

Infant and Young Child Feeding

Importance of breastfeeding



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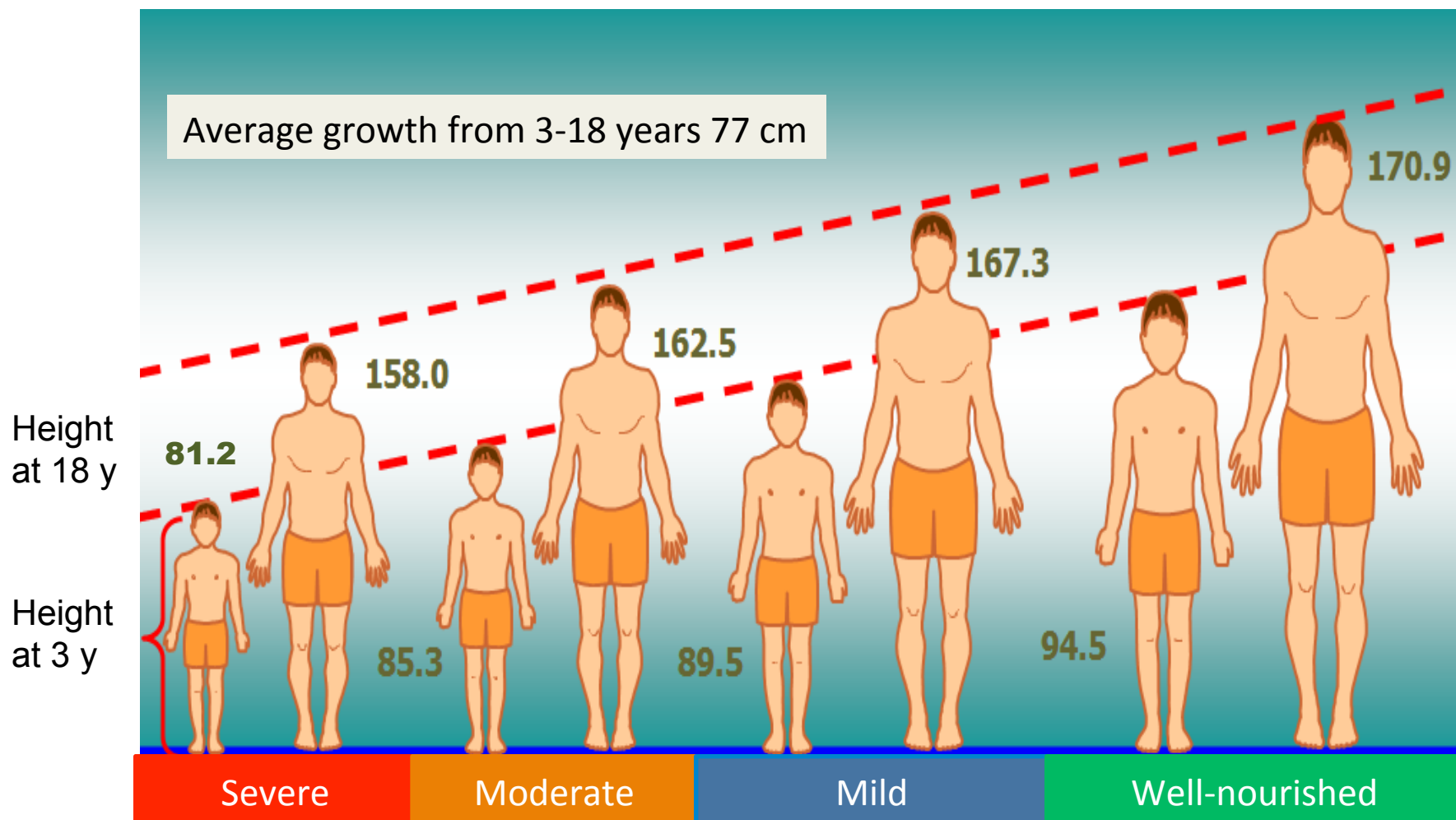
Why IYCF?



