

School of Nursing

Course Code : BSCN3002

Course Name: Child health nursing

BREAST FEEDING



Name of the Faculty: DEEPIKA BAJWAN

Program Name: B.sc Nursing

DEFINITION

- Breastfeeding is the feeding of Infant with breast milk directly from female human breast, not from a baby bottle

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Exclusive breast feeding

- It is defined as consumption of Human milk with no supplementation of any type (no water, no juice, no non human milk and no human food except for vitamin, minerals

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TYPES OF BREAST MILK

- Colostrum milk
- Transitional milk
- Mature Milk
- Preterm Milk
- Foremilk
- Hind milk



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COMPOSITION

- Colostrum
- It is the secretion of breast milk during the later part of pregnancy & for 2-4 days after delivery
- It has important immunological factors
- It is alkaline in nature



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- Transitional milk
- Milk secreted during two weeks
- Contains immunoglobulins and low protein content
- Increase fat and sugar content



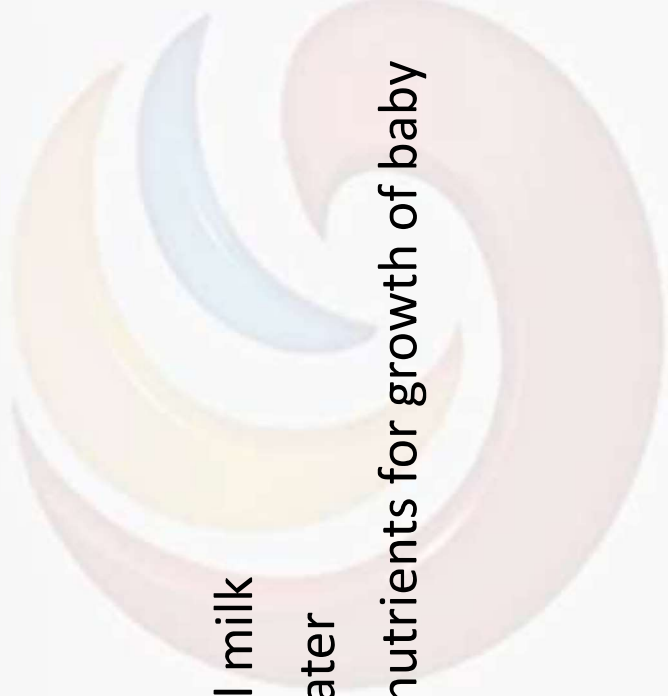
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- Mature milk
- Follows transitional milk
- More content of water
- Contains essential nutrients for growth of baby



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- Storage of breast milk
- It can be stored at room temperature for 6- 8 hrs
- Expressed milk can be stored in insulated color bag with ice packs for 24 hrs



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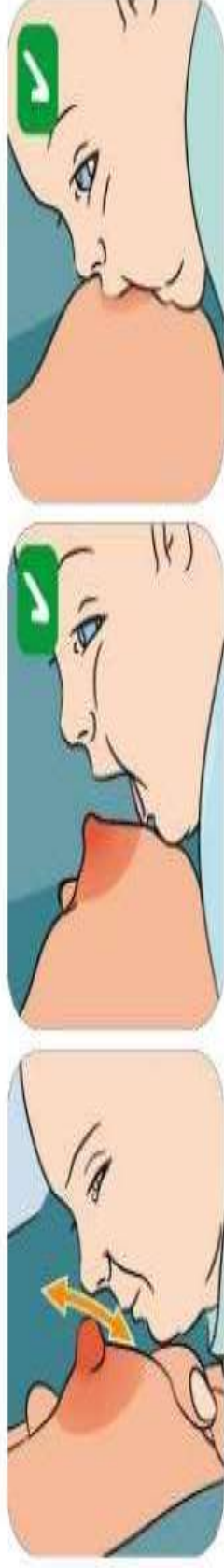
- INITIATION
- Breastfeeding should be started within half an hour of birth as soon as possible after normal delivery where in case of caesarean section within 1 and half hour.
- Rooming in should be done



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- LATCH
- Good latch on is necessary for better breast feeding

TECHNIQUE



- GOOD LATCH ON



What can you see?



Good attachment



Poor attachment

16-4

Breastfeeding Counseling: a training course.
WHO/CHD/03.4, UNICEF/NUT/93.2

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TECHNIQUE OF BREASTFEEDING

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POSITIONS



Cradle hold



Cross-cradle hold



Football hold



Lying down

Side lying position



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Football hold position



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Cradle hold position



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Cross cradle hold position



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Saddle Hold



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- BURPING AFTER FEEDING
- fo 10-15 mins



BENEFITS BREASTFEEDING FOR BABY

1. This provides the best possible nutrition to the young child.
2. It reduces the incidence of coughs and colds, ear infections, bronchitis, pneumonia, meningitis and diarrhoea through its protective factors.
3. It protects the child from colic, asthma, eczema, nose and food allergies.
4. It is essential for the optimal physical, emotional and mental development of the child. Breastfed child are also smarter.

COMPLICATION

- ❖ Breast Pain
- ❖ Biting
- ❖ Too much milk
- ❖ Mastitis
- ❖ Breast abscess
- ❖ Breast engorgement
- ❖ Sore nipple

REFERENCES

1. Parul dutta , Text book of paediatric Nursing, Jaypee Publisher ,
Page No : 25-30
2. https://www.who.int/health-topics/breastfeeding#tab=tab_1
3. <https://en.wikipedia.org/wiki/Breastfeeding>
4. <https://www.parents.com/baby/breastfeeding/>

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