

Breastfeeding Benefit from Mom Gives the Gift of a Lifetime to the Baby for Healthy Future

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Abstract

The aim of this article is to be aware the benefits of breastfeeding from mom to the baby of an expectant parent or as a new parent. Breastmilk or human milk is the natural source of nutrition and growth for all infants. The value of breastfeeding and breastmilk for infants has been long recognized as; it is the perfect food for baby; available wherever and whenever baby needs; always at the right temperature, clean and free; no bottles to clean; and has no waste; so it is good for the environment. Breastfeeding reduces child's mortality and has health benefits that extend into adulthood. On a population basis, exclusive breastfeeding for at least first six months of life is the recommended way of feeding to infants, followed by continued breastfeeding with appropriate complementary foods for up to two years or beyond. Breastmilk is the natural first food for babies, it provides all the energy and nutrients that the infant needs for the first months of life, and this continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one-third during the second year of life. In addition to containing all the vitamins and nutrients the baby needs, breastmilk is packed with disease-fighting substances that protect baby from illness. Studies are finding new benefits of breastfeeding by showing that babies who are breastfed are less likely to have fevers after their immunizations than babies who are formula fed. It supplies all the necessary nutrients in the proper proportions; protects against allergies, sickness, obesity, diseases like diabetes and cancer, infections like ear infections; is easily digested with no constipation, diarrhoea or upset of stomach; babies have healthier weights as they grow; and breastfed babies score higher on intelligence quotient (IQ) tests. As a result, giving nothing but breastmilk is recommended for about the first six months (26 weeks) of baby's life. After that, giving of breastmilk to baby alongside family foods as long as mom and baby want will help them to grow and develop more healthily. It defends them from contaminations and there is some evidence that it helps them to digest solid foods, and it also continues to provide the balance of nutrients they need.

Keywords

Suckling Baby, Lactating Mother, Child Health, Infant Care, Kid Nutrition

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1. Introduction

The health effects of breastfeeding are well recognized and apply to mothers and children in developed nations as well as

to those in developing countries. Breastfeeding has long-term benefits for baby and lasting right into adulthood. Any amount of breastmilk has a positive effect, the longer mom breastfeeds, the longer protection lasts and greater the benefits are achieved by baby. Breastmilk is perfectly

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designed for baby and it is available for baby whenever baby needs this one. The first and the foremost hundred percent pointer that goes in the favour of breastmilk is that it creates a special bonding experience between the mother and child, which is unparalleled, and provides a special nutrition to the infant. Breastmilk is a complete food for the infant, and the nutritional profile of breastmilk in terms of calories, vitamins, and minerals is the best for the infant as it has the perfect proportion all of these. From antibodies which protect an infant at birth, to the exclusive nutrients in mother's milk, which prevent a number of childhood diseases, the benefits of breastfeeding are incalculable. Breastfeeding is among the most cost-effective of child's survival interventions. Households save money and institutions economize by reducing the need for bottles and formula feeds. By shortening of mother's hospital stay, nations save foreign exchange. Because breastfed babies are healthier, their mothers miss less work and spend less time and money on paediatric care, thus reducing healthcare costs to family in physician office visits, prescriptions, over the counter medicine purchases, and hospitalizations. Moms miss less time off from work due to child related illnesses. Breastmilk is always fresh, perfectly clean, just with the right temperature and is the healthy choice at the least cost. Breastfeeding requires no preparation, sterilization, etc., of bottles and formula (often while baby cries). Breastfeeding is a cost effective way of feeding an infant by providing the best nourishment for a child at a small nutrient cost to the mother (Dewey et al., 1991; Gaiva and Medeiros, 2006; Quigley et al., 2007).

