



Breastfeeding for Preemies:

It's Never Too Soon to Get Started, and We Are Here to Help!

Some pre-term babies may not be quite ready to take a feeding by mouth. However, depending on what you and your care team decide, there are several levels of “breastfeeding practice” that you and your newborn can work on together.

Remember, breast milk is best for your baby, and the benefits go beyond basic nutrition to include faster weight gain and a stronger immune system.

Ask your nurse to help you and your baby get started on your breastfeeding journey!

UAB Regional Neonatal Intensive Care Unit
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