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....a seedling for the future growth of NEPAS....

Official Newsletter of Nepal Paediatric Society

Special Issue on the occasion of Breastfeeding Week

## “Enabling Breastfeeding: making a difference for working parents”

### Message from the President

**B**reastfeeding plays a critical role in improving the health and well-being of infants, especially in low-income countries. The benefits of exclusive breastfeeding for the first six months of life cannot be overstated, particularly in regions where access to clean water, sanitation, and healthcare facilities is limited.

In low-income countries, where malnutrition and infectious diseases are prevalent, exclusive breastfeeding provides a vital source of essential nutrients, antibodies, and immunity that can help protect infants from a range of illnesses. Breast milk contains all the necessary vitamins, minerals, and fats needed for optimal growth and development of the baby's brain and body. It also serves as a natural source of hydration, reducing the risk of dehydration.

Moreover, exclusive breastfeeding has been shown to have a direct impact on reducing child mortality rates in low-income countries. Breastfed infants have a lower risk of developing respiratory and gastrointestinal infections, which are leading causes of morbidity and mortality in these settings. Breast milk is also protective against diseases such as pneumonia, diarrhoea, and malnutrition, which are major public health concerns in resource-limited settings.

In addition to its health benefits, exclusive breastfeeding has economic advantages for low-income families and communities. Breast milk is readily available, accessible, and affordable, eliminating the need to spend money.

Promoting exclusive breastfeeding in low-income countries requires comprehensive strategies involving education and support for lactating mothers, healthcare providers, and communities. Ensuring access to accurate information, providing counselling, and creating supportive environments can increase knowledge and acceptance of exclusive breastfeeding practices. Investing in breastfeeding initiatives is not only a cost-effective intervention but also a powerful tool for reducing child mortality rates and improving the overall health and well-being of infants in low-income countries.

Let us all come together and celebrate this Breastfeeding Week-2023 by teaching other health care workers, mothers, parents, family and the community as a whole about the advantages of exclusive breastfeeding right from birth till the baby is two years of age.



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## The Power of Breastfeeding: Nurturing Bonds and Healthy Beginnings at BPKIHS

**Prof. Dr. Nisha K. Bhatta, Chair, Division of Neonatology, Pediatrics Department, BPKIHS**

Breastfeeding provides a multitude of benefits, fostering maternal involvement, interaction, and bonding. It supplies vital species-specific nutrients, nonnutrient growth factors, immune factors, hormones, and other bioactive components that act as biologic signals, supporting the healthy growth and neurodevelopment of infants. Furthermore, breastfeeding contributes to reducing the incidence and severity of infectious diseases, childhood obesity, certain chronic illnesses, and atopic disease. Notably, breastfeeding isn't only advantageous for infants but also for maternal health. Research has demonstrated its ability to decrease the risks of adverse cardiovascular health and type 2 diabetes, as well as maternal breast, ovarian, and endometrial cancer. To ensure successful breastfeeding, hospital policies should concentrate on strategies that encourage the constant presence of mothers with their newborns and exclusive breastfeeding. These policies should be aligned with the Baby-Friendly Hospital Initiative's Ten Steps to Successful Breastfeeding.

At BPKIHS, we place a high priority on discussing the significance and management of breastfeeding with pregnant women and their families. We have kept postures promoting breast feedings throughout hospital premises including antenatal and postnatal wards. Upon admission, we provide mothers with written dietary charts and offer counseling on the appropriate diet to support proper lactation. Our skilled doctors and nurses are dedicated to assisting mothers in initiating and sustaining breastfeeding and addressing common challenges. We initiate breastfeeding within half an hour of normal vaginal delivery and within one hour of delivery by caesarean section. To maintain privacy during the process, we have designated breastfeeding chambers.



We encourage immediate and uninterrupted skin-to-skin contact, even in the NICU once the baby is stable, and we support mothers in initiating breastfeeding as early as possible after birth. In situations where sick or preterm infants cannot directly breastfeed, we provide electric breast pumps to assist mothers in expressing milk. Formula feeding is discouraged and only used in exceptional circumstances, such as when the mother is critically ill, and only under the written instruction and supervision of consultants. However, we strive to discontinue formula feeding as soon as breast milk becomes available.

