



BREASTFEEDING A STEPPING STONE OF SOCIAL MOBILITY
(AREVIEW PAPER)

Anita Pandey, Ph.D. Research scholar

P.G.Dept. of Home science, Sambalpur University, Odisha, India

anitamahaling@gmail.com

ABSTRACT

According to World health organization (WHO) & American Academy of Pediatrics (AAP) breastfeeding is the normal way of providing young infants with the nutrients they need for healthy growth and development. Over the past decades, evidence for the health advantages of breastfeeding and recommendations for practice have continued to increase. WHO says now different types of advantage that breastfeeding reduces child mortality and has health benefits that extend into adulthood. The present study is based on secondary data focus on how breastfeeding plays a vital role in social mobility. The study discusses the different nutritional, physical and social advantages of breastfeeding impact on both mother and child health both in physically and mentally, child development theories associated with breastfeeding (Piaget, Erikson and Freud theory), different case studies has been collected on impact of breastfeeding on social mobility and collect the current data on status of breastfeeding in India with awareness programme.

Key words: - Physical and social advantages of breastfeeding, child development theories,

INTRODUCTION: -

Mammals get their name from the word "mammary." Milk is the nectar for the new born baby of any mammalian group due to the milk contain different types of essential vitamins, mineral and specially it acts as an antibody to fight against pathogen. It is always said that a woman will never know what it is truly like to love unconditionally, until they have given birth to a child. "There is no greater love than that between a mother and her child", time and time again we have heard this statement. It is a fact that from conception both a physical and an emotional bond are created between mother and child. Physically, through the attachment of the umbilical cord from the child to the mother, and emotionally feeling that child growing inside of her, she begins to form an emotional bond, by reading and talking to her baby. At birth this emotional bond is even greater, as the woman sees and holds her baby in her arms for the first time. At this point she makes promises to protect and love her child forever. It is the single most gratifying experience that a woman will go through. Unfortunately, most of the modern mothers do not want to breastfeed their children because they fear that they will lose their shape and charm. But breastfeed is not only the birthright of a baby.

OBJECTIVE OF THE STUDY: -

1. To study the physical and social advantages of breastfeeding.
2. To analysis the child development theory associated with breastfeeding (Piaget, Erikson and Freud theory).
3. To collect different case studies done by researchers related to role of breastfeeding enhance social mobility.
4. To collect the secondary data related to status of breastfeeding in India and analysis the awareness programme .

MATERIAL AND METHODOLOGY: -

The materials and data are related to transgender is collected from secondary sources such as books, journals and net etc.

ADVANTAGE OF BREASTFEEDING: -

Nutritional advantage, Social advantage, physical advantage, economic advantage

A. NUTRITIONAL ADVANTAGE: -

Breast milk is widely acknowledged as the most complete form of nutrition for infants, with a range of benefits for infants' health, growth, immunity and development. Nutritionists are of the opinion that there is no food equivalent to breast milk for a new born baby. Nature has designed it to be a complete food for the first few month of baby's life.

➤ **Feeding of colostrum**

The breast milk women produce in the first few days after birth is very important for the infant, as it is rich in antibodies and white cells to protect against infection; it helps prevent jaundice, has growth factors which help the intestine to mature and is rich in Vitamin A. A study in India showed that neonatal and post neonatal deaths were around 5-6 times lower in infants fed colostrum than among those not fed colostrum. However, in many cultures Colostrum is discarded due to traditional belief

➤ **Breastfed children have at least 14 times greater chance of survival**

In the first 6 months of life, non-breastfed infants were more than 14 times more likely than to die from all causes

- 10 times more likely to die from diarrhea and
- 15 times more likely to die from acute respiratory infection – These are the two major child killers

➤ **BENEFITS TO THE CHILD IN THE FIRST YEARS OF LIFE**

(Early stage): -

The 1,000 days between a woman's pregnancy and her child's 2nd birthday offer a unique window of opportunity to build healthier and more prosperous futures.

