Positive Article

Breastfeeding is the oldest way that the human species have provided food for their infants. In hunter gatherer societies who resemble our ancestors, babies are breastfed wherever they are hungry and have constant access to their mother’s breasts. In one of the last hunter gatherer societies on earth, the !Kung San, infants are breastfed on average every 13 minutes. Because the lifestyle of the !Kung San resembles that of our ancestors we can assume that this is similar to the chosen interval for breastfeeding along the course of our human evolutionary history. The continuous availability of the mother’s breast milk at any time allowed the infant to have the nutrition needed to grow without interruption. Without the availability of continuous feeds in any location where the mother was present there could have been negative consequences. The infant who was not allowed breast milk whenever and where ever hungry may have died from dehydration induced by diarrhea caused from dysentery, an illness caused from drinking dirty water. The infant could have also suffered and died from malnutrition, especially if the infant was not able to eat other types of solid food. This method of short intervals between feeding might have allowed the human species to survive into the modern humans we are today. Without the mother allowing the act of breastfeeding to occur in any location, private or public, the human species might not exist. This is why it is important for breastfeeding to continue in our modern world. Not only does breastfeeding need to continue, it also needs to occur at the time and place that the infant is hungry.

      There are lots of other cool things that breastfeeding can do, such as prevent and treat eye infections of a newborn. During a woman’s first breastfeeding session, a thicker milk called colostrum is created. Colostrum contains a substantial amount of protein and antibodies that protect the infant against disease. The composition of breast milk also adapts to the infant’s needs, and allows the infant to sample food in the mother’s diet. Because breast milk allows the infant to sample food from the mother’s diet it has been argued that breastfed babies have a broader range of foods that they like. Studies have shown that infants who are breastfed have a reduced risk of SIDS (Sudden Infant Death Syndrome). Studies have also shown that infants who are breastfed get sick less often. More specifically, they suffer less from respiratory infections and ear infections. Breastfeeding is a natural phenomenon that occurs within the female’s body in order to provide nutrition for her infant, it is one of the largest factors that make the human species a mammal. Because it is something that occurs in all mammals, including humans that have survived into our modern times we can see how valuable breast milk is for infant nutrition.