

# Significance of breast feeding

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# Significance of breast feeding

- **Breastfeeding a baby exclusively for the first 6 months**, and then continued breastfeeding in **addition to appropriate solid foods until 12 months** and beyond, has health benefits for both the mother and the child.

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## WHY IS BREASTFEEDING IMPORTANT FOR BABIES?



**Natural antibiotics present in breast milk protect babies from**

- Gastritis
- Pneumonia
- Diabetes
- Diarrhea
- Obesity-related illnesses
- In the long term, breastfeeding increases the IQ among children

Source: World Health Organization

NDTV.com

# Significance of breast feeding

- Assists the uterus to return to its pre-pregnant state faster.
- Can help women to lose weight after baby's birth.
- Reduces the risk of ovarian cancer and pre-menopausal breast cancer.
- Reduces the risk of osteoporosis.
- Reduces the risk of mothers with gestational diabetes developing Type 2 diabetes in future.

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# Importance of breast feeding to baby

- **Providing immunity**
- **Babies fed on breast milk have a lower risk of gastro-intestinal (gut) illness, allergies, asthma, diabetes, obesity, some childhood cancers, respiratory tract (chest) infections, urinary tract infections, SIDS (cot death).**
- **Breastfed babies are less likely to be hospitalized.**
- **Exclusive breast feeding** (meaning no solid food, formula, or water) for at least six months seems to **offer the most protection.**

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# Importance of breast feeding to baby

- The **main immune factor**, a substance **called secretory immunoglobulin A (IgA)** is **present in large amounts in colostrum**, the first milk the mother produces.
- Secretory IgA is present in **lower concentrations in mature breast milk**.
- This antibody **guards against invading germs** by forming a protective layer on the mucous membranes in the baby's intestines, nose, and throat.
- Breast feeding protection against illness for the baby lasts beyond the breast feeding stage too.
- **Studies have shown that breast feeding can reduce a child's risk of developing certain childhood cancers.**

# Importance of breast feeding to baby

- Breast milk is **more easily digested than infant formula** and hence serves as a perfect food to **promote healthy growth and development.**
- **Breast fed babies are rarely constipated** and are less likely to get diarrhoea.
- Further, breast **milk has no waste products** and leaves no carbon footprint.

Nutrients	Amount per 100 ml
Energy	65 Kcal
Protein	1.1 g
Carbohydrate	7.4 g
Fat	3.4 g
Calcium	28 mg
Iron	Negligible
Vitamin A	137 I.U.
Thiamine	0.02 g
Riboflavin	0.02 g
Vitamin C	3 mg

Table 1 : Composition of breast milk

# BREASTFEEDING

**GOOD FOR BABY GOOD FOR MOM**

## Benefits for baby:

Prevents diarrhea, ear infections, pneumonia and asthma

Cuts risk of Sudden Infant Death Syndrome

Lowers risk for obesity, developing allergies

## Benefits for mom:

Lessens risk of breast cancer, ovarian cancer

Prevents postpartum depression, Type 2 diabetes

Reduces stress

*Thank  
You*