Successful Infant and Young Child Feeding

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Objectives

- Current global recommendations for infant and Young Child feeding
- Understand importance of optimal infant and young child feeding for child health, nutrition, growth and development
- Components of Successful Exclusive Breastfeeding
Global Strategy for Infant and Young Child Feeding

- Adopted by the WHA and UNICEF Executive board in 2002
National guidelines on IYCF launched 6 August, 2004
The law to protect, promote and support breastfeeding. 6 August, 2004
Global Recommendations for Infant and Young Child Feeding

- Exclusive breastfeeding for 6 months
- Continue breastfeeding for up to 2 years or beyond.
- Introduce nutritionally adequate and safe complementary foods after the infant reaches 6 months of age, while continuing to breastfeed for 2 years or beyond.
What is Exclusive Breastfeeding?

- Giving an infant only breastmilk, with the exception of drops or syrups consisting of vitamins, mineral supplements, or drugs
- No food or drink other than breastmilk—not even water
IYCF and Child Survival
INDIA: Report Card
Survival
2.4 million U-5 deaths in India

Three Major Killers in India
- Neonatal sepsis
- Diarrhoea
- Pneumonia

Breastfeeding is No. 1 intervention for all the three

Source: Robert et al. LANCET 2003;361:2226-34
Under-5 deaths preventable through universal coverage with individual interventions (2000)

India

Source: Jones et al. LANCET 2003;362:65-71
Time of initiation of breastfeeding within one hour of birth

- Bangladesh: 12
- India: 16
- Indonesia: 14
- Nepal: 18
BPNI 2003 49 districts, around 9000 mothers: **Exclusive breastfeeding for the first 6 months**

![Graph showing exclusive breastfeeding rates](image-url)
Exclusive breastfeeding falls rapidly from first month onwards (NFHS-2-1999)
What are the reasons (49 district study)?

- Frontline workers don't carry clear concepts and lack skills to help women
- Confusing messages to mothers
- Doctors are not clear on the optimal feeding recommendations and push “own opinion”.
- Mothers *feel* they don’t have *enough milk*
10th Five year Plan

GOALS

breastfeeding within one hour
50.0%
15.8%

breastfeeding
80.0%
41.2%

Complementary feeding (6-9 months)
75.0%
33.5%

Note: NFHS 2 data for exclusive breastfeeding is the simple average of 0-3 & 4-6 months period.
Successful IYCF Components
Successful Breastfeeding

- Train all health care staff in skills necessary to implement this policy.
Counselling Visits

- At least one during the antenatal period
- Immediately after birth
- Within 7 days of birth to monitor post-partum and infant-feeding progress
- Monthly follow-up sessions
- Additional sessions may be required during high-risk time periods
Successful Breastfeeding

Inform all pregnant women about the benefits and management of breastfeeding
Benefits of Exclusive Breastfeeding

To the Baby

- Perfect nutrition
- Prevents infections
- Easily digested
- Higher IQ
- Emotional Bonding
Benefits of Exclusive Breastfeeding

To the Mother

- Reduces post delivery bleeding and anemia
- Helps delay next pregnancy
- Protective effect against breast and ovarian cancer
- Helps to loose weight
Benefits of Exclusive Breastfeeding

To the Family

- Reduces absenteeism of mothers from work as they are less prone to disease.
- Economical
Antenatal preparation for breastfeeding

*With mothers groups:*
- Explain benefits of breastfeeding
- Give simple information on how to breastfeed
- Explain what happens after delivery

*With mother individually:*
- Ask about previous experience
- Ask if any questions or worries
- Examine breasts if she is worried
- Build her confidence
Successful Breastfeeding

Help mothers initiate breastfeeding within an hour of birth
Successful Breastfeeding
No Prelacteal Feeds

- Replace colostrum
- Reduce baby’s desire for breastfeeding
- Greater risk of infection
- Risk of intolerance, allergy
Successful Breastfeeding

No Bottles, Artificial Teats or Pacifiers for Breastfeeding Infants

Leads to nipple confusion
Successful Breastfeeding

Breastfeed on demand

- 8-10 times or more in 24 hours
- Breastfeed at night
- No restrictions on length of breastfeeds
- No restrictions on frequency of breastfeeds
Successful Breastfeeding

Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants.
Anatomy

- Milk producing glands
- Lactiferous canaliculi
- Lactiferous sinuses
- Myoepithelial tissue
- Adipose tissue
Physiology

- Prolactin reflex
- Oxytocin reflex
- Inhibin
Breastmilk Production

The Prolactin reflex

- More prolactin secreted at night
- Secreted after feed to produce next feed
- Suppresses ovulation

Sensory Impulses from nipple

Prolactin in blood

Baby sucking
Breastmilk Transfer

**The Oxytocin reflex**

- **Oxytocin in blood**
- **Sensory Impulses from nipple**
- **Baby sucking**

- Works before or during feed to make milk flow
- Makes uterus contract
Breastmilk Transfer

The Oxytocin reflex

- Thinks lovingly of baby
- Confidence
- Sound of baby
- Sight of baby

- Pain
- Worry
- Stress
- Doubt
Signs of Correct Attachment

- Mouth wide open
- Lower lip is turned outside
- Chin touching the breast
- Black part of the breast not visible below the lower lip
- Large black portion of breast and nipple including milk collecting ducts are inside baby’s mouth
- Tongue under the teat
Incorrect Sucking Position

- Mouth is not wide open
- Chin is away from the breast
- Baby is sucking only nipple
- Most black portion of the breast is outside the baby’s mouth
- Tongue away from the teat
Factors affecting milk supply

**Enhancers**
- Frequent, complete expressions
- Rest and relaxation
- Improved condition of infant
- Skin to skin contact
- Initiation of breastfeeding

**Reducers**
- Infrequent, incomplete expressions
- Anxiety, fatigue, stress
- Worsened condition of infant
- Return to work
- Illness
- Drugs
Helping Mothers with Breast Problems

- Fullness
- Engorgement
- Mastitis
- Breast abscess
- Cracked nipple
- Sore nipple
- Inverted nipple
Inverted nipple

**STEP ONE**
Cut along this line with blade.

**STEP TWO**
Insert Piston from Cut End.

**STEP THREE**
Mother gently pulls the Piston.
Alternate Methods of Feeding
Expression of breastmilk
Expression of breastmilk
Role of Front line Worker

- Assist women in correct positioning and expression of breastmilk if required
- To solve breastfeeding problems and problem of not enough milk
- Counseling to help establish exclusive breastfeeding
Newborn deserves the best Nutrition, Improved Survival, Optimum Development and healthy life

Breastfeeding can do this miracle !!!

Thanks!!!