

## **SKYPE TRAINING SESSION FOR SRI COMMUNITY HEALTH WORKERS**

**Topic : Breast feeding**

**29<sup>th</sup> Nov 2013**

**Conducted By: Dr. Ambreen Haq**

**Time : 2 hours**

**Two hours of the last session previous Friday**

Infant feeding with “formula,” is associated with higher incidences of acute and chronic diseases than in infants who are fed human milk through breast-feeding.  
Artificial Milk or Daba Milk / formula Milk

Is associated with

Infections :

Greater severity of diarrhea

Lower respiratory infection

Otitis media

Bacteremia

Bacterial meningitis

Urinary tract infection

Necrotizing enterocolitis

Also there is a higher incidence of:

Sudden infant death syndrome

Type 1 and 2 diabetes mellitus

Adolescent-adult obesity

Crohn's disease

Ulcerative colitis

Childhood cancers

Allergic diseases

Asthma among infants

Systemic infection in preterm infants fed artificial breast milk.

Increased IQ Level , school performance

**Introduction**

Human breast milk is the healthiest form of milk for babies. There are few exceptions, such as when the mother is taking certain drugs or is infected with human T-lymphotropic virus, HIV, or has active untreated tuberculosis.

Breastfeeding promotes health and helps to prevent disease. Artificial feeding is associated with more deaths from diarrhea in infants in both developing and developed countries.

Successful lactation is determined by early initiation of breastfeeding and continuation of lactation and again that is determined by positioning.

positioning is key to get Latch on.

### Factors Affecting Breast feeding

Nutrition

Position

Emotional status

Attitude of the mother

Privacy

Genetic factors

### **Cues of feeding :**

- Bringing hands to mouth
- Rooting
- Suckling
- Licking
- Nuzzling
- Lip smacking

### **Preparation:**

- Wash hands
- Position comfortably and correctly use pillows or towels for support.
- Uncover the breast.

### **Position (Lying)**

- Lie on one side
- Use pillows
- Tummy to tummy
- Baby's mouth in line with nipple

**When to use side position:**

- Cesarean birth
- Uncomfortable sitting
- No assistance for latch on in sitting

**Football position:**

- Infant legs are under mother's arm, with hand at the base of the head and neck.
- Use pillows
- Help infant in latching on

**Cradle Position:**

- Hold the infant in upright position on mother's lap
- Infant head in crook of mother's elbow on the same side close to the breast, the neck is slightly extended.
- Infant ear, shoulder and hips in straight line
- Tummy to Tummy
- Chest to chest of mother and infant

Same of cradle position but just the opposite hand was used to support the infant and the same side hand was used to hold the breast.

**Latch On:**

- Mother holds the baby in upright position on her lap.
- Mouth is wide open and the chin touches the breast.
- Mother guide the nipple and areola into the baby's mouth for effective milk transfer
- Peristaltic action from the tip of the tongue to the base.

**Signs of Poor attachment:**

1. Mother feels pain
2. Clicking sound heard by mother
3. Eager to suck

**Signs of Breast feeding:**

- One or two wet diapers during the first few days.
- Six to eight wet cloth diapers (5 - 6 wet disposable diapers) per day (24 hours).

- At least two to five bowel movements every 24 hours.
- 6 - 10 feedings per 24-hours.
- Baby's swallowing sounds are audible.
- Gain at least 120 – 210 g per week after the fourth day of life.
- Appear healthy, have good colour, firm skin, and will be growing in length and head circumference.
- Sound sleep followed by feed.

## **Advantages of breast feeding**

### **Baby:**

- Breast milk has the exact combination of protein, fats, vitamins, minerals, enzymes, and sugars needed for the human infant at various stages of his growth.
- Contain optimum percentage of carbohydrates, protein and fat.
- Due to the digestibility of breast milk, breastfed babies are rarely constipated.
- Breastfed babies tend to have less incidence of ear infections, respiratory illness, allergies, diarrhea, and vomiting.
- The stools of breastfed babies are mild-smelling.
- He has easily digestible protein component (Whey to casein ratio of 60:40)
- Contain an easily digested carbohydrate (Lactose) in a higher concentration
- Rich in sources of linoleic acid an essential fatty acid.
- The calcium phosphorus ratio is 2:1
- Protects against infection and allergies
- It contains 90% of humoral secretory Iga that provides mucosal protection.
- Is hygienic safe readily available at right temperature needs no preparation and comes free of cost.
- Sucking process helps in the development of the facial muscles of the baby.
- Exposed to a variety of tastes through their mother's milk.
- Breastfed children are at less risk for Crohn's disease and juvenile diabetes.
- They also seem to have better overall dental health than formula-fed children.
- IQ levels are an average of 8 points higher in children who were breastfed.
- Adult daughters who were breastfed are at less risk for breast cancer.
- Adults who were breastfed have a lower risk for high cholesterol and asthma.
- The bond between mother and child seems to be enhanced with breastfeeding.

