

Breastfeeding

Breast feeding is the best start, the best way to feed a new baby: breast milk is the perfect food for babies, and breast feeding is safer and cheaper than any milk which can be bought. Babies fed from the breast more likely to be healthy and free from diarrheal diseases and reduced incidence of respiratory, allergic diseases and other diseases.

“The cow’s milk for cows”

Aim:-To encourage mothers for breastfeeding (how and why?)

Objectives of this session :-

- *What breastfeeding Program?
- *How fighting for infant survival
- * What and How baby friendly hospitals
 - Anatomy and physiology of breast and production of milk
 - Comparison between human milk and cow’s milk (formula milk) in composition
 - Advantages of breastfeeding
 - Disadvantages of artificial feeding or formula feeding
 - Normal handling of child and good signs of position in breastfeeding
 - Ten steps to successful breast-feeding
 - Problems of breastfeeding, problem solving, mother counseling
 - Medications and breast milk
 - How prepare new mothers for nursing or breastfeeding (breastfeeding and antenatal care).
 - Special problems and breastfeeding (twin or multiple pregnancies, premature baby, child with malformation or congenital deficiencies, worker mother etc)
 - Exclusive breastfeeding
 - Mixed feeding
 - Artificial feeding or formula feeding
 - Lactation and relactation

Table show the difference between human milk and cows' milk in composition

Content	Human milk (gm/100ml)	Cows' milk (gm/100ml)
Protein	1.2	3.3
Casein	0.3	2.7
Soluble protein	0.9	0.6
Lactose	7.0	4.8
Fat	3.7 (48% saturated) (52%unsaturated)	3.7 (58% saturated) (42%unsaturated)
Sodium	15 mg	58mg
Phosphorus	15mg	100mg
	Colostrum	Milk
Protein	2.25	1.25
Fat	3.15	3.5
Carbohydrate	4.00	7.25

Advantages of breast feeding:-

- 1-freshly prepared.
- 2-No time wasted.
- 3-temp.suitable.
- 4-free of cost.
- 5-psychological factor.
- 6-reduce mortality rate.
- 7-free of contamination.
- 8-allergy and intolerance to cows' milk is much less.
- 9-passive antibodies + IgA in human colostrums / GIT immunity.
- 10-Macrophages in human colostrum able to synthesize complement , lysocyme, lactoferrin . Breast milk is a source of lactoferrin (iron binding protein) which got inhibitory effect on growth of E.coli.
- 11-PH of stool is less in with those on human milk and it predominate the growth of lactobacillus while E.coli predominate in artificial milk.
- 12-Human milk contain growth factor which facilitate the growth of lactobacillus bifidus and this protect against infection with E.coli..
- 13- Bile salt stimulated lipase whiich kills Giardia & E. histolytica.
- 14-sufficient nutrient, minerals (iron, vit. D, vit.C.....).

When the mother starts nursing her baby? And How)

First of all the mother should be aware about the importance of breast feeding or the way of feeding through antenatal period then she should nurse her baby within half hour after birth on request of her child.

Contraindications of breastfeeding:

1)absolute contraindications:

a-related to infants like inborn error of metabolism as galactosemia and phenylketonuria , monosaccharides and disaccharides intolerance.

b-maternal causes like HIV/AIDS, HB, intake of dangerous toxic drugs like anticoagulants, antineoplastic, radioactive, ergotamine etc.

2)temporary contraindications:

a-infant causes: severe cleft palate, infections

b-maternal causes;psychosis, epilepsy, eclampsia, infections-active T.B

Disadvantages of bottle or formula feeding:

1-need time to prepare.

2-costly.

3-cotamination.

4-no lactoferrin.

5-growth of E.coli.

6-no passive AB(immunity).

7-psychological factor.

8-Temp.

9-Mortality rates is more.

Ten steps to successful breast- feeding

Every facility providing maternity services and care for newborn infants should:-

1-Have a written breast -feeding policy that is routinely communicated to all health care staff.

2-Train all health care staff in skills necessary to implement this policy.

- 3-inform all pregnant women about the benefits and management of breast –feeding.
- 4-Help mothers initiate breast-feeding within a half-hour of birth.
- 5-Show mothers how to breast-feed, and how to maintain lactation even if they should separated from their infants.
- 6-Give newborn infants no food or drink other than breast milk, unless medically indicated.
- 7-Practicse rooming-in – allow mothers and infants to remain together -24 hours aday.
- 8-Encourage breast-feeding on demand.
- 9-Give no artificial teats or pacifiers (also called dummies or soothers) to breast-feeding infants.
- 10-Foster the establishment of breast-feeding support groups and refer mothers to them on discharge from hospital or clinic.

Weaning and complementary feeding:

It means the introduction of semisolid and solid foods to infant gradually. Complementary feed means the provision of food or fruits in addition to breast milk which is usually initiated by the end of the 6 th month. If the weight gain of the baby is inadequate, it can be started at the end of the 4 th month. Gradually replace milk by foreign food till all milk feds are replaced at age of 2years. The new food is given gradually and in small amounts at first (1-2spoon then increased).