

Breastfeeding

[Family](#), [Mother](#)



Preparation Outline Lindsay Hamann Topic: Breastfeeding Specific Goal: I want the audience to understand how beneficial it can be for both the baby and the mother to breast feed, even if only for a little bit of time. Thesis: Breast milk is best for your baby. The benefits of breastfeeding extend way beyond basic nutrition. In addition to containing all of the vitamins and nutrients your baby needs in the first six months of life, breast milk is packed with disease-fighting substances that protect your baby from illness.

Introduction I. Breastfeeding protects your baby from a long list of illnesses.

A.

Numerous studies have shown that stomach viruses, lower respiratory illnesses, ear infections, and meningitis occur less often in breastfed babies and are less severe when they do happen. Exclusive breastfeeding (meaning no solidfood, formula, or water at all) for at least six months seems to offer the most protection. B. One study done by the National Institute of EnvironmentalHealthSciences showed that children who are breastfed have a 20 percent lower risk of dying between the ages of 28 days and 1 year than children who weren't breastfed, with longer breastfeeding associated with lower risk. II.

The main immune factor at work during breastfeeding is a substance called secretory immunoglobulin, that's present in large amounts in colostrum. (The first milk your body produces for your baby). The substance guards the baby against invading germs by forming a protective layer on the mucous membranes in your baby's intestines, nose, and throat. III. Your breast milk is specifically tailored to your baby. Your body responds to virus and bacteria that are in your body and makes secretory immunoglobulin that's specific to

those pathogens, creating protection for your baby based on whatever you're exposed to.

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IV. Breastfeeding's protection against illness lasts beyond your baby's breastfeeding stage, too. Studies have shown that breastfeeding can reduce a child's risk of developing certain childhood cancers. Although, scientists don't know exactly how breast milk reduces the risk, however, they think antibodies in breast milk give the baby's immune system a boost. Breastfeeding may also help children avoid a host of diseases that strike later in life, such as type 1 and type 2 diabetes, high cholesterol, and inflammatory bowel disease.

For babies who aren't breastfed, researchers have documented a link between lack of breastfeeding and later development of Crohn's disease and ulcerative colitis. Transition: There are many advantages to breastfed babies. Body I. Breastfeeding may boost your child's intelligence. A. Various researchers have found a connection between breastfeeding and cognitive development. In a study of more than 17, 000 infants followed from birth to 6 1/2 years, researchers concluded from IQ scores and other intelligence tests that prolonged and exclusive breastfeeding significantly improves cognitive development. B.

Preterm infants with extremely low birth weights who received breast milk shortly after birth improved their mental development scores at 18 months when compared with preterm infants who weren't given breast milk. 1. In a later study, researchers found that the higher scores held at 30 months, and

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that the babies who received breast milk were also less likely to be hospitalized again because of respiratory infections. C. Experts say that the emotional bonding that takes place during breastfeeding probably contributes to some of the brainpower benefits, but that the fatty acids in breast milk may play the biggest role.

II. Breastfeeding may protect your child from obesity. The American Academy of Pediatrics recommends breastfeeding as a way to help reduce your child's risk of becoming overweight or obese. A. An analysis of 17 studies published in the American Journal of Epidemiology shows that breastfeeding reduces a child's risk of becoming overweight as a teen or adult. The strongest effect was in children who were exclusively breastfed, and the longer the baby was breastfed the stronger the link. B. Experts think that breastfeeding may affect later weight gain for several reasons: 1.

Breastfed babies are better at eating until their hunger is satisfied, leading to healthier eating patterns as they grow. 2. Breast milk contains less insulin than formula. (Insulin stimulates the creation of fat.) 3. Breastfed babies have more leptin (a hormone that researchers believe plays a role in regulating appetite and fat) in their system. 4. Compared with breastfed babies, formula-fed infants gain weight more rapidly in the first weeks of life. This rapid weight gain is associated with later obesity.

Transition: Hopefully you're becoming aware of why breastfeeding is so important especially during the early stages of a child's life. III. Breastfeeding can reduce your stress level and your risk of postpartum depression. A. The National Institute of Health reviewed more than 9, 000 women and concluded that women who didn't breastfeed or stopped breastfeeding early
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on had a higher risk of postpartum depression. B. Many women feel relaxed while breastfeeding. That's because nursing triggers the release of the hormone oxytocin.

Numerous studies in animals and humans have found that oxytocin promotes nurturing and relaxation. 1. One study found that women who had high amounts of oxytocin in their system had lower blood pressure after being asked to talk about a stressful personal problem. Transition: So, let's reconsider the benefits of breastfeeding. Conclusion: I. Studies are finding new benefits of breastfeeding all the time. The May 2010 issue of Pediatrics, for example, published a study showing that babies who are breastfed are less likely to have fevers after their immunizations than babies who are formula fed.

II. Breastfeeding is natural – but that doesn't necessarily mean it's easy. Don't hesitate to contact your healthcare provider or a certified lactation consultant if you need help or support. Bibliography www.womenshealth.gov/breastfeeding/Share [0] www.webmd.com/parenting/.../breastfeeding-9/nursing-basics [1] [0] - <http://www.womenshealth.gov/breastfeeding/Share> [1] - <http://www.webmd.com/parenting/.../breastfeeding-9/nursing-basics>