The 1,000 days between a woman's pregnancy and her child's second birthday offer a brief but critical window of opportunity to shape a child's development. It is a time of both tremendous potential and enormous vulnerability. How well or how poorly a child fares during his first 1,000 days can mean the difference between a thriving future and one characterized by struggle.

There are three crucial stages in the first 1,000 days: pregnancy, infancy and toddlerhood. At each stage during the 1,000 day window, the developing brain is vulnerable to poor nutrition—either through the absence of key nutrients required for proper cognitive functioning and neural connections and/or through the “toxic stress” experienced by a young child whose family has experienced prolonged or acute adversity caused by food insecurity.

1000 DAYS-FOUNDATION OF LIFE
Proper nutrition during first 1000 days of life from a woman's pregnancy till the child is 2 years builds foundation of a healthy child.

Stage	Duration	Key Recommendations
Pregnancy	270 days	<ul style="list-style-type: none">➤ Adequate nutrition➤ Iron supplementation➤ Calcium supplementation➤ Consumption of iodised salt
Infancy	365 days	<ul style="list-style-type: none">➤ Early initiation of breastfeeding➤ Exclusive breastfeeding for 6 months➤ Adequate nutrition for lactating mother
Child upto 2 years	365 days	<ul style="list-style-type: none">➤ Timely initiation of complementary feeding➤ Breastfeeding until 2 Years and beyond➤ Vit-A supplementation➤ IFA syrup supplementation➤ Dietary diversity➤ Hygiene and sanitation

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(Fig:1 1000 days foundation of life)



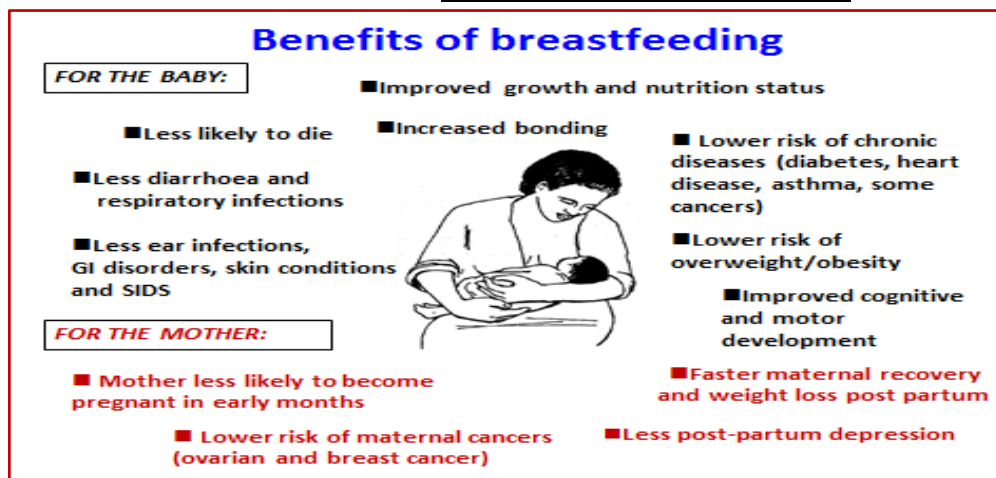
Breast milk is a unique combination of nutrients essential to a child's health, and cannot be duplicated by any laboratory formula. In fact, a large number of the health problems today's children face might be decreased, or even prevented, by breastfeeding the infant exclusively for at least the first six months of life. The longer the mother breastfeeds, the more likely her child will get the health benefits of breastfeeding.

