

Time	Narration
00:00	Welcome to the spoken tutorial about the importance of breastfeeding.
00:06	In this tutorial we will learn about:
00:09	Importance of breastfeeding.
00:12	Benefits of breastfeeding for the babies and the mothers.
00:17	Breastfeeding is a vital process.
00:19	It starts from the birth of a child to its second birthday or beyond.
00:26	Breastfeeding gives a healthy start of life to the infant.
00:31	It decides the immediate and future health of a child and the mother.
00:38	The benefits of it lasts a lifetime for both of them.
00:43	Even malnourished mothers can breastfeed their baby.
00:49	During pregnancy, breast size increases.
00:53	This is due to an increase in the number of milk producing tissues.
00:59	However, the final size of the breasts do not affect the milk production amount.
01:07	Breastfeeding should be initiated within 1 hour of birth.
01:13	This increases the supply of breast milk.
01:17	Therefore, exclusive breastfeeding in the first 6 months also increases.
01:24	It further helps in extending breastfeeding beyond 2 years.
01:31	The risk of neonatal deaths is low in babies who are breastfed within 1 hour.
01:39	Delayed breastfeeding can increase the risk of diseases in newborn babies.
01:47	For example, diabetes, obesity and high blood pressure.
01:53	Early initiation of breastfeeding also ensures that the baby receives colostrum .
02:00	Colostrum is the first milk secreted by the mother after giving birth.
02:07	For babies, it is a primary source of energy and nutrients.
02:13	It is important for them especially in the initial days of their lives.
02:20	It has a large number of infection-fighting elements,
02:24	Vitamin A and
02:26	good fat.
02:28	Numerous growth and protective factors are also there in colostrum .
02:35	Colostrum has the property which helps to remove the old feces faster.
02:42	Detailed benefits of colostrum are discussed in another tutorial.
02:48	Please check the website for more details.
02:52	Remember that exclusive breastfeeding should be done for the first 6 months.
02:59	Breast milk is a unique natural food which cannot be duplicated.
03:05	When the baby completes 6 months, complementary food should be started.
03:12	It should be given along with breastfeeding.
03:16	Breastfeeding should be continued until 2 years or beyond.
03:22	There are many benefits of breastfeeding for the babies.
03:27	Nutrients and composition of breast milk are ideal for digestion by babies.
03:34	Through breast milk babies get antibodies .
03:38	Antibodies strengthen the immunity of the baby and reduces the risk of infections.
03:46	Additionally, it prevents allergic reactions in babies.
03:52	Breast milk also contains growth factors.

03:56	They help in the development of the lining of the baby's intestine.
04:02	It promotes the growth of good bacteria in the baby's intestine.
04:08	Thus, it protects the babies against intestinal inflammation and infection.
04:16	Similarly, it helps in the development of all other organs of the body.
04:22	Breastfeeding reduces the risk of diarrhea.
04:27	Other benefits are prevention of ear infections
04:31	and tooth decay.
04:33	Development of jaws and proper alignment of teeth are some other examples.
04:41	Risk of developing some diseases later in life also gets reduced.
04:48	For example, diabetes, obesity, high blood pressure and blood cancer.
04:56	The risk of respiratory diseases like asthma and pneumonia also gets reduced.
05:04	Breastfeeding reduces the chances of sudden death in babies below 1 year of age.
05:14	The risk of developing atopic eczema is also less in breastfed babies.
05:22	Eczema is a condition in which skin develops red, itchy and rough patches.
05:30	Breastfed babies are also less likely to be hospitalised for illness and infections.
05:39	Breastfed babies have better control over their appetite.
05:44	Breast milk contains appetite controlling hormones.
05:48	Such hormones help the babies listen to their body's hunger and satiety signals.
05:57	This self regulation is disturbed in babies who are not breastfed.
06:03	Eventually this can lead to overeating,
06:07	obesity and later diabetes.
06:11	Breastfeeding also has an effect on the brain.
06:15	The breast milk has components which help in brain development and maturation.
06:23	Breastfed children have a higher IQ and other skills.
06:28	Breast milk benefits premature babies even more.
06:34	Suckling at the breast improves the breathing in such babies.
06:40	These babies are at a risk of developing intestinal infection.
06:47	For example: Diarrhea and Necrotizing enterocolitis which is known as NEC .
06:56	NEC is a serious condition caused due to infection and damage to the intestine.
07:05	Breast milk protects premature babies from this infection.
07:11	Milk from mothers of premature babies is rich in infection fighting proteins .
07:19	It also contains intestinal protective growth promoting factors.
07:25	High concentration of specific amino acids and good bacteria is also present.
07:33	These amino acids are essential for growth in premature infants.
07:40	Thus, breast milk helps in preventing infections
07:43	and gaining weight.
07:46	Breastfeeding reduces long term problems caused due to premature birth.
07:52	For example, problems of the lungs and eyes.
07:57	Thus, premature babies should get a maximum amount of breast milk.
08:04	Even Kangaroo mother care also known as KMC , is useful for premature babies.

