

Breastfeeding is one of the most important stage of a child. This practice also known as nursing has some significant advantages on both the mother and child. It is imperative that a child is nursed since the breast milk contain^s all the vital nutrients for both physical and mental development. Development in technology has seen an increase in breast milk substitutes which is sometime^s recommended due to the health situation of both the mother and child. Ideally, nursing should start within the first hour after birth and progress on as much as the child wants to. An in depth analysis of the differences between breast milk and infant formula shows that it contains imperative nutrients with numerous benefits. This paper looks into the impacts of breastfeeding on both the child and mother. The research paper was prompted by a study by the World Health Organization (WHO) showing that approximately 820,000 children die due to lack of breastfeeding (parents).

Breastfeeding is the method for nourishing an infant with milk from mother's bosom.

There are numerous advantages of breastfeeding for moms particularly. There is a passionate and physical connection of mother with the infant. Breastfeeding additionally helps in limiting the rates of bosom malignant growth, ovarian disease, diabetes, joint pain and high blood pressure.

One of the fundamental social conditions, which extraordinarily influence breastfeeding, is financial status of the mothers together with the whole family. Mothers living in poor neighborhoods with lower dimensions of salary and training level are less inclined to breastfeed

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their infants and the rates of breastfeeding are low as well. Moreover, the commencement of breastfeeding among moms in developing countries is low when contrasted with other racial and ethnic gatherings because of their low financial status (Romp).

Breastfeeding has been widely recommended by many health practitioners together with other academic scholars in this field. Although, the benefits of nursing a child are widely documented and researched, the developed world today prefers feeding children on infant formula. This products have grown in popularity due to vibrant marketing. Consequently, children are growing up at a faster rate but with less physical strength. The infant formula are genetically modified meaning that they contain some nutrients in excess while they also lack other important nutrients. According to health practitioners, breastfeeding a child lowers the risk of contracting some diseases including diarrhea and respiratory tract complications. This is the case in all countries whether developed or developing (Dieterich). Infant formula are mostly present in developed countries due to the mother's commitment to work and other responsibilities. The breast milk contains average composition of nutrients which is imperative for optimal growth of the child. The breast milk contains fats, sugar, proteins, minerals and water in the correct amount. This nutrients are vital for the development of the child's cognitive abilities. The optimal nutrients also ensure that the child's brain functions normally. The neural development is as a result of the polyunsaturated fatty acids present in the breast milk but absent in infant formula (mother child nutrition).

Breastfeeding is a practice which helps in defending the child's body against infectious diseases. Nursing triggers production of hormones and enzymes which are effective in protecting the child from infectious diseases. This practice also helps in the conversion of immunologic substances together with growth factor hormones. The breast milk can be easily digested by the

baby's weak digestive system since it is composed with the ideal nutrients. The antibodies and hormones are responsible for lowering attack by some diseases such as asthma and different allergies. According to research on the benefits of breastfeeding, a child who is exclusively nursed for six months without any additives such as juice, water or formula have a better immune system than a child fed on infant formula. Additionally, the immunologic substances contained in the breast milk lower baby's attack by ear infections, diarrhea bouts and respiratory infections. Generally, breastfeeding increases the child's immune ^{system}. Some studies have linked extensive breastfeeding to higher intelligence quotient (IQ) in children. The research suggests that children who are nursed more have a higher developed intelligence as compared to those fed on infant formula. What's more breast milk is responsible for better skin, physical appearance

and development of the eyes (Hormon).

“Breastfeeding is an unequalled method for giving perfect nourishment to the solid development and advancement of babies; it is additionally a necessary piece of the conceptive procedure with critical ramifications for the wellbeing of moms” ⁵ Statement taken from WHO on the sustenance of selective breastfeeding (Today's parent). The young periods of life are the most essential years for cerebrum, physical framework and generally speaking physiological improvement. This is the reason, it is critical to accomplish ideal nursing measures in these early years. Studies have demonstrated that having ideal nourishment in early stages can prompt significant advantages all through the life expectancy of the individual.

