



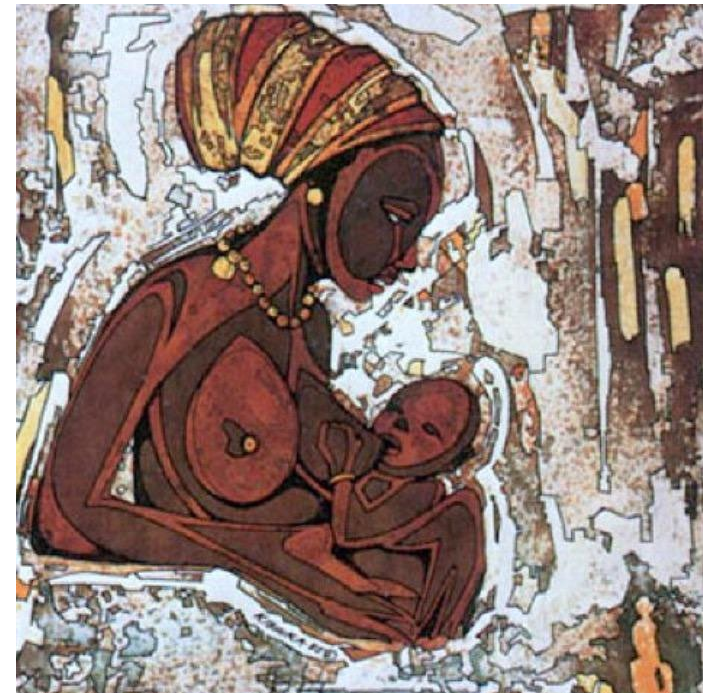
Культурные и этнологические особенности вскармливания детей

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Did you know that in languages around the world, the word for "**mother**" is something like "**mama**"?

The linguist Roman Jakobson hypothesized that the **nasal sound in "mama"** comes from the **nasal murmur** that babies produce when **breastfeeding**.



Outline

- Historical aspects of feeding young children
- Benefits of breast milk
- Breastfeeding in Russia and India
- Hypogalactia - help for lactating women in Russia and India
- Colics
- Complementary feeding. Differences in complementary foods

Historical aspects of feeding young children





1957 г. Николай Валерианов.
"Кормите ребенка грудью"

