

Contents

Chapter 1. **Breastfeeding versus Formula Feeding**..... 1

CR Banapurmath, Rajinder Gulati

Introduction 1

Explaining Exclusive Breastfeeding 2

Chapter 2. **Positioning and Latching**4

Kesavulu, KV Raghunath

Four Key Points of Proper Positioning 4

I. Good Attachment 6

II. Poor Attachment 6

Commonly Made Mistakes 6

Latching/Attachment 7

Causes of Poor Attachment 7

Chapter 3. **Common Problems Encountered by Breastfeeding Mothers**9

Zeeba-zaka-ur-Rab, Shaikh

Cleft Lip/Palate 9

Ankyloglossia (Tongue Tie) 10

Size and Shape of the Breasts 10

Size of the Nipple 10

Nipple Discharge 15

Breast Fullness 15

Plugged (Clogged/Blocked) Milk Ducts 17

Mastitis 18

Breast Abscess 20

Chapter 4. **Working Mothers: Expression and Storage of Breast Milk and Contraindication to Breastfeeding**22

Geeta Khanna, S Laishram

Working Women and Breastfeeding 22

Expression of Breastmilk 23

Storing of Breastmilk 25

Contraindications to Breastfeeding 26

| | |
|---|-----------|
| Chapter 5. Importance of Breastfeeding in Preterm Babies | 29 |
| <i>Zinal Unadkat, Somasekara</i> | |
| Suggestions | 30 |
| Chapter 6. Maternal Nutrition during Breastfeeding | 32 |
| <i>Alka Kuthe, Mangala Wani</i> | |
| General Nutrition Recommendations for Lactation | 32 |
| Chapter 7. Legislations and Infant Feeding | 36 |
| <i>Satish Tiwari, Pankaj Vaidya</i> | |
| The International Code | 36 |
| Important Resolutions of World Health Assembly | 37 |
| The SAARC Code | 39 |
| The Convention on the Rights of the Child (CRC) | 40 |
| The IMS Act | 41 |
| Monitoring Agencies | 43 |
| Role of Voluntary Organizations | 44 |
| Role of the Government | 44 |
| Need for More Legislations | 44 |
| Chapter 8. Vitamin D..... | 49 |
| <i>Ketan Bharadva, Hima Bindu</i> | |
| The Scenario in India | 49 |
| Vitamin D Supplementation | 50 |
| Recommendations | 51 |
| Chapter 9. HIV and Infant Feeding..... | 54 |
| <i>Jayant Shah</i> | |
| For HIV-Infected Mother | 54 |
| Index | 59 |