Infant formula serves just as a surrogate for bosom milk, and will never be intended for every particular infant's needs. It offers a widespread logic to encouraging, while human milk takes into account the particular, changing necessities of children and gives all nutrients that are not found in formula. Another noteworthy component of bosom milk is the antibodies and white

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platelets that it contains that are intended to battle the infections found in the mother's condition. This turns out to be significant considering a baby's safe physical health isn't completely developed until they are two years of age. At the point when child experiences certain germs, he transmits a message through breastfeeding with the goal that a mother's bosoms can begin conveying the modified antibodies that he needs to battle those germs. Breastfed infants' stomach related tract contains the helpful microscopic organisms *Lactobacillus Bifidus*. This prevents the development of destructive creatures. Nonetheless, human milk straight from the bosom is constantly sterile and never contains unsafe living beings. It can't be tainted by contaminated water or unsterilized containers, which is some of the time the case with infant formula. Polluted water and containers are just a single way infants can contract infections through constant bottle feeding. Once in a while, the infant formula powder itself is contaminant. The FDA issued 22 noteworthy reviews of newborn child equation in the United States somewhere in the range of 1982 and 1994 (Victora and Barros).

One other incredible advantage of breastfeeding is bringing down the expense of everything. In spite of the fact that, the mother will eat more contrasted with her ordinary pre-pregnancy state, the expense of obtaining additional nourishment for the mother as opposed to purchasing formula is self-evident. Infant formula will in general be incredibly costly with no of the additional advantages of genuine human milk. Over the equation cost, an infant that feeds from bosom milk will more uncertainly become ill. This will mean less hospital expenses. There are events where a mother won't almost certainly breastfeed the infant. Those are extremely uncommon however they do occur. For instance, HIV is one of the not many infections that can be found in bosom milk. In the event that bosom milk can't be utilized, at that point infant formula is one of the better alternatives. These formula were made by examining the cosmetics

of bosom milk. Another method for finding the correct sustenance for the babies has experienced benefactor milk programs (Eidelman). There are some human milk banks accessible for people who can't breastfeed their children. Despite the fact that this isn't a practical method for nourishing an infant, it is most likely the following best thing contrasted with the natural mother's milk.

Breastfeeding helps in creating a strong bond between the mother and child. During nursing, the mother's body releases hormones which are responsible for increasing bond between mother and child. This increases the maternal bond thus creating a sense of confidence within the child towards the mother. The strengthened maternal bond is also responsible for a more psychological experience which increases the mothers love for her child. Breastfeeding provides eye contact between the mother and child. Which increases the maternal bond. Breastfeeding forms a basis for interactions between the mother and child. As such, nursing improves the emotional health of the mother. This is mostly due to reduced anxiety resulting from the strong connection with the child. The health benefits of breastfeeding to a mother are very many. Nursing helps in releasing hormones which are important in repairing the uterus. The hormones include oxytocin and prolactin. Oxytocin is chiefly responsible for contraction of the uterus. Breastfeeding as earlier discussed lowers anxiety through production of hormones. Among these hormones is oxytocin. Its presence in the body is vital in reducing bleeding and aiding the uterus to return to its normal size. Hormone Pitocin is responsible for synthesis oxytocin during and after labor (Chung and Raman).

In addition to these benefits, breastfeeding is also integral in weight loss. Nursing mothers return to their pre-pregnancy weight at a faster rate as compared to the mothers who feed their children on formula. This is the reason why breastfeeding is responsible for lowering

obesity and hypertension in mothers. During pregnancy, the body accumulates high levels of fat. The fat can be effectively converted into breast milk. The relationship between breastfeeding and weight loss is specifically noted when a mother extends lactation to more than six months. This factor is also subject to a more balanced diet and more physical exercise. The milk production process and breastfeeding requires burning of calories. The weight accumulated during pregnancy is important in providing energy during breastfeeding. The process of lactation is therefore an energy consuming activity which means the body loses weight. Lactation lowers heart diseases, arthritis, diabetes and reproductive cancers in mothers (Krol and Grossmann).

Breastfeeding is a natural way of improving the maternal care in mothers. Apart from such a benefit, it is evident that breastfeeding has numerous advantages on both the mother and child. Most health practitioners encourage breastfeeding apart from cases where the mother is suffering from an infection or disease whose pathogens are present in breast milk. These cases are minimal and during when, infant formula is used as an alternative. In the absence health complication, breastfeeding is integral since it provides cognitive, physical and emotional well-being for both mother and child.

Maybe a sentence or two more - call-to-arms style.

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Overall this is looking pretty good.

Intro needs work.
Thesis needs work.
You need more direct quotes.

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