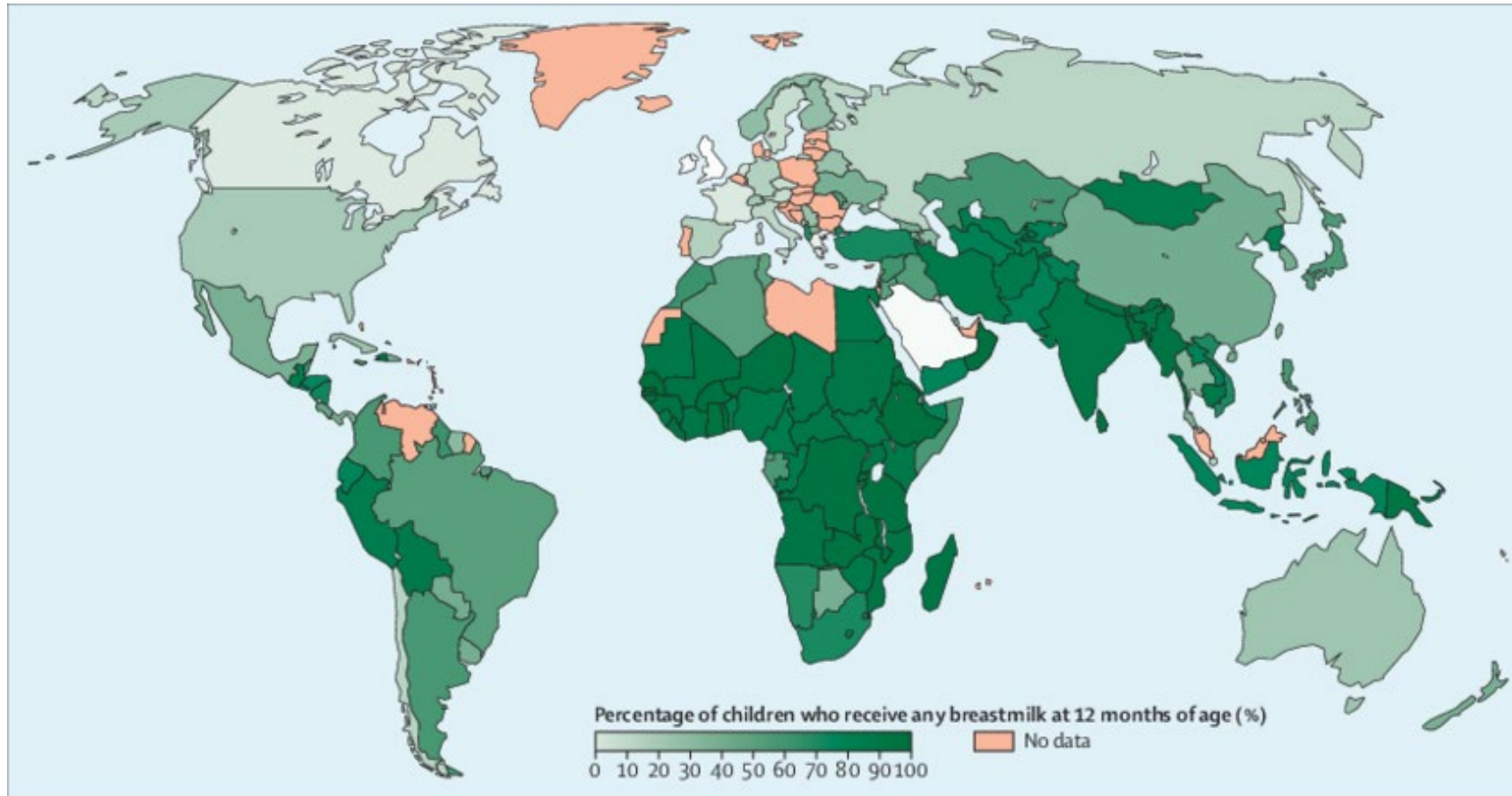


**ЗАЧЕМ ТЫ ПЬЕШЬ МОЕ МОЛОКО ?
РАЗВЕ ТВОЯ МАТЬ НЕ КОРМИТ ТЕБЯ ГРУДЬЮ !**



Benefits of breast milk

Global distribution of breastfeeding at 12 months
Data are from 153 countries between 1995 and 2013.



- Of the estimated 10 million children who die each year in the developing world, about 60% are preventable.
- LANCET collaborative report published in 2003 proposed that a single preventive measure, increased “optimal breastfeeding behaviours” could prevent 13% of deaths, or save 1.3 million children annually.
- When compared with the other interventions* it becomes even clearer that **meaningful intervention to support increased breastfeeding must be a priority.**

*Determined using data from the 42 countries that had 90% of the child deaths worldwide in 2000, by estimating the impact of universal coverage with each individual intervention.

- But saving lives is not the only benefit of breastfeeding. Breastfeeding makes important contributions to growth, and to cognitive and psychosocial development, and thus leads to a healthier population, capable of greater achievement, and longer life.
- Breastfeeding provides economic benefits to families compared with buying breastmilk substitutes, which translates into national economic gains.



Benefits of Breast Milk

- develop a baby's immune system
- easy to digest and will empty faster from the stomach
- lead to optimal brain development
- protect the baby from respiratory illnesses
- protect the baby from intestinal illnesses

Breastfeeding in Russia and India

Russian Federation

- **Initiation of breastfeeding** [L SEP]

All newborns, including low-birth-weight babies who are able to breastfeed, should be put to the breast as soon as possible after birth when they are clinically stable, and the mother and baby are ready. [L SEP]

- **The WHO** recommend that infants should be exclusively breastfed or given breast milk for 6 months. Breastfeeding should be continued with the introduction of complementary foods for 1 year or longer, as mutually desired by mother and infant.
- **The Union of Pediatricians of Russia** recommend that infants should be exclusively breastfed or given breast milk for 4-6 months.

Hypogalactia - help for lactating
women in Russia and India

Помощь при гипогалактии в РФ

При временном уменьшении количества молока следует:

1. прикладывать ребенка к груди чаще,
2. перейти на свободный режим кормлений (по первому требованию ребенка),
3. обязательно сохранить ночные кормления.
4. необходим покой кормящей мамы,
5. разнообразное и полноценное питание,
6. обильное теплое питье,
7. возможно также использование специальных, стимулирующих выработку молока трав или препаратов за 15-20 минут до кормления.



Colics

Colics

- Russian Federation
- Dill water

- India
- Grape water



Complementary feeding. Differences
in complementary foods

- **DURATION OF EXCLUSIVE BREASTFEEDING AND AGE OF INTRODUCTION OF COMPLEMENTARY FOODS :** Practice exclusive breastfeeding from birth to six months of age, and introduce complementary foods at six months of age (180 days) while continuing to breastfeed.
- **MAINTENANCE OF BREASTFEEDING:** Continue frequent, on-demand breastfeeding until two years of age or beyond.