- 7 million children under 5 years old in Vietnam
- One of three children under five is stunted (29%, NIN Surveillance 2010)
- National Nutrition Strategy 2011-2020 with a vision toward 2030 aims to reduce this rate to 26% by 2015 and 23% by 2020

Why IYCF:

Stunted 3 Year Old – Stunted Adult



(Guatemala, INCAP Oriente Study)

Windows of Opportunity



**Preconception – Pregnancy:
Maternal nutrition &
Breastfeeding**



280 days

**0-6 months:
Exclusive breastfeeding
No formula, No water**



180 days

**6-24 months:
Complementary feeding and
continued breastfeeding**



540 days

Benefits of Breastfeeding: Infant



Short Term

- Provides superior nutrition for optimum growth
- Provides adequate water for hydration
- Protects against infection and allergies
- Promotes bonding and development

Source: IYCF -integrated course, WHO/UNICEF, Slide 2.1

Long Term

- Autoimmune diseases: Coeliac disease, Inflammatory bowel diseases, Diabetes mellitus type I
- Metabolic syndrome: Blood pressure, Serum cholesterol, Overweight/ Obesity, Diabetes mellitus type II
- Cognitive development
- Malignant disease: Acute lymphatic leucemia

*Source: (WHO 2007: syst. reviews and meta-analysis)
(ESPGHAN (Europ. Soc. for Paediatric Gastroenterol., Hepatol. & Nutr.) 2009)*

Benefits of Breastfeeding: Mother



Short Term:

- Contraction of uterus
- Weight loss

Long Term:

- Protects against various cancers –
Breast, ovarian & endometrial cancer



Source: (WHO 2007: syst. reviews and meta-analysis)
(ESPGHAN (Europ. Soc. for Paediatric Gastroenterol., Hepatol. & Nutr.) 2009)

Breastfeeding: Economic Benefits



- Breastmilk contributes to national food supply. In Vietnam:
 - ✓ Estimated average cost of VND 800,000-1,200,000 per child per month for breastmilk substitutes (equivalent to 50-70% monthly income)
 - ✓ If all children are exclusively breastfed, 549 million US dollars will be saved each year
- Time and medical cost to treat digestive diseases in non-breastfed children will be saved
- Breastmilk is also a clean food source, helping to protect the environment by producing less harmful waste

Source: *Feminist Economist, 2005: Smith & Ingham*
Pepsi Co – An overview of IYCF Public Health Policy in VN – 2010

Breast Milk Production



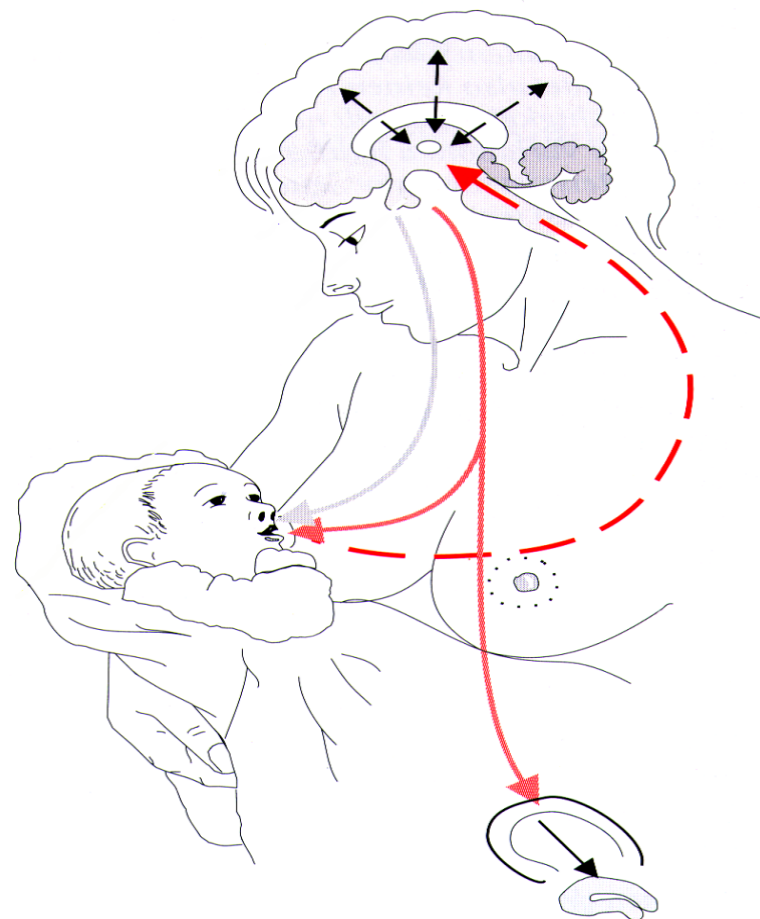
1. Breast milk production “system” is ready to work in the last trimester of pregnancy

