

# CONSEQUENCES OF NOT BREASTFEEDING FOR THE MOTHER AND INFANT

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## Abstract

This article highlights the adverse effects of not breastfeeding on both the mother and the infant. It extensively covers the topic based on global statistical data, scientific research, and expert analyses. The impact of breastfeeding on the infant's health, development, and the mother's well-being is discussed in detail. The paper provides an in-depth understanding of the decline in breastfeeding rates in modern society and its consequences.

**Keywords:** Breastfeeding, infant health, nutrition, benefits of breastfeeding, immunity, development, maternal health.

## Introduction

Breastfeeding is one of the most crucial and natural factors in strengthening human health. Breast milk contains all the essential nutrients required for the physical and mental development of an infant during the first six months of life. It is not only vital for the baby's healthy growth but also plays a significant role in boosting the immune system and protecting against infectious and chronic diseases. Additionally, breastfeeding aids the mother's postnatal recovery, improves emotional well-being, and contributes to the development of a healthy generation within society. Unfortunately, due to modern lifestyles, the increased workload of mothers, and the widespread use of artificial feeding products, breastfeeding rates have declined globally. According to the World Health Organization (WHO), only 44% of infants worldwide are exclusively breastfed during the first six months of life. This low figure highlights the urgent need to understand the importance of breastfeeding and implement measures to promote it effectively.

In Uzbekistan, this issue is also of great relevance. Local healthcare facilities and national programs are making efforts to inform mothers about the benefits of breastfeeding. However, the excessive reliance on artificial feeding products and the widespread misconceptions about breastfeeding in society indicate that the rate of breastfeeding remains unsatisfactory. Despite traditional practices in Uzbek families emphasizing breastfeeding, modern conditions and the professional commitments of mothers significantly impact the duration of this process.

The relevance of the topic is evident in the following aspects:

1. Prevention of infectious diseases: Research shows that infants fed with artificial formula are at a significantly higher risk of developing pneumonia, diarrhea, and other infectious diseases. Promoting breastfeeding can help prevent these illnesses in infants.
2. Role in child development: Breast milk supports the mental and physical development of infants. Studies on IQ levels reveal that breastfed children tend to perform better than their peers who were fed with artificial formula.



3. Improvement in maternal health: Breastfeeding benefits not only the infant but also the mother's health. It reduces the risk of breast and ovarian cancer, normalizes metabolic processes, and accelerates postnatal recovery.

4. Socio-economic significance: Breastfeeding reduces the need for expensive artificial feeding products, thereby improving the economic condition of families. It also decreases healthcare costs associated with illnesses caused by artificial feeding.

Given the importance of this topic, promoting breastfeeding should be a priority not only for the healthcare system but also for the state and society as a whole. Raising awareness about the significance of breastfeeding, creating favorable conditions for mothers, and disseminating comprehensive information about the harmful effects of artificial feeding are essential steps in addressing this issue.

### Materials and Methods

This article uses the following methods and sources of information:

Data from the World Health Organization and other international organizations.

Scientific articles and medical research.

International and local statistical reports on breastfeeding and artificial feeding.

Analytical and comparative analysis methods.

### Main Content

#### The Importance of Breastfeeding

Breast milk is the most optimal food designed for the growth and development of an infant. Its unique advantages include:

1. Strengthening Immunity: Breast milk contains immunoglobulins, leukocytes, and other protective substances that shield the baby from bacteria, viruses, and fungi.
2. Balanced Nutrition: Breast milk provides proteins, fats, vitamins, and minerals tailored to the baby's age.
3. Cognitive Development: Studies show that breastfed babies tend to achieve higher IQ levels.
4. Adaptability for Digestion: Enzymes and other biologically active components in breast milk improve the infant's digestion, whereas artificial feeding often results in colic and allergies.

### Consequences of Not Breastfeeding

#### For the Baby

1. Increased Susceptibility to Infections: Artificially fed infants are more prone to pneumonia, diarrhea, and other infections.
2. Higher Risk of Allergies and Chronic Diseases: Research indicates a greater likelihood of allergic reactions, asthma, diabetes, and obesity among artificially fed babies.
3. Developmental Delays: Non-breastfed infants show slower physical and cognitive development.

#### For the Mother

1. Complications in Postpartum Recovery: Breastfeeding stimulates uterine contractions, aiding postpartum recovery, which artificial feeding does not support.



2. Health Issues: Mothers who do not breastfeed face an increased risk of breast and ovarian cancer, osteoporosis, and metabolic disorders.

3. Psychological Challenges: Breastfeeding strengthens the emotional bond between mother and baby, which may be less pronounced with artificial feeding.

Global Experience and Statistical Data

WHO Data: Exclusive breastfeeding can reduce infant mortality globally by 13%.

American Academy of Pediatrics: Exclusive breastfeeding for the first six months significantly reduces early mortality and infectious diseases.

Uzbekistan's Experience: Programs supporting maternal and infant health aim to mitigate the harmful effects of artificial feeding.

### Conclusion

The importance of breastfeeding is scientifically proven, offering numerous health benefits for both the infant and the mother. It ensures the healthy growth and development of the baby and positively impacts the mother's health. Except in emergencies, artificial feeding should not replace breastfeeding.

To address this issue effectively, the following measures are recommended:

Establishing specialized breastfeeding counseling centers for mothers.

Providing comprehensive information about the harmful effects of artificial feeding through healthcare facilities.

Expanding government programs to promote breastfeeding.

These steps will help ensure the healthy development of infants, safeguard maternal health, and contribute to building a healthier generation in society.

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