

# MOTHER AND CHILD HEALTH, IMPORTANCE OF BREASTFEEDING, ILL EFFECTS OF INFANT MILK SUBSTITUTES AND BOTTLE FEEDING

## MOTHER HEALTH

Health of women throughout pregnancy, childbirth, and the postpartum period is referred to as **mother/maternal health**.

Most common problems associated with mother injury & death are excessive blood loss, infection, high blood pressure, unsafe abortion, and obstructed labour, as well as indirect causes such as anemia, malaria, and heart disease.

Such mother injury & death can be prevented by a skilled health professional working in a supportive environment.

## CHILD HEALTH

Child's health includes physical, mental and social well-being.

Most parents know the basics of keeping children healthy, like offering them healthy foods, making sure they get enough sleep and exercise and insuring their safety.

It is also important for children to get regular checkups with their health care provider to check overall child's development.

In India, The Child Health programme under the Reproductive, Maternal, Newborn, Child and Adolescent (RMNCH+A) Strategy of the National Health Mission (NHM) comprehensively integrates interventions that **improve child health and nutrition status**.

Child Health programme under following care are ensured

1. **Neonatal and Child Health care**
2. *Nutrition, Micronutrient supplementation (Vitamin A, Iron Folic Acid)*
3. Management of Childhood Diarrhoeal Diseases & Acute Respiratory Infections
4. *Immunisation of child*
5. *Management of Prematurity & low birth weight*

## BENEFITS/IMPORTANCE OF BREASTFEEDING

Breastfeeding is a very important for the health of baby and mother as well as your family and society.

A number of health organizations — including the American Academy of Pediatrics (AAP), the American Medical Association (AMA), and the World Health Organization (WHO) — recommend breastfeeding for the first 6 months as the best choice for babies. Beyond that, breastfeeding is encouraged until at least 12 months, and longer if both the mother and baby are willing.

Breastfeeding helps defend against infections, prevent allergies, and protect against a number of chronic conditions.

In 1992, India adopted the **Infant Milk Substitutes, Feeding Bottles, and Infant Foods (IMS) Act** which was strengthened in 2003.

## Importance of breastfeeding

### For Infant

Get optimal nutrition

Get important antibodies

Reduce disease risk

promotes baby's healthy weight

Smarter children

Easily digested

### For mother

help you lose weight

reduces disease risk of breast, uterine and ovarian cancer

Reduce risk of high blood pressure, diabetes, and cardiovascular disease

Help in family planning

prevent ovulation and menstruation

Saves time and money

## 1. FIGHTING INFECTIONS AND OTHER CONDITIONS-

During breastfeeding, antibodies and other germ-fighting factors pass from a mother to her baby and strengthen the immune system. This helps lower a baby's chances of getting many infections, and less hospitalizations than formula-fed infants.

## 2. NUTRITION AND EASE OF DIGESTION.

Breast milk's components — lactose, protein (whey and casein), and fat — are easily digested by a newborn & have fewer bouts of diarrhea or constipation.

Breast milk also naturally contains many of the vitamins and minerals that a newborn requires. One exception is vitamin D so that all breastfed babies begin receiving vitamin D supplements during the first 2 months and continuing until a baby consumes enough vitamin D-fortified formula or milk (after 1 year of age).

### 3. FREE/ECONOMIC

Breast milk doesn't cost a paisa, while the cost of formula quickly adds up. Also breastfed babies are less likely to be sick, that may mean they make fewer trips to the doctor's office, so save money indirectly.

Different tastes. Nursing mothers usually need 300 to 500 extra calories per day, which should come from a wide variety of well-balanced foods. This introduces breastfed babies to different tastes through their mothers' breast milk, which has different flavors depending on what their mothers have eaten. By tasting the foods of their "culture," breastfed infants more easily accept solid foods.

### 4. CONVENIENCE

Breast milk is always fresh and available whether you're home or out and about. And when women breastfeed, there's no need to wash bottles and nipples or warm up bottles in the middle of the night.

### 5. SMARTER BABIES

Some studies suggest that children who were exclusively breastfed have slightly higher IQs than children who were formula fed.

### 6. SKIN-TO-SKIN CONTACT

Many nursing mothers really enjoy the experience of bonding so closely with their babies. And the skin-to-skin contact can enhance the emotional connection between mother and infant.

### 7. BENEFICIAL FOR MOTHER TOO

Breastfeeding also burns calories and helps shrink the uterus, so nursing moms may be able to return to their pre-pregnancy shape and weight quicker.

