

Positive aspects of breast feeding: article review essay examples

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The current article “ Exposed: Younger Mothers and Breastfeeding” by Bell 2012, offers a substantive review on various issues aligned with breastfeeding. Precisely, the article is based on a primary research that was carried out on young breastfeeding mothers. Speaking of young breastfeeding mothers, this connotes to lactating mothers aged below twenty six years of age. The article notes that the public as well as health practitioners are often judgmental on breastfeeding practices of young mothers. Worth noting is the fact that breastfeeding is a cultural concern, which may at time prompt mothers to opt for artificial baby feeds. However, these mothers lack adequate knowledge on the dangers posed by the artificial baby feeds on infants.

Above all, use of baby milk predisposes infants to diarrhea, which is one of the leading causes of infant mortalities. Bell, 2012, notes that the main factor that influences the breastfeeding practices amongst young mother is the information they have regarding breastfeeding. Many at times, young mothers rely on their peers, partners and mothers for information regarding breastfeeding. Information provided by these people regarding breastfeeding may be inadequate. As such, there is the need to offer mother more adequate and concise information on adequate breastfeeding to young mother in order to minimize the challenges they experience while breastfeeding.

How to share information with mother

Overall, breastfeeding plays a crucial role in enhancing the health of infants. A sustained health status in infancy will minimize the occurrence of diseases in future. In addition, breast milk contains all the nutrients; hence, meets the

nutrition needs of an infant. This allows for adequate growth and development from infancy to adulthood (Costa et al., 2006). In sharing this information with the mother, I will find a calm place where we can discuss with the mother on various issues that may be hindering her from breastfeeding. After listening to her concerns, I will help her to make an adequate decision on how to address the challenges that hinder her from breastfeeding. Deductively, I will stress to her the essence of adequate breastfeeding practices. Besides, I will assure her that I am always available to offer her any information she would want regarding various infant feeding options.

There exist a number of community resources that are available for breastfeeding mothers. More importantly, the community is made of support groups comprising of mothers who have adequate experience in issues regarding breastfeeding. Often referred to as breastfeeding support groups, these groups offer lactating mothers information that would help the address the challenges that they are likely to face while breastfeeding. In addition, the community is made up of community health workers and community nutritionists who can help educate mothers on various issues aligned with breastfeeding (Costa et al., 2006).

Another crucial community resource that would be significant in helping breastfeeding mothers is La Leche League International, which is a community based organization that provides breast feeding help for pregnant and lactating mothers. This organization is crucial in providing moral support, information, and better understanding of the crucial elements

of breast feeding. Overall, the community has wider array of resources that is crucial for helping breastfeeding mothers.

References

Bell, D. (2012). Exposed: Younger Mothers and Breastfeeding. *Breast Feeding Review*, 20. 3: page 27-38.

Costa, M., Deniz-Santos, D., Santana, J., & Silva, L. (2006). The impact of an educational intervention on breastfeeding. *Health Education*, 106. 40, page 309-314.