Breastfed newborns receive no food or fluids other than breast milk unless medically indicated. We actively promote rooming-in, allowing mothers and their infants to remain together 24 hours a day. To minimize risks associated with feeding bottles, teats, and pacifiers, we offer comprehensive counseling on their use and potential dangers, and their use is prohibited within our facility.

We prioritize coordinated discharge to ensure that parents and their infants receive ongoing support and care in a timely manner, even after leaving the hospital. Our commitment to supporting breastfeeding extends well beyond the hospital stay.

## Breastfeeding- People's attitude and concept

**Prof. Dr Raju Kafle, Head of Paediatric Services**

UCMSTH, Bhairahawa



This article is within the context of World Breastfeeding week celebrated between Aug 1- Aug 7. World Breastfeeding week is a vibrant global movement for action to promote, protect and support breastfeeding by anyone, anywhere and at any time.

Breast feeding practice exists from the time of human evolution, not only for humans also to all mammals present in this world. It's a natural process possible for every mother giving birth to her baby. With options available for baby feeding people's attitude towards breastfeeding has changed over the past few decades, however importance and benefits of breastfeeding remains the same. In one side more and more mothers are turning towards breastfeeding substitutes other side we clinicians are not able to communicate well about the immense benefits of breastfeeding.

Working with breastfeeding mothers from quite a long time now, I feel just giving lectures and applying posters in the Maternity ward is not enough. Lots of challenges they do encounter during the process. My experience says Breastfeeding counseling with proper demonstration of photos and videos with caretaker not just after giving birth but also prior to delivery (prenatal counseling) has a better outcome. All hospital should have a separate counselor so that they can only focus helping the mothers.

Caesarian section rate has driven up as a whole in present context so mothers have a false belief that there will be problem in lactation, so again prenatal counseling will help to remove this confusion. Providing strong belief that breastfeeding is possible for all, and explaining the inhibiting and stimulating factors related to breastfeeding can play important role as well. The anxiety and stress a mother go through when her baby continuously cries for feed can understood by mother only so just telling the importance is not enough but giving practical tips is much rewarding.

Every year we do some activities during breastfeeding week all over including in my center as well but its far to go. More exploration in this area is definitely required to answer lot of question related to breastfeeding.



## Breast Milk substitutes and our dedication

**Dr. Merina Shrestha**

Associate Professor, Dept of Pediatrics, Institute of Medicine, Treasurer, Nepal Breastfeeding Promotion Forum



There is no doubt that the company employees/ representatives are loyal to their employers/ companies. Their primary religion is to promote and support their company. More the sale, better is the position of the company. Hence, there is nothing that we can say to the employers who work hard to allure health care professionals to promote their companies directly or indirectly. The companies are advertising their products in whatever platform they get, be it in papers, pamphlets, exhibition at stores, social medias and what not. They are also promoting with their clever tricks by sponsoring the healthcare professionals with educational materials, sponsorships for conferences and courses. At times, they are even spending on healthcare professionals for retreats without using their brands and logo.

But, there is NO FREE LUNCH.

So my dear friends, are you being trapped/ attracted knowingly, unknowingly, willingly or unwillingly in those sorts of companies which specially promote Breast Milk Substitutes. It is high time that WE COME TOGETHER and RAISE OUR VOICE against all the promotions and sales of these Breastmilk substitutes.



## CELEBRATION OF WORLD BREAST-FEEDING WEEK 2023

‘स्तनपानमैत्री कार्यस्थलको सुनिश्चितता: सबै सरोकारवालाको प्रतिवद्धता’

Organized by Nepal Paediatric Society



## 31<sup>st</sup> World Breastfeeding Week August 1-7, 2023

- ◆ बच्चालाई जन्मेको १ घण्टाभित्र स्तनपान गराऔं ।
- ◆ बच्चालाई जन्मेदेखि ६ महिनासम्म आमाको दूध मात्र खुवाऔं ।
- ◆ बच्चालाई ६ महिना पुरा भएपछि थप पौष्टिक आहारको साथै कम्तीमा २ वर्षसम्म निरन्तर स्तनपान गराऔं ।

## Substitute for the Breast Milk (Sale, Distribution and Control) Act 2049: Revisited

Shrestha M<sup>1</sup>, Basnet S<sup>2</sup>, Shrestha PS<sup>3</sup>

<sup>1</sup>Dr. Merina Shrestha, <sup>2</sup>Prof. Srijana Basnet, <sup>3</sup>Prof. Prakash Sunder Shrestha. All from Nepal Breast feeding Promotion Forum (NEBPROF), Kathmandu, Nepal.

