



## Assorted Cookies

Vol XIII Issue I, September 2021

### 'Protect Breastfeeding: A Shared Responsibility

#### **"It's not about my Right to Breast Feed its about my Child Right to Eat"**

Breastfeeding is the cornerstone of infant and young child survival, nutrition, development and maternal health. It is the effective natural potential phenomenon to ensure child health and survival. It is the best way to provide young infants with the essential nutrients required for growth and development. World Health Organisation says that breastmilk is the ideal food for infants. It is safe, clean, and acts as the babies' first vaccine, protecting them against many common childhood illnesses. World Breastfeeding Week started in 1992 and it is celebrated every year from August 1 to 7 in over 120 countries. This year, the theme for breastfeeding week is 'Protect Breastfeeding: A Shared Responsibility – which appeals that the entire world around the mother should support the Successful Breastfeeding.



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#### **"Benefits of Breast Feeding"**

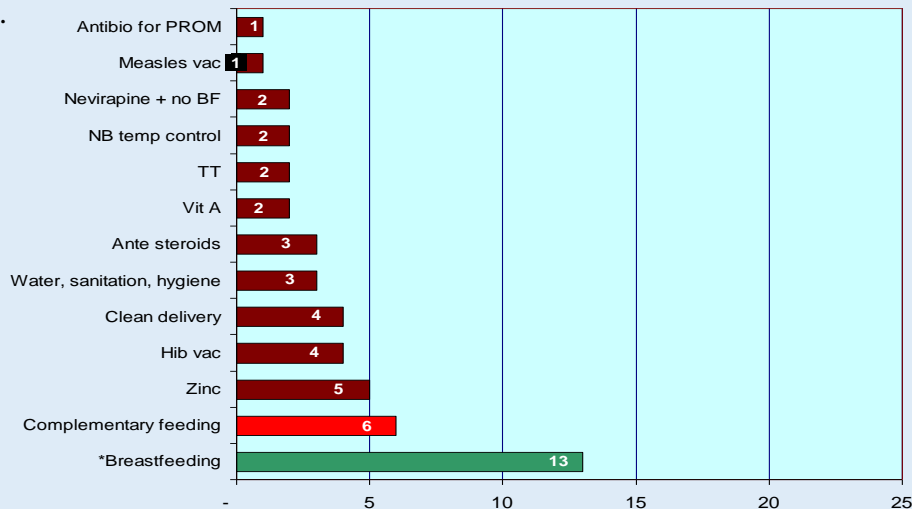


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Breast Feeding benefits are infinite as breastmilk is extremely nutritious and healthy for the baby. Breastfeeding is also known as nursing as it helps boost the immune system of the infant, lowers the infant mortality rate, lowers the risks of neonatal mortality by declining infections such as respiratory tract infections, asthma, diabetes, allergic diseases, GI disorders, ear infections, childhood leukaemia, speech and orthodontic problems and better cognitive development. For the mother Breast feeding support her in prevents postpartum bleeding, delaying consecutive pregnancy, lowers the risk of Breast and Ovarian Cancers, Controls postpartum depression and helps in reducing gained weight.

#### **"Do you know which intervention is the most effective in controlling U-5 Child Deaths"**

A study conducted by Jones et al. which was published in LANCET 2003; 632:65-71, concluded that among the various interventions carried over by Health authorities to bring subsequent changes to Under age 5 Mortality, breastfeeding is the most effective way to reduce U-5 child deaths.



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**"A newborn has only three demands. They are warmth in the arms of its mother, food from her breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three."**



### **“COLOSTRUM – The First Milk”**

Colostrum is the first milk secreted during the first three days after delivery. It is yellow and thick and contains more antibodies and cells and high amount of vitamin A, D, E&K. Colostrum is full of very good properties thus having very good impact on child health.



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Properties and Importance	Myths
<b>Antibody rich - Protects against infection and allergy</b>	<b>It should be discarded as considered as unhealthy</b>
<b>White cells - Protect against infection</b>	
<b>Purgative effect - Clears meconium helps to prevent jaundice</b>	<b>Unsafe for baby</b>
<b>Growth factors - Helps intestine to mature prevents allergy intolerance</b>	
<b>Vitamin A rich - Reduces severity of infection</b>	

With the onset of Covid – 19 the most important question arises whether mother can feed her child or not. I am **Prachi Khanuja student B.Voc (ND) V Sem** let me share you that the WHO states that "transmission of active Covid-19 through breast milk and breastfeeding has not been detected to date. Based on available evidence, WHO and UNICEF recommend that mothers with suspected or confirmed COVID-19 should be encouraged to initiate or continue to breastfeed. Women with confirmed or suspected COVID-19 can breastfeed if they wish to do so while taking precautions. These include 3W's:

1. Wear a mask during feeding.
2. Wash hands with soap before and after touching the baby.
3. Wipe and disinfect surfaces regularly.

Mothers who get COVID positive before delivery have antibodies in her milk, so baby gets protected and gets enhance immune response by breastfeeding. If the mother is severely ill to breastfeed the baby so she can express the breastmilk and a noninfected, healthy family member or any other person can feed the baby using clean utensils. In case of any health problem mother should immediately seek for doctor's advice.

Watch "Breastfeeding and COVID-19"



### **Important Key Messages**

- Don't miss Golden Hour- First hour after birth (Uninterrupted Skin to skin Contact).
- Early Initiation of Breast Feeding – Feeding of First Milk (Colostrum)
- Exclusive Breast feeding for Six Months and continued till 2 years.
- Complementary Feeding initiation from the Six month.
- Proper Nutrition and counselling of mother during pre- natal/ Antenatal/ Post – Natal.

**“Breastfeeding is a mother's gift to herself, her baby, and the earth.”**

शिशु के पोषण का आधार हैं,  
माँ का दूध ही सर्वोत्तम आहार हैं.

माँ के दूध में वह ताकत होती है जो  
बच्चे को कुपोषण से बचाती है।  
जन्म से लेकर दो साल तक बच्चे  
को कराएँ स्तनपान

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