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ORGANIZATION OF INTERACTION DURING BREASTFEEDING IN THE DYAD «MOTHER-CHILD»

Buriak O.G.

*PhD, associate professor
Department of pediatrics, neonatology and perinatal
medicine Bukovinian State Medical University*

Nechytailo D.Y.

*PhD, associate professor
Department of pediatrics, neonatology and perinatal
medicine Bukovinian State Medical University*

Seman-Minko I.S.

*Master of Medicine, assistant
Department of pediatrics, neonatology and perinatal
medicine Bukovinian State Medical University,*

Pavliukovych O.V.

*PhD, assistant
Department of forensic medicine and medical law
Bukovinian State Medical University*

Summary. In this literature review presented the current data on the benefits of breastfeeding in infants and shown that natural feeding is an integral part of the process of reproduction and ideal way of feeding a baby. Discussed the current views on the principles of interaction of a pair of «mother-child», showed the main advantages of close balance in breastfeeding between mother and child.

Keywords: breastfeeding, dyad «mother-child», infants.

Breastfeeding or natural feeding – is a «gold standard» of optimal infant nutrition. In 1995, Ukraine joined the International Cooperation for support of a successful and long-term breastfeeding in infants. The process of breastfeeding promotes proper psychological development of personality, helps him in later life in the consciousness of self and knowledge of the world. In addition, breastfeeding this is the first social baby steps that occur in close interaction with the mother.

Studies provided in Sweden and Denmark, showed that in the first days of the child's appears dependence between behavior of a child and whether he is with the mother or not. In newborns is observed an imprinting effect, which greatly affects their development. Studies have shown that direct contact of mother and child after birth affects the expression of affection, and later – the efficiency of language contact.

Lactation success largely depends on the desire of the mother to breastfeed. Taking into account the fact that the percentage of mothers who really cannot breastfeed in the world is not high, it seems very important intrinsic motivation to preserve the mother's lactation. According to many studies, the main motives refusal to feed your baby's milk was the idea of the inferiority mother's composition or insufficient milk supply. Therefore, confidence in a successful mother feeding her stable psycho-emotional status is the key to a long and full lactation [1].

Insufficiently balanced mothers diet can play a role in reducing of lactation function. Significant difference in the duration of lactation in women who had a deficit of meat and milk products is not installed. Some authors write about the marginal impact of products containing animal proteins on the function of lactation in lactating women [1, 2, 3]. But the duration of lactation in women who used the lack of fruits and vegetables was significantly lower than in women with a balanced diet [3]. Thus, 25.0% of women who have stopped to feed their children in the first months of life had a deficit consumption of vegetables. At the same time, a group of women who fed their children more than 6 months this figure was 2.6%. These data indicate the importance of vitamins and minerals to support lactation [4, 5].

As for the mother and child great difficulties represents in the process of interaction in the regime of breastfeeding. The decision of a problem concerning the multiplicity and regularity of feeding consists in the process of mutual adaptation in each pair «mother-child». The attending physicians never know the specific situation of the food, which consists on a given day or a given hour. The mother of the child learns to recognize the signals of the need of feeding, discomfort, or other needs and synchronizes her own rhythms with the child's behavior [6, 7].

In the join stay of mother and child from the first days of life is possible to create intervals between feedings from 1 to 3.4 hours. The biggest difficulty with this feeding system arises in assessing of mother of the baby crying. Even in the early days of crying can cause pain and embarrassing, and dissatisfaction of wet diapers, and the requirement to communicate. In any case, the cry is a call to the parent attention and have quickly learns to differentiate itself for its contents [7, 8].

In «Hard» mode of feeding («the clock») in the first days of life most possible the next unwanted situation [9, 10]:

a) in the time of feeding a child who has been hungry and cried for a long time so tired that are not actively sucking chest;

b) if the child separated from the mother (in the children's department of the hospital building) personnel department responds to the cry of a or even feeding milk or milk mixture – in this case the active sucking excluded;

c) because of extremely intensive formation of milk in this day and extremely active suction feeding the child does not have time to even get hungry until the next feeding «on schedule» and when proposals for application to the chest will only sleep; while the next feeding on schedule will consist of situation are reflected in paragraphs «a» or «b».

When the volume of milk increase in the mother and a better adaptation to feeding of child, feeding frequency decreases to 7-9. Night applying particularly important in maintaining lactation in the initial period.

Scientists argue that the leading role in establishing of lactation belongs to hormone prolactin, the activity of which increases in the night. On the other hand the child is essential to the formation of adequate monophasic sleep [10, 11, 12].

The contradiction in this matter is still not resolved at an optimum level. Thus, the most likely result of problems associated with night feeding is skewing of result between feedings and rhythm lactation in mother, the emergence depression in mother [10, 13, 14]. For women, free feeding regime is more tedious and often leads to disruption of sleep formula and its effects on health, which in acts as a risk factor for rejection of breast feeding. The transition from an undefined the regime to relatively regular feedings takes 10-15 days to 1 month.

A question that has not been studied enough is related to residual pumping milk from the breast and supplemental foods of children with expressed milk. In Soviet literature there is complete silence, while

American pediatricians perceive widespread use of expressed breast milk as revolutionary compromise [15].

An important issue of rational feeding of children is also the introduction of complementary foods. There is no unanimous opinion of scholars on the child's age and form of the first foods. Perhaps this is due to the individualization of the child's needs in the second half and most objective arbiter can only have [7, 8].

Conclusions:

1. In recent years there have been significant changes in the conceptual approach to breastfeeding, but at the same time, especially the actual practice of feeding children and the most important risk factors studied enough and require attention of practitioners and researchers.

2. Practitioners should be aware of the complications that can occur during breastfeeding, how to prevent them and to be able to fix them if they appears.

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