



# Principle

# 3

## Emzirme, Beslemenin ötesidir \*

## Breast-Feeding is more than Nutrition\*

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**S** imply the feeling of love, is a symbol of satisfaction by eating, thus, we called feast. Celebration means eating, cake muffin etc., not just some digestion applications, sharing the cheerfulness and happiness.

In this Unit, we are considering the mother and infant relation with the breast-feeding perspective.

### Outline

#### Breast-Feeding is more than Nutrition

**AIM:** The concept of the statement "*Breast-feeding is the utmost satisfaction and happiness*" is indicated as exactly at this Unit.

**Grounding Aspects:** The internal affairs concerning the love and respect, is the main grounding facts, under ethical considerations.

**Introduction:** *When we are in a feast, not only eating the meal, but sharing the goodness and to be together, just gettogether.*

**General Considerations:** *Thanksgiving Day is an example, even Christmas is an indication for goodness and to be happy time.*

**Proceeding:** *Breast-feeding is also not a nutritional perspective, to be the honor and to be a happy to be a mother.*

**Notions:** *Even when you take the baby, hold and feed, even with bottle, the heat transferring form the infant to your chest, is melting your inside, so increase the endo-morphine and feel so happy.*

**Conclusion:** *This is concept of just feeling the humanity.*

**Key Words:** The breast-feeding, the support, care and feeling at the breast-feeding

### Özet

#### Emzirme, Beslemenin ötesidir

**Amaç:** *Emzirme bir insanlık boyutu, mutluluk ve doyum kaynağıdır. Bunu vurgulamak için bu Bölüm yazılmıştır.*

**Dayanaklar/Kaynaklar (Materyal ve Metot):** Bir bireyin hisleri ve emzirme ile oluşan duygularına dayanarak, etik irdeleme ve insanlık boyutu temel alarak oluşturulmuştur.

**Genel Yaklaşım:** Bir ziyafette amaç yemek yemekten ötesi, bir mutluluk ve birlikte insanlık, saadeti kutlamak, kavramak ve iyilik ve güzelliği paylaşmaktır.

**Başlıca boyutlar:** Şükran günü ve Yılbaşı, Bayramlar insanlık boyutunu kavramak, birey ve toplum olarak algılamaktır.

**Yaklaşım:** Emzirme bir beslenmenin ötesinde ve faydalarının olması üzerine, bebeğe ve anneye bir kıvanç, bir doyum ve bir değer üretmenin gururunu taşımaktır. Babanın ve bir insanlık duygusu içinde olan bireyin bebeği alıp, kucaklaması ve beslemesi, ayrı bir tat ve mutluluk oluşturmaktadır.

**Sonuç:** Bu Bölümde duygular sunulmaktadır.

Bebek ve emzirme eylemi bir sevgi ve saygı boyutunun, insanlık değerini vurgulamaktadır.

**Anahtar Kelimeler:** Anne sütü, emzirme ve emzirmeyi teşvik, destek ve uygulanması, emzirmedeki duygular.

## Duyguların Tanımı

*Balın tadını sorarsan eğer  
Sana nasıl anlatabilirim tadını  
Çiçek balı, çam balı, kestane balı farkını ise  
Sana anlatmak bile imkânsızlık ötesi  
Kaynak suyu ile musluk suyu farkını bile  
Anlatmak mümkün değil, tatmak bile yetersiz  
Kavramak, algılamak gerekir tatmak yetersiz kalır*

*Anne sütünü tadamasan bile  
Annenin emzirtirken yüzüne bak  
Bebeğin emzirirken mutluluğuna bak  
Annenin rahatlığı, huzurlu bir duruşu  
O anda kavranmalı, algılanmalı  
İki taraflı bir sevecenlik halkası  
Sosyal ve toplumsal boyut ile ele alınıp  
Bir boyuta çıkarılmalı, gururla, kıvançla*

*İnsanlık boyutunun tanımlandığı  
Memeli olmanın bir yaşamsal gerekliliği  
İnsan bu evrende ne ister değil mi?  
Anasının sütünü içmek, onunla büyümek  
Gelişmek, insan olmayı kavramak  
Yaşamın ilk etik boyutu olarak farkındalık  
Doyma, acıkma, ağlama ve susma  
Duyguların gelişimi, insanlığın ilk aşaması  
Bebek olarak bile algılamak, kavramak ne güzel*

