لا ينفع بالله إلا الصبر والصبر على الله يستر على الباء والصبر على الله يستر على الفاء
5-10 times higher Infant Mortality Rates

1.2 million children would be saved every year
BREAST FEEDING
The mothers shall give suck to their children for two whole years, (that is) for those (parents) who desire to complete the term of suckling, but the father of the child shall bear the cost of the mother's food and clothing on a reasonable basis. (Al-Quran 2:233)
OBJECTIVES OF TODAY

- At the end of session, students will be able to:
  - Define different terminologies related to the breast feeding
  - Appraise importance of breast feeding for baby & mother
  - Recommend strategies to prevent breast feeding failure
  - Describe correct technique of breast feeding
  - Diagnose and manage early problems of breast feeding
  - Manage breast feeding in special situations
  - Specify National Breastfeeding Policy
**INTRODUCTION**

- “Exclusive” during first 4-6 months
- “Colostrum” the first milk
- “mature Milk” Foremilk and Hind milk
- “Demand feeding” and “Schedule feeding”
- “Stretching the milk” by over diluting it
- “The Wet Nurse”
- Weaning: semisolid foods at age of 4-6 months
PRODUCTION OF BREAST MILK

- Review of structure of breast
Milk Producing Hormones & Reflexes

Maternal Reflexes
NEONATAL FEEDING REFLEXES

- **Rooting reflex** ---- To help him find the nipple

- **Sucking reflex**----- To make him suck if the nipple touches his palate

- **Swallowing reflex**----To swallow when his mouth becomes full with milk
Milk production is directly proportional to suckling.

The breasts supply as much milk as the baby demands.

If a mother has twins they both will suckle, then her breasts will make the extra milk that two babies need.
Removal of milk from breast is essential for milk production to continue.

Pressure of the remaining milk on gland cells decreases secretion.

If the baby is not able to suckle for a time, the mother can remove milk by hand or with a pump.
## Composition

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BENEFITS TO BABY

- Natural source
- Easily available
- Proper temperature
- Adequate caloric value
- Fresh
- Free from contamination and ill effects of poor socio-economic conditions
No chance of milk intolerance
No feeding difficulties
IgA decreases the chances of atopic disorders by preventing absorption of dietary antigen in baby’s gut
Colostrum is rich in proteins, salts and leukocytes
Benefits to Baby (Cont)

- Immunological benefits of colostrum
  1. Bacterial and viral antibodies
  2. Interferon producing cells
  3. Secretory IgA
  4. Immunity against mumps, influenza, Japanese B encephalitis
  5. Macrophages in colostrum synthesize lysozyme, complement and lectoferrin
  6. Lectoferrin with Vit.B12 inhibits the growth of gram negative bacteria or E.Coli
Breast fed babies have high anti-polioimmunological titer
Breast feeding protects against Giardia Lamblia and Entamoeba Histolytica
Sufficient Vit. D for several months
Adequate Vit. E is provided
No hypertonic dehydration
No hypocalcaemic tetany
Decreased chances of IHD, Multiple Sclerosis and Ulcerative Colitis
Promotes growth of jaws and teeth
If mother is adequately nourished there is a sufficient reserve of all nutrients
Decreased chances of "cot death"/SIDS
Well recognized psychological advantages
Better IQ and visual acuity
BENEFITS TO MOTHER

- Economical
- Family planning
- Promotes involution of uterus
- Prevents mastitis
- Helps to reduce weight
- Bonding with baby
- Psychological feelings of being accomplished
- Protects mothers from ovarian, breast cancer & osteoporosis
COMMUNITY BENEFITS

- Economic
- Family
- Environmental benefits
1) Preparation of prospective mother:

a- emotional support.

b- education on benefits of B.F. and Technique.

c- good maternal health and nutrition.

d- avoidance of drugs that interfere with breast feeding i.e. ergometrine; sedatives; analgesics.
2) EARLY INITIATION OF BREAST FEEDING

- Within first 30 minutes after delivery:
  - a- maximal.
  - Psychological bonding by skin contact
  - Rooting and suckling reflexes.
  
- b- Suckling stimulates milk secretion or let down reflex.

- c- Colostrum

- Warm chain
TECHNIQUE OF BREAST FEEDING

- Position of mother
- Position of baby
- Critical to prevent early problems and failure of breast feeding
Technique of breast feeding (cont)

- Latching on
Technique of breast feeding (cont)

- Mother does not feel nipple pain if technique is correct.
EARLY PROBLEMS OF BREAST FEEDING

1. Engorgement of Breasts:
2. Plugged/Blocked Milk Duct
3. Nipple Soreness
4. Cracked Nipples
5. Thrush
6. Mastitis and Breast Abscess

- May lead to breast-feeding failure
BREASTFEEDING IN SPECIAL SITUATIONS

- Twins
- Low Birth Weight baby
- Cleft lip or palate in baby
- After a Caesarian Section
- Ill mother
- Immediate next pregnancy
- Hepatitis B
- Hepatitis C
- HIV infection (short-course antiretroviral regimens could significantly reduce perinatal HIV transmission)
PROGRAMMES & PROJECTS

• Baby-friendly Hospital Initiative (BFHI)

• LINKAGES
US Aid Funded 10 years linkages project (1996-2006)
Based on Ten steps to successful breast feeding which is a foundation of BFHI

1. All health and administrative staff shall form a team that ensures the implementation of this breastfeeding policy
2. Relevant health care staff shall be trained in the skills necessary to implement this policy
3. All expectant mothers shall receive education on the benefits and management of breastfeeding, the dangers of bottle feeding and the dietary needs during pregnancy and lactation. Parental exam shall include breast examination
4. At delivery, newborn infants, including premature infants, shall be put to the breast within 30 minutes of birth. Babies shall be fed on demand
5. Exclusive breastfeeding shall be promoted from birth to 4-6 months. No water, ghutti, fresh animal milk, infant formula or other liquid is to be given to an exclusively breastfed infant. Trained health care staff shall help mothers having breastfeeding problems to continue to breastfeed
6. Staff shall promote the introduction of semi-solid foods at 4-6 months with continued breastfeeding up to 2 years.

7. No feeding bottles or pacifiers shall be allowed in the hospital. Rooming-in shall be practiced.
8. No promotional material about formula, feeding bottles and pacifiers such as posters, free samples or gift items shall be allowed in the facility nor shall they be given to the mother.
9. No health care staff shall receive gifts, free sample, donations, free training, etc from formula manufacturers

10. Mothers shall be informed where to seek help in case of lactation problems and they shall be given sufficient education in group classes or individual counseling to ensure successful breast feeding
MYTHS ABOUT BREAST FEEDING

- Ghutti
- Prelacteal feeds
- Colostrum is bad milk
- Cesarean section/feeding in lying down position
MYTHS CONT'D.

- Need of extra water in summer
- Stop BF if mother is sick or baby has diarrhoea
- Distortion of breast shape
- Working mothers
- Immediate next preg
WORLD BREAST FEEDING WEEK

1 to 7 August
Breast Milk is the best. Nothing that money can buy is as good for a baby as breastfeeding.
THANK YOU