➤ **BENEFITS TO THE CHILD LATER IN LIFE: -(Later stage)**

Among the benefits demonstrated by research:

- Infants who are breast-fed longer have fewer dental cavities throughout their lives.
- Several recent studies have shown that children who were breast-fed are significantly less likely to become obese later in childhood. Formula feeding is linked to about a 20 to 30 percent greater likelihood that the child will become obese.
- Children who are exclusively breast-fed during the first three months of their lives are 34 percent less likely to develop juvenile, insulin-dependent diabetes than children who are fed formula.
- Breastfeeding may also decrease the risk of childhood cancer in children less than 15 years of age. Formula-fed children are eight times more likely to develop cancer than children who are nursed for more than six months. (It is important to note that children who are breast-fed for less than six months do not appear to have any decreased cancer risk compared to bottle-fed children.)
- As children grow into adults, several studies have shown that people who were breast-fed as infants have lower blood pressure on average than those who were formula-fed. Thus, it is not surprising that other studies have shown that heart disease is less likely to develop in adults who were breast-fed in infancy.
- Significant evidence suggests that breast-fed children develop fewer psychological, behavioral and learning problems as they grow older. Studies also indicate that cognitive development is increased among children whose mothers choose to breastfeed.
- In researching the psychological benefits of breast milk, one researcher found that breast-fed children were, on average, more mature, assertive and secure with themselves as they developed.

B. PHYSICAL ADVANTAGE: -



(Fig-2 Benefits of breastfeeding)

➤ Benefits for maternal health:

Initiation of breastfeeding immediately after delivery helps to contract the uterus, expel the placenta, and reduce bleeding. Breastfeeding may also lead to a more rapid return to pre-pregnancy weight. Exclusive breastfeeding may also delay the return of fertility, thus reducing exposure to the maternal health risks associated with short birth intervals. Early cessation of breastfeeding or not breastfeeding was associated with an increased risk of maternal postpartum depression. In the longer term, mothers who breastfeed tend to be at lower risk of premenopausal breast cancer and ovarian cancer.

➤ Breastfeeding is a natural contraceptive

This is true only if you are exclusively breastfeeding, and have not yet gotten your period back following childbirth. Night nursing encourages longer amenorrhea (period lessness). If you really don't want to get pregnant again, use some back up birth control even if you haven't gotten your period again. You will have no way of knowing when your first ovulation will occur, and by the time you figure it out you may be expecting! Still, generally speaking, breastfeeding contributes to optimum child spacing.

➤ Suckling helps shrink mother's uterus after childbirth

"Nursing will help you to regain your figure more quickly, since the process of lactation causes the uterus (which has increased during pregnancy to about 20 times its normal size) to shrink more quickly to its pre-pregnancy size." The uterus of the non-breastfeeding mother will never shrink back to its pre-pregnant size. It will always remain slightly enlarged.



➤ **Nursing helps mom lose weight after baby is born**

Mothers who breastfed exclusively or partially had significantly larger reductions in hip circumference and were less above their pre-pregnancy weights at 1-month post-partum than mothers who fed formula exclusively. Osteoporosis and cervical cancer are less common in women who breastfed.

C. SOCIAL ADVANTAGE: -

➤ **Breastfeeding promotes bonding between mother and baby**

Breastfeeding stimulates the release of the hormone oxytocin in the mother's body. "It is now well established that oxytocin, as well as stimulating uterine contractions and milk ejection, promotes the development of maternal behavior and also bonding between mother and offspring. Breastfeeding has been linked to higher IQ scores in later childhood in some studies.

➤ **Breastfeeding boosts ability to climb social ladder: -**

Children who are breastfed have a greater chance of climbing the social ladder when they reach adulthood, a new study has found.

Many researchers have found correlations between secure mother-infant attachment and later psychological and social development. Infants who securely attach to their mothers become more self-reliant toddlers and have a better sense of self-esteem, said Alan Sroufe, PhD, an attachment researcher at the Institute of Child Development at the University of Minnesota.

He's been following a group of 180 disadvantaged children—now age 19—since before birth, looking at mother-infant attachment and multiple developmental measures such as the kids' expectations from relationships with parents and friends. He's also looking at the children's life stress, success in school and peer relationships.