There is a National strategy of infant and young child feeding which includes exclusively breastfeeding till six months, timely start of complementary feeding and continuing breast feeding till two years and beyond. However very few of us are aware of Breast Milk Substitute Act (BMS) in the country. Here we have tried to summarize the Act which would help us to be aware of our law and protect and promote breast feeding.

BMS Act 2049 was published by Government of Nepal in 2049. This Act focuses mainly to control the sale and distribution of Breast Milk Substitute (BMS). BMS means an edible product that is sold and distributed to partially or fully substitute the Breast Milk. In Nepal this Act covers till one year of age. After the formation of Act in 2049, there has not been any amendment. With increased marketing policies for BMS and low awareness about the law, its high time the Act is revised, amended and more awareness programs to be initiated.

The main objective of this Act is to patronize and promote breastfeeding. For the implementation of the Act, government has appointed Breast Feeding Protection and Promotion Committee (BPPC) which is chaired by the Secretary of Health Ministry. Ministry of Health with consultation with BPPC can give permission to publicize the information and educational materials about infant food. The Act has clear guidelines for manufacturers and distributors along with health care professionals as well.

### Guidelines for Health care professionals:

To promote breast feeding, stakeholders like Nepal Pediatric Society (NEPAS), Nepal Breast feeding Promotion Forum (NEBPROF), Perinatal Society of Nepal (PESON), Child Health Division(CHD) and other organization working for wellbeing of children should take appropriate measures to promote the principles of the Act by informing about the responsibilities.

### Health workers

1. Should act together to protect, promote and encourage breastfeeding.
2. Should not do anything to impede the beginning and expansion of breastfeeding.
3. Should not accept any financial or material gifts from manufacturers or distributors of BMS.
4. Should not provide samples of any product to anyone.
5. Should not promote BMS product in any manner.
6. Should report about it in writing to his/her higher authorities if a company seeks to give any gift or other monetary benefits to him/her.

### Guidelines for the manufacturers

Written, audio or visual information and educational materials about infant food must provide clear information on following points:

- a) Benefits of Breast Feeding.
- b) Production and maintenance of breast milk including mother's nutrition.
- c) Negative effects of bottle feeding or untimely complementary feed on breastfeeding.
- d) Problem in initiation of Breast Feeding after an infant is fed by bottle.
- e) Regarding complementary food or BMS following information and the educational materials should be clearly mentioned:
  1. Appropriate and correct use of substitute for breast milk.
  2. Cost involved in feeding the infant with substitute breast milk in comparison to breastfeeding.

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3. Bad effects on health by feeding incorrectly prepared BMS and inappropriate food and bottle feeding
4. Method of feeding with bowl and spoon
5. Method of preparing complementary food at home

While informing there should not be any statement or any photograph that discourages the breastfeeding or promotes the habit of bottlefeeding.

### Manufacturers SHOULD NOT

1. Advertise to promote any product and should not make believe that bottle feeding is equal to or better than breastfeeding.
2. Advertise by any publication or by television, radio, film video or telephone, symbol, billboard or exhibition of the materials or photographs.
3. Introduce the product to any person by using printed materials including name of the propriety product, logo, graphics or books, pamphlets or posters containing images.

### Distributors of BMS SHOULD NOT:

1. Make available the product at lower price than the retail price
2. Donate to healthcare agency or other organization except when seeks grant in prescribed manner and such demand accepted by the committee.
3. Make contact with general public in the premises of healthcare agency to promote the substitute.
4. Donate any equipment or material to healthcare agency without taking permission from the committee.
5. Give any gift or provide monetary or other benefits to health workers
6. Give scholarship or research grant or organize seminar or meeting unless approved by the committee.

