

BREASTFEEDING



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**BREAST FEEDING IS A
MOTHER'S GIFT TO
HERSELF , HER BABY AND
THE EARTH**

INTRODUCTION

Breastfeeding is the best natural feeding and breast milk is the best milk. Breastfeeding is the most effective way to provide the baby with caring environment and complete food .

It meets the nutritional as well as emotional and psychological needs of infants.

Breastfeeding

Breastfeeding is the process of feeding a mother's milk to her infant , either directly from the breast or by expressing the milk from the breast and bottle feeding it to an infant .

PREPARATION FOR BREASTFEEDING :

- Preparation should begin in the antenatal period.
- Mother craft training should be provided and includes benefits of breastfeeding which should be given in pre-pregnant stage.
- In antenatal period , examination of breast and identification of problems, like retracted nipple should be done with the necessary intervention.
- Adequate diet in prenatal period should be consumed in terms of energy and nutrients.

- Prevention of micronutrients deficiency.
- Rest ,Regular exercise, Hygienic measures should be advised to the pregnant woman .
- Antenatal counseling , family support , mother support group also should be emphasized as the preparation of mothers for breastfeeding.
- Mother should be psychologically prepare to feed her baby immediate after birth.

ADVANTAGES OF BRAESTFEEDING:

The advantages of breastfeeding are as follows:

NURTITIVE VALUE:

- Breastfeeding contains all the nutrients in the right proportion which needed for optimum growth of the baby up to 6 months
- It is essential for brain growth of infant because it has high percentage of lactose and galactose which are important components of galactocerebrosides.

- Facilitates absorption of calcium which helps in bony growth.
- Contains amino acids like taurine and cysteine which are important as neurotransmitters.
- Breast milk fats are poly unsaturated fatty acids which are necessary for myelination of nervous system.
- It has vitamins , minerals , electrolytes, and water in the right proportion for the infant which are necessary for the maturation of intestinal tract.
- It has 66 c/100 ml, and contains 1.2g protein, 3.8 g fat , 7g lactose and vit- A 170-670IU, vit- C 2 – mg , calcium 35 mg , phosphorous 15 in 100ml.

DIGESTIBILITY:

- Breast milk is easily digestible.
- The protein of breast milk are mostly lacto-albumin and lacto-globulin which form a soft curds that is easy to digest.
- The enzyme lipase in breast milk helps in the digestion of fats and provides free fatty acids.

PROTECTIVE VALUE:

- It contains IgA, IgM , macrophages , lymphocytes , unsaturated lactoferrin, lysozyme and interferon. Thus it is less likely to develop infection especially G.I tract and respiratory tract infection.

- It also provides protection against malaria , various bacterial and viral infections , skin infections .

PSYCHOLOGICAL BENEFITS:

- It promotes close physical and emotional bondage with mother by frequent skin to skin contact.
- Stimulates psychomotor and social developments
- Leads to better parent and child adjustment , fewer behavioral disorders in children.
- Promotes feeling of security in child .

MATERNAL BENEFITS:

- Breastfeeding reduces the chance of PPH and helps to better uterine involution, lactational amenorrhea and promotes the recovery of iron stores.
- Reduces the risk of uterine and breast cancer in the mother.
- Improves the slimming of the mother.

FAMILY AND COMMUNITY BENEFITS:

- Breastfeeding is economical in terms of saving money , time and energy.
- Community expenditure on health care and contraception is reduced.

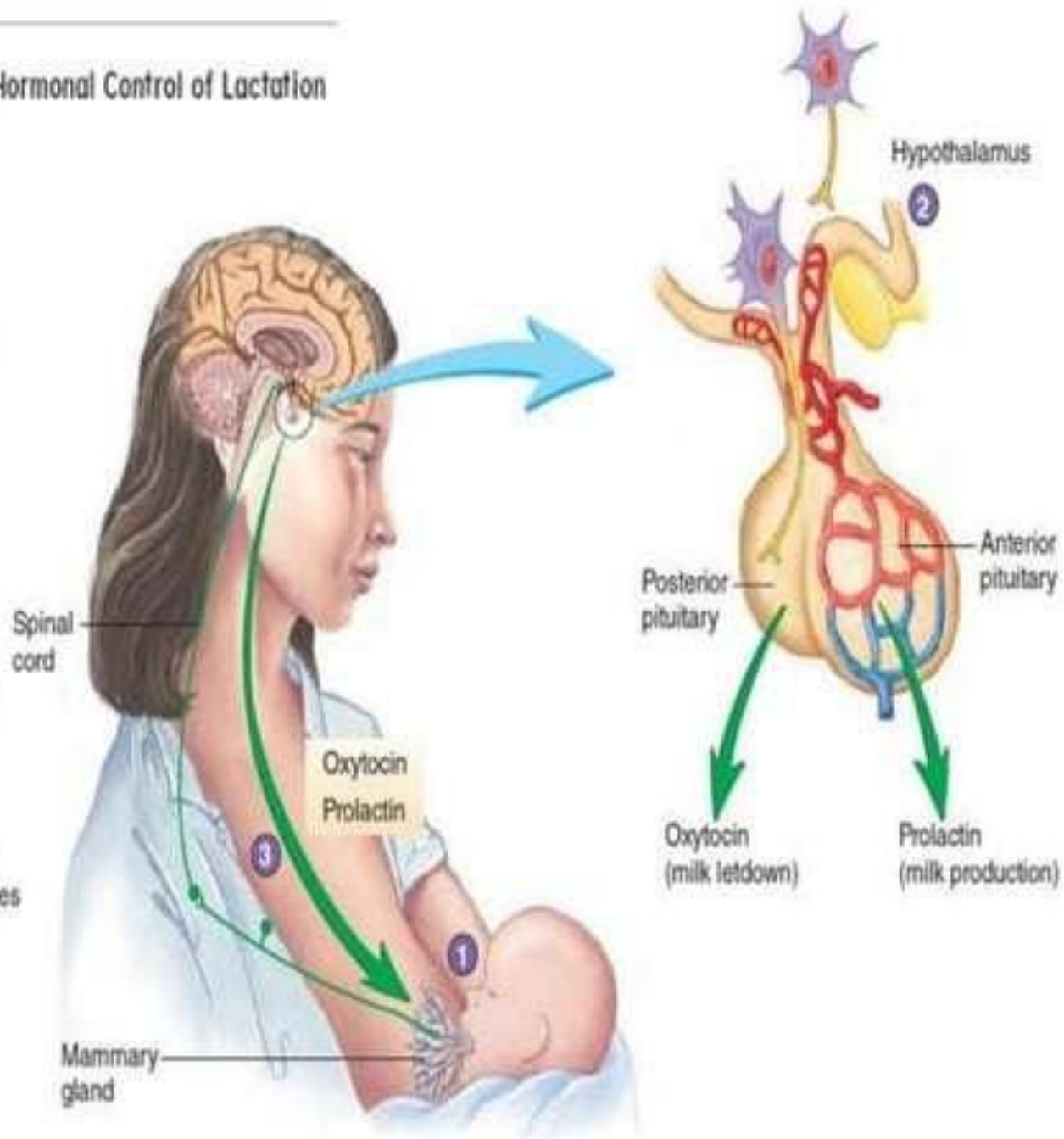
INITIATION OF BRAESTFEEDING:



- Breastfeeding should be initiated within half an hour of delivery
- Early suckling provides warmth , security and Colostrum the baby's first immunization.
- It is rich in anti infective factors and protect baby from respiratory infections and diarrheal diseases.
- Mothers should be demonstrated about the technique of breastfeeding.
- Mother should be advised for exclusive breastfeeding up to 6 months and as demand feed.
- No food should be given to the baby up to 6 months other than breast milk.

PROCESS Figure 20.17 **AP R** Hormonal Control of Lactation

- 1 Stimulation of the nipple by the baby's suckling initiates action potentials in sensory neurons that connect with the hypothalamus.
- 2 In response, the hypothalamus stimulates the posterior pituitary to release oxytocin and the anterior pituitary to release prolactin.
- 3 Oxytocin stimulates milk release from the breast. Prolactin stimulates additional milk production.



DIFFERENT COMPOSITION OF BREAST MILK:

COLOSTRUM:

- It is secreted during first 3 days after delivery.
- It is yellow in color and small in quantity.
- Contains more antibodies and cells with higher amount of proteins ,and fat soluble vitamins sufficient for the baby.

TRANSITIONAL MILK:

- Follows Colostrum and is secreted during first weeks after delivery
- It has increased amount of fat and sugar and decreased protein and immunoglobulin.

MATURE MILK:

- It is secreted from 10-12 days after delivery.
- it is watery but contains all nutrients for optimal growth of the baby.

PRETERM MILK:

- It is secreted by the mother who gave birth to the preterm baby.
- This milk contain more sodium, proteins, iron , Immunoglobulins , calories required for the preterm baby.

FORE MILK:

- Secreted during starting of the regular breastfeeding
- It is more watery satisfies thirst , and has more protein, sugar, vitamins etc.

HIND MILK:

- Secreted during the end of the regular breastfeeding and contains more fat, and energy.



3 days



5 days



6 days



25 days

INDICATORS OF ADEQUACY OF BREASTFEEDING

- Audible swallowing sound during feed.
- Let down sensation in mother's breast.
- Breast is full before feed and softer afterward.
- Wet nipples six or more in 4 hours.
- Frequent soft bowel movements , 3-8 times in 24 hours .
- Average weight gain of 18 – 30 g/ day
- Baby sleeps well and does not cry frequently.
- Baby has good muscle tone and healthy skin
- Passage of urine six to eight times a day.

TECHNIQUE OF BREASTFEEDING:

- Mother should be comfortable and relaxed physically and mentally before giving breast feed and should maintain her hygiene.
- Correct positioning of mother and baby is important aspect of breastfeeding .Mother can be sitting or lying position

BREASTFEEDING POSITIONS



CRADLE POSITION



CROSS-CRADLE POSITIONS



FOOTBALL HOLD



LAI D BACK POSITIONS



SIDE LYING



- LATCHING

Proper Breastfeeding Position and Latch-On

Hold Your Baby With Her Whole Body Facing Your Body

Place Your Baby's Nose and Chin Against Your Breast

Support Your Baby's Head, Neck, and Back

Your Baby Should Draw Both Your Nipple and Areola Into Her Mouth



- Initially breastfeeding can be given at 1-2 hours interval and then on self demand by the baby.
- Duration of breastfeeding should be continued till the baby is satisfied . The duration depends on the let down reflex of the baby.
- Burping should be done gently .



- Baby should be placed on the right side after feeding.
- Breastfeeding should be continued exclusively up to six months of age . No food should be given other than breast milk up to six months.
- Complementary foods should be started after six months of age along with the breast milk.

PROBLEMS OF BREASTFEEDING:

- The baby who does not suckle.
- The baby who refused on breast.
- Inverted nipple.
- Sore nipple.
- Breast engorgement.
- Breast abscess.
- Working woman.

thank
you.

