



NJ SUPPORTS *Breastfeeding*

There are three phases of breast milk. Each one is vital in nourishing your baby.

PHASE 1: COLOSTRUM OR LIQUID GOLD

This is the thick first milk your breasts make while you are pregnant and just after birth. Moms and doctors may refer to it as "liquid gold" for its deep yellow color and because it is so rich in nutrients and protects your baby from infections.



PHASE 2: TRANSITIONAL MILK

Transitional milk comes in 2-5 days until up to 2 weeks after delivery. This breast milk gradually replaces colostrum. You may notice that your breasts become fuller and warmer and that your milk slowly changes to a bluish-white color.



PHASE 3: MATURE MILK

About 10-15 days after birth, you start making mature milk. Like each phase of breast milk, it has all the nutrients your baby needs. The amount of fat in mature milk changes as you feed your baby.

Nursing often, removing milk well, and relieving engorgement will help with milk production.

The Phases of Breast Milk