#### Following guidelines should be followed while labeling the product:

1. Local and easily understandable language should be used.
2. Provide necessary information on method of its use and it must not discourage breastfeeding.
3. There should not be any photo, map or images on the label of the product or container except graphic that explains the method of preparing it.
4. Name and address of manufacturer and if possible distributors should be on the label.
5. Irremovable label of the container should have following
  - Important notice or similar
  - Statement that the breastmilk is best for the baby
  - Regarding need and method of use, and statement that it should not be used without advice from health worker
  - Easily comprehensible and appropriate direction and graphics to prepare the baby food
  - Quantity of the substitute or any other milk product of breast milk for each month should be mentioned.
6. Words like humanized or similar words should not be used.

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### स्वास्थ्य हेरचाह गर्ने निकाय तथा स्वास्थ्य कार्यकर्ता :

- (१) स्वास्थ्य हेरचाह गर्ने निकायका प्रमुखहरू तथा राष्ट्रिय र स्थानीय स्वास्थ्य अधिकारीहरूले यो ऐनको सिद्धान्तलाई प्रवर्द्धन गर्न तथा स्तनपानलाई संरक्षण र प्रोत्साहन गर्न उपयुक्त उपायहरू अपनाउनु पर्नेछ र स्वास्थ्य कार्यकर्ताहरूलाई तिनीहरूको जिम्मेवारीको सम्बन्धमा उपयुक्त जानकारी एवं सल्लाह दिनु पर्नेछ साथै स्वास्थ्य कार्यकर्तालाई दफा ७ मा उल्लेखित सबै कुराहरूको जानकारी निश्चित रूपमा दिनु पर्नेछ ।
- (२) स्वास्थ्य कार्यकर्ताहरूले स्तनपानलाई संरक्षण, सम्वर्द्धन र प्रोत्साहन गर्नु पर्नेछ । तिनीहरूले यो ऐनका प्रावधानहरू खासगरी दफा ७ मा उल्लेखित कुराहरूको जानकारी राखी यथासम्भव ती प्रावधानहरू कार्यान्वयन गर्नु पर्नेछ ।
- (३) स्वास्थ्य कार्यकर्ताहरूले प्रत्यक्ष वा अप्रत्यक्ष रूपमा स्तनपानको प्रारम्भ र विस्तारलाई रोक्ने काम गर्न दिनु हुँदैन ।
- (४) स्वास्थ्य कार्यकर्ताहरूले उत्पादक वा वितरकबाट कुनै पनि किसिमले आर्थिक वा भौतिक उपहार स्वीकार गर्नु हुँदैन ।
- (५) स्वास्थ्य कार्यकर्ताहरूले कसैलाई कुनै उत्पादनको नमूना दिनु हुँदैन ।
- (६) स्वास्थ्य कार्यकर्ताहरूले कुनै पनि तरिकाले उत्पादनको प्रवर्द्धन गर्नु हुँदैन ।
- (७) स्वास्थ्य कार्यकर्ताहरूलाई उत्पादक वा वितरकले कुनै उपहार वा अन्य आर्थिक सुविधा दिन खोजेको वा कसैले यस ऐनको अन्य कुनै प्रावधान उल्लङ्घन गरेको जानकारी हुन आएमा सो को प्रतिवेदन लिखित रूपमा आफ्नो संस्थाको प्रमुखलाई दिनु पर्नेछ र प्रमुखले पनि सो कुरा यथाशीघ्र समितिलाई जानकारी गराउनु पर्नेछ ।

### उत्पादक तथा वितरकले गर्नु नहुने कार्य :

- (१) उत्पादक वा वितरकले देहायबमोजिम हुनेगरी कुनै विज्ञापन गर्नु हुँदैन :-
  - (क) कुनै उत्पादनको प्रवर्द्धन हुने गरी,
  - (ख) शिशुबाट खुवाउनु स्तनपान गराउनु बराबर छ वा त्यो भन्दा विशिष्ट छ भन्ने जनाउने गरी वा विश्वास पर्ने गरी ।
- (२) यस दफाको प्रयोजनको लागि विज्ञापन भन्नाले देहाय बमोजिम गरिएको सबै विज्ञापनलाई जनाउनेछ :-
  - (क) कुनै प्रकाशनद्वारा वा टेलीभिजन, रेडियो, फिल्म, भिडियो वा टेलिफोनद्वारा,
  - (ख) सङ्केत, बिलबोर्ड, सूचना वा सामानहरूको प्रदर्शनद्वारा,
  - (ग) तस्वीर वा प्रतिमाहरूको प्रदर्शनीद्वारा,
  - (घ) अन्य कुनै तरिकाले ।

