

بسم الله الرحمن الرحيم



Breastfeeding benefits

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- The American Academy of Pediatrics (AAP) recommends **exclusive** breastfeeding for **6 months**, and continuing **even after solid foods** are introduced, until at **least age 1 year**

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- The World Health Organization (**WHO**) recommends breastfeeding until **2 years old** or longer because the benefits continue that long

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- Most healthcare professionals recommend **exclusive** breastfeeding for at least **6 months** or much longer

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- During the **first days** after birth, the breasts produce a **thick** and **yellowish** fluid called **colostrum**. It's **high in protein**, **low in sugar**, and loaded with beneficial compounds

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- About the only thing that may be lacking from magical milk supply is **vitamin D**.

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- Breast milk is loaded with **antibodies** that help the baby fight off **viruses and bacteria**, which is critical in those tender, early months.
 - This particularly applies to colostrum, the first milk. **Colostrum** provides high amounts of **immunoglobulin A (IgA)**, as well as several other antibodies.

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- IgA protects the baby from getting sick by forming a **protective layer** in the baby's **nose**, **throat**, and **digestive system**.

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- Formula doesn't provide antibody protection for babies. Numerous studies show that babies who are not breastfed are more vulnerable to health issues like pneumonia, diarrhea, and infection.

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- Breastfeeding may **reduce disease risk**

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- Exclusive breastfeeding, meaning that the infant receives only breast milk, is particularly beneficial.
 - It may reduce the baby's risk for many illnesses and diseases

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- Breastfeeding, particularly exclusively and as long as possible, may protect against **middle ear, throat, and sinus infections** well beyond infancy.

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- Breastfeeding can protect against multiple **respiratory** and **gastrointestinal** acute illnesses.

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- Babies exclusively breastfed **for 6 months** may have a lower risk of getting serious **colds** and **ear** or **throat** infections.

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- Breastfeeding is linked with a **reduction in gut infections**.

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- Feeding **preterm babies** breast milk is linked with a reduction in the incidence of **necrotizing enterocolitis**.

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- Breastfeeding is linked to a **reduced risk of SIDS**, especially when breastfeeding **exclusively**.

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- Breastfeeding is linked to a reduced risk of **asthma**, **atopic dermatitis**, and **eczema**.

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- Babies who are breastfed may be less likely to develop **Crohn's** disease and **ulcerative colitis**.

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- Breastfeeding is linked to a **reduced** risk of developing **type 1** diabetes and non-insulin-dependent (**type 2**) diabetes

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- Breastfeeding is linked to a reduction in the risk for **childhood leukemia**.

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- Breast milk promotes baby's **healthy weight**

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- Breastfeeding promotes **healthy weight gain** and helps **prevent childhood obesity**.
 - One study showed that breastfeeding for **longer than 4 months** had a significant reduction in the chances of a baby developing **overweight** and **obesity**.

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- This may be due to the development of **different gut bacteria**. Breastfed babies have higher amounts of **beneficial gut bacteria**, which may **affect fat storage**.

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- Babies fed breast milk also have **more leptin** in their systems than formula-fed babies. **Leptin** is a key hormone for **regulating appetite and fat storage**.

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- Breastfeeding may make children **smarter**

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- Some studies suggest there may be a difference in **brain development** between breastfed and formula-fed babies.

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- This difference **may be due to the physical intimacy, touch, and eye contact** associated with breastfeeding as well as nutrient content.

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- Studies indicate that breastfed babies have higher **intelligence scores** and are less likely to develop **behavioral problems** have learning difficulties as they grow older.

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- The most **pronounced effects** are seen in **preterm babies**, who have a higher risk for **developmental issues**.

Breastfeeding benefits for mom

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- Breastfeeding may help the moms **lose weight**
 - Breastfeeding **does burn more calories** , and **after 3 months** of lactation, we'll likely experience an increase in fat burning compared to non-lactating mothers

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- Breastfeeding helps the **uterus contract**

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- During pregnancy, the **uterus grows immensely**, expanding from the size of a pear to filling almost the entire space of the abdomen.
 - After delivery, the uterus goes through a process **called involution**, which helps it **return to its previous size**. **Oxytocin**, a hormone that increases throughout pregnancy, helps drive this process.
 - The body secretes high amounts of **oxytocin during labor** to help **deliver the baby** and **reduce bleeding**.
 - **Oxytocin also increases during breastfeeding**. It encourages **uterine contractions** and **reduces bleeding**, helping the uterus return to its previous size.

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- Mothers who breastfeed have a lower risk for depression

- Postpartum depression (PPD) is a type of depression that can develop shortly after childbirth.
- Women who breastfeed seem less likely to develop postpartum depression, compared to mothers who wean early or do not breastfeed, according to a Source.

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- Breastfeeding reduces mom,s **disease risk**

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- Breastfeeding seems to provide you with long-term protection against **cancer** and several diseases.
 - The total time a woman spends breastfeeding is linked with a reduced risk for **breast** and **ovarian cancer**.