Breastfeeding has well-established short-term benefits, particularly the reduction of morbidity and mortality due to infectious diseases in childhood. A pooled analysis of studies carried out in middle or low income countries showed that breastfeeding substantially lowers the risk of death from infectious diseases in the first two years of life. With regard to short-term risks, formula feeding is associated with increases in common childhood infections, such as diarrhoea and ear infections. The risk of acute ear infection, also called acute otitis media, is 100 percent higher among exclusively formula-fed infants than in those who are exclusively breastfed during the first six months. Young mothers often misled to believe that infant feeding formula does very well as a replacement for breastmilk. However, nothing can duplicate the properties of breastmilk, no matter how many vitamins, minerals and other supplements are added to formula-fed, which is basically a chemical formulation. The risk associated with some relatively rare but serious infections and diseases, such as severe lower respiratory infections and leukaemia, are also higher for formula-fed infants. The risk of hospitalization for lower respiratory tract

disease in the first year of life is more than 250 percent higher among babies who are formula fed than in those who are exclusively breastfed at least four months. Furthermore, the risk of sudden infant death syndrome is 56 percent higher among infants who are never breastfed. Formula milk does not provide the same protection from illness and give to baby any health benefits. For vulnerable premature infants, formula feeding is associated with higher rates of necrotizing enterocolitis. The reports also conclude that formula feeding is associated with higher risks for major chronic diseases and conditions, such as type 2 diabetes, asthma and childhood obesity, all three of which now have been increased (Chien and Howie, 2001; Arenz et al., 2004).

Breastfeeding to baby is a normal and natural thing to do anywhere and anytime. Babies have a right to be breastfed and mothers have the right to breastfeed. The incidence of pneumonia, colds and viruses is reduced among breastfed babies, and gastrointestinal infections like diarrhoea are also less common. Research shows that breastfeeding lowers baby's risk of sudden infant death syndrome by about half, can decrease baby's risk of some childhood cancers, and babies have a better antibody response to vaccines than formula-fed babies. Following are some of the most important benefits that breastfeeding from mom gives to her baby:-

1.1. Breastfeeding Protects Baby from Illnesses

Numerous studies from around the world have shown that stomach viruses, lower respiratory illnesses, ear infections, and meningitis occur less often in breastfed babies and are less severe when they do happen. Exclusive breastfeeding (meaning no solid food, formula or water) for at least six months seems to offer the most protection. One large study by the health sciences showed that children who are breastfed have a 20 percent lower risk of dying between the ages of 28 days and 1 year than children who are not breastfed, with longer breastfeeding associated with lower risk. Breastfeeding may also help children to avoid a host of diseases that strike later in life, such as type 1 and type 2 diabetes, high cholesterol and inflammatory bowel disease. In fact, preemies given breastmilk as babies are less likely to have high blood pressure by the time they are teenagers. For babies who are not breastfed, researchers have documented a link between lack of breastfeeding and later development of Crohn's disease, and ulcerative colitis (Swenne et al., 1994; Swanson et al., 2006).

The main immune factor at work is a substance called secretory immunoglobulin A (IgA) that is present in large amounts in colostrum, the first milk that mom's body produces for their babies (secretory IgA is present in lower

concentrations in mature breast milk). The substance guards against invading germs by forming a protective layer on the mucous membranes in baby's intestines, nose and throat. Breastmilk is specifically tailored to the baby and body responds to pathogens (virus and bacteria) that are in mom's body and makes secretory IgA that is specific to those pathogens, creating protection for baby based on whatever mother is exposed to. Breastfeeding's protection against illness lasts beyond of baby's breastfeeding stage, as well. Studies have shown that breastfeeding can reduce a child's risk of developing certain childhood cancers. Scientists do not know the exactly how breastmilk reduces the risk, but they think that antibodies in breastmilk may give to a baby's immune system a boost. Newborns have very immature and large digestive systems, and colostrum delivers its nutrients in a very concentrated low-volume form. It has a mild laxative effect, encouraging the passing of the baby's first stool, which is called meconium. This clears excess bilirubin, a waste-product of dead red blood cells, which is produced in large quantities at birth due to blood volume reduction from the infant's body and helps to prevent jaundice. Colostrum is known to contain immune cells (as lymphocytes), and many antibodies such as IgA, IgG and IgM (Vuorela *et al.*, 2000; Kramer and Kakuma, 2004).

1.2. Less Risk of Cancer

The uniqueness and precious nature of breastmilk is enhanced by the fact that it is an asset given by nature and has no price. There is no need to worry about its infection or temperature or freshness. Breastfeeding can decrease baby's risk of some childhood cancers. And women would have a lower risk of premenopausal breast cancer and ovarian cancer, which are often deadly diseases that are on the rise (Scott *et al.*, 2001).

