BASIC CARE NOTEBOOKS: CHILD HEALTH, MATERNAL BREAST AND SUPPLEMENTARY FEEDING

CADERNOS DE ATENÇÃO BÁSICA: SAÚDE DA CRIANÇA, ALEITAMENTO MATERNO E ALIMENTAÇÃO COMPLEMENTAR

CUADERNOS DE ATENCIÓN BÁSICA: SALUD DEL NIÑO, LACTANCIA MATERNA Y ALIMENTACIÓN COMPLEMENTARIA

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The Basic Attention Report << **Child Health, breastfeeding and complementary feeding** >> is No. 23, which belongs to the Norms and Technical Manuals, and is a publication of the Ministry of Health - Secretariat of Health Care and Department of Basic Care. This is the second edition, revised and published in 2015, with 186 pages and 30 thousand copies. It is accessible through electronic means: bvsms.saude.gov.br, available to professionals and anyone interested in the publication.

The book presents 23 chapters, references and annexes, the themes being divided as follows: Chapter I - Breastfeeding; Chapter II - Types of breastfeeding; Chapter III - Duration of breastfeeding; Chapter IV - The importance of breastfeeding; Chapter V - Production of breast milk; Chapter VI - Characteristics and functions of breast milk; Chapter VII - Breastfeeding technique; Chapter VIII - Counseling in breastfeeding at different times; Chapter IX - Prevention and management of the main problems related to breastfeeding; Chapter X - How to manage

breastfeeding in special situations; Chapter XI - Situations in which there are restrictions on breastfeeding; Chapter XII - Support of health services for breastfeeding; Chapter XIII - The importance of family and community in the breastfeeding process; Chapter XIV - Help for the double mother / baby in the process of weaning; Chapter XV - Importance of complementary feeding; Chapter XVI - Nutritional problems most prevalent in childhood; Chapter XVII - Formation of eating habits; Chapter XVIII - Healthy complementary food; Chapter XIX - Feeding for non-breastfed children; Chapter XX - Hygiene and Oral Health; Chapter XXI - Actions of the health service that can strengthen the nutrition of children; Chapter XXII - Important guidelines according to the child's age; Chapter XXIII - Ten Steps to Healthy Eating: A Food Guide for Children Under Two; references and attachments.

This work will be fragmented in the academic critical review modality, especially in relation to Chapter IV in which the authors addressed the following nomenclatures under

the heading "Importance of breastfeeding": "Avoid infant deaths"; "Avoid diarrhea"; "Avoids respiratory infection"; "Decreases the risk of allergies"; "It decreases the risk of hypertension, high cholesterol and diabetes"; "Reduces the chance of obesity"; "Better nutrition"; "Positive effect on intelligence"; "Better development of the oral cavity"; "Protection against breast cancer"; "Avoid new pregnancy"; "Other possible advantages for women"; "Lower financial costs"; "Promotion of the affective bond between mother and child" and "Better quality of life". These are the themes of chapter IV that total 15 subdivisions within the same about the described content.

Initially, the authors describe the ascendancy of breastfeeding compared to other types of milks for infant nutrition and prove this through its benefits outlining the first subdivision entitled "Avoid infant deaths." The authors report the protective and preventive action of breast milk in the child's body and that there is no other strategy, which works in isolation, that obtains the same results, exposing this through various statistics present in the work. They describe that this protection is greater the smaller the breastfed child, and the authors support that early breastfeeding is a protective factor for neonatal deaths.

The other subdivision is "Avoid diarrhea." About this, the authors describe the protection that breast milk provides in relation to the diarrheal diseases prevalent in childhood. Especially in the poorest children, milk influences both the prevention of diarrhea and the delay in the health of the child.

The following subdivision is about "Avoids respiratory infection." The authors report that, as in diarrhea, the protection is greater when breastfeeding is exclusive in the first six months of the child's life, which reduces, consequently, the appearance of pneumonia, among other infections.

