

### Liquid Parel: Ever Suitable Food of Baby

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#### COLUMN ARTICLE

Exclusive breastfeeding of infants for the first 6 months of life is the strong recommendation by the World Health Organization (WHO) and the American Academy of Paediatrics (AAP). Further WHO has recommended continued breastfeeding after the introduction of complementary foods to age 2 year and older. Engagement in exclusive breastfeeding supports individual and population health. Evidence on the importance of breastfeeding as the cornerstone of child survival, nutrition and development and maternal health continues to increase [1-4].

The short- and long-term benefits of breastfeeding for mother and baby have been well documented. The short-term benefits of breastfeeding include a lower incidence of many childhood communicable diseases, childhood lymphocytic leukaemia, inflammatory bowel disease, lower incidence of type 1 diabetes, and higher IQ. The long-term benefits of breastfeeding include lower incidence of non-communicable disorders (NCDs), obesity, diabetes type 2, and hypercholesterolemia resulting in cardiovascular diseases and hypertension. Furthermore, breastfeeding results in improved maternal health by reducing the incidence of maternal premenopausal breast and ovarian cancer as well

as lowering the incidence of maternal obesity and its complications [5-7].

The societal advantage of breastfeeding is decreased absenteeism from work for parents of young infants. Because breastfeeding is associated with decreased rates of many childhood illnesses, parents of breastfed infants miss fewer days of work because of a sick child. Families of breastfed infants thus have less loss of income resulting from sick leave [8]. Breastfeeding also has environmental benefits, such as decreased energy expenditure for the production of artificial formula and decreased use of resources for the production and cleaning of bottle feeding equipment.

Effective breastfeeding is a function of the proper positioning of mother and baby and attachment of child to the mother's breast. Positioning of the baby's body is important for good attachment and successful breastfeeding. Most difficulties can be avoided altogether if good attachment and positioning are achieved at the first and early feeds. An effective sucking technique is considered important to establish breastfeeding, to ensure milk transfer, and to prevent breastfeeding problems. The baby's positioning and attachment to the breast during breastfeeding are fundamental toward the occurrence of different sorts of nipple trauma [9].

Mothers stop breastfeeding due to various reasons. The common reasons are feeling of not enough milk in their breast, excessive crying of the baby, pain in the nipple usually due to poor attachment causes sore nipple, refusal to breast feed by the baby etc.

## CONCLUSION

To get success in exclusive breastfeeding is a great task for health care providers. It requires intensive counselling, support from family and support from peer groups. every mother should not go home without knowing the correct attachment and positing the baby for breastfeeding.

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