

# Breastfeeding practice

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## Abstract

**Introduction** Breastfeeding is a very important practice after the birth of baby for development of immune system of baby. Exclusive breastfeeding for six months after birth is essential for development of immunity in child. Breastfeeding means feeding of an infant or young child with breast milk directly from female human breast and not from a baby bottle or other container.

**Aims:** This article is aimed to enhance breastfeeding practices. It includes physiology of milk production; Prolactin reflex and milk ejection reflex, ten steps of successful breastfeeding, Composition of breast milk to know the significance of immunity factors in breast milk, Benefits of breastfeeding for baby and and mother, duration of breastfeeding, positioning of baby while breastfeeding, contraindication of breastfeeding, signs that baby is getting enough breast milk, practices for enhancing breast milk supply, techniques of breast milk storage and complication of breastfeeding.

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## Biography

Dr Smita Gupta has done her MBBS and MD in paediatric medicine. She has worked in many government and private hospitals in India. Currently she is working as consultant pediatrician at Gupta child care hospital. she has presented many national and international presentations. She is working actively for newborns. She stands for immunization, good breastfeeding practices and tender loving care of Infant and children and wants to do substantial for kids of world.