

## Benefits of Mother's Milk for the Child

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**Annotation:** Human breast milk is a unique product in its composition, ideal for a baby. No formula, not even the most modern ones, can replace human milk. During lactation, it can change the ratio of nutrients depending on the needs of the baby. A vivid example of this is the passage of several stages of breast milk after birth:

- colostrum (from the fourth to the fifth day);
- transition milk (from the fourth to the fifth day - two to three weeks);
- mature milk (two to three weeks after birth).

**Key words:** Hormones, vitamins, antistress, lactation, gastrointestinal tract, psycho-emotional state, physiological jaundice.

### Overview of the study.

- Mother's milk is the most natural and fresh food.
- It creates an emotional bond between mother and child.
- Breast milk is economical.
- Breast milk is always clean and germ-free.
- Breast milk contains all the nutrients a baby needs.
- Breast milk strengthens the immune system and increases the baby's resistance to diseases.
- Mother's milk accelerates the child's physical and mental development.
- Breast milk is easily digested by the baby and protects against diarrhea and respiratory diseases.
- Breast milk prevents physiological jaundice.

**Hormonal development.** Due to the unique composition of human milk, the baby develops healthy.

Breastfed children have better physical and mental development than mixed and formula fed children.

**Antistress.** The process of breastfeeding has a positive effect on the child's psycho-emotional state due to love, touch, gaze, vibration... As a result, stress goes away, which leads to increased intelligence and improved memory.

**Development of the brain and the organ of vision.** Due to the presence of unsaturated amino acids, there are high rates of visual acuity and psycho-emotional development in breastfed children.

**The risk of allergies is low.** Breastfed babies suffer less from allergic diseases, because milk is an individual food specially created for the baby. Mother's secretions may contain small amounts of

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allergens that come with food, but they are so small that the child gradually gets used to them without developing an allergic reaction.

**Digestion.** Breast milk has a positive effect on digestion, prevents the occurrence of gastrointestinal tract (GIT) diseases in the future. Female secretions contain digestive enzymes that facilitate digestion. There are also lactobacilli that live in the intestines and lactose that loosens the stool.

Nutrients contained in milk secretion are well digested and absorbed by the intestinal walls, which does not overload the function of the child's immature digestive tract. All this improves the condition of the intestines, allowing it to adapt to new food and ripen without damage.

**Protection against cancer.** Breastfeeding (especially in the first 12 months) reduces the risk of developing cancer both early and throughout the child's life.

**Immunity.** American scientist Audrey Neill found out in 1992 that breastfed babies get sick 2.5 times less often than children who receive milk substitutes. Milk secretion contains antibodies, immunoglobulins, lysozyme and other protective substances that help the child fight infections.

GV reduces the risk of diseases of the gastrointestinal tract, urinary tract, respiratory diseases (pneumonia, otitis). In addition, milk protects the baby from all infections of the mother. If a woman is infected with ARVI during breastfeeding, the baby will not be infected, because the milk contains protective substances produced in the mother's blood during the initial stage of the cold.

### **Benefits of breastfeeding for the mother:**

- Feeding helps the uterus to return to its previous position.
- Reduces postpartum bleeding.
- Accelerates weight loss.
- Protects against breast, ovarian and uterine cancer.
- It calms the mother psychologically.
- Strengthens the bond between mother and child.

### **How to maintain lactation?**

Many women refuse to breastfeed at the slightest difficulty, such as a decrease in the amount of milk, an inverted nipple, cracks, lactostasis and other situations, but this should never be done. You should try to maintain breastfeeding in order to maintain the health of yourself and your child. Today there is everything for this: various teas to improve lactation function, breast pads for breast formation, manual and electric breast pumps, containers for freezing human milk, pump bottles, breast shapers similar special nipples, etc.

### **How to breastfeed properly:**

1. Put your baby to your breast asking. If lactation has decreased, do it every hour. Do not skip dinner, because they stimulate the production of the hormone prolactin.
2. Cracks and pain during feeding reduce milk production, because the blood vessels in the mammary gland spasm.
3. You can tell if the baby is full by letting go of the nipple, falling asleep or stroking with the tongue.
4. Do not remove the nipple suddenly and forcefully during feeding, as this will also cause cracks.
5. If cracks appear, lubricate the nipples with your own milk after each feeding and leave them in the air for 15-20 minutes. It is recommended to use creams based on dexpanthenol for quick treatment of the skin.
6. In order to avoid stagnation of milk and the development of mastitis, it is necessary to change the right and left mammary glands at each feeding. If the baby is not fully fed on one breast, it is latched on to the other.



**Summary.** Proteins in breast milk are easily absorbed by the child's body and contain all the necessary amino acids. Human milk fats are finely ground particles that are easily absorbed by digestive enzymes. Easier digestion and absorption of fats in breast milk is facilitated by a special enzyme in it - lipase. The main carbohydrate in milk is lactose, which helps the development of favorable flora in the intestines and the absorption of calcium, magnesium, and zinc. Mother's milk contains all necessary vitamins and minerals (A, B6, B12, D, iodine, selenium, thiamin, zinc, iron, calcium).

In addition to the nutritional benefits, breastfeeding has several other important benefits. In the first place, mother's milk has a protective function, which makes it the best immunity for the child. It contains substances that protect against pathogens, stimulate the development of the immune system and the growth of beneficial bacteria. Breastfeeding has a positive effect on the development of the baby's cognitive and mental abilities, visual acuity and psychomotor development, the formation of teeth and the development of speech.

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