

Breastfeeding

Module 15

Breastfeeding

By the end of session, participants will be able to:

- List benefits of breastfeeding
- Define exclusive breastfeeding
- Explain successful breastfeeding
- Demonstrate correct positioning for breastfeeding
- Identify correct attachment for breastfeeding



Breastfeeding Practices in Pakistan

- Only 38% of children less than 2 years old are exclusively breastfed for the first six months of life (no improvement since 2006–2007).
- Bottle feeding among children under age 2 is widespread. More than one in five babies under 2 months of age are being fed using a bottle with a nipple.

Source : PDHS 2012-13



Benefits of Breastfeeding for Babies



- **Complete nutrition**



- **Improved immunity**



- **Reduced chance of infection**



- **Enhanced brain development and child growth**

Benefits of Breastfeeding for Mothers

- Reduces bleeding (and anemia) after delivery
- Helps delay another pregnancy (LAM)
- Protects against breast and ovarian cancer
- Helps weight loss
- Facilitates mother-child bonding



Ecological Benefits of Breastfeeding

- Saves resources
- Less waste
- No refrigeration
- No manufacturing
- No bottles, cans
- No trucking
- No handling



Benefits of Breastfeeding for the Family

Economic:

- Free of cost
- Results in fewer medical appointments, hospitalizations, and prescriptions than for non-breastfed babies



Religious:

- The Prophet (PBUH) advised that breast milk is good for babies. The Holy Qur'an says that girls must be breastfed for two and a half years and boys must be breastfed for two



Disadvantages of Bottle Feeding

- Expensive
- Requires more effort (e.g., to wash/boil bottles)
- Increases chance of introducing infections
- May result in repeated attacks of diarrhea, leading to malnutrition
- Does not provide protection against communicable diseases



Antenatal Preparation for Breastfeeding

With groups of mothers:

- Explain benefits of breastfeeding
- Give simple information on how to breastfeed
- Explain what happens after delivery

With mothers individually:

- Ask about her previous experience
- Ask her if she has any questions or worries
- Examine breasts if she is worried
- Build her confidence



What Is Exclusive Breastfeeding?

Exclusive breastfeeding is feeding on demand, every two to three hours (8–12 times in 24 hours).

- If the baby is getting enough to eat, she or he should urinate at least six times per day.



Successful Breastfeeding

Help mothers initiate breastfeeding within
an hour of birth



Successful Breastfeeding

Prelacteal Feeding

Prelacteal feeding is the practice of feeding other substances to babies before giving them milk. Prelacteal feeding may:

- Reduce the baby's desire for breastfeeding;
- Increase the risk of infection; and
- Increase the baby's intolerance to milk and the chance of developing an allergy.



Therefore, do not give prelacteal feeding.

