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Breastfeeding Your Child

By Angel Estrella

Breastfeeding refers to the process by which a mother feeds her infant with milk directly from her

breasts. Assuming the mother does not have certain illnesses, breast milk is widely believed to be the most beneficial for feeding young infants. It is even said that breastfeeding can strengthen the bond between mother and child. Still, some mothers choose not to participate in breastfeeding their infants and opt for store bought formula instead.

There are a number of benefits, which result from breastfeeding for infants. Among them, immediate milk that does not have to be heated as it is already at body temperature. In addition, some experts believe that breastfeeding decreases the risk of certain ailments, while increasing the healthy development of teeth and gums.

Along with the infant, there are positive results that stem from breastfeeding for the mother. Among them, a nurturing feeling toward her infant, a quicker return to the mom's pre-birth weight and may help to prevent certain illnesses later on in life.

Often, the infant may refuse breastfeeding at first for a variety of reasons. Normally, these can be determined and corrected with proper instruction from a physician. These may be occurrences that go away by themselves or it may be an indication of an infant that has certain medical conditions that prevent them from feeding properly.

Mothers who have certain medical conditions or are taking certain medications should not participate in breastfeeding her infant. The reason is because either the illness or the medication itself may be transmitted to the infant during this time, which can be very harmful to him/her. For this reason, the mother must inform her doctor about any medications or ailments that she currently has prior to beginning to breastfeed her child.

Many new mothers do not realize it, but breastfeeding may cause soreness and even bruising. This is not unnatural, but can be a sign of improper positioning. These instances will usually clear themselves up, but should be checked by a physician just to be safe.

Breastfeeding Your Child

This article is to be used for informational purposes only. The information contained herein is not intended to be used in place of, or in conjunction with, professional medical advice or recommendations for or against breastfeeding. Before deciding to breastfeed their child, the new mother must consult a licensed medical doctor in order to determine the best course of action for his/her individual situation and the safe feeding of her child.

Want to learn more about breastfeeding? Make sure you visit our site at:

<http://www.gentlygently.com>

for access to additional breastfeeding tips and information.

What Are The Benefits Of Breastfeeding?

By Linda Johns

Parents tend to want to do what is best for their children, including breast feeding their infants. While it can be uncomfortable to do in a public setting, the bond between child and mother grows tremendously when the baby eats from its mother's breast. In addition to strengthening the bond between parent and child, there are many medical benefits associated with breastfeeding. Discover now some of the medical benefits of breastfeeding your baby such as:

- protection against gastrointestinal trouble
- protection against allergies
- increased intelligence in the child

Research studies have found that the first milk your body produces contains immune factors that guard against germs by forming a protective lining on your baby's mucous membranes in the intestines, throat, and nose. This is why it is important for mother to start nursing her child directly after birth.

Breastfeeding your baby helps protect your infant child from gastrointestinal trouble as well as respiratory problems and ear infections. Many research studies have been conducted around the world and have concluded fewer diarrheas, less ear infections, and fewer respiratory illnesses in children who have been breastfed. Women involved in the research studies breastfed their babies exclusively for at least the first six months. This means the baby consumed breast milk only, no solid food.

Many research studies have also found that breastfeeding exclusively for at least six months can reduce the chances of the child developing allergies. At least one research study has proven that this lasts up into the age of adolescence. Breastfed babies are also at less risk of developing asthma up to the average age of 6.

In addition to the above research studies, other studies have been conducted and have found possible links between breastfeeding and the child's IQ. In these research studies, people who had been breastfed at least for the first six months of their lives scored higher on IQ tests. Experts have said that the emotional bonding associated with breastfeeding may be a key factor in this, but that fatty acids in breast milk just may play the larger role in a baby's brain development.

Breastfeeding Your Child

There are many other health benefits associated with breastfeeding your baby. Some of these benefits include:

- prevention of obesity in your child later in life
- lower your baby's risk of SIDS
- prevention of childhood leukemia

While breastfeeding is not always a viable option, when it can be done, it can be beneficial to both mother and child. Not only is the bonding experience incredible, but the health benefits associated with breast feeding are numerous. Whenever the option is viable, a mother should consider breast feeding her child, because it is best for both mother and child.

As the old saying goes....breast fed is best fed!

The author Linda Johns had the experience of breastfeeding her own children and is the wife of Allan

Johns who has over twenty years experience in health and related industries and now devotes his time to sharing his knowledge with the millions of people interested in improving or learning more about better health. Don't miss Allan's information packed health site at:

<http://www.betterhealthcentre.com/>



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