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Bacteria link to bub health

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BABIES born naturally have different gut bacteria than those delivered by caesarean, new research has found.

In the largest study into newborn microbiota, Melbourne researchers found that babies born vaginally get most of their gut bacteria from their mum's gut, not the birth canal.

C-section infants, however, carry more bacteria commonly found in a hospital environment, including those with antimicrobial resistance.

Lead researcher Dr Samuel Forster from the Hudson Institute of Medical Research, said they were now preparing to recruit 20,000 babies to further look at the ideal make-up of gut bacteria, and see if this initial difference in the health of a newborn in the long-term. If so, it paves the way for treatment in the first few days of life to correct the bacterial mix.