

КОРМЛЕНИЕ ДЕТЕЙ ГРУДНОГО ВОЗРАСТА

М.И.Умаркулов.

Ферганский медицинский институт общественного здоровья.

Для цитирования: © Умаркулов М.И.
КОРМЛЕНИЕ ДЕТЕЙ ГРУДНОГО ВОЗРАСТА. ЖКМП.-2024.-Т.1.-№1.-С

Поступила: 05.01.2024
Одобрена: 21.01.2024

Принята к печати: 05.03.2024

Аннотация: В этой статье речь пойдет о кормлении младенцев и детей раннего возраста. Автор описывает три типа вскармливания детей грудного возраста: вскармливание грудным молоком (естественным способом), смешанное вскармливание грудным молоком и прикорм, а также искусственное вскармливание сообщает о таких методах.

Ключевые слова: глобальная стратегия, лактация, гипогалактия, естественный и искусственный метод.

KO'KRAK YOSHIDAGI BOLALARNI OVQATLANTIRISH

М.И.Умаркулов.

Фарг'она jamoat salomatligi tibbiyot instituti.

Izoh: © Umarkulov M.I.
KO'KRAK YOSHIDAGI BOLALARNI OVQATLANTIRISH.KPTJ.-2024-N.1.-№1-M

Qabul qilindi: 05.01.2024
Ko'rib chiqildi: 21.01.2024

Nashrga tayyorlandi: 05.03.2024

Аннотация: Ushbu maqolada emizikli va erta yoshdagi bolalarni ovqatlantirish muhokama qilinadi. Muallif ko'krak yoshidagi bolalarni ovqatlantirishning uch xil ya'ni ko'krak suti (tabiiy yo'l) bilan boqish, aralash ya'ni ko'krak suti va qo'shimcha ovqat bilan boqish, shuningdek sun'iy yo'l bilan boqish kabi usullari haqida xabar beradi.

Калит so'zlar: global strategiya, laktatsiya, gipogalaktiya, tabiiy va sun'iy uslub.

FEEDING CHILDREN OF BREAST-FEEDING AGE

Umarkulov M.I.

Fergana Medical Institute of Public Health.

For situation: © Umarkulov M.I.
FEEDING CHILDREN OF BREAST-FEEDING AGE. JCPM.-2024.P.1.№1-A

Received: 05.01.2024
Revised: 21.01.2024

Accepted: 05.03.2024

Annotation: This article discusses feeding infants and young children. The author describes three types of feeding children of breast-feeding age, namely, feeding with breastmilk (the natural way), mixed feeding with breastmilk and complementary food, as well as artificial feeding informs about such methods.

Keywords: global strategy, lactation, hypokalaemia, natural and artificial method.

Introduction: One of the main factors that ensure that every baby grows up healthy and can be resistant to diseases is proper nutrition. Proper nutrition depends primarily on the mother who takes care of the child. The purpose of the study The influence of the food on the mother's child's nutrition is high, that is, the child's physiological and psychological development is correct, it is against infectious diseases, as well as adverse effects of the external environment. should pay attention to providing. It is possible to show three different types of feeding of children living in the first year of their life. These are the following:

1. Feeding with breast milk (natural).
2. Feeding in a mixed way, that is, feeding with breast milk and additional food
- 3 Feeding by artificial way

Materials and methods: Feeding with breast milk (natural method). One of the methods mentioned above is natural breastfeeding, which means feeding the baby exclusively with the mother's milk for the first five months and feeding it with complementary foods from the age of five months to one year. Mother's milk contains all nutrients necessary for the healthy development of the child: proteins, fats, and carbohydrates in the most convenient amount and ratio (1:3:6) for digestion and absorption. According to the data provided by the World Health Organization, intestinal infections are 3 times less frequent, infectious diseases are 2.5 times less common, and respiratory diseases are 1.5 times less common in breastfed children. Also, WHO and UNICEF held an international conference in Geneva in 2003. The main goal of this was the adoption of the "Global Strategy" on infant and young child nutrition. This document is intended to improve and organize knowledge about the importance of breastfeeding, as well as optimal recommendations for feeding children of breast-feeding age. These are the following: I. Breast-feeding the child for 6 months, namely, 180 days without exception II. Continue to breastfeed the child for up to 2 years and more and give complete and safe complementary foods from 6 months. From the first day of life, breastfeeding should start within 25-30 minutes after birth and hold each breast for 20 minutes. At first, the baby is fed with oral milk, and his