Sroufe has found that even though these children lead unstable lives, if they had a secure mother-infant attachment they were likely to be self-reliant into adolescence, have lower rates of psychopathology, enjoy successful peer relationships through age 16 and do well in school—especially in math—at all ages.

Sroufe doesn't think infant attachment affects aptitude, but he believes it affects confidence, attitude and, subsequently, attendance and achievement.

His sample has more life stress and less social support than the average, middle-class samples most researchers' study. He's found that this stress—including instability and loss—can deflect even the most positive life course.

'Kids who had secured attachment histories but suffer losses will become less secure,' said Sroufe.



He also found that anxious, poorly attached infants can become more secure if their mothers enter stable love relationships or alleviate their symptoms of depression.

BREASTFEEDING 'BOOSTS SOCIAL CLASS OF BABY IN FUTURE'

Lead researcher Professor Amanda Sacker, director at University College London's Centre for Life course Studies in Society and Health, said: "This information is important to all mothers with children, not only those who breastfeed. "We don't know if the link is the nutrients of the milk or the close, skin-to-skin contact and bonding between mother and child. "So, for mothers who are unable to breastfeed, or don't want to breastfeed, there are still things they can do to possibly improve their children's social mobility, such as increase their own social contact. "The study suggests that those who are breastfed are likely to have a higher social class than their fathers by the time they reach their mid-thirties.

Researchers examined data of more than 34,000 British people from two groups, 17,400 children born in 1958 and 16,800 children born in 1970, who were followed up for about 50 years. The study, published in the Archives of Disease in Childhood, compared people's social class as children – based on the social class of their father when they were 10 or 11 – with their social class as adults, measured when they were 33 or 34. The researchers found that more than two-thirds (68 per cent) of mothers breastfed their children in 1958, compared with just over a third (36 per cent) in 1970. Nonetheless, when background factors were accounted for, children who had been breastfed were consistently more likely to have climbed the social ladder than those who had not been breastfed. Breastfeeding increased the odds of upwards mobility by 24 per cent and reduced the odds of downward mobility by around 20 per cent for both groups, the authors found.

Prof Sacker said: "The fact we found the same results in two separate groups, from different years, means we are more confident about our findings.

"Breastfeeding enhances brain development, which boosts intellect, which in turn increases upwards social mobility. Breastfed children also showed fewer signs of stress. "The evidence suggests breastfeeding confers a range of long-term health, developmental and behavioral advantages, which persist into adulthood. "But she pointed out that it was difficult to pinpoint which gave a child the greatest benefit – the nutrients in breast milk or the close contact and associated bonding during breastfeeding. She said: "Perhaps the combination is implicated in the better neurocognitive and adult outcomes of breastfed infants."

Karen MacKay, registered midwife and lactation consultant for NHS Highland, said: "There is a clear link that breastfeeding can break the divide between inequalities. "We hope to raise the profile of the benefits of breastfeeding and reduce the impact of social inequality.



ECONOMIC ADVANTAGES: -

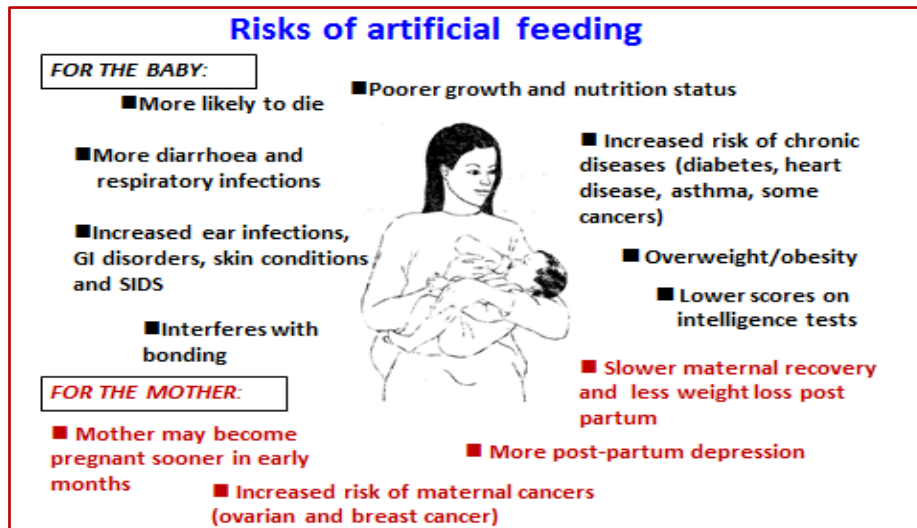
The benefits of breastfeeding go beyond health considerations. Mothers who nurse their children enjoy social and economic advantages as well.

