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# 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**

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- **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**.

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• 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**.



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- **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:

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- **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.

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- **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**



**با سپاس فراوان**