

Importance of breastfeeding in adolescent mothers in Peru

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Resumen

Las madres adolescentes se están incrementando en el Perú. La inexperiencia hace que haya incremento de la morbilidad y mortalidad infantil. Es por ello que, la lactancia materna es un acto natural que las madres adolescentes deben poner en práctica a fin de disminuir la morbilidad y mortalidad infantil en el Perú. La lactancia materna durante los seis meses hasta los dos años como alimento para tener un niño sano

Palabras clave: Madre adolescente, morbilidad infantil, mortalidad infantil, lactancia materna.

Abstract

Adolescent mothers are increasing in Peru. Inexperience causes an increase in infant morbidity and mortality. That is why breastfeeding is a natural act that adolescent mothers must put into practice in order to reduce child morbidity and mortality in Peru. Breastfeeding for six months to two years as food to have a healthy child.

Keywords: Adolescent mother, infant morbidity, infant mortality, breastfeeding

1. Introduction

Pregnancies in adolescents is a social problem that is increasing every day, in Peru according to data from the National Institute of Statistics and Informatics (INEI), announced that in 2014, it was estimated that there are 207 thousand 800 adolescents of 15 at 19 years of age who are mothers or are pregnant for the first time. This figure represents 14.6% of the total number of adolescents in the country, 11.7% of them are mothers and 2.9% are pregnant for the first time. He specified that this percentage has been increasing; in 2011 it was estimated at 12.5%, it has increased to 14.6% in 2014, that is, 2.1 percentage points more. Likewise, he indicated that in 2014, the pregnancy of adolescents in rural areas (22.0%) is close to double the urban area. Breastfeeding is a natural act that takes place from the first day of life of the baby, mainly exclusive breastfeeding which is the most important and is up to 6 months but many mothers and especially teenage mothers have little or no knowledge about breastfeeding, the importance and its advantages for both the mother and her babies, in addition, they are unaware of the correct breastfeeding techniques. This may be due to many factors, such as the level of schooling, the lack of interest on the part of parents, among others. Currently, exclusive breastfeeding (SCI) during the first six months of life is considered a global public health goal, which is related to the reduction of infant morbidity and mortality, especially developing countries; In addition, the Ministry of Health continues to promote the practice of exclusive breastfeeding through preventive - promotional strategies.

2. Methodology

The World Health Organization (WHO) defines adolescence as the period of human growth and development that occurs after childhood and before adulthood, that is, between 10 and 19 years of age. This is one of the most important stages of transition in the life of the human being, which is characterized by an accelerated rate of growth and changes, exceeded only by the one experienced by infants, this phase of growth and development is conditioned by various biological processes. Adolescence is a stage in which there are going to be many changes not only physical, but also psychological, this is where the search for identity, independence, among others will take place and at the same time the individual will be exposed to risks which are caused by the influence or pressure of society, such as the consumption of alcoholic beverages, drugs and the beginning of a sexual life without responsibility, and this over time brings consequences such as pregnancies at an early age, sexually transmitted diseases, others.

Pregnancy in adolescence

Adolescent pregnancy continues to be one of the main factors that contribute to maternal and infant mortality and the circle of illness and poverty. According to the WHO, premature procreation increases the risk for both mothers and newborns. In low and middle income countries, infants of mothers under 20 face a 50% higher risk of prenatal mortality or dying in the first weeks of life than infants of women 20 to 29 years old. say that the younger the mother is, the greater the risk to the baby. In addition, newborns of adolescent mothers are more likely to register low birth weight and long-term consequences.

Breastfeeding

The (WHO) considers that breastfeeding is the ideal way to provide young children with the nutrients they need for healthy growth and development. Practically all women can breastfeed, as long as they have good information and the support of their family and the health care system. The WHO recommends exclusive breastfeeding for six months, the introduction of age-appropriate foods and insurance thereafter, and the maintenance of breastfeeding up to 2 years or more.

Benefits of breastfeeding

Breastfeeding is one of the vital aspects for the development of a healthy child; to feed is to give love, it means an intimate moment of communication and union between the mother and her child; Through breastfeeding the baby can perceive the voice, the smell, heartbeat of the mother, feel again those moments in which he was in the womb, these feelings will comfort him and make him feel calm

Benefits for the baby:

- Colostrum has a high nutritional value, and provides the necessary antibodies so that the baby is protected from infections and future diseases.
- Iron deficiency anemia is rare among full-term infants and exclusively breast-fed during the first 6 months.
- They have fewer cases of diarrhea, otitis, gastrointestinal infections and respiratory tract infections.
- It promotes brain and nervous system development, which will help improve intellectual capacity and visual acuity.
- The suction favors an adequate development of the oral structure, which helps the growth of healthy teeth.
- The mother-child bond favors the emotional and affective balance of the child.

- Thanks to skin-to-skin contact with the mother, the baby captures the love and support of her mother, which helps the development of confidence and self-confidence.

Benefits for the mother:

- There is a decrease in postpartum depression
- Facilitates rapid physical recovery of labor
- The mother easily interprets the needs of her baby
- It stimulates the mother's affection for those around her.

3. Conclusions

- Currently breastfeeding is one of the main problems of nutrition of infants, this because each time the mothers are younger and do not perform an adequate practice of breastfeeding, this due to lack of information, ignorance of the subject, disinterest, substitution of breast milk (formulas), among others.
- The WHO recommends exclusive breastfeeding until the first 6 months, and the continuation of breastfeeding plus complementary feeding until 2 years of age or more.
- Breastfeeding is fundamental and of great importance for an adequate development and growth of the child in his first years of life, since it will protect him from many diseases, and not only will it be beneficial for the child but also for the mother. But breastfeeding can be affected either by various factors such as the level of knowledge of mothers, low production of breast milk, mastitis, cracks, among others,
- Therefore, the knowledge that mothers have about breastfeeding, will favor an adequate feeding of children, and strengthen their growth and development mainly during their first years of life, which helps to reduce the rates of morbidity and mortality in children, and to the proper development of the practice of breastfeeding.

Reference

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