appetite is very large. Colostrum is a yellowish liquid with a sharper taste, which differs from mature milk in terms of composition. Colostrum contains almost 4 times more protein and 2 times more salt. Also, there are more vitamin A and carotene, vitamin B, C, B12, and E enzymes, protective immune cells, and immunoglobulin A is especially high. When the child is fed with the mother's milk, in the first month, he is breastfed 6 or 7 times during the day, the time that passes between one feeding and the second feeding is 3 hours and 6 hours at night. From the age of 1 month until the age of 4-5 months, the baby is breastfed 5 or 6 times a day, the time between the first and second breastfeeding is 3 hours during the day and 7 hours at night. It is breastfed 5 times, and the time between feedings is 4 hours during the day and 8 hours at night. How to breastfeed the child depends on the mother's schedule, the gap between feedings can be about 1 hour. Breastfeeding the baby should last 15-20 minutes, and after breastfeeding, you should hold it upright for 1-2 minutes. If the baby falls asleep while breastfeeding, you should lie down with the head elevated for 5-10 minutes. When breastfeeding, the mother should give one breast and breastfeed until the end, because the last milk contains a lot of fat. If the baby is not satisfied with the mother's milk, he can take the second breast, and the next time he breastfeeds, he should start from the second breast that was taken earlier. The amount of milk required for feeding a child can be determined using the following formula. If the child's weight corresponds to the average age norms, the volume method is used. In this case, the required amount of milk per day is $\frac{1}{5}$ of the baby's body weight from 2 weeks to 2 months, $\frac{1}{6}$ at 2-4 months, $\frac{1}{7}$ at 4-6 months, and $\frac{1}{8}$ at 6-9 months. should form a part of mixed feeding.

According to research, every child should eat additional food from the time he is 5 months old, regardless of the amount of mother's breast milk. The main reason for this is that by the 5th month of life, salts (iron, calcium, phosphorus) are reduced in the body, the normal increase of intracellular enzymes is disturbed, and the reflection phase of food digestion becomes more complicated. Complementary feeding means feeding breastfed children with food products and liquids in addition to the mother's milk. This means feeding the child in a mixed way. Mixed feeding in the first half of a child's

life, namely, at the age of 6 months, for certain reasons, in addition to breast milk, additional food is given in the form of milk mixtures, as a result of which mixtures make up more than 1/5 of the child's diet. should be the majority. The main reasons for feeding a child in a mixed way are divided into 3 groups:

1. *Reasons related to the mother*
2. *Reasons related to the child.*
3. *Social and household reasons.*

Hypogalactia is considered to be one of the problems associated with mothers feeding a child in a mixed method. The main cause of hypokalaemia depends on the structure of the mother's body. Also, diseases of the mammary gland that occur later, deterioration of the child's diet, excitement, and a violation of the child's breastfeeding regime may occur. Another reason related to the mother is when the mother suffers from a certain disease and does not wean the child completely when breastfeeding is reduced. These diseases can include heart diseases, certain types of tuberculosis, and mild endocrine diseases. First of all, it can be mentioned that children are brought up in orphanages for social and household reasons, in such places, nannies cannot feed all the babies with breast milk. Secondly, the fact that the mother's residence is far from the place of work can also be a reason for feeding in a mixed way. Cow's milk is the main additional product for feeding a child in a mixed way. Considering that cow's milk is contaminated with bacteria, it should be boiled. Physiological mixtures are used as supplementary food, that is, mixtures prepared from cow's milk so that they are close to the mother's milk in terms of composition and are prepared for a long period. Currently, canned products with dry milk products are beneficial for feeding the child in this way. Examples of these are "malyutka", "malish", "vitalact", "masha-kasha" and "nestle nan". Also, products made from fruits and vegetables found in every family (juices, purees), dry foods without meat, canned food made from meat, poultry, and fish for children, and light meals with meat and vegetables are widely used. Feeding by artificial way Artificial feeding of children from birth to 5-6 months or if breast milk makes up less than 1/5, 1/6 of the child's total food volume, the mother is infectious, diseases transmitted through milk, in the mammary gland occurs

