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Review Article

Breastfeeding: Benefits, challenges and the solutions

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ABSTRACT

Breast milk is widely accepted as the benchmark for nourishing new-born babies. Breast milk is a continually fluctuating fluid that signifies the principal source of nutrition for new-borns. Breast milk contains all the necessary nutrients for new-born babies. There are numerous benefits to the baby and mother when mother breast feed her baby. Time to time feeding breast to the baby reduces the babies' risk of infectious disease like respiratory tract infections, middle ear infection, Gastro intestinal infections and more. It helps in growth and development of body organ, aids in intellectual ability of the baby, enhance normal bacterial flora. It may be advantages to the mother also such as reduction of uterine and ovarian cancer, bleeding uterus, loosing body weight, emotional stability and bonding. Breast feeding also act like natural contraceptive which will postpone the subsequent pregnancies. There are many challenges faced by the mothers while feeding breast to the baby. Cracked nipple, breast engorgement, lack of milk production, over flow of milk, retracted nipple, sore nipple, sleeping deprivation, day time sleeping and many more. Because of this issues the mother may not feed the baby perfectly which may lead to under development and mal nourishment of the baby health. Nursing mother must have the knowledge about the issues of breast feeding and their solutions.

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1. Introduction

Breastfeeding is the usual way of providing fresh infants with the nutrients and they need for strong growth and development. Breastmilk is the perfect nourishment for infants. It is harmless, hygienic and contains antibodies which may help defend against numerous common childhood illnesses. It provides all the dynamism and nutrients that the infant prerequisites for the first months of their life, and it continues to offer up to half or more of a child's nutritive needs throughout the second half of the 1st year and up to one third during the 2nd year of child life.¹ Breastfed children accomplish better on intellect tests are

less likely to be overheavy and less prone to Type-I diabetes later in life. Breastfeeding women also have a condensed risk of cancers of breast and ovary.²

Breastfeeding offers a lot of bonuses for babies and nursing parents. With this reason the American Academy of Paediatrics mentions exclusive breastfeeding for a new-born's first six months, and sustained breastfeeding as long as maternal and child like after presenting solid nourishments.³ But every family's condition is diverse. Not everybody could breastfeed or stay breastfeeding for as long they'd wish for several explanations. One might choose to breastfeed for a smaller time or syndicate breastfeeding with baby recipe. Others might foster their little ones for 2 years or more.⁴

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1.1. Definition

“Breastfeeding, also called nursing, is the process of feeding a mother’s breast milk to her infant, either directly from the breast or by expressing (pumping out) the milk from the breast and bottle-feeding it to the infant”.⁵

1.2. Phases of Breast feeding

1.2.1. Early initiation

Breastfeeding must begin within the 1st hour after birth of the baby. The yellowish, sticky breast milk so called “Colostrum” formed at the completion of pregnancy, which is suggested as the perfect food for new-born baby.⁶

1.2.2. Exclusive breastfeeding

It’s suggested to breastfeed exclusively or completely for the 1st six months of a baby’s life. Throughout this time, breast milk delivers all the liveliness, energy and nutrients needed for the baby.⁷

2. Continued Breastfeeding

After six months of child life, remain breastfeeding laterally with suitable complementary foods up to 2 years of age or beyond.⁸

2.1. Benefits of breast feeding

There are many benefits of breast feeding both for mother as well as child. The following are some benefits of breast feeding among them,

2.2. Benefits for baby

Breast milk offers ideal nourishment for child

Breast milk comprises the whole thing what baby needs for the 1st 6 months of life, in all the correct proportions. Milk composition even fluctuates according to the baby’s varying needs, particularly during the 1st month of life. During the 1st days after child birth, mother’s breasts produce a thick colostrum. It’s great in protein, low in sugar, and loaded with most beneficial compounds. It’s really a miracle food and not expendable by formula. Colostrum helps the baby’s immature GI tract develop. Soon after the 1st few days, as the baby’s stomach grows the mother’s breasts start generating larger quantities of milk.⁹

2.3. Breast milk encompasses significant antibodies

Breast milk is encumbered with important antibodies which helps baby fight off bacteria and viruses, that is critical in those warm, early months. Colostrum delivers great quantities of immunoglobulin A (IgA), and several other form of antibodies. When mother exposed to microorganism, mother’s body start making antibodies that then drive into the breast milk. It’s gives the immunity to the

baby. IgA defends the baby from receiving sick by creating a defensive layer in the baby’s nose, throat, and GI system.

2.4. Breastfeeding reduce risk of disease

Exclusive breastfeeding, denote that the infant accepts only breast milk, is mainly beneficial. It may lessen baby’s risk for various illnesses and diseases, which includes:

Allergic diseases, Middle ear infection, upper & lower respiratory infections, Common colds, GI infections, Sudden infant death syndrome (SIDS), large intestine diseases, Type I- Diabetes and childhood leukaemia.¹⁰

2.5. Promotes healthy weight

It stimulates healthy weight gain and supports inhibit childhood obesity. Feeding breast for longer than four months had a substantial reduction in the risks of a baby emerging overweight and obesity. This may be because of the growth of diverse gut bacteria. Breastfed babies have advanced amounts of useful gut bacteria, which might affect storage of fat. breast milk fed babies also have additional leptin in their body systems than formula-fed babies. Leptin is an important hormone for control appetite and fat storage.

