

Baby feeding patterns

Definition

Baby feeding patterns refer to the time schedule for giving a baby food through a bottle or breast.

Breast milk is digested more rapidly than cow's milk formula. Breastfed babies usually require feeding every 1 - 3 hours. While a pattern may develop, a schedule should not be forced on the baby. It is important to empty the breasts regularly to prevent them from becoming engorged and stopping the production of milk.

Formula-fed babies usually require feeding about every 2 - 4 hours.

Five wet diapers a day will tell you that your baby is getting enough milk to drink.

Regardless whether you choose breastfeeding or bottle feeding, your baby should not have whole cow's milk until the age of 1 year. Babies under age 1 have a difficult time digesting cow's milk. .



Do not feed babies younger than 4 months any solid food, since they do not have the ability to digest it.

Solid foods can be introduced between ages 4 and 12 months. However, most of the baby's calories should still be coming from breast milk or formula.

Foods should be introduced one at a time. This lets you be able to watch for allergic reactions. New foods should be given only when a child is hungry.

At 4 months, or when your health care provider recommends, you can start your baby on pureed, strained, or finely mashed foods. .

Special points of interest:

- * Breast milk digested more rapidly than cow's milk formula.
- * Breast feeding is every 1-3 hours.

Inside this issue:

- Baby feeding patterns.
- Joint pain.



Between 6 and 7 months, you can introduce crackers, vegetables, and fruit. Between 9 and 12 months, commercially prepared junior foods or chopped table foods are allowed.

Most doctors advise strictly breastfeeding for the first couple of weeks, until breastfeeding is firmly established, rather than switching back and forth to a bottle. This recommendation is based on the possibility of nipple confusion, which can cause sucking and feeding problems for infants who are switched between breastfeeding and bottle feeding. After the infant is 2 months of age, most adapt to bottle nipples easily.

Research shows that breastfed babies may have less frequent

- Ear infection.
- Infant allergies.
- Low iron levels in the blood (iron-deficiency anemia).
- Skin diseases (infantile eczema).
- Stomach or intestinal infections.
- Diabetes.
- Digestive problems such as constipation or diarrhea.
- High blood pressure.
- Obesity or weight problems.
- Tooth decay

Moms who breastfeed their babies enjoy

- Easier weight loss.
- Enhancement of the unique bond between mother and child.



Breast milk is the best source of nutrition for the first six months of life

ADAM.

- Less postpartum bleeding.
- Lower cost for feedings.
- No bottle cleaning.
- No formula preparation .

Moms who breastfeed their babies should

- Drink plenty of fluids, especially water, every day.
- Eat well and maintain proper nutrition.
- Get plenty of rest.
- Take good care of your nipples and breasts.
- Understand that any medications taken may enter the breast milk and affect the baby .

Breast milk is the best source of nutrition for the first 6 months of life. It contains appropriate amounts of carbohydrate, protein, and fat, and provides the digestive proteins (enzymes), minerals, vitamins, and hormones that infants need. Breast milk also contains antibodies from the mother that can help the baby resist infections. You can provide your baby with breast milk directly by breastfeeding or by feeding your baby breast milk from a bottle.

Joint pain

Alternative Names Stiffness in a joint; Pain - joints; Arthralgia .

Joint pain can be caused by many types of injuries or conditions such as :

- Autoimmune diseases **Rheumatoid arthritis** is an disorder that causes stiffness and pain in the joints. , and **Systemic lupus erythematosus (SLE)** is a chronic, inflammatory autoimmune disorder. It may affect the skin, joints, kidneys, and other organs
- **Osteoarthritis** involves growth of bone spurs and degeneration of cartilage at a joint. It is very common in adults older than 45 and can cause joint pain.
- **bursitis** (inflammation of the bursae). The bursae are fluid-filled sacs that cushion and pad bony prominences, allowing muscles and tendons to move freely over the bone.
- **Gout** (especially found in the big toe).
- **Infectious diseases, including:** Epstein-Barr viral syndrome, Hepatitis, Influenza ,Lyme disease, Measles (rubeola), Rubella (German measles), Mumps, Varicella (chickenpox), Rheumatic fever.
- **Injury**, including fracture.

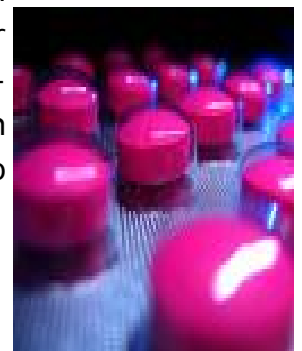


- **Tendinitis** is inflammation, irritation, and swelling of a tendon, which is the fibrous structure that joins muscle to bone.
- **Unusual exertion** or overuse, including strains or sprains.

No matter what causes it, joint pain can be very bothersome. Joint pain can affect one or more joints.

Home Care

- Follow prescribed therapy in treating the underlying cause.
- For non-arthritis joint pain, both rest and exercise are important. Warm baths, massage, and stretching exercises should be used as frequently as possible.
- Anti-inflammatory medications may help relieve pain and swelling. Consult your health care provider before giving aspirin or NSAIDs such as ibuprofen to children.



When to Contact a Medical Professional

- You have fever that is not associated with flu symptoms.
- You have lose 10 pounds or more without trying (unintended weight loss).
- Your joint pain lasts for more than 3 days.
- You have severe, unexplained joint pain, particularly if you have other unexplained symptoms.

Reference:

1. www.Medlineplus.gov



Advisory Board:

Dr. Ezz El-Denshary

Professor of Pharmacology & Toxicology
College of Pharmacy- MUST and
Faculty of Pharmacy, Cairo University

Dr. Naglaa Assaf

Lecturer of Pharmacology & Toxicology
College of Pharmacy, MUST University.

Editorial Board:

Dr. Samar M. Saleh

Drug Information Pharmacists, DIC, MUST
Drug Information Center (DIC), College of
Pharmacy- MUST

Dr. Doaa Hamdan

Drug Information Pharmacists, DIC, MUST
Drug Information Center (DIC) ,College of
Pharmacy- MUST

Dr. Noha Gamal

Demonstrator at pharmacognosy department,
Drug Information Pharmacists, DIC, MUST
Drug Information Center (DIC) ,College of
Pharmacy- MUST.

College Dean:

Prof. Dr. Mohamed F. El-Miligi

Address : M.U.S.T, 6 October City -
Almutamayez district.

Fax / Phone: 02/38377643

Ext : 4 404

E-mail: banhawii@yahoo.com

مركز معلومات الدواء



Drug Information Center