due to anatomical changes, lack of synthesis of milk in the mammary gland and other reasons. Artificial feeding is carried out suddenly or gradually, adapting the digestive system to artificial food. Feeding a child in this way is more complicated and responsible than breastfeeding because the composition of artificial food should be able to cover the daily needs of the child, for example, the daily need of the child for protein is 4.5-5 grams, fat is 13-14 grams, carbohydrates. It should be 7-7.5g. If the child is consuming additional food along with the mother's milk, it is easy to transfer to artificial feeding. Currently, the food industry is producing artificial dry milk that is close to the composition of natural milk. The advantage of artificial dry milk is that they are measured in special containers and the amount of protein, fat, carbohydrates, vitamins, and microelements in their content is given. Depending on this, the substances can be distributed correctly. These dry milks are specially produced according to the baby's month. When feeding a child, it is necessary to fully follow the process of diluting dry milk.

1. *The container used must be sterilized;*
2. *Use of boiled water;*
3. *The temperature of artificial food should be 40-45 degrees;*
4. *The hole in the suction part of the container should not resist the sucking process of the child, namely, he should eat for 15-20 minutes;*
5. *When feeding the child, the suction part of the container should be full of milk;*
6. *Do not feed a sleeping or crying child;*
7. *After feeding the child, it is necessary to hold it upright for 1-2 minutes so that the air in the stomach can escape.*

When artificially feeding a child, it is necessary to measure the weight and height every 15 or 30 days.

Results and discussion: Breast milk is the best food for nursing children. Breast milk acts as the first vaccine for a child. It creates blood plasma protein compounds in the child's body. Breast milk is the basis of good nutrition for the baby. In addition to timely vaccination according to the recommended vaccination calendar, breastfeeding is an effective means of protecting him from diseases. Unlike other foods, it does not contain allergens. Nutrients in mother's milk help the child develop adequately. If a child is malnourished in the first

two years of life, he may be stunted in growth and short in adulthood. Therefore, feeding a child until the age of 2 years is a favorable period for him to be physically and mentally healthy, and to grow and develop by his age. According to research, when a child is fed breast milk on a mass scale, mortality can be reduced by up to 13% among children under 5 years of age, and the mortality rate can be reduced by another 6% with proper complementary feeding.

Conclusion: For the child to grow up and be more active, the mother must follow a proper diet. If breast milk alone is not enough, the mother should be able to choose additional food correctly. Additional food also plays an important role in the development of the nervous-muscular system. Timely supply of correctly selected additional food strengthens the health of nursing and early-age children, and ensures improvement of the process of food intake. Breastfeeding lowers infant mortality rates and promotes healthy adulthood. In the first 6 months of a child's life, it is recommended to feed him exclusively with his mother's milk, and then to continue breastfeeding until he is 2 years old and beyond, giving appropriate additional food.

REFERENCES:

1. Partners relationship. Jalilov A.Kh, Achilova F.A "Natural feeding of children". Methodological manual for students of the 2nd year of the faculty of treatment of medical institutions of higher education. Samarkand 2022
2. Daminov T.A, Kholmatova B.T, Boboyeva U.R "Children's diseases" Tashkent 2012.
- 3.Emily C. Radlowski, Mei Wang, Marcia H. Monaco, Sarah S. Comstock, Sharon M. Donovan. Combination-Feeding Causes Differences // PubMed. — 2021. — 27 March. — Режим доступа: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8065485/>
4. Hansa D. Bhargava. Baby Feeding Schedule // WebMD. — 2020. — 21 August. — Режим доступа: <https://www.webmd.com/parenting/baby/baby-feeding-schedule>

Информация об авторах:

© УМАРКУЛОВ М.И. - Ферганский медицинский институт общественного здоровья. г. Фергана, Узбекистан.

Muallif haqida ma'lumot:

© UMARKULOV M.I. - Farg'ona jamoat salomatligi tibbiyot instituti. Farg'ona sh, O'zbekiston.

Information about the authors:

© UMARKULOV M.I. - Fergana Medical Institute of Public Health. Fergana, Uzbekistan.