

A collection of baby dolls, each wearing a pink hooded outfit, arranged in a cluster. The dolls have realistic features and are looking in various directions. A white rectangular box is superimposed over the center of the image, containing the text 'BREAST FEEDING' in a bold, black, serif font.

# BREAST FEEDING

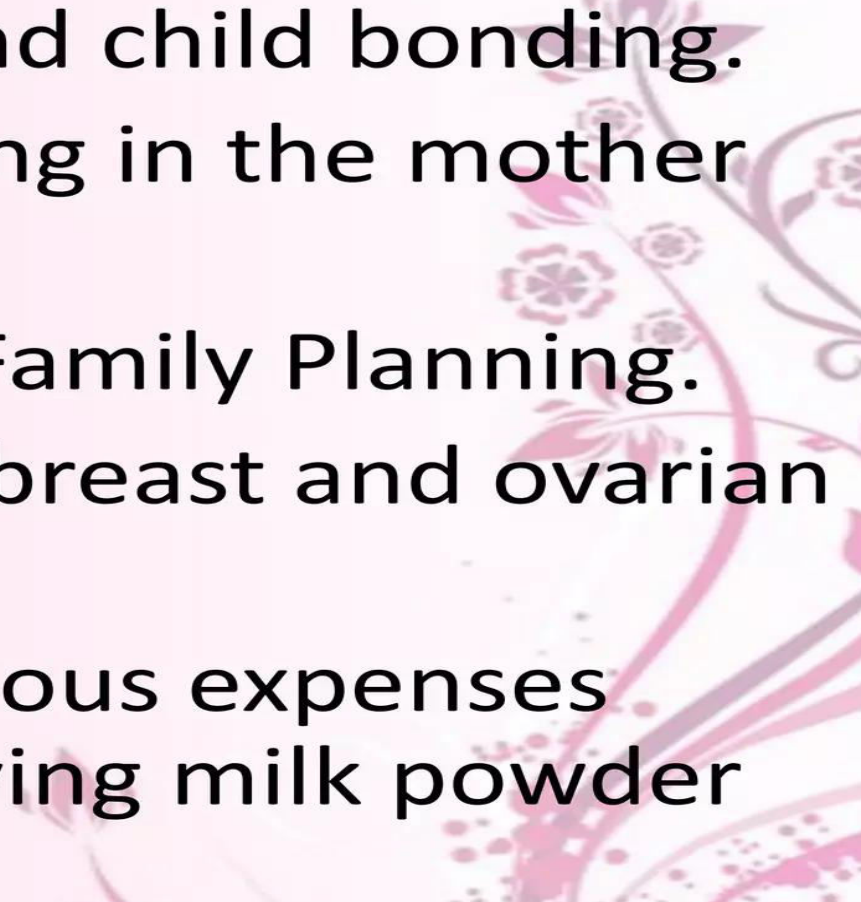
# DEFINITION OF BREASTFEEDING

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.