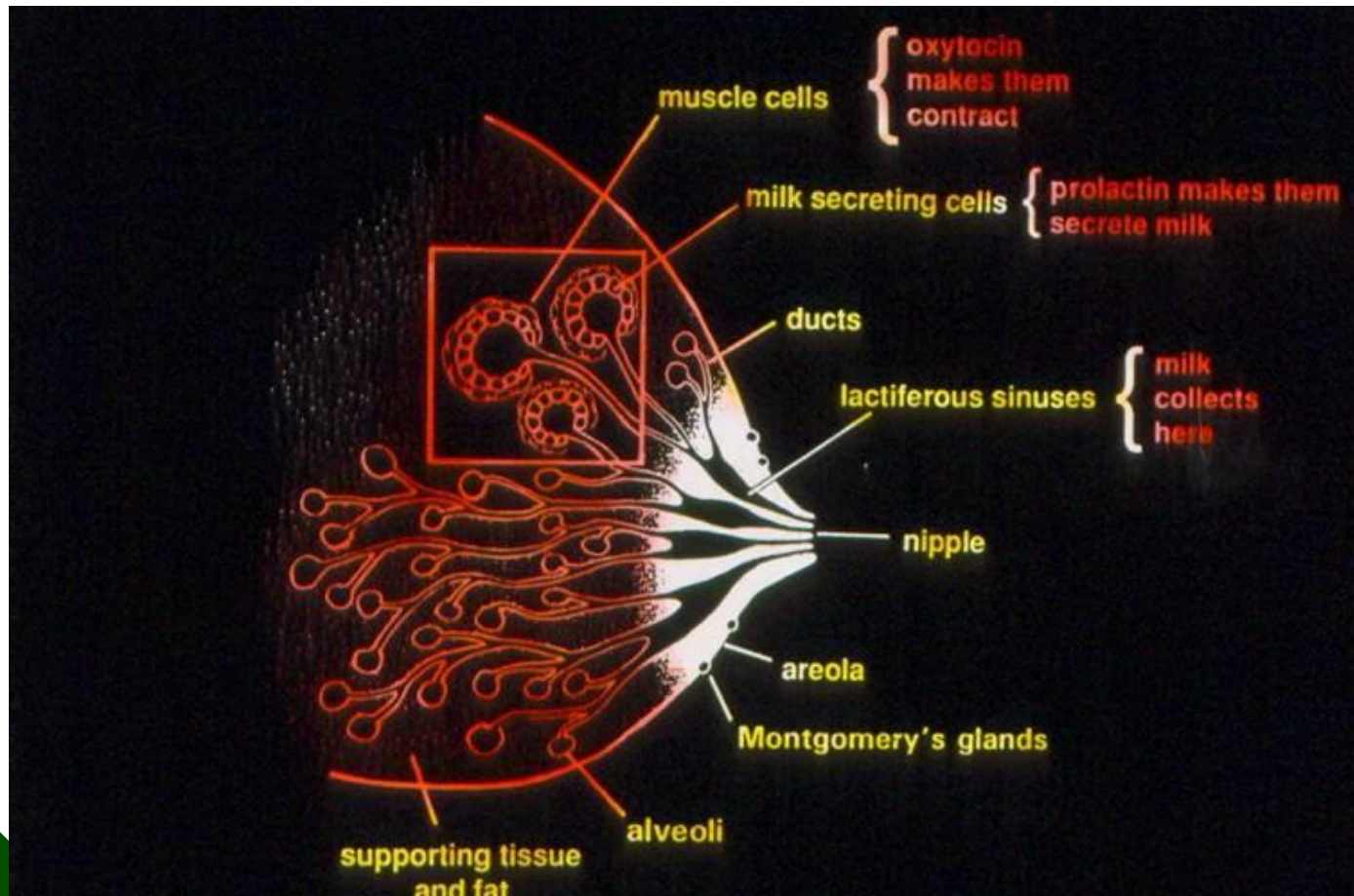
Successful Breastfeeding

Breastfeeding on demand means:

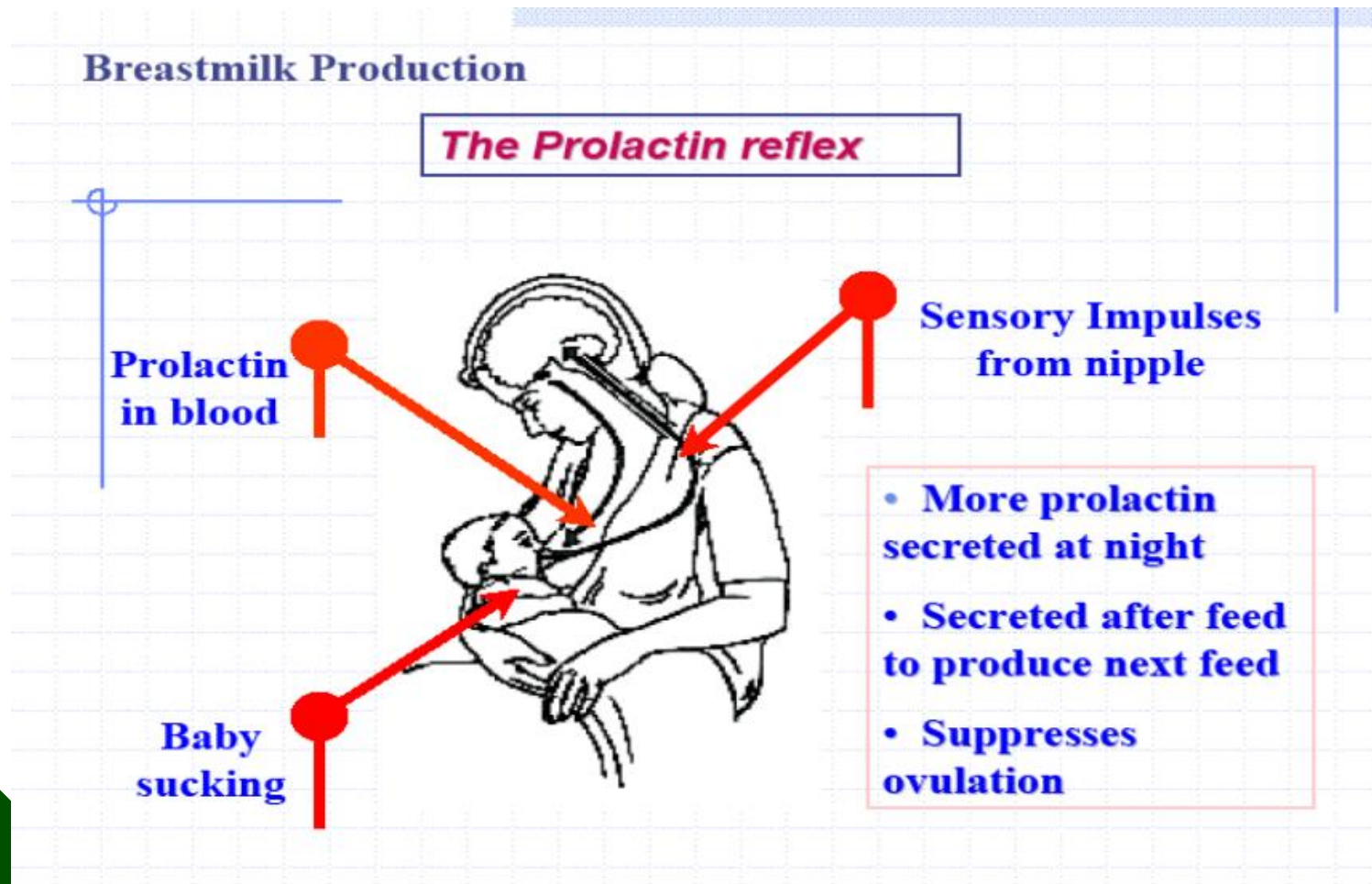
- 8–10 times or more in 24 hours
- Breastfeeding at night
- No restrictions on the length or frequency of breastfeeding



Breast Anatomy



Physiology of Breastfeeding



Physiology of Breastfeeding

Breastmilk Transfer

The Oxytocin reflex

Oxytocin
in blood

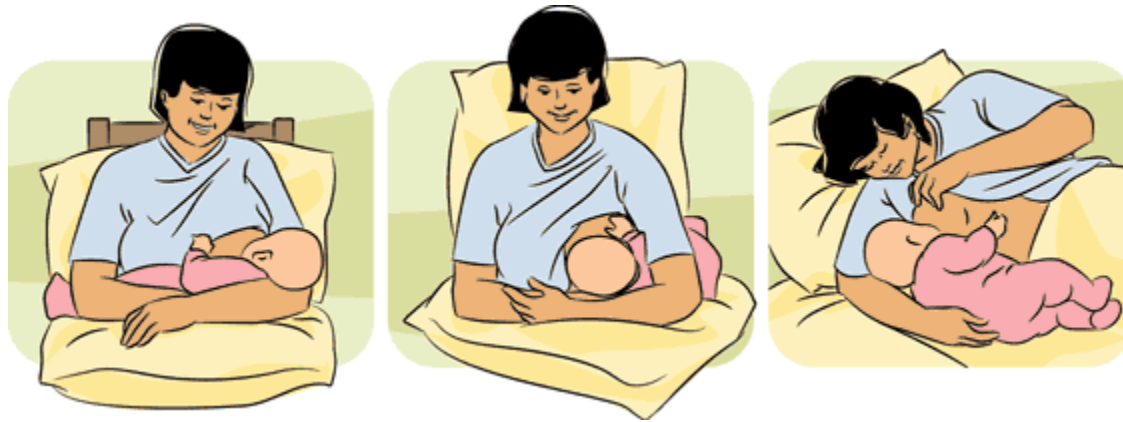
Sensory Impulses
from nipple

Baby
sucking

- Works before or during feed to make milk flow
- Makes uterus contract



Correct Positioning of Baby



Cradle Hold

The mother sits up and puts the baby's body on the side across her lap, facing her. She supports the baby's head in the bend of her elbow and the back and bottom with her forearm.

