



What is Microbiome?

The moment we are born has the most impact on what our microbiome looks like as an adult and our susceptibility to disease. We need to make sure that the baby has a proper transfer of these microbes from the mum to baby.

This is really important as it sets up their immune system.





Do all in your power to do these 4 things to optimise your baby's immune system (microbiome)

- 1) The **seeding** begins in the womb and the transfer starts from mother to baby in the last month of pregnancy which means it is incredible important what you eat during pregnancy and what your gut health is like. In the last month of pregnancy we want to make sure the bacteria is in the best condition position for the baby to digest when it passes through the vaginal canal. **Take probiotics in last month.**
- 2) As the baby comes down the birth canal, the vagina is full of all kinds of bacteria/flora and the baby ingests this on the way out (mouth, eyes, skin – everywhere). This is important as this gives the baby protection on the outside world. If there is no **vaginal birth** then they baby doesn't start with optimal health.
- 3) **Skin-to-Skin Contact** immediately directly and with the umbilical cord still intact. Baby should go straight to belly or chest with nothing in between (no separation). Everything needs to be done on the mum's chest and then towel can be put over both.
- 4) **Breastfeeding** – babies are meant to be fed by breast milk. Babies really need colostrum and breast milk.

Don't get too stressed about this information and panic if things didn't go well for you in the birth or post-partum.