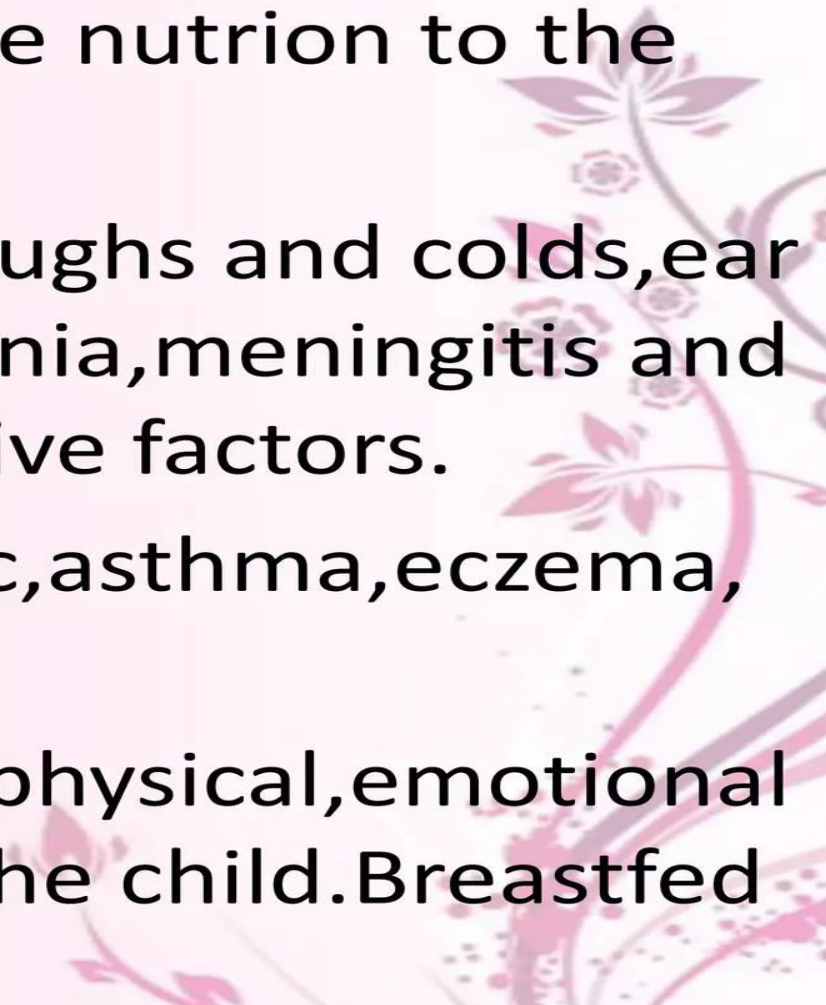




# BENEFITS OF BREASTFEEDING TO MOTHER

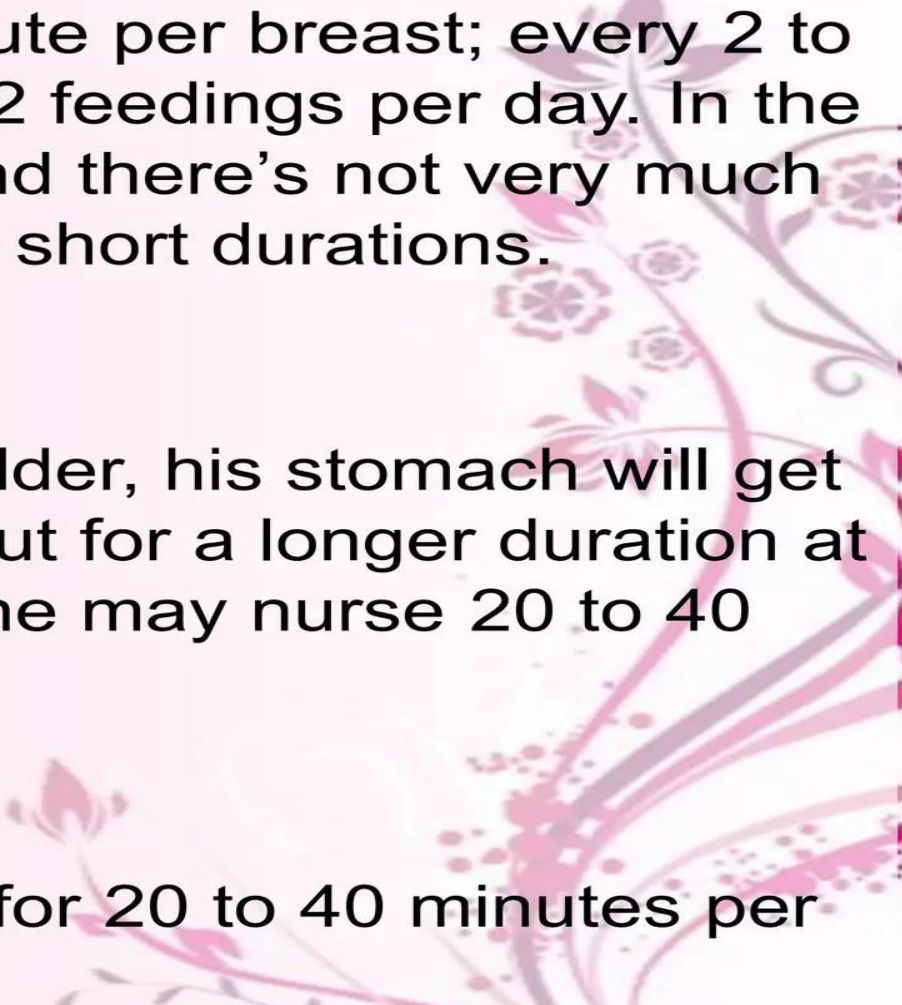
1. This promotes mother and child bonding.
  2. It prevents uterine bleeding in the mother after delivery.
  3. This is a natural form of Family Planning.
  4. This reduces the risks of breast and ovarian cancer in the mother.
  5. This saves time and precious expenses need not be used for buying milk powder and health care.
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- A decorative graphic on the right side of the slide, featuring a pink and purple floral design with swirling lines and small flowers.