2. Breast milk production mechanism:

PHIM KHOA GIAO 3D

CHO TRE BU DUNG

CACH.VOB



Factors Influencing Breast Milk Production



Helping factors

- The more the baby breastfeeds, the more milk is produced
- Spiritual and psychological factors: the mother is happy and believes that she has enough milk
- Contact with the baby: stay close, see and fondle the baby
- Breastfeeding at night helps to produce more breast milk

Hindering factors

- The mother is worried, stressful and does not believe that she has enough milk
- The mother is painful
- The mother and baby is separated
- The mother lets her breasts to be full for too long
- The baby is not attached correctly to the breast – ineffective breastfeeding

Factors Influencing Breast Milk Secretion



Adopting mothers: confidence, commitment and family support will help the mothers to produce her own breast milk



In contrast: If the mother does not have confidence, is tired or in a bad psychological condition and receives no support, she will produce less or no milk

World Health Organization Recommendations



- **Early breastfeeding** - within the first hour after birth
- **Exclusive breastfeeding** – no water, no food, no formula - only breastmilk for first six months
- **Continued breastfeeding** up to 24 months or longer



WHY

Early Initiation of Breastfeeding within 1 Hour of Birth



Colostrum - Precious food in the first few days of life

Property	Importance
• Antibody-rich	• Protects against allergies and infection
• Many white cells	• Protects against infection
• Mild purgative effect	• Clears meconium; helps to prevent jaundice
• Growth factors	• Helps intestine to mature
• Rich in Vitamin A	• Prevents allergies and food intolerance
	• Reduces severity of infection

