

# RECENT NATO TERM AND PRE-TERM: IMPACT OF BREASTFEEDING ON THE MOTHER-CHILD BALANCE

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**Abstract: Introduction:** Breast milk provides the newborn with protection against certain diseases and can reduce the risk of infant mortality by 20% compared to non-breastfed babies. The nutritional components of breast milk, combined with the immunological and anti-allergic properties, guarantee the newborn's healthy growth and development. Faced with the many benefits that breastfeeding offers, the nutritionist has a great role in helping this process, from prenatal care. The general objective of this study was to address the relevance of prenatal nutrition and breastfeeding for the newborn.

**Method:** The bibliographic and qualitative methodology guided this study, which contributed to achieve the objectives through articles, books, scientific journals and theses prepared in the last 10 years, with the premise of absorbing the maximum of current content, mitigating the collection of information old and/or outdated.

**Results and Discussion:** The main conclusions were that breastfeeding guarantees numerous benefits not only for the newborn, but also for the new mother, reinforcing through numerous studies and data that this is an important practice to be adopted, with the nutritionist and the entire health team as an encourager and promoter of information and benefits of breast milk for both. Final Thoughts: Breastfeeding is certainly the ideal solution to grow according to nature. Breast milk contains all the essential nutrients, in the right amount and in the most assimilable form for the ideal development of all the baby's functions, this fact is described with a large number of references cited in this study.

**Keywords:** Nutrition; Breastfeeding; Prenatal; Baby health.

## INTRODUCTION

Breast milk fully meets the nutritional needs of newborns. The protein from breast

milk is easily digested by the newborn, while the proteins present in cow's milk are more difficult to digest. Fast digestion is equivalent to frequent breastfeeding, which is the most appropriate for the baby's gastrointestinal tract. Frequent breastfeeding also reduces the baby's risk of colic. Another fundamental and unique characteristic of breast milk is that it presents changes in terms of nutrient composition, in order to meet all nutritional needs as the child grows. Another great benefit of LM is the laxative character of colostrum, which promotes better expulsion of intestinal fluids.

Health professionals play a key role throughout this cycle, the nutritionist is responsible for adequate nutrition so that the entire breastfeeding process occurs correctly, among other numerous contributions that will be addressed in greater depth throughout this study. (phrase of authorship for this work)

Pediatrics recommends exclusive breastfeeding, as it is recognized by many studies as an important protective factor against SIDS (Sudden Neonatal Death Syndrome). Breast milk provides the newborn with protection against certain diseases and can reduce the risk of infant mortality by 20% compared to non-breastfed babies.

The nutritional components of breast milk, combined with its immunological and anti-allergic properties, guarantee healthy growth and development for newborns. Faced with the many benefits that breastfeeding offers, the nutritionist has a great role in helping this process, from prenatal care.

## METHOD

The bibliographic and qualitative methodology guided this study, which contributed to achieve the objectives through articles, books, scientific journals and theses elaborated in the

last 10 years, with the premise of absorbing

the maximum amount of current content, mitigating the collection of old and/or outdated information. The search locations comprised platforms such as: Scielo, Google Scholar and PUBMED in English and Portuguese. The descriptors used to direct the research are prenatal care, nutrition, baby health, breastfeeding. 97 works selected, after reading the abstract, 67 were chosen, after full reading, 15 works were used, and 24 were excluded.

## RESULTS AND DISCUSSIONS

As for the benefits for the mother, the production of oxytocin stimulated by the baby's sucking induces and accelerates uterine contractility, reducing the risk of postpartum hemorrhage and promoting uterine involution. There is also an obvious social and economic advantage, since breast milk is economically advantageous and convenient, as it is always ready and available when the newborn needs it (HOGA, 2017)

Mothers have a kind of intuition, instinctual abilities and they intuitively develop various ways of nurturing, breastfeeding, cuddling and caring for the newborn, all these ways serve to develop and build the mother-child relationship. The life of your newborn means being "on call 24 hours a day", mothers never stop, their responsibility and their work is continuous and fundamental to ensure a good development of the newborn (HERNANDEZ, 2018).

As for the benefits for the child, it was seen that breast-fed infants need less milk than formula-fed infants, because the caloric intake of breast milk is greater and is adapted to the child's growth period. Generally, breast milk contains adequate amounts of minerals and vitamins needed for optimal baby development. There is a lot of evidence that affirms that exclusive breastfeeding brings long-term benefits to the cardiovascular system of the newborn, but also a protective effect against neonatal sepsis and leukemia.

(SANDRE, 2017). Breast milk protects the newborn from certain diseases and can reduce the risk of infant mortality by 20% compared to non-breastfed babies. In addition, it has been found that the longer you breastfeed, the risk of your baby contracting the disease decreases.

(ADAMY, 2016).

From prenatal care to the main challenges of breastfeeding, Breastfeeding is a complex system, as its success depends both on personal factors and on the social context and its rules, such as the possibility of using health, family or social support services. There is, therefore, no single cause, but a series of elements that together act negatively or positively (LEAL, 2016). According to Sandre (2014) during breastfeeding, the mother may feel some sensitivity or, in some cases, pain in the nipples, despite having followed all the advice and suggestions related to breast care, which is one of the challenges. According to Hoga, (2017) attachment to the breast is one of the most common challenges faced by new mothers. While it is completely natural and instinctive to breastfeed a baby, the mother may need a little help to allow her baby to latch on optimally. Thanks to the right support, the techniques learned and the time you dedicate to this activity, it will become easier and easier.

## FINAL CONSIDERATIONS

This way, we conclude that breast milk prevents diseases, strengthens the immune system, has great nutritional importance, including mitigating the incidence of diseases such as diabetes and obesity itself. Breastfeeding is certainly the ideal solution to grow according to nature. Breast milk contains all the essential nutrients, in the right amount and in the most assimilable form for the ideal development of all the baby's functions, this fact is described with a large number of references cited in this study.

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