

# 7<sup>th</sup> World Congress on Nursing Education & Research &

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### The impact of breast milk on the normal growth of the baby.

#### ABSTRACT

It is generally acknowledged that advantages of breastfeeding are: it costs less than artificial feeding; helps a mother and baby to bond closely — strengthens a deep love relationship; helps the baby develop; can help delay a new pregnancy; protects maternal health. Furthermore, breastfeeding helps the uterus return to its previous size.

#### METHODOLOGY

In this study it is important to note that breast milk affects an increase within the rates of a child, And prevents obesity. The children of the health center no. 10 were taken into study there are 898 children born from January 2020 to October 2021. For the purpose of this analysis, they were divided into groups. Breastfed babies and babies with formula fed. Children's growth in weight, height and head circumference. Was measured and compared for to investigate for any differences between those who are breastfed and the others.

#### RESULTS

The difference between breastfed babies and formula-fed babies by weight. All children have grown up within certain norms, but we see a very small difference in greater weight in formula-fed children in both age groups. We notice that children who are breastfed have a smaller increase in height in the age group 0-6 months than children of this age group if they are breastfed the opposite formula is in children aged 6-12 months who are breastfed breastfeeding and have a greater increase in height than infants who are formula fed

#### CONCLUSION

Breastfeeding should be started within ½ - 1 hour after birth. Breastfeeding only is recommended for the age between from 0-6 months, supplementary feeding should be started from the 6th month. Continued breastfeeding can go on for over 2 years and beyond.

**Keyword:** breast milk, mother, baby, lactose, pastures.

#### BIOGRAPHY

Denisa Veseli (BEGO) Is a Lecturer in Nursing, since 2004 at the University of Medicine, Tirana. In 2016 she won her Doctorate in Nursing Sciences, Tirana, Albania. She has published various articles in the field of nursing care.

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