Also, studies show that breastfeeding helps lower the risk of breast cancer, high blood pressure, diabetes, and cardiovascular disease, and also may help decrease the risk of uterine and ovarian cancer.

### 8. FAMILY PROGRAMME

Lactation suppresses ovulation, leading to lactation amenorrhea which help to prevent pregnancy for family planning.

## FORMULA FEEDING

Commercially prepared infant formulas are a nutritious alternative to breast milk, and contain some vitamins and nutrients that breastfed babies need to get from supplements.

Under sterile conditions, commercial formulas feeding are made duplicate mother's milk using a complex combination of proteins, sugars, fats, and vitamins.

Due to personal comfort, latch in pain, any Maternal medical conditions, medicines (that passes to baby via breast milk), and breast surgery, Medical conditions HIV or AID, chemotherapy) etc, mother can choose formula feeding to feed baby.

## DRAWBACK OF FORMULA FEEDING

### 1. LACK OF ANTIBODIES

None of the antibodies found in breast milk are in manufactured formula. So formula can't provide a baby with the added protection against infection and illness that breast milk does.

### 2. CAN'T MATCH THE COMPLEXITY OF BREAST MILK

Manufactured formulas have yet to duplicate the complexity of breast milk, but not able to manufacturer of exact composition of breast milk.

### 3. EXPENSIVE

Parents must buy formula and make sure it's always on hand to avoid late-night runs to the store.

And it's important to always have the necessary supplies (like bottles and nipples) clean, easily accessible.

### 4. MAKING A CHOICE

Many women decide on one method before the birth and then change their minds after their baby is born.

And many women decide to breastfeed and supplement with formula because they find that is the best choice for their family and their lifestyle.

## BOTTLE FEEDING

Bottle feeding is an alternative to breastfeeding.

In order to feed her child, the mother may opt for formula feeding due to personal comfort, latch discomfort, any maternal medical conditions, medications (that are passed on to the baby through breast milk), breast surgery, medical conditions HIV or AID, chemotherapy, etc can choose to bottle-feed their babies.

## ADVANTAGE OF BOTTLE FEEDING

1. Anyone can feed the infant.
2. You can do it in public.
3. It's simple to keep track of your baby's intake.
4. Meets milk needs when there is insufficient supply of breast milk
5. Useful in the lactose allergy
6. If your mother becomes ill or under chemotherapy

## DISADVANTAGE OF BOTTLE FEEDING

1. Breast milk is more nutrient-dense than formula milk.
2. It takes time and effort to get the milk ready for bottle feeding.
3. Equipment for bottle feeding is an additional expense.
4. Your child's immune system could be weakened by bottle-feeding.
5. The mother-baby relationship is impacted.
6. Bottle feeding may be a hassle.
7. Mothers who breastfeed remain healthy.
8. It's possible that your baby won't like formula.
- 9.

## ILL EFFECTS OF INFANT MILK SUBSTITUTES AND BOTTLE FEEDING

Infant feeding is an important for both mothers and infants. Many health organizations recommend exclusive breastfeeding for the first 6 months of life, continuing at least through the infant's first birthday, and as long thereafter as is mutually desired. The World Health Organization (WHO) recommends at least 2 years of breastfeeding for all infants.

For infants (who get infant **milk substitute & Bottle feeding**) is associated with an increased incidence of the infectious morbidity, including

- Otitis media
- Gastroenteritis
- Pneumonia
- Elevated risks of childhood obesity
- Type 1 and type 2 diabetes,
- Leukemia,
- Sudden infant death syndrome (sids).
- Risk of necrotizing enterocolitis (nec) (among premature infants, not receiving breast milk is associated with an increased)

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### S. No. health risks associated with No Breastfeeding

1	Acute ear infection (otitis media)
2	Eczema (atopic dermatitis)
3	Diarrhea and vomiting (gastrointestinal infection)
4	Hospitalization for lower respiratory tract diseases in the first year
5	Asthma, with family history
6	Asthma, no family history
7	Childhood obesity
8	Type 2 diabetes mellitus

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9 Acute lymphocytic leukemia

10 Acute myelogenous leukemia

11 Sudden infant death syndrome

## RISKS OF NOT BREASTFEEDING FOR MOTHERS

Women who do not breastfeed face higher risk of

- Breast cancer and ovarian cancer,
- Obesity,
- Type 2 diabetes,
- Metabolic syndrome,
- Cardiovascular disease.

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