



The Lactation Lectures: a step-by-step guide to breast-feeding

Kathy Moore

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It is easy to simply say that breast is best when it comes to feeding our babies, but in this society, people often fail to grasp just what exactly this means. More than just a choice of feeding method for children, it is a way for mothers to offer their babies the best possible start in life by building up their immune systems, promoting brain development, and strengthening the attachment between mother and child. It is an effective way to comfort a newborn who has spent about nine months in the warmth, comfort, and security of the womb, and is now just starting to adjust to a completely different and overwhelming environment. Breastfeeding functions as one of society's equalizers. Whether a mother belongs to the upper or lower economic class, she will be able to provide numerous health benefits to her child in ways that formula has not yet been able to replicate. In areas struck by natural disasters, it is the best choice for feeding babies and young children, as the absence of safe drinking water makes formula a potentially fatal feeding option. Breastfeeding, therefore, may also be considered an issue of national and international public health. This is why it is important that all mothers who wish to breastfeed receive the support needed in order to be successful. If you are a mother or are expecting to be one, and if you are considering breastfeeding, early information and preparation will certainly go a long way in helping make your breastfeeding efforts fruitful.

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