Exclusive Breastfeeding in the First 6 Months of Life



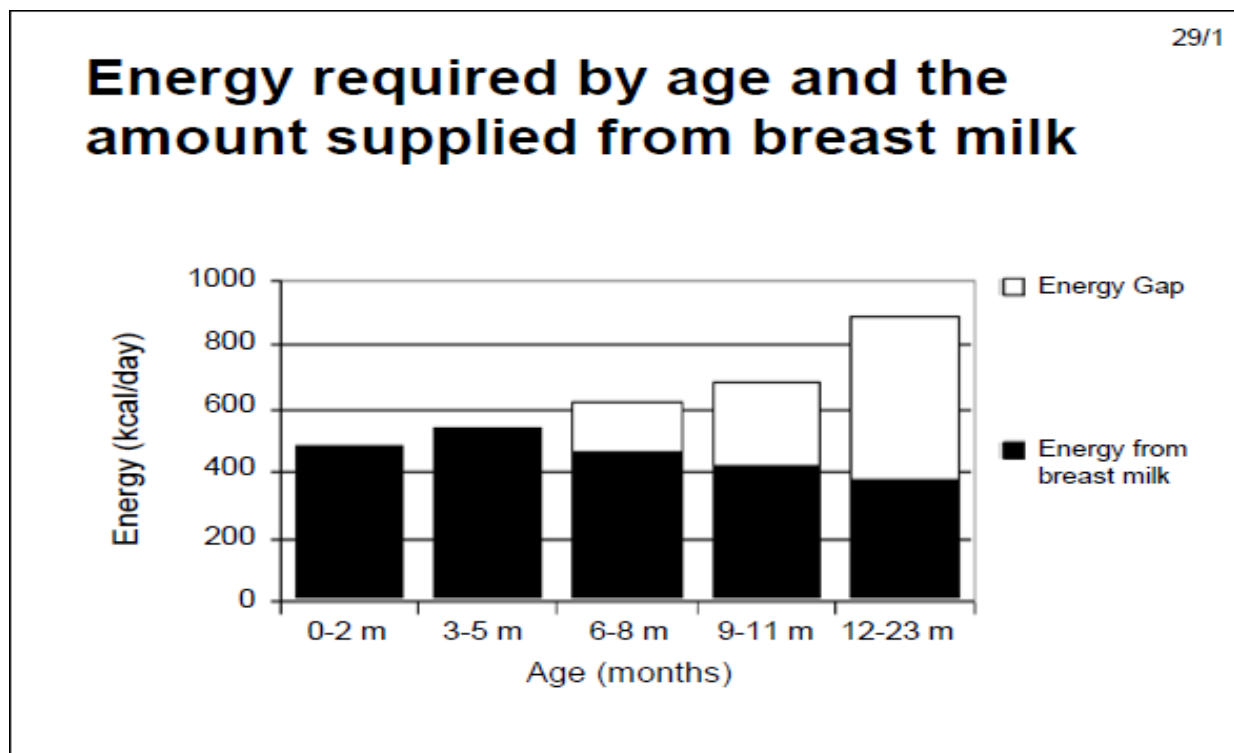
Exclusive breastfeeding means giving a baby only breastmilk, and no other liquids or solids, not even water (except when there are doctor's instructions on drops or syrups consisting of vitamins, mineral supplements, or medicines)



WHY



Exclusive Breastfeeding in the First 6 Months of Life



And continued breastfeeding until 2 years of life ...

Source: WHO/UNICEF (2004): IYCF Counseling – An Integrated Course



Breast Milk or Formula Milk

Which is Better for Babies???



- Human milk is made for human babies, so it has protective factors to help brain development, and anti-infectious factors
- Cow milk has factors for muscular development and to protect calves from diseases
- Formula milk is cow milk + nutrients imitating thoses in human milk

BREAST MILK

Antibodies

Hormones

Anti-Viruses

Anti-Allergies

Anti-Parasites

Growth Factors

Enzymes

FORMULA

Minerals

Minerals

Vitamins

Vitamins

Fat

Fat

DHA/ARA

DHA/ARA

Carbohydrates

Carbohydrates

Protein

Protein

Water

Water

Breast Milk >< Formula Milk



Breastfeeding properly to maintain milk supply



1. Breastfeed early (for the first time) within the first hour of birth
2. Breastfeed on demand, both during day and night
3. Breastfeed exclusively for the first six months.
4. In each feed, empty one breast before switching to another
5. Give no bottle-feeding, pacifiers or teats
6. Continue to breastfeed and breastfeed more frequently when the child is sick
7. Continue to breastfeed until 24 months of age

Options for mothers returning to work



At home: Breastfeed as much as possible, especially at night

Not at home: Express breast milk to leave at home and whenever the breasts are full (baby gets enough milk, mother works far from home, etc)



