

How to breastfeed essay

[Family](#), [Parents](#)



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Introduction

Breastfeeding is the action feeding of an infant through suckling of milk from the female human breasts.

Breastfeeding for both the mother and the baby is motor-sensory procedural task mediated by processes of the right part of the brain. Breast milk contains a unique balance of nutrients and considered the ideal food for infants. It contains the mother's antibodies which help protect, the infant from infection and allergy (John M. Lannon, 2010).

There are certain procedures mothers should follow in order to breastfeed comfortably and to make sure the infant is properly fed;

The mother should be seated comfortably. Rest the infant's head on her elbow while the back of the infant is supported with her hand. Turn the infant's body towards her and cup her breast with her other hand (thumb above with the fingers under). Touch the infant's cheek nearest her to ensure that the head is turned and touch her nipple for rooting stimulation and relaxation of the sucking. The infant will then open the mouth (John M. Lannon, 2010).

The mother should then insert her areola (dark region around the nipple) in the mouth to ensure that the infant's nose tip has the ability to touch the breast top. The mother should make sure the whole areola is engulfed by the infant's mouth to ensure effective suckling for the infant and painless exercise for the mother (Wilkins, 2002).

Once the infant is done feeding, the mother should pull the infant's chin gently down or insert a finger gently into the infant's mouth from side to stop the infant from continuing to suckle. This will also ensure the mother does not get sore nipples. The mother should let the infant feed from both breasts from 2 - 5 minutes for each first then 10 -15 minutes regularly. The mother should burp the infant after feeding. The infant should rest after breastfeeding to avoid vomiting. The child should rest on his/her back, a flat posture is recommended to avoid backflow of milk in the event that the child has overfed (Wilkins., 2002).

Air-drying of the nipples is advised after breastfeeding; the mother should also consider wearing a comfortable, supportive bra. If her breasts leak milk, she should wear a soft cloth or nursing pads inside the bra to absorb the milk avoiding any embarrassment in public. If the mother opts, not to breast feed, she should choose and prepare a formula that will ensure adequate nutrition for the infant these include a mixture of mashed foods or blended fruit that are preferably warm to avoid burning the infant. (Wilkins, 2002).

These instructions carry three elementary steps on how to breast-feed which will ensure proper health of the baby and comfort of the mother. The infant's health should be the first priority in order to ensure proper growth and development of body parts.

References

John M. Lannon, L. J. (2010). Technical Communication. Boston: Pearson College Division.

Wilkins., L. W. (2002). Illustrated manual of nursing practice. Philadelphia:
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