### दण्ड सजाय :

- (१) दफा ८ को उपदफा (४), (५) वा (६) उल्लङ्घन गर्ने स्वास्थ्य कार्यकर्तालाई एकहजार रुपैयाँसम्म जरिवाना वा एक महीनासम्म कैद वा दुवै सजाय हुनेछ ।
- (२) दफा ९ को उपदफा (१), (४), (५), (७), (८), (९), (१०) वा ( ११ ) उल्लङ्घन गर्ने उत्पादक वा वितरकलाई दशहजार रुपैयाँसम्म जरिवाना वा तीन महीनासम्म कैद वा दुवै सजाय हुनेछ ।
- (३) दफा १० वा ११ उल्लङ्घन गर्ने उत्पादक वा वितरकलाई पन्ध्र हजार रुपैयाँसम्म जरिवाना वा चार महीनासम्म कैद वा दुवै सजाय हुनेछ ।
- (४) उपदफा (१), (२) वा (३) मा लेखिए देखि बाहेक यो ऐनका अन्य प्रावधानहरू वा यस ऐन अन्तर्गत बनेको नियम उल्लङ्घन गर्ने व्यक्तिलाई कसूरको प्रकृति हेरी दुईहजार रुपैयाँ सम्म जरिवाना वा एक महीनासम्म कैद वा दुवै सजाय हुनेछ ।
- (५) अदालतले यस दफा बमोजिम कुनै व्यक्तिलाई कुनै कसूर गरे बापत सजाय गर्दा त्यस्तो कसूरबाट क्षति पुगेको व्यक्ति वा निजको हकदारलाई त्यस्तो कसूर गर्ने व्यक्तिबाट पच्चीस हजार रुपैयाँ देखि एकलाख रुपैयाँ सम्म क्षतिपूर्ति समेत भराई दिन सक्नेछ ।

## विश्व स्तनपान सप्ताह २०८० एक जानकारी

### पृष्ठभूमि

प्रत्येक वर्ष अंग्रेजी महिनाको अगस्ट १ देखि ७ सम्म नेपाल लगायत १७० राष्ट्रमा स्तनपान दिवस मनाइन्छ। नेपाल सरकार स्वास्थ्य तथा जनसंख्या मन्त्रालय को अगुवाईमा नेपाल पेडियाट्रिक्स सोसाइटीले पनि नेपालमा यस वर्ष साउन १६ गते देखि २२ सम्म विभिन्न कार्यक्रम गरि धूमधामका साथ सञ्चालन गर्न लागेको यस स्तनपान सप्ताहमा स्तनपानका विभिन्न विषयका बारेमा नागरिकलाई जानकारी गराउने छ।

१. शिशुले जन्मेको छ महिनासम्म पूर्ण स्तनपान गर्न पाउनु उसको अधिकार हो। आफ्नो सन्तानलाई स्तनपान गराउन पाउने अधिकार प्रत्येक आमालाई छ। परिवार र राज्यले आमा र शिशुको मैलिक हक सुनिश्चित गर्नु पर्दछ।
२. बालबालिकाहरूको उचाइ कम हुनु, कुपोषित हुनु र सुस्त हुनुमा पनि स्तनपान नगराउनुले महत्वपूर्ण भूमिका खेल्दछ।



