**Newborn Nutrition Teaching Presentation**

Name

Course

Professor

Date

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The non-lactating and non-pregnant female breasts are primarily comprising of the collagenous and adipose tissues, with mammary glands forming a very minor part of the breast. The mammary glands consist of milk-channeling lactiferous ducts which enlarges extensively during pregnancy in response to growth hormone, prolactin, estrogen, and cortisol. Essentially, breast milk is produced in the mammary glands’ alveolar or acinar cells. During pregnancy, the progesterone level reduces significantly with the growth of the placenta, leading to the production of prolactin. To arouse milk production, prolactin triggers the mammary glands' acinar cells ( Silbert-Flagg & Pillitteri,2018). The milk channels from the lactiferous ducts to te lactiferous sinuss that mee the perforations in the nipple, known as the nipple pores. The darkened part around the nipple are known as the montgemery glands. The gland produce oil that cleanses the nipple openening as well as preventing it from cracking an chapping during breastfeeding.

**2020 National Health Goals Related to New Born Nutrition**

The challenges and barriers of breastfeeding are addressed in the federal government's prevention program, Healthy People 2020. Essentially, the United States Department of Health and Human Services has developed 10-year goals for the country's health and one of these goals relates to breastfeeding. This goal is to help mothers to succeed in their breastfeeding journey (Maternal, Infant, and Child Health,2020). Particularly, the goal aims to increase the number of Baby-Friendly health facilities to 8 percent while increasing the percentage of US organizations that accommodate breastfeeding mothers. The goal advocate for formula supplementation for healthy infants during the maternity hospital stay.

**Advantages of breastfeeding**

Breast milk is known as the complete form of nutrition for infants helping in promoting health, immunity, growth, and development. It contains bioactive elements that help the infant's immunity hence protecting against infections and diseases (Silbert-Flagg & Pillitteri,2018). Further, breast milk contains elements that help in the absorption and digestion of nutrients.

Furthermore, breast milk comprises all nutrients that an infant needs during the first 6 months including proteins, fats, carbohydrates, minerals, vitamins, and water. It also contains white blood cells that protect infants against infections. Breast milk also supports and stimulates the immune system. particularly, it contains interleukin -6, -8, and -10 as well as lactoferrin, which helps to balance the immune system.

**Benefits of Breast Feeding**

One of the major benefits of breastfeeding is that it lowers the risk of contracting breast cancer as well as ovarian cancer since breastfeeding women have lesser menstrual cycles. Additionally, they are less exposed to estrogen which is known to cause breast cancer. Another benefit of breasting is that it creates an emotional bond between the child and the mother (Silbert-Flagg & Pillitteri, 2018). The skin-to-skin bond helps to minimize the behavioral and social issues in the mother and the child. Finally, breastfeeding triggers the production of oxytocin which aids uterine involution. It enables the uterine to return to its normal size through a contraction.

References

Silbert-Flagg, J., & Pillitteri, A. (2018). *Maternal and Child Health Nursing*. Wolters Kluwer.

Maternal, Infant, and Child Health. (2020). Healthy People 2020. https://www.healthypeople.gov/2020/topics-objectives/topic/maternal-infant-and-child-health/objectives