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## • INTRODUCTION

Breastfeeding is the first fundamental right of child. It greatly improves the quality of life by providing unique nutritional, immunological , economic, ecological, psychological and child spacing benefits.

- Exclusive breastfeeding for first six months of life is the most effective child survival intervention in developing countries.
- WHO and UNICEF launched the Baby-friendly Hospital Initiative (BFHI) in 1992 as a primary intervention strategy for promoting breast feeding and strengthening national health services.

## DEFINITION:

Breastfeeding is the feeding of an infant or young child with breast milk directly from female human breasts (i.e., via lactation) not from a baby bottle or other container.



## **EXCLUSIVE BREASTFEEDING**

- Only breast milk, no other food or drink even water for first 6 months of life

## **PREDOMINANT BREAST FEEDING**

- Main source of nutrition is breastmilk but child is also receiving other fluids like water or water based drinks such as juices

## **PARTIAL BREASTFEEDING**

- Giving a child non human formula or cereal based foods in addition to breast milk.

# ADVANTAGES OF BREASTFEEDING

## **BENEFITS TO BABY**

### ***NUTRITIONAL SUPERIORITY:***

- It contains the right kind of proteins, fats, lactose, vitamins, Iron, minerals , water and enzymes in the amount necessary for the baby. It meets all the nutritional needs of the baby for the first six month.
- Iron in breast milk is better absorbed thus protecting against iron deficiency anaemia .
- Breast milk contain plenty of vit-a and c and can largely fulfill their needs even in the second year of life.

## **Immunological superiority**

- Breast milk contains a no. of protective factors such as immunoglobulin, mainly secretory IgA, macrophages , lymphocytes , lactoferrins, lysozymes and interferons.
- Breastfed babies are less likely to develop infection.
- A breast fed babies is 14 times less likely to die of diarrhoea and almost 4 times less likely of respiratory infections.

Breast milk contains growth factors, enzymes, and hormones. It promotes growth and development of baby.

Breastfeeding enhances brain development and breastfed babies have been shown to have a higher intelligence quotient(IQ).

It is clean-free from pathogenic bacteria and has no chances of contamination.

- It is easily digested and assimilated. Breastfed babies do not suffer from constipation.
- It enhances the emotional bond between the child and the mother and provides warmth, love and affection to the baby.

# ADVANTAGE OF BREASTFEEDING

## BENEFITS TO THE MOTHER

- It reduces anaemia due to reduction in postpartum bleeding and reduced blood loss because of delayed menstruation.
- It is convenient, needs no preparation and is readily available at the right temperature.
- It helps the mother to regain her normal figure.
- It promotes early uterine involution.
- It has a protective effect against breast and ovarian cancers.
- Breastfeeding helps in delaying another pregnancy.



## **BENEFITS TO THE SOCIETY**

- Breastfeeding is economical and hardly costs the family anything extra.
- Breastfeeding lowers healthcare costs to the society by reducing illness among children.
- BF is eco-friendly and does not cause any environmental pollution.

# ▯ Breastfeeding recommendations

- Initiate BF immediately after birth.
- The first feed should always be mother's milk.
- Give breast feed on demand.
- Baby should exclusively be breast feed for six months.
- Complementary feeding should begin in all babies at six months of age.
- Continued BF along with complementary feeding should be done till at least 2 years of age.
- Mothers and family should be motivated, educated and supported regarding healthy feeding practices for maintaining and sustaining healthy infant feeding practices.

# Composition of breast milk

## **Colostrum**

- Milk secreted during the initial 3-4 days after delivery, small in quantity, yellow and thick, contains large amount of antibodies and immune competent cells and vitamins A,D,E,K.

## **Transitional milk**

- Milk secreted after 3-4 days until 2 weeks.
- Immunoglobulin and protein content decreases while fat and sugar content increases.

## **Mature milk**

- Follows transitional milk, thinner and watery but contains all the nutrients .

## **Preterm milk**

- Milk delivered before 37 weeks, contains more proteins, sodium, iron, Immunoglobulins and calorie.

## **FOREMILK**

- Secreted at the start of feed
- Is watery and rich in protein, sugars ,vitamins , minerals and water
- Quenches baby's thirst

## **HINDMILK**

- Comes later towards the end
- Rich in fat that provides more energy and a sense of satiety

# Attachment

## *Signs of good attachment-*

- Baby's mouth is wide open ■
- Most of the nipple and areola in the mouth, only upper areola is visible not the lower one.
- The baby's chin touches the breast
- The baby's lower lip is everted




## **Effective suckling**

- Baby suckles slowly and pauses in between to swallow (suck, suck, and swallow)
- Baby's cheeks are full and not hollow or retracting during suckling.

# Contraindications of breastfeeding

- Infants with Special Dietary Requirements
  - Galactosemia
  - Phenylketonuria - may be partially breastfed
- Maternal Infectious Disease
  - Cytomegalovirus - may or may not breastfeed depending on individual circumstances
  - Herpes - if active on breast, may use other breast if not affected
  - HIV - may or may not breastfeed depending on individual circumstances
  - Human T-Lymphotropic Virus type 1 or 2 infection
  - Tuberculosis - if not contagious or may resume feeding after two weeks of treatment \*
- Maternal Drugs -
  - Chemotherapy agents - certain agents, discontinue breastfeeding for as long as they remain in the milk
  - Drugs of abuse - discontinue breastfeeding until drugs are out of maternal system
  - Primaquine and Quinine - contraindicated if either infant or mother has G6PD
  - Metronidazole - discontinue breastfeeding until at least 12-24 hours after medication
  - Sulfa drugs - may be a problem in infants with jaundice or G6PD, stressed or premature
  - Radioactive isotope - discontinue breastfeeding for as long as the radioactivity is in the milk



A close-up photograph of a bouquet of lilies. The flowers are in various shades of pink and white, with some having dark spots on their petals. The lilies are arranged in a dense cluster. In the center of the bouquet is a white rectangular card with the text "Thank you !!!" written in red. The background is a soft, out-of-focus pink and white.

Thank you !!!