

## Early Initiation of Breastfeeding for The Pregnant Women

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### ABSTRACT

Breast milk is the gold standard of baby food for children, because it will be the first step in fulfilling children's right. There are many benefits of breastfeeding for babies in carrying out Early Initiation of Breastfeeding and exclusive breastfeeding for mothers and children. One of the benefits is to increase the bond between mother and her child, to increase the baby's immunity, to reduce the incidence of infection in infants, to increase optimal child growth and development, to increase children's intelligence and it is also as a natural contraceptive for mothers. Some research results state that breast milk is also useful in preventing various diseases such as cancer in children, heart disease, and diabetes mellitus. In the current developments of maternal and child health, the program of Management of Early Initiation of Breastfeeding, Exclusive Breast Milk and Lactation Management are increasingly being encouraged. These three programs are related to one another. Breast milk is generally the gold standard of baby food for children, because it will be the first step in fulfilling children's rights.

**Keywords:** Initiation, Early Breastfeeding, Pregnant Women

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## INTRODUCTION

In the current developments of maternal and child health, the program of Management of Early Initiation of Breastfeeding, Exclusive Breast Milk and Lactation Management are increasingly being encouraged. These three programs are related to one another. This is in accordance with the Millennium Development Goals (MDGs) program to help reduce poverty, hunger and infant mortality. Therefore, it is important to convey information about lactation management and Early Initiation of Breastfeeding to antenatal, intra-natal, postnatal mothers and health workers so that they can carry out their duties as professional promoters in knowledge of breastfeeding use (Maryunani, 2012).

Breast milk is the gold standard of baby food for children in general, because it will be the first step in fulfilling children's rights (Maryunani, 2012). Many studies and surveys state that there are many benefits of breastfeeding babies in carrying out Early Initiation of Breastfeeding and Exclusive Breast Milk for mothers and children. One of the benefits is to increase the bond between mother and her child, as a natural contraceptive for mothers, to increase the baby's immunity, and to reduce the incidence of infection in infants,

From several inhibiting factors for exclusive breastfeeding above, this can also affect the practice of giving early initiation of breastfeeding for newborns by their mothers. Early Initiation of Breastfeeding is a process in which the baby begins to breastfeed on its own immediately after birth. Newborn baby must be breastfed to the mother in the first hour after the birth, not only to provide nutrition but also to learn to suckle or get used to sucking on the nipples and prepare the mother to start producing colostrum milk (JNPK-KR, 2007).

Therefore, Health workers has an important role in the practice of giving Early Initiation of Breastfeeding Initiation especially in providing information through health education regarding Early Initiation of Breastfeeding to mothers in society (Maryunani, 2012). The skills needed by health workers are inseparable from the knowledge they have about Early Initiation of Breastfeeding (Notoatmodjo, 2012).

Optimum growth and development of children improve children's intelligence. Some research results state that breast milk is also useful in preventing various diseases such as cancer in children, heart disease, and diabetes mellitus (Khamzah, 2012).

According to WHO in Maryunani (2012), it states that the most important thing to realize the benefits mentioned above, so it is important to have exclusive breastfeeding (6 months). Exclusive breastfeeding means giving only breastmilk until the age of 6 months without any additional fluids or food, and after 6 months the baby already needs additional food but breastmilk can be continued giving to the baby until the baby is 2 years old. However, in order to make this happen in Indonesia, there are many obstacles, one of them is the lack of public awareness of the importance of breastfeeding for babies.

### **The definition of Early Initiation of Breastfeeding**

Early Initiation of Breastfeeding means the process of a newborn baby suckling immediately after birth, where the baby is left to look for his own mother's nipple (not pushed to the nipple). Early Initiation of breastfeeding is very important in the continuity of exclusive breastfeeding and long breastfeeding. Thus, the baby's needs will be fulfilled until the age of 2 years, and prevent children from malnutrition (Maryunani, 2012).

