

Breast Feeding

Neha Mathur¹, Ritu², Soniya Nagar³, S P Subashini⁴

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Abstract

There were so many benefits of breastfeeding for the infants we all know. The world health organization (WHO) told that exclusive breastfeeding upto 6 months and last'sat the age of 2 years. Exclusive breastfeeding is the most beneficial intervention for any baby to prevent them from mortality. In our country rate of exclusive breastfeeding is very low. Many mother's faced many problems during the Breastfeeding. It is the responsibility of health workers that they have to find the problem and solve it so that mother is easily breastfed their baby . UNICEF/WHO (World health organization) through baby friendly hospital's initiative (BFHI), has suggests good health care practices that helps in or work for improving the Breastfeeding method.

Keywords: Benefits of breastfeeding; Exclusive breastfeeding; Responsibility.

INTRODUCTION

“Breastfeeding is one of the best nourishment for the babies”. The world health organization (WHO) recommends that breastfeeding begin just after the birth of baby within first hour of birth. According to the health organization (WHO) it is necessary to give breastfeed to the baby at least the six months after birth baby depends on the breastmilk of her mother any otherdrink or food is not allowed or good for the health of the baby. For a healthy baby it is mandatory that we should provide breastmilk to the baby till the age of 2 years or more. As we all know breastmilk provide number of benefits to the baby as well as the mother also. Breastfeeding

prevents baby from many harmful diseases and also give the natural antibodies. Instead of this through breastfeeding mother also prevents from many infections. Breastfeeding also increases the weight of the low birth babies.

DEFINITION

Breastfeeding is defined as an infant received only breastmilk not any other drinks or food till the age of 2 years or more . Breastmilk contains lots of natural and healthy minerals, nutrients and antibodies that prevents the babies from many harmful diseases.

ADVANTAGES OF BREASTFEEDING

There are so many advantages of breastfeeding to the babies as well as to the mother's also and these are as follows

First we talked about the babies

- Stronger immune system.
- Decrease diarrhoea ,gastroesophageal , gastroenteritis, constipation, reflux, and

Author's Affiliation: ¹2B.Sc. Nursing Students, ³Tutor, ⁴Dean, School of Nursing, Galgotias University, Greater Noida 201307, Uttar Pradesh, India.

Correspondence Author: Ritu, Tutor, School of Nursing, Galgotias University, Greater Noida 201307, Uttar Pradesh, India.

E-mail: ritu@galgotiasuniversity.edu.in

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- preterm necrotizing enterocolitis (NEC).
- Less number of colds and respiratory illness like respiratory syncytial virus, pneumonia and whooping cough.
- Fewer case of bacterial meningitis.
- Better vision and less retinopathy of prematurity.
- Decreased rate of infant mortality.
- Decreased rate of sudden infant death syndrome.
- Overall less illness and hospitalisation.

Breastfeeding makes babies much healthier with:-

- Lesser insurances of allergies, eczema and asthma.
- Lesser childhood cancer which includes leukemia and lymphomas.
- Lower risk the type 1 and 2 diabetes.
- Less risk for crohn's disease and colitis.
- Lower rates of respiratory illness.
- Lesser cavities.
- Improved brain maturation.
- Greater immunity to infections.

Advantages of breastfeeding for mother's

- Breastfeeding helps mother for losing the weight after the birth of baby it minimum burns about 500 extra calories with in a day to build and also maintains milk supply.
- It also stimulates the uterus to contract and gain their normal size.
- Decreased postpartum bleeding.
- Prevents urinary tract infections.
- Breastfeeding also decreases the chances of anemia.
- Best feeding decreased the chances of postpartum depression and more positive mood.

Breastfeeding also health care for mom emotionally

- Best feeding increases the confidence and self esteem.
- Breastfeeding makes travel easier best milk is always clean and the right temperature.
- Breastfeeding increases calmness breastfeed babies cry less overall and have less incidence of childhood illness.

- Breastfeeding also supports the wellness of the body, mind and spirit for the whole family.
- Breastfeeding also increases the bonding between mother and the babies throw this mother learn to give a proper care to their babies and babies learn to trust on care givers (mother's)

Advantages for life

- Decreased risk of breast cancer.
- Decreased risk of ovarian cancer.
- Decreased risk of rheumatoidarthritis and lupus .
- Decreases endometriosis.
- Decreases osthoporosis with age .
- Decreases diabetes.
- Decreases hypertension as well as cardiovascular disease.

COUNSELING

Counsel the mother on importance of breastfeeding during pregnancy and after the birth of baby .

Include husband and other family members as well if possible

Tell to the mother

- Breastmilk is easily digested by the body of the babies.
- Breastmilk also protects the babies from all the infections.

Preventions

- Mother should used a cloth or mask to cover the mouth when contacting with the baby.
- Mother should do hand washing before and after feeding.
- Mother should clean the nipples before feeding.

CONCLUSION

- Breastfeeding is most important source for make an infant healthy.
- Breastfeeding should be given to infant for the first six month.
- Madan milk contain the substance that are

beneficial for the growth of the newborn.

- Mother milk is useful to both newborn and mother.
- Proper position of the infant during breastfeeding help to ensure good breathing on.

RESULT

- When we compare the breastfeeding infant with the non breastfeeding infant there are low infection rate in breastfeeding infant.
- There is less childhood obesity in breastfeeding infant.
- There are more improved cognitive outcome.

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