1.3. A Healthier Baby

Infant-nutrition experts say that the incidences of pneumonia, colds and viruses are reduced among breastfed babies. Gastrointestinal infections like diarrhoea, which can be devastating, especially in developing countries are also less common. Breastfeeding of baby and mom can reduce his risk of developing chronic conditions, such as type I diabetes, celiac disease and Crohn's disease (DiGirolamo *et al.*, 2001).

1.4. Breastfeeding Can Protect Baby from Developing Allergies

Babies who are fed a formula based on cow's milk or soy tend to have more allergic reactions than breastfed babies. Scientists think that immune factors such as secretory IgA (only available in breastmilk) help to prevent allergic reactions to food by providing a layer of protection to a

baby's intestinal tract. Without this protection, inflammation can develop and the wall of the intestine can become leaky. This allows undigested proteins to cross the gut where they can cause an allergic reaction and other health problems. Babies who are fed formula rather than breastmilk do not get this layer of protection, so, they are more vulnerable to inflammation, allergies and other eventual health issues (Ball and Wright, 1999).

1.5. Breastfeeding Boosts Child's Intelligence

Various researchers have found a connection between breastfeeding and cognitive development. In a study of many infants followed from birth to 6.5 years, researchers concluded from IQ scores and other intelligence tests that prolonged and exclusive breastfeeding significantly improves cognitive development. Another study of children showed that babies who are breastfed have significantly higher scores on a vocabulary test at 5 years of age than children who are not breastfed. And the scores are higher as the longer they have been nursed. Preterm infants with extremely low birth weight who receive breastmilk shortly after birth improve their mental development scores at 18 months when compared with preterm infants who are not given breastmilk. In a later study, researchers found that the higher scores held at 30 months and that the babies who receive breastmilk are also less likely to be hospitalized again because of respiratory infections. Experts say that the emotional bonding that takes place during breastfeeding probably contributes to some of the brainpower benefits, but the fatty acids in breastmilk may play the biggest role (Fairbank *et al.*, 2000).

1.6. A Custom-Made Supply

Formula feed is not able to change its constitution, but breastmilk morphs to meet the baby's changing needs. Colostrum which is the pre-milk that comes in after mom's delivery, is chock-full of antibodies to protect newborn baby. It is also higher in protein and lower in sugar than full milk, so even a small amount of it can hold off baby's hunger. When mom's full milk comes in (usually three to four days after delivery), it is higher in both sugar and volume than colostrum which is again, just what baby requires. He needs a lot of calories and frequent feedings to fuel his rapid growth, and mom's mature milk is designed to be digested quickly so he shall eat often (Perez and Petersen, 2009).

1.7. More Effective Vaccines

Many moms wonder whether their babies will be protected from any illness that women have been immunized against as long as breastfeeding continues. When a mother comes into contact with germs in her environment, she makes antibodies

to fight those germs. These antibodies pass into the breastmilk and therefore into the baby. Research shows that breastfed babies have a better antibody response to vaccines than formula-fed babies. Case reports suggest that as with other viral infections, breastfed babies who get chicken pox will often (but not always) get milder cases. Breastfeeding will enhance baby's response to immunizations that he receives, however, breastfeeding will not act as a substitute for immunization. Generally, it is safe for breastfeeding women to receive a vaccination she should be needed, however, each mum ought to check with her health care provider for specific information on each vaccination (Tansky and Lindberg, 2010).

1.8. Breastfeeding Protects Child from Obesity

Paediatrics recommend that breastfeeding is a way to help reduce child's risk of becoming overweight or obese. An analysis of studies published shows that breastfeeding reduces a child's risk of becoming overweight as a teen or adult. The strongest effect is in children who are exclusively breastfed and the longer the baby is breastfed the stronger the link is (Howard et al., 1997). Experts think that breastfeeding may affect later weight gain for several reasons, for instance, breastfed babies are better at eating until their hunger is satisfied, leading to healthier eating patterns as they grow. Breastmilk contains less insulin than formula milk (insulin stimulates the creation of fat). Breastfed babies have more leptin in their system, a hormone that researchers believe to play a role in regulating appetite and fat. Compared with breastfed babies, formula-fed infants gain weight more rapidly in the first weeks of life and this rapid weight gain is associated with later obesity (Cattaneo et al., 2005).

