



Benefits of breastfeeding in the feeding practice of neonatal and infants

Introduction

Breastfeeding [1] is an essential part of the neonatal and infant period. It provides nutritional ads within mother and baby. Breast milk is a naturally available nourishment for babies which helps for healthy growth and development. [2] World Health Organization (WHO) recommended the colostrum yellowish sticky breast milk as the perfect food for newborn babies and it should be initiated within the first hour after birth and breastfeeding should continue until 2 years old. [3] WHO Theme was "Closing the gap: Breastfeeding support for all" and it took place from August 1–7, 2024

Benefits of breast milk for babies:

- (a). It provides ideal nourishment for babies during the first days after birth reast produce thick yellowish sticky reast milk is called colostrum which is rich in protein ad low in sugar. Colostrum is the ideal milk helps to develop immature digestive tract of newborns. [4]
- (b). It promotes healthy weight of baby: Breastfeeding promotes healthy weight gain and prevents childhood obesity.
- (c). It promotes immunity of a baby: Breast milk contains antibodies particularly colostrum provides high IgA which by protects from getting sick by forming a protective layer in the baby’s nose, throat, and digestive system.
- (d). Help I growth ad development of a baby: It promotes brain development and helps in developing good learning skills during their growing period. [5]

Benefits of breastfeeding for mothers:

- (a). Mothers who breast feed seems less likely to develop postpartum depression.

- (b). It reduces the diseases risk such as, high blood pressure, type II diabetes.
- (c). It helps in involution of uterus in which the uterus returns back to its previous size after delivery.

Storing of expressed breast milk: [6]

- (a). Breast milk should be stored in milk storage bags (or) clean food grade containers.
- (b). It should ever store in disposable bottles or plastic bags.
- (c). Freshly expressed milk ca e stored at room temperature of 77-degree F (or) colder for up to 4 hours in refrigerator for up to 4 days.
- (d). Stored breast milk doesn’t need to warmed. If it is need to warm place a sealed container in to a bowel of warm water (or) hold it under warm.

A study by Vasudevan et al has revealed that the exclusive breastfeeding was practiced by 83% of the women in rural area of Pondicherry. [7]

Whereas, In Indian setting with more than 50% of population still not exclusively breastfeeding to their infants. [8]

Conclusion

Breast milk is the most perfect food for babies during their first two years and on replacement is recommended during this time period. Breastfeeding has many benefits for both mother and baby during the breastfeeding period as well as in future.

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