- Women who breastfeed avoid the financial burden of buying infant formula, an average expense of \$800 per year.
- Breast-fed babies are less likely to need excessive medical attention as they grow. In one study, a group of formula-fed infants had \$68,000 in health care costs in a six-month period, while an equal number of nursing babies had only \$4,000 of similar expenses.

The economic costs of not breastfeeding generally are considered to be greatest for poor households and poor countries, the evidence suggests that the impact in developed countries is also serious.

- Many studies show that breastfeeding strengthens the immune system. During nursing, the mother passes antibodies to the child, which helps the child resist diseases and help improve the normal immune response to certain vaccines.
- Respiratory illness is far more common among formula-fed children. In fact, an analysis of many different research studies concluded that infants fed formula face a threefold greater risk of being hospitalized with a severe respiratory infection than do infants breast-fed for a minimum of four months.
- Diarrheal disease is three to four times more likely to occur in infants fed formula than those fed breast milk.
- Breastfeeding has been shown to reduce the likelihood of ear infections, and to prevent recurrent ear infections. Ear infections are a major reason that infants take multiple courses of antibiotics.
- In developing countries, differences in infection rates can seriously affect an infant's chances for survival. For example, in Brazil, a formula-fed baby is 14 times more likely to die than an exclusively breast-fed baby.
- Researchers have observed a decrease in the probability of Sudden Infant Death Syndrome (SIDS) in breast-fed infants.
- Another apparent benefit from breastfeeding may be protection from allergies. Eczema, an allergic reaction, is significantly rarer in breast-fed babies. A review of 132 studies on allergy and breastfeeding concluded that breastfeeding appears to help protect children from developing allergies, and that the effect seems to be particularly strong among children whose parents have allergies.

Risk Involve in Formula Feeding



(Fig:-3 Risk of artificial feeding)

CHILD DEVELOPMENT THEORIES ASSOCIATED WITH BREASTFEEDING (PIAGET, ERIKSON AND FREUD THEORY)

- According to famous social scientist <Piaget> “Infant must learn to trust their caregivers to meet their needs. Responsive parenting is critical.
- Social scientist <Erikson> says that “the individual is pushed by both biological maturation and social demands into the next stage. Erikson believed that the caregiver’s responsiveness was critical to later development.

Example: - (TRUST VERSUS MISTRUST)

To develop a sense of trust, infant must be able to count on their primary caregivers to feed them, relief their discomfort, come when beckoned, and return their smiles and babbles. If the caregivers neglect, reject, or respond inconsistently to infants, infants will mistrust others.

- Social scientist <Freud> focused on the significance of the caregiver’s feeding practices.
- Freud theory is based on psychosexual whereas Erikson’s theory is based on psychosocial theory.
- Piaget’s cognitive developmental theory developed to count for changes in thinking from infancy to adolescence. According to him in the sensorimotor stage (birth to 2 years) Infants use their sense and motor action to explore and understand the world.

CASE STUDIES ABOUT BREASTFEEDING: -

A variety of studies have demonstrated that breastfeeding increases a child's immunity to disease and infection:

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BREASTFEEDING STATUS IN INDIA

Currently, in India, only 55 per cent of children are exclusively breastfed; to contribute to the global goal India has to achieve a 65.7 per cent exclusive breastfeeding rate by 2025 as per the WHO tracking tool.