1.9. Breastfeeding Lowers Baby's Risk of SIDS

A large volume of study published has found that breastfeeding, either exclusively or partially, is associated with a lower risk of sudden infant death syndrome (SIDS). The researchers concluded that exclusive breastfeeding at 1 month of age can cut the risk of SIDS in half. The investigators recommend breastfeeding for as long as possible to reduce the risk of SIDS. Breastmilk contains antibodies that cannot be engineered. Breastfed babies get fewer colds and sinus and ear infections. They also have less diarrhoea and constipation and a decreased chance of having allergies. Breastfeeding gives the gift of feeling safe and loved, fewer doctor visits for illness and allergies, doing better in school, a better chance for a healthy adult weight, and a lower risk of cancers and diabetes. The first 30 days of breastfeeding are the most important because this is the time when mom and baby get to know each other, baby gets off to

a good start, body learns to make enough milk, and baby learns to nurse well (Philipp et al., 2004).

Some mothers notice colostrum leaking from their breasts as early as the fourth or fifth month of pregnancy. It is a yellowish-colour fluid that contains millions of protective cells. Colostrum helps baby to stay healthy and is extremely easy to digest. There is no other way to pass this protection to a newborn other than breastfeeding. Colostrum is often called baby's first immunization or 'liquid gold' because of the protective antibodies found in it. Colostrum helps babies to pass their first bowel movement (which helps to prevent jaundice) and provides all the nutrition babies need in their first few days. Scientists discovered that mother's milk contains immune substances counteraction to germs, knowing an embryo in the womb takes these immune substances during pregnancy, and then when he comes out, he is surrounded with many infectious factors so he needs additional immunity which he cannot find, but in mother's milk (Uruakpa et al., 2002; Or-Rashid et al., 2010).

The first two years of the infant's life is a critical window during which the foundations for healthy growth and development are built. Infant and young child feeding is a core dimension of care in this period. In the conclusion, the ideal period for suckling is two years, because the infant needs urgently the immune bodies to develop his immunity system during this period, and he cannot find these bodies but in mother's milk (Bonuck et al., 2005).

It is absolutely safe to continue breastfeeding to child for two years because if every child is breastfed till the age of two with exclusive breastfeeding for the first six months, it can lead to save millions of kids from dying annually. Breastfeeding is very clearly encouraged in the holy Quran. It is so amazing that Allah Almighty's Divine Claims in the noble Quran are always scientifically proven to be accurate and greatly beneficial to humanity. It is now very evident why breastfeeding is to be done for two complete years, as illustrated in the Holy Quran. Allah Almighty says "Mothers shall breastfeed their children for two whole years, for those who wish to complete the term" (Chapter 2: Verse 233). Also, in reminding people to treat their parents with kindness, the Quran says: "His mother carried him, in weakness upon weakness, and his period of weaning is two years" (Chapter 31: Verse 14). In a similar verse, Allah says: "His mother carried him with hardship, and gave birth to him in hardship. And the carrying of the child to his weaning is a period of thirty months" (Chapter 46: Verse 15). Therefore, Islam strongly recommends breastfeeding but recognizes that for various reasons, parents may be unable or unwilling to complete the recommended two years. The decision about breastfeeding and the time of weaning is expected to be a mutual decision by both parents, in consideration of what is

best for their family. On this point, the Quran says "If they both (parents) decide on weaning, by mutual consent, and after due consultation, there is no blame on them" (Chapter 2: Verse 233). The same verse continues: "And if you decide on a foster-mother for your offspring, there is no blame on you, provided you pay (the foster-mother) what you offered, on equitable terms" (Chapter 2: Verse 233).

