

International Virtual Congress on PEDIATRICS

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Importance of breast feeding**Asma tauqeer***Shifa international hospital, Pakistan*

Breastmilk gives the baby a healthy start in life. It is the only food that baby needs for about the first 6 months. Breastmilk is always fresh, clean and the right temperature. Babies who are breastfed are also sick less often than babies who are not breastfed. Breast milk contains everything baby needs for the first 6 months of life, in all the right proportions. Its composition even changes according to the baby's changing needs especially during the first month of life. During the first days after birth, breasts produce a thick and yellowish fluid called colostrum. Colostrum provides high amount of immunoglobulin A as well as several other antibodies. Breast milk is loaded with antibodies that help the baby fight off viruses and bacteria, Breast feeding reduce risk for baby are following

- Middle ear infections
- Respiratory tract infections
- Gut infections
- Child hood leukemia
- Intestinal tissue damage

Breast feeding reduce risk for mother are following

- Its help the uterus in contraction
- Prevent from postpartum depression
- Help in birth spacing
- Weight losing
- Time consuming

This information is provided as general information only. Best efforts have been used to develop this information.

Biography

Asma tauqeer is a Neonatal nurse in Shifa international hospital, Pakistan