- Women who breastfeed have a lower risk for:
 - high blood pressure
 - arthritis
 - high blood fats
 - heart disease
 - type 2 diabetes

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- Breastfeeding may prevent menstruation

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- Continued breastfeeding also **pauses ovulation and menstruation**. The suspension of menstrual cycles may actually be nature's way of ensuring there's some **time between pregnancies**.

It saves time and money

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- By choosing to breastfeed, we won't have to:
 - spend **money** on formula
 - **calculate** how much the baby **needs to drink daily**
 - spend time **cleaning and sterilizing bottles**
 - **mix and warm up bottles** in the middle of the night (or day)
 - **Breast milk** is always at the **right temperature** and **ready to drink.**

What's breast milk made of?

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- Millions of live cells. These include immune-boosting white blood cells, as well as stem cells, which may help organs develop and heal

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- proteins that help the baby grow and develop, activate her immune system, and develop and protect neurons in her brain

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- All that breast milk protein is made up of **amino acids**. Some of them, called **nucleotides, increase at night** and scientists think they may **induce sleep**

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- complex sugars called **oligosaccharides** that act as **prebiotics**, feeding ‘**good bacteria**’ in the baby’s gut. They also **prevent infections** entering her bloodstream and **lower her risk of brain inflammation**

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- **Growth factors** that support healthy development. These affect many parts of the baby's body, including her **intestines**, **blood vessels**, **nervous system**, and her **glands**, which **secrete hormones**

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- Vitamins and minerals – nutrients that support healthy growth and organ function, as well as help build the baby's teeth and bones

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- Antibodies, also known as immunoglobulins. There are several basic forms of antibodies and all of them can be found in the milk. They protect the baby against illnesses and infections by neutralising bacteria and viruses.

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- The long-chain fatty acids because they play a pivotal part in building the baby's nervous system, as well as aid healthy brain and eye development.

- Proteins
- Human milk contains two types of proteins: **whey and casein**. Approximately **60% is whey, while 40% is casein**. This balance of the proteins allows for quick and easy digestion. If artificial milk, also called formula, has a greater percentage of casein, it will be more difficult for the baby to digest. Approximately 60-80% of all protein in human milk is whey protein. These proteins have great infection-protection properties. Listed below are specific proteins that are found in breast milk and their benefits:

- Lactoferrin inhibits the growth of iron-dependent bacteria in the gastrointestinal tract. This inhibits certain organisms, such as coliforms and yeast, that require iron.
- Secretory IgA also works to protect the infant from viruses and bacteria, specifically those that the baby, mom, and family are exposed to. It also helps to protect against E. Coli and possibly allergies. Other immunoglobulins, including IgG and IgM, in breast milk also help protect against bacterial and viral infections. Eating fish can help increase the amount of these proteins in breast milk.

- Lysozyme is an enzyme that protects the infant against E. Coli and Salmonella. It also promotes the growth of healthy intestinal flora and has anti-inflammatory functions.
- Bifidus factor supports the growth of lactobacillus. Lactobacillus is a beneficial bacteria that protect the baby against harmful bacteria by creating an acidic environment where it cannot survive

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- Fats
 - Human milk also contains fats that are essential for the health of the baby. It is necessary for **brain development, absorption of fat-soluble vitamins**, and is a **primary calorie source**. Long-chain fatty acids are needed for **brain, retina, and nervous system development**. They are deposited in the brain during the **last trimester of pregnancy** and are also found in breast milk

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- Vitamins
 - The amount and types of vitamins in breast milk is directly related to the mother's vitamin intake. This is why it is essential that she gets adequate nutrition, including vitamins. Fat-soluble vitamins, including vitamins A, D, E, and K, are all vital to the infant's health. Water-soluble vitamins such as vitamin C, riboflavin, niacin, and pantothenic acid are also essential. Because of the need for these vitamins, many healthcare providers and lactation consultants will have nursing mothers continue on prenatal vitamins

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- Carbohydrates
 - Lactose is the primary carbohydrate found in human milk. It accounts for approximately 40% of the total calories provided by breast milk. Lactose helps to decrease a large number of unhealthy bacteria in the stomach, which improves the absorption of calcium, phosphorus, and magnesium. It helps to fight disease and promotes the growth of healthy bacteria in the stomach

The Importance of Breastfeeding in Holy Quran

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- Breastfeeding is limited to **two years** in the Quran

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- Mothers shall breastfeed their children for **two whole years**, for those who wish to complete the term"

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- Among the eight verses of the Quran related to thebreastfeeding,**233rd verse of Sura Al-Baqarah** may be the most important in which it is stated that:
"And mothers[should] breastfeed their children for a total of **two years**

A wide-angle photograph of a mountainous landscape during sunset. The sky is filled with dramatic, orange and yellow clouds. In the foreground, dark silhouettes of pine trees frame a large, calm blue lake. Across the lake, a range of mountains is visible, their peaks partially obscured by the low-hanging clouds. The overall atmosphere is serene and majestic.

با سپاس فراوان