Breast feeding

OM Nursing Academy

Anil Kantiwal Gudha

Introduction :-

- Exclusive Breast feeding should be done for First 6 month.
- After 6 month additional food is required to fulfill the Nutritional requirement of Baby, It is Called Weaning.
- Breast feeding should be continued up to 2 year.

Note :-

★ Human Milk :- 66 k/calorie ( each 100 ml )
★ Cow Milk :- 67 k/calorie

Advantage :-

1. Nutritional Value :-

- Fulfill the Calorie requirement of the Infant.
- Easily Digestible

2. Protective Value :-

- Breast milk provide IgA & IgM antibodies and Bifidus factor which helps in Prevention of infection in the Newborn.

3. Psychological Benefit :-

- It Promotes Emotional bonding between mother and Newborn.

Note :-

★ Lactation woman Start Contraceptive on 3 months after Delivery.
★ Non-Lactating woman Start Contraceptive on 3 weeks after Delivery.

Benefits to mother :-

- Prevents Post Partum hemorrhage
- Natural Contraception
- Helps in Involution of Uterus
- Decrease the Chances of Breast Cancer and Ovarian Cancer.

**Composition of Breast Milk :-**

<table>
<thead>
<tr>
<th>Human Milk</th>
<th>Cow Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein :- 1.2 gm</td>
<td>Protein - 3.5 gm</td>
</tr>
<tr>
<td>Fat - 3.8 gm</td>
<td>Fat - 3.5 gm</td>
</tr>
<tr>
<td>Lactose - 7 gm</td>
<td>Lactose - 4 gm</td>
</tr>
</tbody>
</table>

**Types of Breast Milk :-**

1. **Colostrums :-**
   - Contain **Protein** and **Immunoglobulin** in Excess amount.
   - Secret for the **First 2 - 3 days**.

2. **Transitional Milk :-**
   - Secret for First 2 weeks after birth.
   - Contains fat and Carbohydrate.

3. **Mature milk :-**
   - Secret after **2 weeks** of delivery.
   - It Contains the Balanced concentration of all component.

4. **Fore Milk :-**
   - It fulfills the **Thirst Need**, contains **Water in more amount**.
   - Secret initially during breast Feeding.

5. **Hind Milk :-**
   - It fulfills the **Hunger need**.
   - It contains carbohydrates and fat in large amount.
   - It secrete at end of the Breast feeding.

**Positioning :-**

- Sitting / Sleeping Position
- Mother should be mentally relax during Breast feeding.

Anil Kantiwal (OM Nursing Academy)
Time Duration for Breast feeding :-

- 20 minutes during each breast Feeding episode and 10 - 10 minutes for both breasts.
- Time interval :- 2-3 hours
- After Breast feeding do the Burping (डकार), to Prevent Regurgitation.

Contraindication:-

R - Radio therapy
E - Ergot alkaloid
A - Anti metabolite
L - lithium

Q. अगर Breast Milk को सही तरह से Store किया जाये तो Room Temperature पर कितने घण्टे तक store कर सकते हैं? (Aiims Delhi 2018)
Ans - 4 Hour

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