३. नवजात शिशु जन्मिएको एक घण्टाभित्र नै आमाको पहिलो बिगौती दूध खुवाउनु पर्दछ। घिउ, मह, चिनी जस्ता खानेकुरा खुवाउनु हुँदैन। पहिलो बिगौती दूधले खोप सरह शिशुलाई रोगबाट बचाउँछ साथै रोगसँग लड्न सक्ने क्षमता बढाउँछ। शिशुको आवश्यकता अनुसार एक दिनमा ८ देखि १२ पटक (दिन र रात) स्तनपान गराउनु पर्दछ। आमाको दूधमा सम्पूर्ण पौष्टिक तत्वहरू र शिशुलाई पुग्ने पानीको मात्रा हुने भएकोले कुनै विशेष अवस्था बाहेक ६ महिनासम्मको बच्चालाई पानी पनि खुवाउनु पर्दैन।
४. बच्चा कम्तिमा दुई वर्ष नपुग्नुजेल नियमित रूपले अन्यखानाको साथै आमाको दूध नै खुवाई रहनुपर्छ। आमाको दुधमात्रै खाएर बच्चाले २४ घण्टामा छ देखि आठ पटकसम्म पिसाब फेर्छ भने त्यो बच्चालाई आमाको दुध पुगेको हुन्छ।
५. स्तनपान गराउँदा तनावमा, दुःखीमनले, दिक्क मान्दै, रिसाउँदै, गाली गर्दै खुवाउनु हुँदैन। यसो गर्दा दूधकम आउँछ। त्यसैले स्तनपान गराउँदा बालबालिकासँग कुराकानी गर्ने, गीत सुनाउने, मुस्कुराउने गरेमा बालबालिकामा सकारात्मक संवेगको विकास हुन्छ।

### बालबालिकाको लागि स्तनपानका फाइदाहरू

- आमाको दूध बालबालिकाको लागि अमृत समान हो।
- यो सधैं सफा र सुरक्षित हुन्छ।
- यो सधैं तयारी अवस्थामा र उपयुक्त तापक्रममा उपलब्ध हुन्छ।
- यो बालबालिकाले सजिलै पचाउन सक्छन।
- बच्चालाई विभिन्न रोगबाट बचाउँछ।
- बच्चालाई भाडापखाला तथा श्वास प्रश्वास सम्बन्धी संक्रमणहरूबाट बचाउँछ।
- बच्चाको शारीरिक र मानसिक विकास राम्रो हुन्छ।

- यसले एलर्जी सँग सम्बन्धित रोगहरू विरुद्ध रक्षा गर्छ। दूधमा रहेको प्रतिरोधात्मक तत्वले बालबालिकाको आन्द्राको रक्षा गर्छ र हानिकारक तत्वहरूलाई रगत सम्म पुग्न दिँदैन।
- आमाको दूधमा बच्चाको लागि आवश्यक काबोहाइड्रेट, प्रोटीन र चिल्लो पदार्थ पाइन्छ।
- आमा र बच्चा दुवैलाई राम्रो निन्द्रा लाग्दछ।
- बच्चाको बोलन सक्ने क्षमता चाँडो विकास हुन्छ।
- यसले गिजा र दाँतको विकास गर्न सहयोग गर्छ साथै दूध चुसाइले अनुहारको मांशपेशिकाको विकास गर्न सहयोग गर्छ।
- आमासँग पटक-पटक टाँसेर राख्ने गरेमा स्नेहपूर्ण सम्बन्ध बन्छ जसले बालबालिकाहरूको मानसिक, शारीरिक तथा सामाजिक विकास गर्न सहयोग गर्छ।
- समग्रमा देशको बाल मृत्युदर घटन जान्छ।

### आमाको लागि स्तनपानका फाइदाहरू

- प्रसूती अवस्थामा भएको रक्तश्राव कम हुन्छ।
- बालबालिका जन्मने बित्तिकै आमाको दूध चुसायो भने साल-नाल छिट्टै बाहिर निस्कन्छ।
- स्तनपान गराउँदा पाठेघर सामान्य अवस्थामा छिटो फर्कन मद्दत गर्छ।
- बाल-बालिका जन्मने बित्तिकै उनीहरूलाई आमाको दूध चुसाएमा स्तनपानमा धेरै दूध आउन सहयोग गर्छ।
- तुरुन्तै र पटक पटक दूध चुसाउनाले स्तन गानिनेसमस्याको रोकथाम हुन्छ।
- आमाको दूध जुनसुकै बेला र जहाँ पनि खुवाउन सकिन्छ।
- आमा र बालबालिका बीचको माया ममता बढ्छ।
- आमालाई डिम्बाशयको क्यान्सर हुनबाट बचाउँछ।
- आमालाई स्तनक्यान्सर हुनबाट बचाउँछ।

