



Breastfeeding : It's Benefits & Neccessity



Benefits of Breastfeeding

Breastfeeding is when you feed breast milk to your baby, It is also called nursing. The experts strongly recommend breastfeeding for 6 months.

Signs Your Baby is Hungry

One of the most common ways to know whether your baby is hungry is to cry. Other signs are as follows :

- a. Licking their lips or sticking out their tongue
- b. Moving their mouth or head to look for your breast
- c. Putting their hand in their mouth
- d. Opening their mouths
- e. Fussiness
- f. Sucking on things

Benefits of Breastfeeding for the Baby :

- a. provides the ideal nutrition for infants
- b. It has a perfect mixture of vitamins, protein, and fat – for your baby to grow.
- c. The antibodies, released from breastmilk, help your baby fight off viruses and bacteria.
- d. Breastfeeding lowers your baby's risk of asthma or allergies
- e. Babies who are breastfed exclusively for the first 6 months have fewer ear infections, respiratory illnesses, and bouts of diarrhea.
- f. Breastfeeding improves the immunity power of your baby.
- g. If you breastfeed your baby for 6 months to 1 year, then your baby will gain proper weight.

Breastfeeding Benefits for the Mother

- a. Breastfeeding burns extra calories, which helps you lose pregnancy weight faster.
- b. Breastfeeding also lowers your risk of breast and ovarian cancer
- c. It may lower your risk of osteoporosis.
- d. The oxytocin hormone, released from breastmilk, helps your uterus return to its pre-pregnancy size and may reduce uterine bleeding after birth.

How is Adenovirus Infection Treated

Three important tips, called the **ABCs of breastfeeding**, will help you and your baby get comfortable with the process:

- a. Awareness.** Watch your baby's signs of hunger, and breastfeed whenever your baby is hungry. you may be nursing 8 to 12 times every 24 hours during the first few weeks. Hungry infants move their hands toward their mouths, make noises or mouth movements, or move toward your breast. Don't wait for your baby to cry. That's a sign they're too hungry.
- b. Be patient.** Breastfeed as long as your baby wants to feed each time. You should not hurry your infant through feedings. Infants generally breastfeed for 10 to 20 minutes on each breast.
- c. Comfort.** This is key. Try to relax while breastfeeding. Get yourself comfortable while breastfeeding your baby.

You should consult your doctor if you are concerned about your child's illness. You should observe a few Important things below to look for with adenovirus infections in your child:

- a. Fever, particularly fever $>104^{\circ}\text{F}$ or fever for longer than 5 days.
- b. Difficulty breathing
- c. Symptoms of dehydration (less than 3 wet diapers in a 24-hour period)
- d. Decreased activity and alertness
- e. Poor sleep, chest pain, ear drainage

If your child is facing this type of condition, then you can connect with a qualified child specialist like **Dr.Sovana Hoque**, [best child specialist in newtown kolkata](#), at **Child and Wellness Care**