

Breastfeeding vs. bottle feeding

Psychology



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due: Breastfeeding vs. Bottle feeding A paramount dilemma that expectant parents face is whether to breastfeed or bottle feed an infant, with the nutritive feeding benefit being the main factor. From the book *Life-span Development*, and articles from the *nytimes* and *theguardian*, women who breast-feed their infants are educated, wealthy, and are hygiene conscious. Individuals who are for bottle feeding feel that breast-feeding was done orthodoxly out of necessity. They feel that bottle-feeding is easier as it is part of modern conveniences; which includes the use of a pre-mixed formula. Moreover, they feel that breast-feeding imposes severe limitations on the mother's ability to be away from the baby for any length of time. Contrary to the mentioned views of individuals who are for bottle- feeding, breast feeding provides infants with the vital nutrients essential for survival especially the provision of antibodies, which defend against infections, prevent allergies and protect the infant from several chronic conditions (Santrock 137). Also, breast-feeding lowers the chances of the mother developing illnesses like cancer (Maclean, Para 2). Thus, this is a win-win scenario for both the mother and infant.

From the above discussion, the pros and cons of breastfeeding versus bottle-feeding are discussed, and the decision to take any route is dependent on the parents. Obviously, there are more benefits to the infant from breast-feeding than bottle-feeding. As written by Bakalar (2014), breastfeeding is recommended for the first six months exclusively as it is easily digestible and has superior nutrients as compared to formulas (Para 1). However, breast-feeding is not an option in cases where the mother is infected with the illness like HIV or active tuberculosis, and may be taking any drug that may affect the infant. Thus, bottle-feeding is the ideal option in such a case; <https://assignbuster.com/breastfeeding-vs-bottle-feeding/>

to protect the baby. No matter the choice decided, individuals will have an opinion. However, despite this fact, what matters is the ideal and comfortable choice; ensuring that the baby is well-fed.

Works cited

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