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## Breast Feeding

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### The Composition of Breast Milk

Mature human milk contains FAT (high contents of palmitic & oleic acids 5%-3%), PROTEIN (the principal proteins are casein 0.8-0.9%. CARBOHYDRATE calculated as 7.2%-6.9%. lactose) and mineral constitutes expressed as ash 0.2% & Its Energy content is 60- 75 kcal /100 ml. Is the natural first food for babies? It provides all the energy & nutrient that the infant needs for the first months of life & it continues to provide up to half or more of a child nutritional needs during the second half of the first year.

### What are the advantages of Breast Milk?

#### FOR THE BABY:

Breast milk contains the ideal nutrition for the infants in an easily digested form Vitamins, Protein, Fat & antibodies. It protects the infant against infectious & chronic.

1. Diseases as it contains antibodies .It promote sensory & cognitive development.
2. It reduces infant mortality due to common.
3. Childhood illness such as diarrhea or pneumonia
4. Finally, it is a secure way of feeding & safe for the environment.

#### FOR THE MOTHER:

1. It helps the uterus to return to its pre-pregnancy size by stimulating oxytocin hormone release
2. It helps the loss of weight by burning extra calories. Also, it lowers the risk of breast & ovarian cancer.
3. It increases the bond between the mother & the baby by skin-to-skin touch contact.

#### AAP RECOMMENDATIONS

EXCLUSIVE BREAST FEEDING for 6 months

To enable mothers to establish & sustain exclusive breast feeding for 6 months

WHO & UNICEF recommend to:

1. Initiation of breast feeding within the first hour of life.
2. Exclusive breastfeeding that the infant only receives breast milk without any additional food or drink.
3. Breast feeding on demand-that is as often as the child wants, day & night.
4. No use of bottles, teats or pacifiers.

### What are the ABCs of Breastfeeding?

#### A= Awareness

Watch for the baby's signs of hunger. This is called "on demand feeding" In the first few weeks, may be times every 24 hours nursing 8-12.

#### B= Be patient

Breast feed as long as the baby wants to nurse each time.

Infants typically breast feed for 10-20 minutes on each breast.

#### C = Comfort

This is key Relax while breast feeding & the milk is more likely to "let down & flow".

## Biography

Hala Mohamed Shalaby is a Pediatric & Neonatology Specialist in Riyadh Care Hospital, Saudi Arabia since 2001. She did her M.B.B.CH in 1989 and Post graduate Diploma (DCH) in General Pediatric, MRCPCH of Pediatric & Child Health in 2015. She worked as Intern (House officer) at Zagazig University, Egypt (1990-1991), General Practitioner (1991-1992) Egypt, Pediatric Resident (1992-1994), Egypt. Dr Shalaby then shifted to Saudi Arabia and worked as a Pediatric and Neonatology Resident at Thadiq General Hospital and Al Yamamah Hospital respectively. Dr Shalaby is specialist in Endotracheal Intubation, Central Line Insertions (UAC & UVC), Chest Tube Insertion, Blood Exchange, Lubar Puncture.

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