

ADVANTAGES: BREASTFEED IS BEST FEED

No other milk approaches close to breast milk in nutritional value. It is therefore most adequate and complete food for the child until the age of six month.



UNIQUE FEATURES OF BREAST MILK

- ◆ Protein of breast milk is easy to digest and does not cause any allergy. Carbohydrate and proteins are in right proportions. Fat and carbohydrate of other milks may be difficult to digest. All vitamins are available to the child and lower amount of sodium, potassium chloride are most suitable for baby's kidneys.
- ◆ Breast milk contains factors providing immunity like immunoglobins, macrophages, lymphocytes, etc against common infections, diarrhea and possibly malaria.
- ◆ Breast milk is sterile. Rarely it is infectious (eg, in case of Hepatitis B and HIV virus disease of mother).
- ◆ It is available at any time and at body temperature.

A: Benefits to the child

- ✓ Breastfed children are less susceptible to certain diseases (like pus discharge of ear, dry skin due to atopy, asthma, allergy, cholera, appendicitis, constipation, stomach disorders and meningitis). In adulthood these children have a lesser chance of getting heart disease, hypertension, diabetes, arthritis, asthma, eczema and blood cancer.
- ✓ These babies have stronger jaw and muscles of the mouth and suffer less with tooth decay.
- ✓ These babies do not suffer under nutrition or over nutrition.
- ✓ Breastfeeding prevents SIDS (sudden infant death syndrome).
- ✓ Love and support during breastfeeding makes child intelligent and are better at keeping good mental balance.

B: Benefits to the mother

- ✓ Feeding her child gives an immense sense of confidence and satisfaction.
- ✓ Uterus contracts to its normal size faster.
- ✓ Strength of bones is maintained
- ✓ Incidence of breast cancer is less.
- ✓ Breastfeeding helps in preventing obesity.

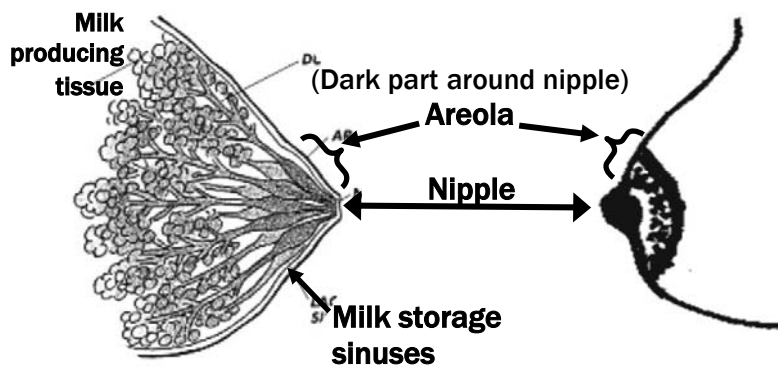
C: Benefits to the society

- ✓ Mortality among breastfed children is less.
- ✓ Breastfeeding acts as natural contraceptive.
- ✓ Breastfeeding is environment friendly. There is no contamination of the environment as compared to tinned milk powder.
- ✓ It saves time and money.

SIMPLE UNDERSTANDING OF PARTS OF BREAST

Section view of breast

Side view of breast



DEVALUATION OF BREASTFEEDING BY “FEEDING BOTTLES” & MILK POWDERS

For centuries in India, breastfeeding was considered as important as depicted in songs regarding "Shivaji". Today however bottle-feeding has become the trend and a status symbol. While in the west, “milk banks” provide breast milk to all needy children!



The advertisements of artificial milk powders, especially when words like protein, vitamin, and mineral etc. are used, misguides mothers. Moreover, advertisement of tinned milk powders in clinics and hospitals make people think that these powders are good. Of course, the law banning advertisement of milk powders has made a difference

In reality there is to substitute to breast milk. One of the important reasons for bottle-feeding is the helplessness of the working mother. Added to this is the belief that breastfeeding makes the breast sag and hence husbands too object to breastfeeding. In fact, breastfeeding prevents obesity.

Education of mothers regarding breastfeeding is left to untrained nurses. Consequently, bottle-feeding is common among hospital delivered babies!!

Statistics available are grim. 50% of children get top feeding in the first six months. 11% of children get top feeding in the first month itself and 55% from the 4th month. 20% to 30% children get complimentary foods owing to ignorance of health workers and doctors!!

