

# Breastfeeding

shaping the baby's microbiome

## Breast milk

Unique to each mom  
and baby

- Breast milk differs between mothers
- Breast milk is individualised to your baby
- Breast milk changes from month to month as baby's needs change
- Breast milk changes from morning to night with increased melatonin to help baby sleep at night
- Breast milk changes within each feed – increasing in fat at the end of the feed to help baby regulate appetite and intake

## Mother-Infant-Milk Triad



## Factors determining the baby's microbiome

- Breastmilk – most important factor
- Birth mode – vaginal vs caesar
  - Probiotics
  - Vitamin D
- Household siblings
- Household furry pets

## Human microbiome

- The human microbiome is made up of more than 100 trillion bacteria, fungi, protozoa and viruses that live on and inside the body
- We have 10 times more microbial cells in our body than human cells and the majority live in our guts – especially the large intestines
- The bacteria in our microbiomes are essential to human health
- Breastmilk is not sterile
- Babies consume 10 000 000 bacteria daily

**EXPECTANT**  
mothers guide

Expectant Mother's  
Guide Journey App



THOUGHTFUL  
CHILD BIRTH

Dis-Chem  
**baby**  
city

**HUGGIES**