Another subdivision is "Decreases the risk of allergies". The authors briefly describe that breastfeeding will provide a reduction in the risk of allergy to cow's milk protein, among other types of allergies.

The following subdivision deals with the "Decreased risk of hypertension, high cholesterol, and diabetes." The authors present significant changes in systolic and diastolic blood pressure and 37% lower risk of type II diabetes and, furthermore, that the benefit is for the binomial, since the mothers, according to the authors, presented a 15% reduction in the incidence of diabetes type II.

Another subdivision is "Reduces the chance of obesity." The authors describe the possibility that children who have been breastfed for a long time are less likely to be obese or overweight. In addition, they show a better performance in self-regulation of food intake and compare to cow's milk, in the question of metabolic programming, where, through cow's milk, there is an alteration in these rates, which probably may be associated with obesity.

Another subdivision is "Better nutrition." This item brings the association of the child and the mother, because the mother's milk contains all the nutrients necessary for the growth and development of the child and for that milk to come from the same species of the child, human milk and also emphasize that milk maternal nutrition alone has the power to meet the baby's nutritional needs in the first six months.

In the following subdivision, the authors present the "Positive Effect on Intelligence", exposing the evidence on better cognitive performance compared to other non-breastfed children and an important detail: this comparison was performed in both children and adults.

This subdivision is entitled "Better development of the oral cavity". The authors describe that the moment of suction for the child to obtain breast milk assists in the development and in their oral formation and also report that the use of pacifiers and bottles impairs the oral cavity in order to reach until the baby's breathing.

The subdivision "Protection against breast cancer" brings with it the side of the woman in the process of breastfeeding and the beneficial effects for her. The act of breastfeeding reduces the appearance of breast cancer. The "Avoid new pregnancy" subdivision also benefits the woman, using the act of breastfeeding as an effective contraceptive method and not harmful to the process of breastfeeding.

The subdivision "Other Possible Advantages for Women" describes that, in addition to all the protections described above for women, breastfeeding still prevents: ovarian cancer; uterine cancer; hypercholesterolemia; hypertension and coronary disease; obesity; metabolic disease; osteoporosis and hip fracture; rheumatoid arthritis; postpartum depression and decreased risk of postpartum multiple sclerosis relapse.

The subdivision "Lower financial costs" presents something relevant, which is a reduction of the family's expenditures on feeding the child by the fact that the breast

milk contains the necessary nutrition for the baby. Otherwise, the family will have to spend on bottles, other types of milk and etc.

The subdivision "Promotion of the affective bond between mother and child": shows the establishment of the relationship between the two beings, which achieves psychological benefits, pleasurable and protective, for enabling this essential content between mother and baby.

In the section entitled "Best quality of life", the last section of Chapter IV, the authors present an approach to family and baby relations with occurrences that may occur if the babies are breastfed, as they will consequently be less likely to become ill, to seek medical attention, to need medication, which will bring good results to the whole family.

Given the above, it is evident that the magnitude of the act of breastfeeding is extensive to reach almost all the pillars surrounding the baby reaching the mother, family, health professionals and the newborn itself. The benefits extend throughout the child's life to adulthood.

Breastfeeding is a natural action and is scientifically proven to promote benefits primarily in terms of its exclusivity in the first six months of the baby's life. Breast milk is the complete food, where there is no lack of any of the essential nutrients for the baby, which does not exist in other types of milk. Therefore, it is clear the perfection of this act of breastfeeding in the life of the child and its development because, in addition to all the factors described, it still provides an immeasurable link for the mother and the baby, establishing trust between the two in the breastfeeding process. In addition to benefiting the baby, it reaches the mother at various points in her health and also reaches out to her family and everyone around her. It is emphasized that breastfeeding contains much more than nutrients, it is a bit of life.

This work is recommended for all health professionals, especially those in primary care, who have the opportunity to guide women during the prenatal and puerperium regarding breastfeeding and its beneficial effects. It is also recommended for mothers and family who will receive a newborn. It is relevant that they obtain such information regarding the act of breastfeeding and its various advantages.

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