*Yaratıcı olmak, katkıda bulunmak en tatmin eden  
Bir değer oluşturmak, ömürde amaç edinilen  
Değerin büyümesi ve gelişmesine doğrudan katkı  
Kendi ürettiği süt ile bunu sağlamak  
Bedenin doğrudan salgısı ile bunu oluşturmak  
İnsanlığın en yetingenlik edilen şeyi olmalı*

*Pamuktan, ipekten daha yumuşak bir temas  
Bebeğin cildini dokunmak, okşamak  
Tutku ile sarılma, kucaklama ile beğenme  
Bebeğin kokusunu içimize doya, doya çekmek  
İçimizi dolduran ve rahatlatan bir koku  
Hoş kokusu ile bizi mutlu kılan*

*Her bebeğe özgü bir tanımlayan  
Anne ve bebeğin özgün kokusu*

*İnsan yüzüne sürecekt kremi özel seçer  
En özenli olan ise bebeği için olandır  
En güvenli, özel kremi nazikçe okşayarak  
Bir sevgi boyutu olarak cildin temasını sağlar  
Okşamak, öpmek, koklamak bir sevgi yumağı  
İçimizde bir şeyleri eritir, bizi yakar*

*Bunların ötesinde kendi bebeğini  
Hastalıktan korumak, gözetmek  
Onu ileri yaşlarda bile sorunlardan korumak  
Şişmanlık ve diyabet oluşmasını engellemek*

*Arzuların dengelenmesi, benliğin oluşması  
Açlık ve tokluğu, ağlama ve gülmeyi  
Bir evlâdın ilk eğitimi, ilk etik algıları  
Doğru nedir ve ne yapmalıyım duygusal algılanması  
Benlik ile toplumu ayırmanın ilk yaşlarda oluşması  
Artık bir insan olmanın duygusunu*

*Tüm bunlar emzirme ile oluşuyorsa  
Annelik bir boyuttu kavranması zor  
Annelik duygusunu hissetmek ve algılamak  
Baba ve sevgi ve aşk içine olanlar da algılayabilir*

*Annelik duygusunu sadece emzirten değil  
Eline biberon bile alanlarda hissedebilir  
Ama emzirmek bir ayrı gurur ve kıvanç sağlar  
Tüm çaba emzirmek, emzirtmek üzerinedir*

*Bizler Memeli olarak insanız  
Anne sütünü almak doğal bir insanlık hakkı  
Anne sütü ile büyümek ve gelişmek  
Anne için bu gururu yaşamak  
Yaşamın en temel boyutudur  
En onurlu sürecidir*

**MAA**

# Literature Contributions

In this Section, the Contributions are indicated and the response of them is considered.

## 1. Emotional & psychological aspects of breastfeeding

<http://www.healthtalk.org/peoples-experiences/pregnancy-children/breastfeeding/emotional-psychological-aspects-breastfeedin>. Last reviewed September 2015

From the women, we spoke to, it seemed that breastfeeding was as much about emotions as it was about the physical transfer of breast milk from mother to baby. It was an emotional roller coaster, especially at specific times like getting started, when dealing with difficulties and weaning. There were great highs when things were going well and the women were feeling confident and lows that could be devastating when they were not. One woman said,

“It's a very emotional time. I think your hormones are all over the place after birth”.

Many people talked about the satisfaction and joy of breastfeeding or watching their wife/partner breastfeeding. Many women talked about the strong emotional bond that developed between them and their baby and they were proud that they had managed to sustain and nurture another person.

**How did you feel watching your wife breastfeed your baby?** It felt the right thing, it just felt very natural it just felt right really, that was the only thing I can think and very happy and quite emotional about the whole thing but of course it was, you know, the whole roller coaster of the baby arriving and then the reality dawning and seeing the whole thing sort of take place very, very touching, very moving, very moving.

**Can you describe the emotion?** Joy, I mean we've got a lot of photographs of me at the time holding my daughter just sort of staring at her, and you know, I'd been at the hospital as soon as I was allowed to be and because my wife was in hospital for a few days just afterwards, first baby and, you know, a few complications, but we were, you know, I was in hospital every opportunity, just going home to get changed and occasionally to eat but that was about it, but absolute joy, absolute joy, and it hasn't changed.

I'm very proud of the fact that I've changed people's opinions on breastfeeding I'm very proud of the fact that I managed to breastfeed comfortably and make other people feel comfortable about breastfeeding. I think my whole breastfeeding relationship with me and my daughter is definitely something that 'proud' is the main word that I'd look back and use for it now. I'm proud that my daughter achieved what she achieved while she was breastfeeding, I'm proud that I managed to change so many people's opinions and, I'm proud that I kept strong throughout you know everything and always came through so yeah, proud is definitely a huge word when it comes to me and my breastfeeding relationship.