2.6. Breast milk make children smarter

There might be a variance in brain development between breastfed and formula-fed child. This difference could be because of the physical intimacy, touch and both eye contact which is connected with breastfeeding and nutrient content. Babies with breast feed have advanced intelligence scores and are a reduced amount of likely to change behavioural problems have learning problems as they grownup.¹¹

3. Benefits for Mother

3.1. Helps mother lose weight

Breastfeeding helps to burn extra calories and after three months of lactation, mother will likely experience an upsurge in fat burning matched to non-lactating mothers. Though the difference isn’t much significant.

3.2. Helps in uterine contraction

Post-partum mother’s uterus goes through a progression called as involution, which may help uterus return to its prior size. In this connection Oxytocin is a hormone which increases during pregnancy, helps effort this process. Mother’s body produces high amount of oxytocin throughout labor to help deliver the baby and decrease bleeding. It can also help mother bond with new baby.

Oxytocin also upsurges during breastfeeding. It inspires uterine contractions and decreases bleeding, serving the uterus return to its former size.

3.3. Lower the risk of depression

Postpartum depression (PPD) can develop shortly after childbirth, not all mother. Women who breastfeed look less likely to advance postpartum depression, associated to mothers who wean fastly or don't breastfeed,

3.4. Reduces risk of disease

Breastfeeding provide mother with long-term guard against cancer like and numerous diseases. The women who spend more time in breastfeeding is related with a reduced risk for cancer of breast and ovaries. Breast feeding women's have also lower risk for high blood pressure, arthritic pain, high blood cholesterol, cardiac disease and type 2 diabetes.

3.5. It may prevent menstruation

Breastfeeding may also pause ovulation and menstruation in the body. The suspension of menstrual cycles may be the gift and actually be nature's way of safeguarding there's some time between another pregnancy.

one may consider this variation as an extra advantage. While post-partum mother's enjoying valuable time with their new-born.¹²

3.6. It saves time and money

Breast milk and feeding is almost all free, barring costs for any lactation referring and breast pumps. By selecting to breastfeed, mother won't have to spend money on formula, compute how much baby needs to drink every day, spend time cleaning and disinfecting bottles, mix and warm up feeding bottles in the middle of the night or may day time.

4. Challenges of Breast Feeding and its Management

Feeding the breast could be both rewarding and challenging. Here are some collective breastfeeding challenges and their solutions:

4.1. Deficiency of information and experience

Novel mothers may struggle due to shortage of knowledge about correct latch of nipple, positioning the baby, and techniques of feeding. Pursue support from lactation advisors, midwives, or healthcare workers.

4.2. Pain

Sore and tender nipples, engorgement/bulged, or mastitis can result in discomfort. Ensure a precise latch, usage of nipple creams and apply warm pads to ease breast and nipple pain.¹³

4.3. Production low milk

Some mothers concern about not generating enough breast milk. This problem can be solved by frequent nursing, staying fully hydrated, and upholding a healthy diet may help enhancement of milk supply.

4.4. Overflow of milk

On the other side, too much milk making could lead to engorgement or breast bulging and result in discomfort. Solution to this issue is to express milk by hand or use a breast pump to release pressure.

4.5. Issue in baby latching

Proper latch to nipple is crucial for active breastfeeding. For this the mother should seek guidance from a lactation consultant to address latching difficulties.¹⁴

4.6. Baby sleeping at the mother breast

During feeding, babies might fall asleep at breast which hinders transfer of milk. For this lightly stimulate baby to keep them alert and actively feeding.

4.7. Challenges in workplace

Some mothers may go for work. Balancing breastfeeding and work could be very tough. Advocate for helpful workplace policies, like break time for pumping milk and a private space in the working area.

4.8. Mother emotional well-being

After delivery the mother undergo anxiety or depression which could affect breastfeeding. The mother should seek emotional support and get counselling if necessary.

4.9. Breastfeeding in public area

Sometime mothers sense uncomfortable feeding breast milk in public area. To overcome this challenge, mother should practice nursing subtly by using a nursing cover or find a noiseless spot.¹⁵

4.10. Feeding at night-time

The mother should be taught sleep deprivation. To handle with night-time feedings, mother should ask to create a calm feeding area, lights must be dim and ask to take short sleeps during the day time.

4.11. Returning to work

Harmonizing work and breastfeeding may be challenging. To overcome this issue, converse with your employer about feeding breaks and a isolated space for expressing milk.

4.12. Weaning

Transitioning from breast milk feeding to other forms of nourishment could be emotional. To comfort the process, slowly lessen nursing periods and offer alternative foods.¹⁶

5. Discussion

Breast feeding is the one of the god gift to the mother and the baby. Nourishment of the baby after birth is a crucial time. Breast milk contain all the necessary nutrients to the baby growth and development. An exclusive breast feeding is recommended for the wellbeing of the baby which helps to improve the health and decreases the possibility of infectious diseases. Breast feeding is advantages to the mother as well as baby. There are many challenges faced by the mother and baby while feeding breast. The mother especially primi mother face the challenges in feeding baby. This is paramount to educate the parents about issues ant its solutions in breast feeding baby. Mother must know the challenges of breast feeding and also the knowledge to solve them.

6. Conclusion

Breast feeding is almost all divine and emotional feeling to the mother and baby. It has got its own benefits to both baby and mom. Even though most of the primi-mothers face the challenges while feeding the breast to the baby. The mother must know the issues and its management. So that the child will be safe and mother as well.

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None.

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