According to the Quran's verses quoted above, it is considered a child's right to be breastfed until the approximate age of two. This is a general guideline, but one may wean before or after that time by mutual consent of the parents. In case of divorce before the weaning of a child is complete, the father is obligated to make special maintenance payments to his nursing ex-wife. Aware of these recommendations and the usage of them, will lead to the most efficient and effective incentives to promote breastfeeding (Bayyenat *et al.*, 2014).

2. Different Ways to Know When Baby Is Hungry

Research shows that when caregivers are responsive to feeding cues, infants will regulate their own energy intake. But when babies cues are not heeded, they are more likely to become confused about their sensations of hunger and fullness, possibly leading to preferences for less healthful (high-fat, high-calorie) foods and a greater risk for childhood obesity. There are different ways to know when a baby is hungry or if he is getting enough nourishment. As mom gets to know her baby, she will learn what kid wants to tell mother that he is hungry. Every baby is a little different, however, here are some things she may be doing, moving her lips as if she is sucking, putting her hands up to her mouth or face, sucking her fists or fingers, turning her head from side to side while opening her mouth, and trying to move towards mom's breast. Mother should always try to breastfeed when she sees these early signs. If mother misses the early cues and baby is crying, it will need to calm her before she is able to breastfeed. Some signs that baby is full are closing lips, turning his head away, decreasing or stopping sucking, spitting out the nipple or falling asleep when full and showing increasing interest in surroundings rather than eating. After about 15 to 20 minutes of feeding, a full baby will often act drowsy and may even fall asleep (Schanler *et al.*, 1999).

3. Increase of Milk Supply

Most mothers can make enough milk for their babies even if they have twins or triplets. Some mothers are actually making enough milk, but the baby is having a hard time to get it. They might have to help the baby to get a better latch

or breastfeed more often. The baby may have a problem that makes it hard for him to get the milk. The easiest way to increase mom's milk supply is to feed, hand express and or pump more often. Very few mothers do not make enough milk to satisfy their babies. They can still breastfeed, but they might need to give their babies extra milk as well. Mother should talk to her health care provider if she has any of concerns (Hill *et al.*, 2001).

A breastfeeding mom, can improve her milk supply by using of foods with lactation-promoting properties, which are called lactogenic foods or galactagogues. Adding of lactogenic foods to diet and eating more than the typical woman to have enough energy, can give a boost to milk supply (Khan *et al.*, 2017; Sarwar *et al.*, 2017; Tayyaba *et al.*, 2017). Being a mom, just eat a balanced diet that includes a variety of vegetables, fruits, grains, protein and a little bit of fat. Also, try to eat foods that are naturally rich in water, such as fruit juices, low-fat milk, herbal teas and need to drink plenty of other fluids (Sarwar, 2013; Sarwar *et al.*, 2013; Sarwar *et al.*, 2013). Of course, talk with doctor or child's pediatrician before using any dietary supplement (Sarwar *et al.*, 2014; 2015).

4. Conclusion

Breastfeeding is not only the superlative thing for the baby, but it is also good for mother and even for the environment. Breastmilk is best for baby and the benefits of breastfeeding extend well beyond basic nutrition. It is easily digested and provides all the nutrition a baby needs for the first six months. Babies who breastfeed have better mental development and emotional security. They also have better jaw and tooth development and stronger immune systems. Breastfeeding can help to reduce baby's risk of obesity, type 1 diabetes, sudden infant death syndrome, pneumonia and other respiratory infections, coughs and colds, gastrointestinal illnesses (vomiting, diarrhoea, constipation), urinary tract infections, ear infections that can damage hearing, meningitis, childhood cancers including leukaemia and lymphoma, Crohn's disease, ulcerative colitis, celiac disease, and heart and liver diseases during adulthood. Breastfeeding is known to be an effective distraction from pain in babies. Mothers find it helpful to breastfeed while their baby receives a vaccination to reduce their baby's pain perception. Hence, it can be seen that the modern science tells us that for the better nourishment of the baby and the mother, the baby should be breastfed for at least six months and up to 2 years and to derive the best benefit the baby must be fed for 2 years as the experts has stated that he is a lucky baby who continues to nurse until the age of two. Always seek the direct advice of a physician in connection with any

questions or issues the mom may have regarding her own health or the health of baby.

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