WHY IS BREASTFEEDING IMPORTANT?

- Globally, only **41%** of infants are exclusively breastfed*
- In India, only **46.4%** children under 6 months are exclusively breastfed**

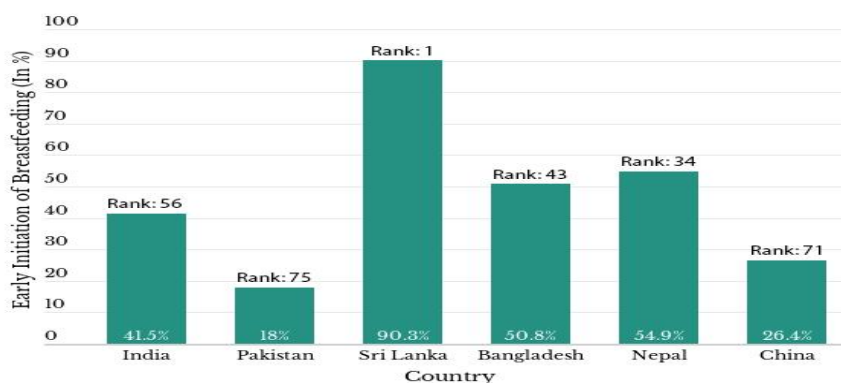
*Source: World Health Organisation

**Source: National Family Health Survey IV



(Fig: -4 Breastfeeding status globally and in India)

Early Initiation Of Breastfeeding In India And Neighbouring Countries



India Spend

(Fig: -5 Rank of breastfeeding status India and Neighboring countries 2018)

According to Researcher in 2015--the majority of Indian babies still miss out and could face life-threatening consequences, a new global report said. India ranked 56 out of 76 countries on early initiation of breastfeeding, according to the 2018 Global Breastfeeding Scorecard whereas Burundi, Sri Lanka and Vanuatu, according to Capture the Moment, a report released by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) on the eve of World Breastfeeding Week (August 1-7) 2018. Three in five children (78 million) globally are not breastfed within the first hour of birth, even though a delay of just a few hours can increase the risk of mortality, the report said.

GUIDELINES OF WHO ON EXCLUSIVE BREASTFEEDING: -

- ❖ GENEVA — The World Health Organization reports that exclusive breast-feeding until six months of age could prevent the deaths of more than 200,000 infants each year.
- ❖ WHO and UNICEF launched the *Baby-Friendly Hospital Initiative* (BFHI) in 1992, to strengthen maternity practices to support breastfeeding. The BFHI contributes to improving the establishment of exclusive breastfeeding worldwide and, coupled with support throughout the health system, can help mothers sustain exclusive breastfeeding.



(Fig:- 6 Awareness campaign for World Breastfeeding Week in rural areas.)

In order to create awareness of breastfeeding the world is celebrating World Breastfeeding Week Aug 1 – 7(Awareness campaign for World Breastfeeding Week in rural areas.)

CONCLUSION

Pregnancy and infancy are recognized as crucial periods for child development, but parental influences extend well beyond the early months of a child's life. Researcher suggests that good parenting skills and a supportive home learning environment are positively associated with children's early achievements and wellbeing. Hence interventions to improve the quality of home and family life can increase social mobility. Breastfeeding for a longer duration appears to have significant benefits for the development, cognitive IQ, educational attainment and mental health of the child into adolescence. It was revealed from the published research paper that Breastfeeding not only boosts children's chances of climbing the social ladder, but it also reduces the chances of downward mobility. Therefore, public health programs aimed at increasing breastfeeding duration could be of long-term benefit for child and adolescent



health Mothers should be encouraged, enabled and supported to continue breastfeeding for six months and longer in order to promote the optimum developmental health and well-being of their infants into childhood and adolescence.

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