When to express breast milk

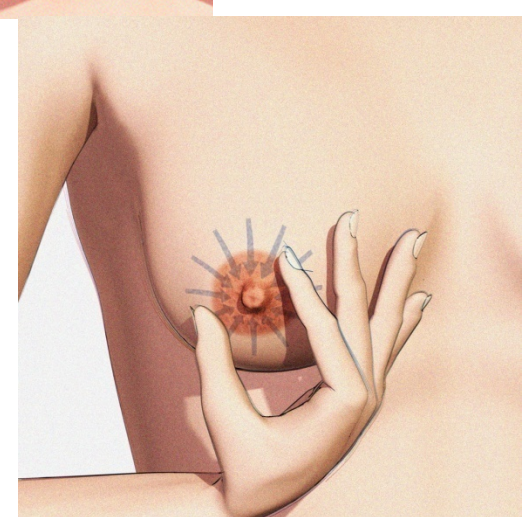
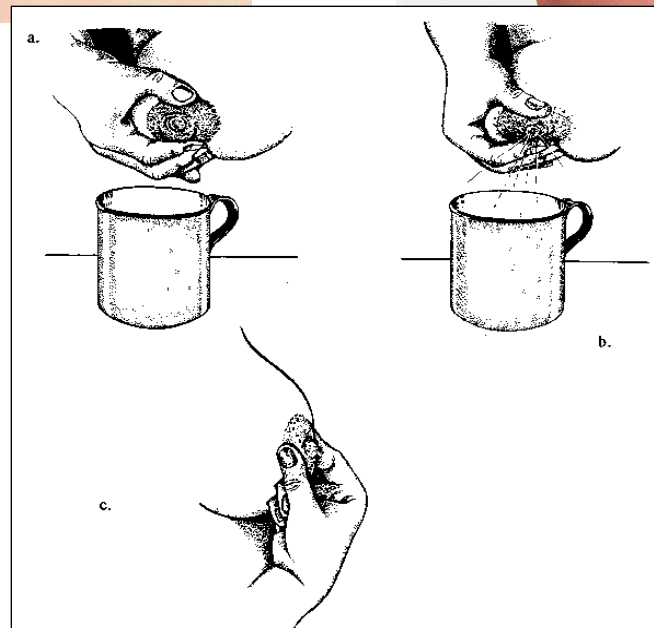
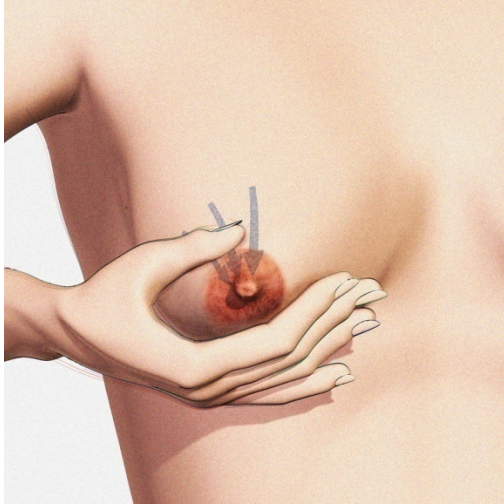
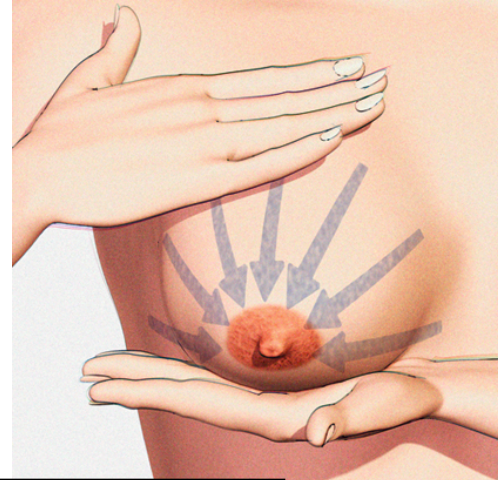
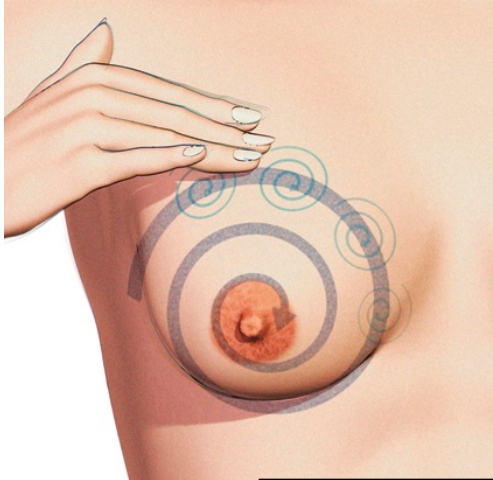


