

‘Preparing for the First Feed: The Science and Practice of Antenatal Colostrum Expression’

By: Associate Professor Therese O’Sullivan

Friday, 6 November 2026

02:00pm to 4:00pm (Jakarta time)

Indonesian graduates and scholars of Australian tertiary institutions who are interested in attending this event, please RSVP by Wednesday, 4 November, via this link: <http://oz.link/rsvpGL6NOV>

**Due to the limited availability of places, early registration is recommended. A link to this event will be shared with you after registration.*

Lecture overview

Colostrum, the first milk produced by mothers, contains a unique concentration of immunological developmental factors that support newborns during the early days of life. In the final weeks of pregnancy, some women may be able to collect colostrum through antenatal colostrum expression (ACE), which can then be frozen and stored for use after birth if needed.

Interest in ACE is growing, with emerging evidence suggesting that it may offer an alternative to formula supplementation in hospital settings. Recent research from Edith Cowan University found that approximately half of pregnant women in Perth had attempted ACE during the later stages of pregnancy.

This lecture will:

- Explain the physiology and benefits of colostrum, including its role in immune protection, gut development and supporting newborns as they develop the coordination required for sucking, swallowing and breathing.
- Outline the process, timing and safety considerations of ACE, including practical guidance on antenatal collection and storage.
- Explore the clinical implications of ACE, particularly its potential to reduce early formula supplementation.
- Examine current challenges and evidence gaps, including the need for further research into its effects on longer-term breastfeeding rates and the psychosocial impacts on maternal confidence and anxiety.

By the end of the session, attendees will have a clearer understanding of ACE as a promising, evidence-informed approach to supporting newborn feeding and maternal confidence, as well as the practical, logistical and clinical considerations involved in its use.

Associate Professor Therese O’Sullivan is the Discipline Lead of Nutrition and Dietetics at Edith Cowan University (ECU) in Western Australia, where she teaches, leads research projects and supervises students. Her teaching focuses on providing students with practical, real-world experience, while her broader work emphasises strong community engagement and the translation of research into practice.

Before joining academia, Associate Professor O’Sullivan worked as a clinical dietitian and research officer at the Telethon Kids Institute in Perth, bringing valuable clinical and research experience to her academic career. This emphasis on connecting academic learning with professional practice is also reflected in the work of ECU’s Nutrition and Dietetics Department, which has pioneered innovative approaches to programmatic assessment and continues to expand work-integrated learning opportunities to better prepare students for their future careers.



★ / **Associate Professor
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