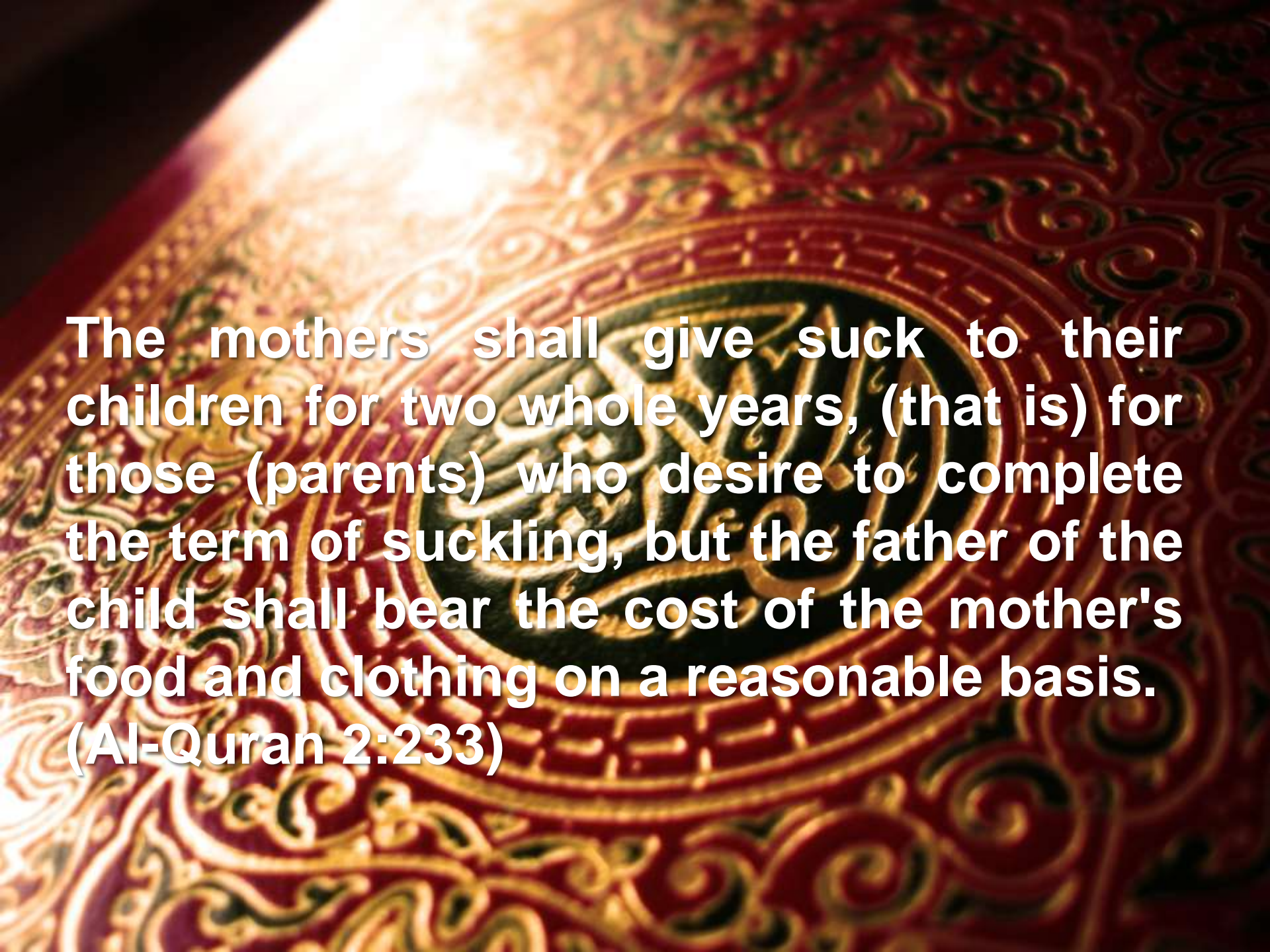


بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

- ◎ **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

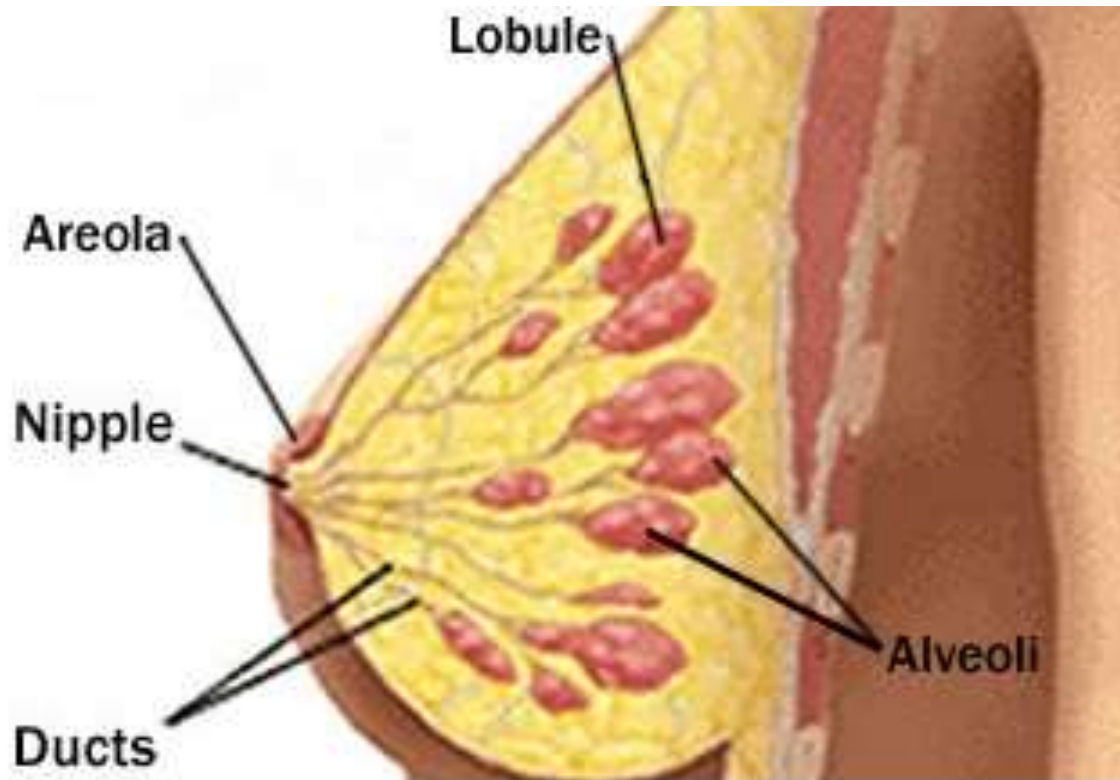
- ◉ **At the end of session, students will be able to:**
  - **Define different terminologies related to the breast feeding**
  - **Appraise importance of breast feeding for baby & mother**
  - **Recommend strategies to prevent breast feeding failure**
  - **Describe correct technique of breast feeding**
  - **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



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# 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**

# SUPPLY AND DEMAND

- ◉ 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

- 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

Human	Cow	Goat
FAT	FAT	FAT
PROTEIN		
LACTOSE	PROTEIN	PROTEIN
	LACTOSE	LACTOSE