- **Immediately after birth, in cases:**
 - ✓ Baby is pre-term, weak and cannot suckle
 - ✓ Flat and inverted nipples, helping the baby to breastfeed more easily
 - ✓ Express some drops of milk to “attract” the baby in the first breastfeed
- **In the first few weeks & months post-partum:**
 - ✓ When breast milk oversupplies the baby’s demand, express the excess breast milk and store for the baby in order to maintain and stimulate milk production
- **Mother works far from home**, express breast milk and leave at home for the baby
- **Mother commits to certain diseases** and the doctor asks to stop breastfeeding
- **Baby is sick** and could not suckle

How to express breast milk by hand



- Sit or stand comfortably and hold the container near your breast
- Put your thumb on your breast above the nipple and areola; your first finger on the breast below the nipple and areola, opposite the thumb. Support your breast with other fingers
- Press your thumb and first finger slightly inwards towards the chest wall, do not press too hard or it will block milk ducts. Press and release, press and release...
- Press the areola in the same way from the sides
- Express one breast for at least three to five minutes until the flow slows; then express the other side; and then repeat both sides. You can start with one hand, then change to the other.



How to store expressed breast milk



Best storage:

1. Use a glass or hard-sided plastic container with well-fitted tops
2. Do not fill to the top of the container. Leave an inch of space to allow the milk to expand as it freezes.
3. Put only 60 to 120 ml of milk in the container (the amount your baby is likely to eat in a single feed).

Storing place	Temperature	Storing duration
At room temperature	19-26°C	4 hours (ideal), up to 6-8 hours (acceptable)
In a refrigerator	<4°C	3 days (ideal), up to 8 days (acceptable)
In a freezer	-18 to -20°C	6 months (ideal), up to 12 months (acceptable)

How to feed stored breast milk



- **Warm stored breast milk:** Place the breastmilk container in a bowl of hot water to warm stored breastmilk. Do not bring temperature of milk to boiling point.
- **Unfreeze stored breast milk:** remove it from the freezer, put it in the refrigerator to make it less frozen, then leave it at the room temperature to unfreeze it. Shake it well before warming
- **Feed the baby with a cup and spoon** – this is better than using a bottle and teat because:
 - ✓ Easy to clean after use
 - ✓ Avoid breast refusal
 - ✓ Prevent allergies, etc. due to low quality teats

Messages to remember



- **Early breastfeeding** - within the first hour after birth
- **Exclusive breastfeeding** – no water, no food, no formula - only breastmilk for first six months
- **Continued breastfeeding** up to 24 months or longer



Questions



1. What is exclusive breastfeeding?
2. When should a mother start breastfeeding her baby after birth?
3. For how long should a mother breastfeed her baby exclusively?
4. Along with complementary feeding, until when should a mother continue to breastfeed her baby?
5. Should an exclusively breastfed baby be given water to quench thirst when it is hot?
6. If a mother has to return to work, how to ensure her baby continue to get enough breast milk?
7. For how long can expressed breast milk be stored in the refrigerator?
8. For how long can expressed breast milk be stored in the freezer?

Reliable address for mothers: Infant and Young Child Feeding Franchises



Dinh dưỡng hôm nay, sức khỏe cho ngày mai

Websites

Mattroibetho.vn

Mattroibetho.com.vn



Thank you!