08:12	It improves the frequency and duration of breastfeeding in them.
08:18	Skin to skin contact during KMC helps maintain the baby's body temperature.
08:27	It also helps in stabilising the baby's heartbeat and oxygen levels in blood.
08:35	The procedure for kangaroo mother care has been explained in an another tutorial.
08:42	Apart from babies, breastfeeding is beneficial for mothers as well.
08:48	The benefits are immediate and long term.
08:53	Immediate breastfeeding after childbirth helps reduce vaginal bleeding.
08:59	It increases the level of oxytocin hormone in the body.
09:05	This helps in expelling the placenta out of the body.
09:09	As a result uterus contractions are improved and vaginal bleeding reduces.
09:17	Thus, anaemia can be prevented in mothers.
09:21	There are psychological advantages of breastfeeding for mothers.
09:27	Frequent skin to skin contact develops bonding between the mother and her baby.
09:35	This bonding makes the mother ready to breastfeed.
09:39	Ultimately, it reduces the postpartum stress and depression in mothers.
09:46	Breastfeeding also has long term benefits for mothers.
09:51	It prevents weakening of the bones in the later age.
09:56	The risk of breast cancer and ovarian cancer also gets reduced.
10:02	During pregnancy, women gain fat around internal body organs.
10:08	Such as stomach, intestine and liver.
10:12	This fat is hidden in the belly or abdominal region.
10:18	Excess of this fat can result in insulin resistance ,
10:23	diabetes and obesity.
10:26	Breastfeeding helps reduce this fat in women.
10:31	It minimizes the risk of obesity, hypertension and heart diseases.
10:37	Exclusive breastfeeding can act as a natural birth control.
10:44	However, couples should use contraception after 6 weeks of delivery.
10:50	This helps in keeping space between two pregnancies.
10:56	There are some economical benefits of breastfeeding.
11:00	Breast milk is available free of cost and is best for the baby.
11:07	It does not involve money spent on formula milk, bottles and plastic nipples.
11:14	Extra time is also not spent in preparing breast milk.
11:20	Hot water, utensils and heating fuel is not required for preparing breast milk.
11:28	Dirty water or dirty feeding bottles can make the baby sick.
11:35	Thus, healthcare costs for the mother and baby is low in the future years.
11:42	There are several environmental benefits of breastfeeding too.
11:47	Firstly, breastfeeding does not involve any packaging or transportation.
11:54	It does not produce any waste,
11:57	smoke or

	noise.
12:00	It reduces pollution by saving global resources and energy.
12:06	Therefore, breastfeeding is the best option.
12:10	Mothers should ensure to breastfeed the baby from birth until 2 years of age.
12:18	This is for the good health of the baby and the mother as well.
12:24	Breastfeeding requires an understanding of the correct breastfeeding technique.
12:30	Along with that, adequate support and guidance from the family is necessary too.
12:38	All of this has been explained in an another tutorial of the same series.
12:44	This brings us to the end of the tutorial. Thanks for joining.