наименование продуктов и блюд (г, мл)	Возраст, мес				
	4–5	6	7	8	9–12
Овощное пюре	10–150	150	150	150	150
Каша	10–150	150	150	180	200
Мясное пюре промышленного производства*/отварное мясо	-	5–30/3–15	40–50/20–30	60–70/30–35	80–100/40–50
Фруктовое пюре**	5–50	60	70	80	90–100
Желток	-	-	1/4	1/2	1/2
Творог***	-	-	-	10–40	50
Рыбное пюре	-	-	-	5–30	30–60
Фруктовый сок	-	-	-	5–60	80–100
Кефир и другие детские неадаптированные кисломолочные напитки	-	-	-	200	200
Печенье детское	-	3	5	5	5
Хлеб пшеничный, сухари	-	-	-	5	10
Растительное масло****	1–3	5	5	6	6
Сливочное масло*****	1–3	4	4	5	5

Прием пищи	Меню	Общий объем
6:00 Завтрак	Грудное молоко или детская молочная смесь	180-215
10:00 Второй завтрак	Каша (180 грамм) Желток (0.5) Грудное молоко или смесь (докорм)	180-215
	Каша (180 гр) Желток (0.5) Фруктовое пюре (30гр) Грудное молоко или смесь	180-215
14:00 Обед	Овощное пюре (160гр) Мясное пюре (50гр) Сок или докорм (30-70 мл)	180-215
	Овощное-мясное пюре (100гр) Фруктовое или овощное пюре (80гр) Сок или докорм (30-70 мл)	180-215
18:00 Первый ужин	Йогурт или молочный напиток с фруктами и злаками (100гр) Фруктовое пюре (40гр) Докорм	180-215
	Йогурт или молочный напиток с фруктами и злаками (100гр) Творог (40гр) Докорм	180-215
22:00 Второй ужин	Грудное молоко или смесь.	180-215

Рацион ребенка с пищевой аллергией в возрасте 6 мес.

Если ваш ребенок начал получать прикорм с 4 -5 месяцев, то в 6 месяцев его рацион должен выглядеть так:

<u>I кормление</u> 6 часов	Грудное молоко или лечебная смесь*	180-200 мл
<u>II кормление</u> 10 часов	Безмолочная каша (рис, гречка, кукуруза)** Фруктовое пюре (яблоко, груша)	150 г 30 г
<u>III кормление</u> 14 часов	Овощное пюре (кабачок, цветная капуста, брокколи) Мясное пюре (кролик, ягненок, индейка) Растительное масло (рафинированное) Грудное молоко или лечебная смесь*	150 г 5 г 1 ч.л. 30-50 мл
<u>IV кормление</u> 18 часов	Грудное молоко или лечебная смесь* Фруктовое пюре	150 мл 30 г
<u>V кормление</u> 22 часа	Грудное молоко или лечебная смесь*	200 мл
Ночное кормление	Грудное молоко	

* - лечебная смесь для детей с непереносимостью к белкам коровьего молока на основе глубокого гидролиза молочного белка или на основе аминокислот

** - каша разводится водой, сцеженным грудным молоком или лечебной смесью

@olga_babyfood

Complementary feeding.

Complementary Feeding from 6-8 months



Complementary Feeding

By the time your little one is six months old, it is time to get him started on complementary foods. Breastfeeding alone beyond 6 months does not provide sufficient nutrition for growth.

To avoid choking, it is crucial that your child is developmentally ready in terms of his oral-motor skills (mouth patterns) as well as hand and body control. These determine when to introduce solids, different textures, and how the feeding is done.

The table below illustrates the recommended textures and examples of food for estimated ages and the necessary oral-motor skills to handle a given texture.

When Child can:	Estimated Age	Texture	Description	Serve:
<ul style="list-style-type: none"> Suck and swallow. Able to take food from spoon with lips. 	6 months onwards (breastfeed exclusively up to 6 months, unless special cases).	Thin puree	Use strainer/blender and blend to a paste (add liquid for thinner consistency).	Infant cereal, strained meat, pureed vegetables and fruits.
<ul style="list-style-type: none"> Suck and swallow. Able to take food from spoon with lips. Swallow thickened puree and not gag. 	6 months onwards (breastfeed exclusively up to 6 months, unless special cases).	Thick puree	Food forms a thicker consistency or heavy mash (without lumps).	Blended meats, pureed vegetables and fruits.
<ul style="list-style-type: none"> Swallow without gagging. Close lips while swallowing food. Remove food from spoon with lips. Up-and-down munching movement. 	6 to 7 months onwards	Mashed	Food is blended or mashed with a fork (still retains some texture and consistency)	Mashed potatoes, carrots, sweet potatoes, pumpkin, bananas and other soft fruits such as papaya, mango, egg yolk.
<ul style="list-style-type: none"> Begin to chew in rotary pattern. 	8 months onwards	Ground	Food ground in food chopper, not blender (should be easy to chew).	Crumbled or ground meat, scrambled eggs, pieces of soft bread, crackers broken into small pieces.
<ul style="list-style-type: none"> Side-to-side tongue movement. Vertical and diagonal jaw movement, with enough strength to break up the food. 	10 to 11 months onwards	Chopped	¼ to ½ inch in size.	Meat, vegetables and fruits.
<ul style="list-style-type: none"> Close lips and keep food in mouth. Bite through food. Enough jaw strength to grind. 	10 to 11 months onwards	Regular size	Cut up food or leave it whole.	All foods. (family meals can be served from 12 months onwards)

Summary

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Thank you for attention