Meanwhile, other experts reveal various definitions of Early Initiation of Breastfeeding. One of them, namely Utami (2008) in Maryunani (2012) stated that breastfeeding begins in the first hour after the baby is born. Early Initiation of Breastfeeding can also be interpreted as a way for babies to breastfeed the first hour after birth with their own efforts, in other words, the newborn breastfeed not being breastfed. The way babies do Early Breastfeeding Initiation (IMD) is called The Breast Crawl or crawling looking for breasts.

### **The Benefits of Early Initiation of Breastfeeding**

The benefits of early Initiation of Breastfeeding generally are: :

- a. Preventing hypothermia because mother's chest warm up the baby correctly during the baby crawling to find out the breast.
- b. Babies and mothers become happy, not stressed, breathing and heart rate are more stable, due to skin contact between mother and baby.
- c. Early immunization. Tasting and licking the surface of the mother's skin before starting to suckle is a natural way for babies to collect the good bacteria he needs to build his immune system.
- d. Strengthen mother and child's bonding (Bouncing Attachment) because the first 1-2 hours, the baby is on alert. After that, usually the baby sleeps for a long time
- e. Non-breast milk foods contain egg white substances that are not derived from mammalian milk, for example from animal milk. This can interfere with the growth of intestinal function and trigger allergies early.
- f. Babies who are given the opportunity to breastfeed early are more successful at exclusive breastfeeding and will be breastfed longer.
- g. The baby's head beat to the mother's chest, touching the baby's hand on the nipple and its surroundings, squeezing and licking the baby on the mother's nipple stimulates the release of the hormone oxytocin.
- h. The baby gets colostrum at the first time it comes out. This golden liquid is sometimes also called the gift of life. Babies who are given the opportunity to Early Initiation of Breastfeeding firstly, he gets colostrum earlier than those who are not given the opportunity. Colostrum, special breast milk which is rich in body immunity, important for resistance to infection, important for intestinal growth, even the survival of the baby. Colostrum will create a layer that protects the baby's immature intestinal wall while maturing this intestinal wall.
- i. Mom and dad will be very happy to meet their baby for the first time in this condition. In fact, fathers get the opportunity to recite their son's call to

prayer on his mother's chest. It is very beautiful inner experience for three of them-mom, dad and the bay

- j. Increasing infant survival rate at aged 28 day of the first day of birth .
- k. Faster psychomotor development.
- l. Supports cognitive development.
- m. Prevent bleeding in the mother.
- n. Reducing the risk of developing breast and ovarian cancer.

#### **The benefits for the mother**

- a. Improving the special relationship between mother and baby.
- b. Stimulating uterine muscle contractions thereby reducing the risk of bleeding after childbirth
- c. Enhancing the mother's opportunities to establish and continue breastfeeding during infancy.
- d. Reducing maternal stress after giving birth.
- e. Preventing pregnancy.
- f. Taking care of mother's health.

#### **The benefit for the baby**

- a. Keeping baby's temperature warm.
- b. Soothing mother and baby and regulates breathing and heart rate.
- c. Bacterial colonization of the baby's skin and intestines with normal mother's body bacteria (bacteria that are harmful and makes a good place for beneficial bacteria) and accelerates the release of colostrum as baby antibodies.
- d. Reducing crying babies thereby reducing the stress and energy used by babies.
- e. Allowing the baby to find the mother's breast on his own to start suckling
- f. Regulating the level of sugar levels in the blood, and other biochemicals in the baby's body.
- g. Accelerating the release of meconium (a slightly blackish green baby poop, the first out of the baby because of drinking amniotic fluid)
- h. The baby will have his motor skills trained when he is about to suckle, thus reducing the difficulty of breastfeeding.
- i. Helping the development of the baby's innervation (nerve system).
- j. Obtaining colostrum which is very beneficial for the baby's immune system.
- k. Preventing the missing of the peak of the 'sucking reflex' in infants which occurs 20-30 minutes after birth. If the baby is not breastfed, the reflex diminishes rapidly, only to reappear to moderate levels 40 hours later.