- आमाको अनावश्यक तौल बृद्धि रोक्दछ।
- महिनावारी नफर्केको अवस्था तथा बालबालिका जन्मेको पहिलो ६ महिना सम्म प्रभावकारी रूपमा पूर्ण स्तनपान गराउन सकेको खण्डमा गर्भ निरोधकको रूपमा पनि काम गर्छ।

बच्चा जन्मिने बित्तिकै गराइने स्तनपान र त्यसपछि स्वास्थ्य संस्थाबाट डिस्चार्ज हुने बेला गरिने स्तनपान सम्बन्धी परामर्श एकदमै महत्वपूर्ण हुन्छ। आमाको दुधबाहेक अन्य कुरा खुवाउँदा त्यसले बच्चाको स्वास्थ्यमा लामो समय सम्म नकारात्मक असर पार्ने हुँदा छ महिनासम्म आमाकै दूध खुवाउनु पर्छ।

सुत्केरी आमाले हरेक दिन विभिन्न प्रकारका पौष्टिक खाना (अन्न, गेडागुडी, हरिया सागपात, तरकारी तथा फलफूल, पशुपक्षीजन्यखानेकुरा) खानुपर्छ। सुत्केरीले भारी बोला गाढो काम गर्नु हुँदैन र धुम्रपान तथा मद्यपान पटककै गर्नु हुँदैन।

### स्तनपान गराउँदा सुत्केरी आमाले ध्यान दिनुपर्ने कुराहरू

- स्तनपान गराउनु अघिपछि आमाले स्तन सफा गर्नुपर्छ र हातधुनु पर्दछ।
- सफा र खुकुलो लुगा लगाउनु पर्दछ।
- शिशुको गर्धन र शरीर सिधा हुनु पर्दछ र शरीर आमातिर फर्केको हुनु पर्दछ। साथै, आमासँग टाँसिएको एव शिशुको शरीरले पुरै अडेस पाएको हुनु पर्दछ।
- शिशुको चिउडोले स्तन छाएको, मुख पूरा खुलेको, तल्लो ओठ बाहिर फर्केको एवम् स्तनको कालो भाग शिशुको मुखको तलभन्दा माथितर धेरै देखिएको हुनु पर्दछ।

- शिशुलाई काखमा राख्ने र शिशुको टाउको अलिकति ढल्काइ दूध चुसाउनु पर्दछ।
- स्तनपान गराउँदा एकापट्टिको दूध पूर्ण खाती हुने गरी दूध खुवाउनु पर्दछ। त्यस पछि मात्र अर्को पट्टिको स्तनपान गराउनु पर्दछ।
- शिशुले जति दूध चुन्छ त्यति नै बढी मात्रामा दूध उत्पादन हुन्छ।
- दूध खुवाई सकेपछि शिशुलाई काँधमा अडेस लगाएर पिठ्ठामा मुसारी डकान लगाउनुपर्छ। यसले गर्दा शिशुले स्तनपान गर्ने बित्तिकै वान्तागर्दैन।
- सुत्केरी आमाले ज्वानो (अजवाइन) को भोल सहित थप पोसिलो खाना खानु पर्दछ, जस्तै: दाल, गेडागुडी, दूध र अन्य तरल खानेकुरा बढी खानुपर्छ।
- दूध नआउने, बच्चाले दूध खान नमान्ने, स्तनका मुन्टामा घाउ भएमा स्वास्थ्य संस्थाका स्वास्थ्य कर्मी वा चिकित्सकसँग सम्पर्क गर्नु पर्दछ।
- एचआइभी संक्रमित आमाले पनि ६ महिनासम्म आफ्नो शिशुलाई स्तनपान गराउनुपर्छ। त्यस पछि शिशुलाई आमाको दूधसँग पूरक खानापनि दिनुपर्छ। तर एचआइभी संक्रमित आमाको स्तनका मुन्टा चर्किएका छन् वा रात बगिरहेको छ भने स्तनपान गराउनु हुन्न। साथै नजिकको स्वास्थ्य संस्थामा सम्पर्क गरी आवश्यक उपचार र सरसल्लाह गर्नुपर्छ।
- आमाको दूधबाट हाल सम्म कोभिड-१९को संक्रमण भएको नपाइएकोले कोभिड-१९को संक्रमण भएको आशंका गरिएकी वा पुष्टि भएकी आमाले स्तनपान रोक्नुपर्दैन।
- नवजात शिशुमा कोभिड-१९ भएको शरीरका छिट्टाहरू फैलने सम्भावनालाई घटाउनका लागि स्तनपान गराउँदा आमाले पनि उपलब्ध भएसम्म मेडिकल मास्कको प्रयोग गर्ने लगायतका सरसफाइका उपयुक्त उपायहरूको अवलम्बन गर्नुपर्दछ।

