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NAME - NAGMA ROOHE DATE -  
CLASS - D PHARMACY - I SUBJECT - SOCIAL PHARMACY  
ROLL NO. - 32 TOPIC - BREAST FEEDING, GUIDANCE,  
COUNSELLING

ASSIGNMENT No.1

Breast feeding counselling, guidance

BREAST-FEED - Newborns -

Newborns can nurse for 5 to 10 minutes per breast; every two to three hours. This comes to about 10 to 12 feedings per day. In the beginning, there is only colostrum, and there's not very much of it, so be ready to feed often but for short durations.

One month or more - as baby gets older, his stomach will get larger. He will nurse less frequently but for a longer duration at each feeding session.

For example, he may nurse 20 to 40 minutes per breast every 3 to 4 hours.

By 6 months -

Baby may breastfeed for 20 to 40 minutes per breast; 3 to 5 times per day.



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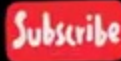
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CounsellingBenefits of Breastfeeding to Mother

- This promotes mother and child bonding.
- It prevents uterine bleeding in the mother after delivery.
- This is a natural form of Family Planning.
- This reduces the risks of breast and ovarian cancer in the mother.
- This saves time and precious expenses need not be used for buying milk powder and health care.

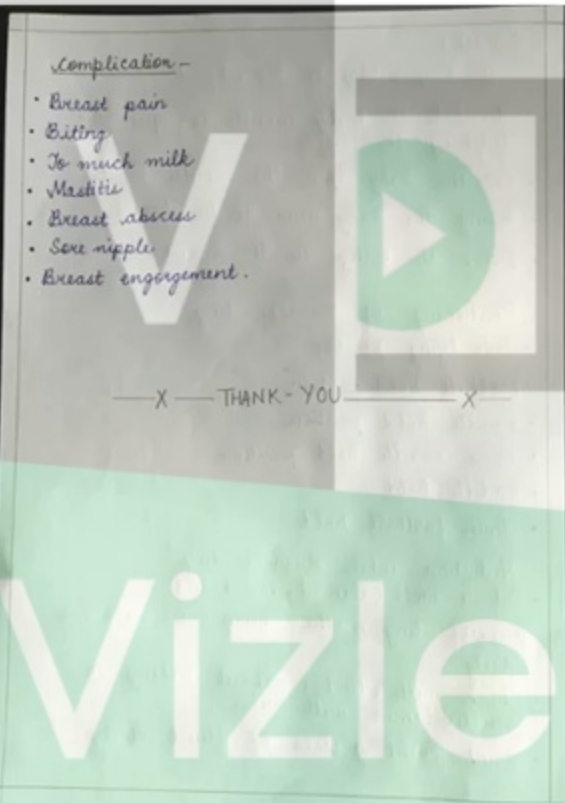
Benefits Breastfeeding for Baby

- This provides the best possible nutrition to the young child.
- It reduces the incidence of coughs and colds, ear infections, bronchitis, pneumonia, meningitis and diarrhoea through its protective factors.
- It protects the child from colic, asthma, nose and food allergies.
- It is essential for the optimal physical, emotional and mental development of the child. Breastfeed child are also smarter.



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