# BENEFITS BREASTFEEDING FOR BABY

1. This provides the best possible nutrition to the young child.
  2. It reduces the incidence of coughs and colds, ear infections, bronchitis, pneumonia, meningitis and diarrhoea through its protective factors.
  3. It protects the child from colic, asthma, eczema, nose and food allergies.
  4. It is essential for the optimal physical, emotional and mental development of the child. Breastfed child are also smarter.
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# HOW LONG TO BREASTFEED

- **Newborns** can nurse for 5 to 10 minute per breast; every 2 to 3 hours. This comes to about 10 to 12 feedings per day. In the beginning, there is only colostrum, and there's not very much of it, so be ready to feed often but for short durations.
  - **One month or more:** as baby gets older, his stomach will get larger. He will nurse less frequently but for a longer duration at each feeding session. For example, he may nurse 20 to 40 minute per breast every 3 to 4 hours.
  - **By 6 months,** Baby may breastfeed for 20 to 40 minutes per breast; 3 to 5 times per day.
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- A decorative graphic on the right side of the slide, featuring stylized pink and purple flowers and swirling lines on a white background.

# TYPES OF BREAST MILK

- **Colostrum**-Milk secreted during the first week after delivery . It is yellow, thick and contains more antibodies and white blood cells.
- **Transitional milk**-Milk secreted during the following two weeks. The immunoglobulin and protein content decreases while the fat and sugar content increases

- **Mature milk**-Thinner and watery but contains all the nutrients essential for the growth of the baby
- **Fore milk**-Milk secreted at the start of the feed. Watery and rich in protein, sugar vitamins, minerals and water
- **Hind milk**-Comes later towards the end of the feed and is rich in fat, provides more energy and satisfies baby's hunger

# Types of Milk



COLOSTRUM



FOREMILK



HINDMILK



# CONTRAINDICATION TO BREASTFEEDING

- Active /untreated TB
- Mom takes radioactive compound(cancer for chemo)
- Mom take illegal drug
- HIV infection



# POSITIONING OF BREASTFEEDING



# Side lying position





# Football hold position



# Cradle hold position





## Cross cradle hold position





# Saddle Hold



# Twin Football Hold





# COMPLICATION

- ❖ Breast Pain
- ❖ Biting
- ❖ Too much milk
- ❖ Mastitis
- ❖ Breast abscess
- ❖ Breast engorgement
- ❖ Sore nipple





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## **Sore, Cracked Nipples**

The causes of sore and/or cracked nipples includes :

- Improper latching on by the baby
- Thrush
- Dry skin
- Dermatitis
- Biting



# NUTRITION WHILE BREASTFEEDING:

- Eat a well-balanced, varied diet
- Breastfeeding mothers burn 500+ calories daily
- Check with doctor about taking a multivitamin with iron
- Drink eight glasses of fluid (eight ounces each) daily
- Avoid or limit caffeinated drinks to one to two cups daily
- Avoid alcohol or limit to one serving (six ounces of wine or 12 ounces of beer) on a special occasion





**THANK U**