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## विश्व स्तनपान सप्ताह

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## एक जानकारी



## Did You Know ..... Few Breastfeeding facts.....

- A study done by Bhattarai S and et al, at Siddharthanagar Municipality Rupandehi has shown that more than half of the mothers whose average age was around 26years has low awareness regarding Expressed Breast milk.
- Breast feeding Practices among working mothers, who work at hospital is quite low compared to natural statistics on IYFC, according to a study by Basnet S. and et al at two different hospitals at Kathmandu. The government of Nepal is giving paid maternity leave of 180 days (6 months) now a days.
- Breast feeding offers a quick and effective measure of reducing pain in neonates during routine neonatal procedures, a randomized control trial done at tertiary level NICU of Army Hospital (R&R) New Delhi by Singh RK et al has shown.
- A study by Anyanwu OU and et al, in a teaching hospital has shown that only 16% initiated breast feeding within one hour. Others had started late due to reasons like poor lactation, too tired, felt dirt, cesarean section etc. suggesting more work needed to improve knowledge and attitude of mothers starting from antenatal period.
- A study in Iran done by Veghari G. has shown that rising mother's age has increasing chances of having exclusive breast feeding and breast feeding duration as recommended by WHO. However another study by Pitaloka ADA, et al at Indonesia has shown that young mothers are more likely to be motivated to breastfeed their children exclusively than older mothers. These results suggest a need to improve maternal breastfeeding motivation through quality prenatal and postnatal care services that involve other family members.



Compiled by : Dr Santosh Pokhrel



### EDITORIAL

## Enabling Breastfeeding – making a difference for working parents: Celebrating World Breastfeeding Week 2023

As we celebrate World Breastfeeding Week 2023, the Nepal Pediatric Society (NEPAS) takes great pride in joining hands with global communities to promote and support breastfeeding as a fundamental pillar of child health and development. Breastfeeding is not only a natural and beautiful act but also a crucial component in ensuring the optimal growth and well-being of infants. The theme for this year's campaign, "Enabling Breastfeeding: making a difference for working parents," resonates deeply with NEPAS's commitment to advocating for the rights of every child to receive the best start in life through breastfeeding. We believe that by raising awareness, providing education, and fostering supportive environments, we can empower mothers and families to make informed choices and embrace breastfeeding as a lifelong gift.

The special issue of Ankur bulletin to be published on World Breastfeeding Week 2023 holds immense significance in promoting and advocating for the importance of breastfeeding. The special issue of Ankur bulletin will serve as a platform to disseminate evidence-based information, research findings, and success stories related to breastfeeding. It will highlight the crucial role that breastfeeding plays in ensuring the health and well-being of infants, including its impact on reducing child mortality rates, improving cognitive development, and enhancing immune system function.

By dedicating a special issue to World Breastfeeding Week 2023, Ankur bulletin aims to contribute to the global efforts in creating a supportive environment for breastfeeding mothers, raising awareness about the barriers they face, and encouraging policy changes that prioritize breastfeeding as a fundamental right for every child. This special issue will serve as a valuable resource for healthcare professionals, policymakers, researchers, and individuals interested in promoting optimal breastfeeding practices worldwide.