Under arm Hold

A mother can put her baby under her arm, holding the baby's head and neck in her hand. The baby's feet go towards her back. This position helps if the mother had a cesarean delivery.

Side lying Hold

This can also be called the eat-and sleep hold. Both the mother and baby are on their sides facing each other, helpful for clients who have undergone C-section.



Factors Affecting Milk Supply

Enhancers:

- Frequent, complete expressions
- Rest and relaxation
- Improved condition of infant
- Skin-to-skin contact
- Initiation of breastfeeding

Reducers:

- Infrequent, incomplete expressions
- Anxiety, fatigue, stress
- Worsened condition of infant
- Return to work
- Illness
- Drugs



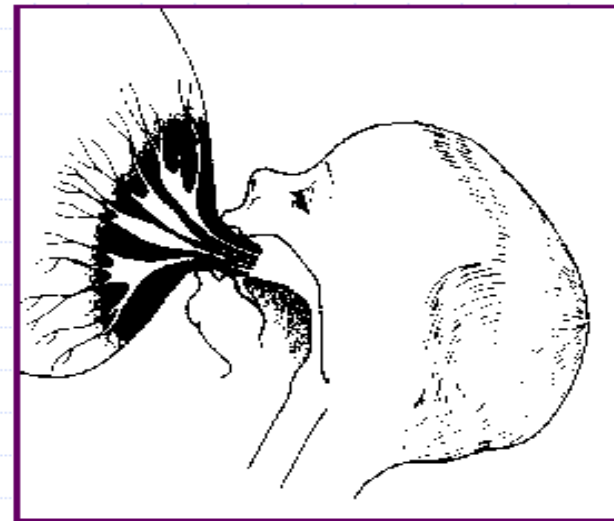
Signs of Correct Attachment

- Baby's mouth wide open
- Baby's lower lip is turned outside
- Baby's chin touching the breast
- Areola not visible below the lower lip
- Areola and nipple, including milk collecting ducts, inside baby's mouth
- Baby's tongue under the teat



Incorrect Sucking Position

- ◆ Mouth is not wide open
- ◆ Chin is away from the breast
- ◆ Baby is sucking only nipple
- ◆ Most black portion of the breast is outside the baby's mouth
- ◆ Tongue away from the teat



Advice for Breastfeeding Moms

Advise mother to:

- Choose a position that is comfortable and effective
- Use both breasts at each feed
- Take adequate rest/nap; sleep when baby sleeps
- Ensure adequate fluids and food; take fluids during feeding and take an extra meal per day
- Working mothers can express and store milk in fridge/deep freezer, if needed



Breast Care

- To prevent engorgement, breastfeed every 2–3 hours
- Wear supportive bra/binder (not too tight)
- Keep nipples clean and dry
- Wash nipples with water only once a day
- Keep some milk on nipple and let it air dry to prevent cracks



Recommendations

Global Recommendations for Infant and Young Child Breastfeeding:

- Exclusive breastfeeding for six months
- Continued breastfeeding for up to two years or beyond
- Introduce nutritionally adequate and safe complementary foods after the infant reaches 6 months of age, while continuing to breastfeed for two years or beyond



Summary

- The Qur'an says that girls must be breastfed for two and a half years and boys must be breastfed for two years.
- Breast milk is the perfect food for babies.
- Colostrum is especially important for the baby.
- Breastfeeding has multiple health benefits for the baby and mother, and facilitates bonding.
- Babies should be exclusively breastfed for the first six months; they should not be given anything else to drink or eat during that time.



Thanks!