#### **Psychological Benefits**

- a. Establishing emotional bounding
  - 1. The mother -infant relationship is closer and more affectionate
  - 2. The mother feels happy
  - 3. The baby seldom cries

4. Mother behavior is more sensitive
5. Child abused seldom happen
- b. Development: the baby perform better intelligence in the future.

### **Steps of Early Initiation Breastfeeding**

According to Maryunani (2012), the recommended steps of Early Initiation of breastfeeding are as follows:

- a. As soon as the baby born, the baby is placed on the mother's stomach which has been covered with a dry cloth
- b. Dry the baby's entire body including the head as soon as possible, except for the hands
- c. Cut the umbilical cord and then tie it
- d. Vernix (a white fatty substance) that sticks to the baby's body should not be cleaned because this substance makes the baby's skin comfortable
- e. Without being held, the baby is immediately placed on the mother's chest or stomach with direct contact between the baby's skin and the mother's skin. If necessary, the baby is given a hat to remove heat from his head.

## **METHOD**

This community service activity was carried out on Tuesday, 23rd of April 2019, at 08.00 am until 02.00 pm at Sei Mencirim Health Center in Medan Krio (Puskesmas Sei Mencirim Medan Krio).

The implementation method of this activity:

- a. Preparation Stage: administrative management, holding socialization about this activity to health workers at the Sei Mencirim Health Center in Medan Krio, preparing the place for the activity.
- b. Implementation Stage: Pregnancy Examination, opening activity, Having breakfast together, Counseling regarding Early Initiation of Breastfeeding.
- c. Termination Stage: Evaluation activity by giving questionnaire to the dengan participant regarding early initiation of breastfeeding.

The tools and material needed are: Flipchart, Leaflet, Banner, LCD Projector, loudspeaker, Microphone and extension cable.

## **RESULTS AND DISCUSSION**

This community service event was evaluated with all the committee against the lack during the activity such as, the time the event carried out, the participants that did not well serve, the equipment did not well prepare ant not properly used.

This event activity were; training and implementing of Early Initiation of Breastfeeding. it was conducted on Tuesday, 23<sup>rd</sup> of April 2019, it began at 08.00 am which is performed in Sei Mencirim Health Center in Medan Krio , and attended by 30 pregnant women.

The activities that were performed in this community service event are: Pregnancy examination, opening, having breakfast together, counseling about Early Initiation of breastfeeding, closing activity and giving souvenir

The series of activities that took place included:

The implementation of this activity was started by participant registration, there were totally 30 participants during this activity. After that the blood pressure of the participants were measure by students of STIKes Flora. The activity was opened by the chairman of the community service program. And then it was continued with having breakfast together.

The activity was continued by counseling from the counselors one by one. The counselors were listed below:

No.	Counselor	Material
1.	Maimunah R SST.,M.Kes, Maya Sari and Nopita Yanti Br Sitorus	Early Initiation of Breastfeeding

The next activity was giving souvenir to the participants and health workers of Sei Mencirim Health Center. It was hoped that 'the pregnant women' were able to motivate the other pregnant women to attend Early Initiation of Breastfeeding Event. The event were closed by MC.



Picture 1. The Pregnant Women Responds



Picture 2. Sei Mencirim Health Center

## CONCLUSION

Exclusive breastmilk means giving only breast milk for 6 months with any other additional formula milk or food and after aged 6 months. The baby needs additional food however the mother can continue giving breastmilk until the baby aged 2 years. The coverage of Early Initiation of Breastfeeding and Exclusively breastfeeding is still low, in broad terms this is inseparable from maternal factors and the role of midwives who assist delivery as the first health workers that help mothers during the delivery process. Midwives should provide information and initial support to mothers to immediately carry out Early Initiation of Breastfeeding and continue with exclusive breastfeeding.

### Thank-you note

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