### **Benefits for Mother:**

1. Causes the uterus to contract lessening the risk of postpartum hemorrhage.
2. The uterus of a breastfeeding mother shrinks to its pre-pregnancy size more quickly.
3. Calories are burned while breastfeeding. It takes approximately 20 calories to produce an ounce of milk.
4. Women who nurse their babies for at least 6 months lessen their chances of premenopausal breast cancer.
5. Osteoporosis and cervical cancer are less common in women who breastfed.
6. The return of fertility is delayed with breastfeeding.

- 7. Breastfeeding is more economical than formula feeding.
- 8. Breast milk is always available, clean, and the right temperature.
- 9. Many mothers feel a special satisfaction in knowing that they alone are meeting the nutritional needs of their babies.

### **Disadvantages:**

1. There can be discomfort involved with breastfeeding. When you first start breastfeeding,
2. You may experience sore nipples, your breasts may feel swollen or engorged.
3. You may leak milk at times that are inconvenient or embarrassing. When the baby cries, you almost immediately start producing milk. If you aren't prepared for this properly, it can be inconvenient or embarrassing.
4. Feeding your baby in public may be more difficult.
5. Everything you consume is being passed on to your baby. Any food you eat, medication you use, or anything that you are applying to your skin can and most likely will be passed onto your baby through breastfeeding.
6. 6. Prolonged breast feeding without complementary feeding can result in poor weight gain and deficiency disorders like rickets, vitamin K deficiency, iron deficiency etc.
7. 7. Smoking and alcohol intake of mothers during breast feeding can pose threat to the child.

### **Types of Milk**

#### **Colostrum, Foremilk and Hindmilk**

There are essentially 3 types of breastmilk. These are *colostrum*, *foremilk* and *hindmilk*.

***Colostrum*** is the yellowish breastmilk that is produced in the first few days after baby's birth and before normal lactation begins. Colostrum is especially rich in nutrients and antibodies, and is the perfect food for a newborn baby.

***Foremilk*** is the milk which is first drawn during a feeding. It is generally thin and lower in fat content, satisfying the baby's thirst and liquid needs.

***Hindmilk*** is the milk which follows foremilk during a feeding. It is richer in fat content and is high in calories. The high fat and calorie content of this milk is important for your baby's health and continuing growth.

- Breast-feeding accrues many health benefits for the infant, including protection against infection, less allergy, better growth, better neurodevelopment, and lower rates of chronic disease such as type 1 diabetes mellitus and childhood cancer.

- Breast-feeding accrues more health benefits for the mother, including faster postpartum involution of the uterus, improved postpartum weight loss, less premenopausal breast cancer, better mother-infant bonding, and less economic burden.
- Artificial breast milk lacks key components including defenses against infection; hormones and enzymes to aid digestion; polyunsaturated fatty acids, which are necessary for optimal brain growth; and adequate composition for efficient digestion
- Contact with the breast within one half hour after birth increases the duration of breast feeding. A frequency of nursing greater than eight per 24 hours, night nursing, and a duration of nursing longer than 15 minutes are needed to maintain adequate milk supply.
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- Prolactin is the major promoter of milk synthesis. Oxytocin is the major initiator of milk ejection. The release of prolactin and oxytocin results from the stimulation of the sensory nerves supplying the areola and nipple.
- Pain, stress, or loss of self-esteem have a negative effect on B. feeding
- The nursing actions on a human teat versus on an artificial teat are very different. Poor lactation is the major cause of nipple injury and poor milk transfer. Perceived or real lack of milk transfer is the major reason why lactation fails.

### **Remember the Key Messages**

#### **Baby:**

Breast Milk is for Human babies

It is protective

It is like a defence ( Army goola Barud to fight infection) Vaccination (hifaziti teeka)

It protects against diseases

It protects against allergy , eczema.

Long term:  
It protects against  
Obesity (Motapa)  
Hypertension  
Diabetes Mellitus type II  
Cardiac disease

Mother:

Exclusive breast feeding has benefits as below:

1. Protective against pregnancy
2. Against obesity
3. Cancer of the breast

Family:

Convenient  
Economical (Sassta)

For a practical session we will divide you in small groups and perform real-time counseling as well as community exercise in the village visits . Inshallah be prepared will do that on my next visit.