# BENEFITS TO BABY

- ◉ Natural source
- ◉ Easily available
- ◉ Proper temperature
- ◉ Adequate caloric value
- ◉ Fresh
- ◉ Free from contamination and ill effects of poor socio-economic conditions

# BENEFITS TO BABY (CONT)

- ◉ 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

# BENEFITS TO BABY (CONT)

- ◉ Breast fed babies have high anti-poliomyelitis 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



# BENEFITS TO BABY (CONT)

- ◉ 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

# MANAGEMENT OF BREAST FEEDING

- ◎ 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

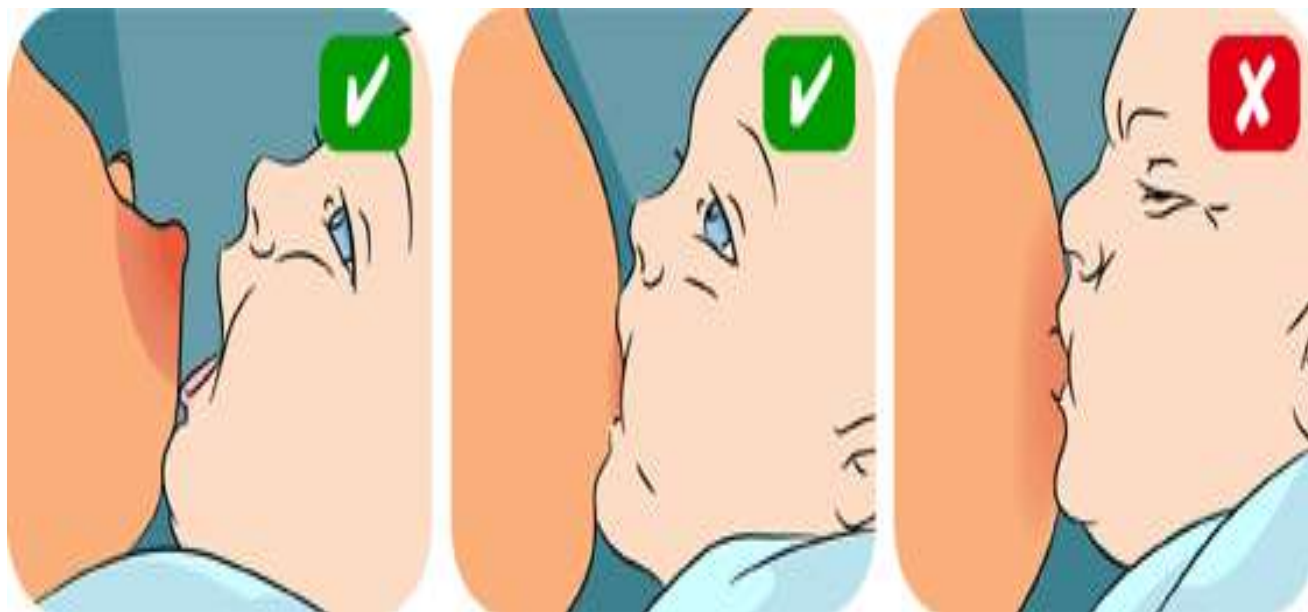
- ⊙ Within first 30 minutes after delivery :
  - ⊙ **a-** maximal.
  - ⊙ Psychological bonding by skin contact
  - ⊙ Rooting and suckling reflexes .
- ⊙ **b-** Suckling stimulates milk secretion or let down reflex.
- ⊙ **c-** Colostrum
- ⊙ Warm chain

