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Breastfeeding the preterm: A right must be done right

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Breast milk is the white blood containing almost all the factors essential for the physical, physiological and psychological maturity of the preterm infant. Its function represents a continuum of the placental function. Preterm infants are inevitably deprived of the placenta in late pregnancy so the human factor should fight to provide the baby with this white blood; the breast milk. This needs a tight strategy to be mastered by the authorized personnel in the NICU. The policy should include the guidelines of milk expression, storage, transfer and providence to the baby. Promotion of the kangaroo mother care is an important adjuvant. Proper counselling of the mother is also of utmost importance together with the post discharge support of the mothers to continue breastfeeding.

Biography

Rania Hosny Tomerak is a Professor of Pediatrics and Neonatology in Cairo University. She has completed her graduation in 1994, Master's in Pediatrics in 1998 and Doctorate in Pediatrics in 2001. She is an international board certified Lactation Consultant since 2004. She is a board member of Lactation Education Accreditation and Approval Committee in USA, which provides approval and accreditation to all breastfeeding programs all over the world. She has published 21 scientific papers.

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