

Breast feeding and working mother

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Infant nutrition is important determinants of the health of children, with breastfeeding recommended as the main nutrition for babies. Breast milk is the best food for baby. It contains several protective enzymes such as amylase and digestive lipase that could protect baby from diarrhea and infection. World Health Organization (WHO) has encouraged the mothers around the world to breastfeed their infants exclusively in six months after the delivery to promote growth and development of the baby. Immediately after delivery, as soon as mother recovers from labor, baby should be put on the breast, preferably within half an hour after birth. Breast feeding within the first hour has many benefits. Avoid dummies and bottles in early days. These may introduce infection to the baby. Avoid artificial milk formulas when not indicated. This may interfere in establishment and maintenance of successful breast feeding. Employment of mothers outside the home, especially full-time employment, has a negative influence on duration of breastfeeding. Among women who breastfeed their infants after returning to work, only few continue to breastfeed the recommended 6 months. What strategies can be adopted by the working women to keep her baby breast feed with complimentary feed is discussed.

Biography

Ganga S. Pilli is working as a Professor, in the Department of Pathology in KLE University, India.