# TECHNIQUE OF BREAST FEEDING

- ⦿ **Position of mother**
- ⦿ **Position of baby**
- ⦿ **Critical to prevent early problems and failure of breast feeding**

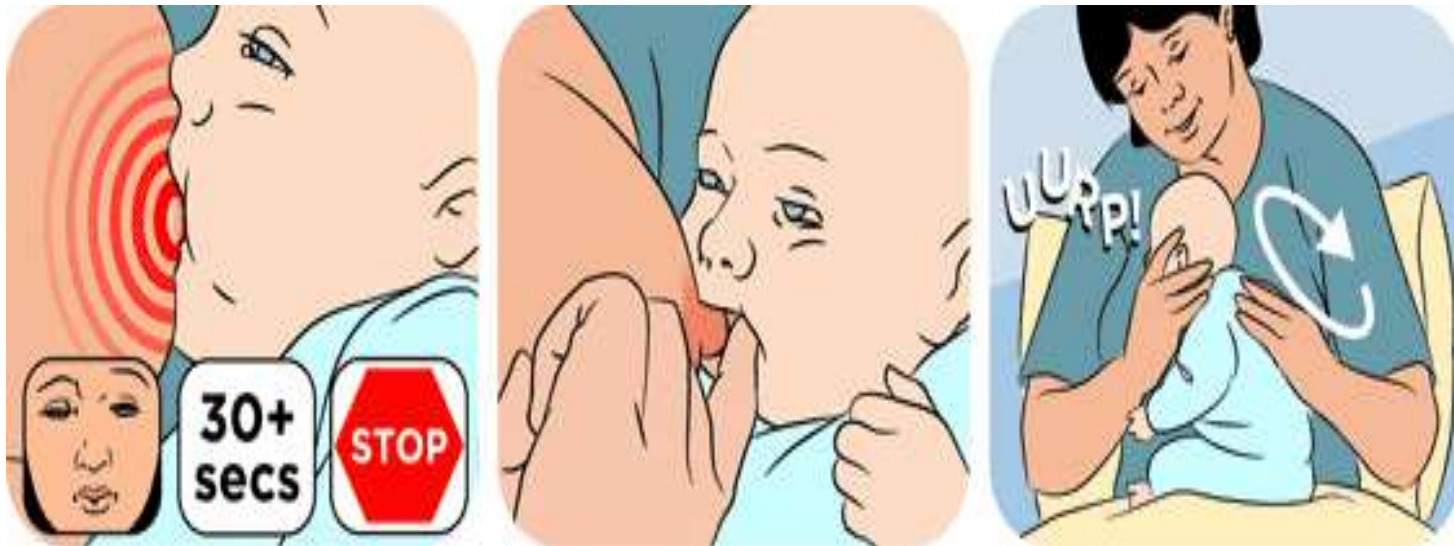
# Technique of breast feeding (cont)

- 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**
- ◉ **Heptitis 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)

# NATIONAL BREASTFEEDING POLICY FOR HOSPITALS / HEALTH FACILITIES

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**

# NATIONAL BREASTFEEDING 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**

# NATIONAL BREASTFEEDING POLICY

- 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**

## NATIONAL BREASTFEEDING POLICY

**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**

# NATIONAL BREASTFEEDING POLICY

- 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**



# NATIONAL BREASTFEEDING POLICY

- 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**

# NATIONAL BREASTFEEDING POLICY

- 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 CONTD.

- ◉ **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**