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Effect of breast feeding and bottle feeding on the growth of the infants

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ABSTRACT

This study was attempted to assess the effect of breast feeding and bottle feeding on the growth of the infants. The sample comprised of 100 lactating mothers from Delhi and Ghaziabad. Whole sample consisted of the mothers who were practicing breast feeding and bottle feeding (50 each). General information was drawn out with the help of questionnaire cum interview schedule. Height, weight, and head circumference were measured with the help of weighing and beam balance and infantometer for infants. 24 Dietary Recall method was used for dietary assessment of the mothers. According to the Gomez classification, among the breast fed infants, 15 % were moderately malnourished, 13 % mildly malnourished and 17 % were normal and Among bottle fed infants 9 % were severely malnourished, 17 % were moderately malnourished, 11 % mildly malnourished and 13 % were normal. According to the waterlow classification (height for age). Among the breast fed infants were marginally malnourished whereas 28 % were normal and among the bottle feed infants 12 % were severely malnourished and 13 % marginally malnourished whereas 17 % were normal. There was no significant difference between the growth of the infants or anthropometric measurements who were bottle or breast feeding. (P - Value = 0.18) and also there was no statistical difference between the dietary intakes between both the groups. This study shows that, there was no significant difference between the growths of the infants in between both the groups except in the pattern of weight changes among the lactating mothers of the two groups.

Key words : Bottle feeding, Breast feeding, Lactating mother, Infants

INTRODUCTION

Adequate nutrition of the mother during lactation is also of vital importance since during the first few months of life, the infant derives all his nutrition from mother's milk generally, the child is breastfed for 6-9 months. As the mother has to nourish a fully developed and rapidly growing infant, she needs extra nutrients to meet the baby's needs in addition to her own requirements. A well nourished mother on an average secretes about 850 ml of milk/day, whereas in case of severely malnourished mother, the level may go down to as low as 400ml/day. As far quality, the mother has an excellent body to breast feed her baby successfully, even if the diet is not able to meet her own nutritional needs adequately. In such case, the mother draws on her body reserves to meet the needs of lactation at the cost of her own health. However, dietary deficiencies of water soluble vitamins like ascorbic acid and vitamins of B-group, lead to lower levels of these

vitamins in the breast milk. The protein, carbohydrate and calcium, content in mother's milk is not altered even when the mother is malnourished. The main objectives of the study were to conduct the dietary assessment of mothers, to find out the Anthropometric measurements of infants, to find out the prevalence of various complications in the infants regarding their feeding practices and to seek variation in the body weight of mothers who adapts breast and bottle feeding.

The reviewing of literature for the understanding of previous work that has been done in the objective subjects and to chalk out a research endeavors with the focus on the unexplored aspects of the problem is as follows:

Dhandapany *et al.* (2008) stated existing antenatal counseling on breastfeeding is inadequate in the population studied and needs to be strengthened. Informing all pregnant women about the benefits and management of breastfeeding should be a priority during antenatal visits.