



NURSING INSTITUTE, JHENAIDAH
REPUBLIC OF BANGLADESH

LECTURE 03

FUNDAMENTALS OF MIDWIFERY

DIPLOMA IN MIDWIFERY

LINA NASRIN
LECTURER, NIJ - BANGLADESH

NORMAL NEONATE

BREASTFEEDING

Question:

- ✿ Discuss the Benefits of Breastfeeding.

Breastfeeding Benefits for Mother:

Breastfeeding burns extra calories, so it can help you lose **pregnancy weight** faster. It releases the hormone oxytocin, which helps your uterus return to its pre- **pregnancy** size and may reduce uterine bleeding after birth. Breastfeeding also lowers your risk of breast and **ovarian cancer**. It may lower your risk of **osteoporosis**, too.

Since you don't have to buy and measure formula, sterilize nipples, or warm bottles, It saves you time and money. IT also gives you regular time to relax quietly with your **newborn** as you bond.

Breastfeeding Benefits for the baby:

Breast milk provides the ideal **nutrition** for infants. It has a nearly perfect mix of **vitamins**, protein, and fat- everything your baby needs to grow. And it's all provided in a form more easily digested than **infant** formula. **Breast milk** contains antibodies that help your baby fight off viruses and bacteria. Breastfeeding lowers your baby's risk of having **asthma** or **allergies**. Plus, babies who are breastfed exclusively for the first 6 months, without any formula, have fewer ear infections, respiratory illnesses, and bouts of diarrhoea. They also have fewer hospitalizations and trips to the doctor.

Breastfed infants are more likely to gain the right amount of weight as they grow rather than become overweight children. Breastfeeding also plays a role in the prevention of SIDS (sudden infant death syndrome). Its been thought to lower the risk of diabetes, obesity, and certain cancers as well, but more research is needed.