Many women talked about growing in confidence as their breastfeeding progressed and their baby thrived and was happy, and as their family grew in size. Some women talked about being embarrassed and lacking in confidence with their first child but being more relaxed and easy going with their second. Some felt that the hands-on approach of some midwives crossed personal boundaries and did not help their confidence (see '[Positioning and attaching/latching the baby at the breast](#)' and '[Support from hospital staff](#)').

### Comment/Yorum

#### Eng

The satisfaction and joyfulness are the top feeling for given feeding and developing her baby as a best nutrition. “Many people talked about the satisfaction and joy of breastfeeding” ... and “I'm very proud of the fact that I've changed people's opinions on breastfeeding I'm very proud of the fact that I managed to breastfeed comfortably and make other people feel comfortable about breastfeeding” indicates the feeling of the mother.

#### TR

Anne ideal besin verme, bir bebeğini büyüme ve mutluluk ve doyum sağlayarak, emzirmenin hazzını yaşamaktadır. Annelerin mutluluğu net ifade edilmektedir.

## 2. Breastfeeding and Child Psychosocial Development

**Lianne J. Woodward, PhD, Kathleen A. Liberty, PhD: University of Canterbury & Christchurch School of Medicine, New Zealand, March 2008, 2<sup>nd</sup> ed.**

### Introduction

The effects of breastfeeding on children's development have important implications... small but consistently positive effects of breastfeeding on intellectual development... less well studied is the relationship between breastfeeding and child psychosocial development.

### Subject

... The psychosocial effects of breastfeeding has focused on the following:

- Comparisons between breast- and bottle-feeding mother-infant dyads on a range of maternal and infant measures, such as maternal stress, well-being, parenting behaviour, the quality of early mother-infant interactions and infant self-regulation and behaviour.

- Examining within-group differences in maternal mood and infant state both before and after breast- or bottle-feeding.
- Examining linkages between the extent of breastfeeding and children's longer- term psychosocial outcomes, including attachment to parents, behavioural adjustment and mental health.
- Adjusting these linkages for confounding factors correlated with both the decision to breastfeed and child outcomes.

#### Key Research Questions

The key research questions in this area are as follows:

- Does breastfeeding contribute to children's psychosocial adjustment both in the short and long term? Psychosocial outcomes of interest include the formation of a secure and close infant-mother attachment relationship, and child social and behavioural adjustment.
- What are the mechanisms and pathways by which breastfeeding might influence child psychosocial outcomes?

... In terms of infant behaviour, there is some suggestion that in the first few weeks of life breastfed babies may be characterized by improved alertness<sup>11,12</sup> and other aspects of neurobehavioural functioning.<sup>13</sup> For example, Hart et al.<sup>13</sup> found that one-week-old breastfed infants obtained significantly higher scores on the orientation and motor scales on the Brazelton Neonatal Behavioural Assessment Scale.<sup>14</sup> In addition, they also tended to have better self-regulation, fewer abnormal reflexes and fewer signs of withdrawal than formula-fed infants. Additional support for the possible self-regulatory benefits associated with breastfeeding is also provided by a short-term follow-up study of 158 infants.<sup>10</sup> This study found that between the ages of 13 and 52 weeks, breastfed babies consistently cried for shorter periods of time than formula-fed babies.

#### Conclusion

Evidence to support a link between breastfeeding and positive psychosocial outcomes for children is at best modest, and in many cases has been limited by inadequate control for pre-existing differences between breast- and formula-fed infants and their families. Nonetheless, there is some suggestion that breastfed infants may be more alert, cry less, and be better able to engage in interactions with their parents than formula-fed infants. Breastfeeding may also have some stress-reducing properties for mothers and assist parenting confidence. Finally, one well-controlled long-term follow-up study has shown small to modest increases in perceived maternal care among adolescents who were breastfed for longer durations. The mechanisms by which these associations arise have not been empirically established. Attachment fostered through breastfeeding is one possible and frequently cited mechanism. Another explanation could be that associations between breastfeeding and improved mother-child relations may, at least in part, reflect improvements in child cognitive functioning associated with breastfeeding.

#### Comment/Yorum

##### Eng

The evaluation is confirmed as subjective evidences; thus, love cannot be expressed just a feeling. If you hold a baby in your arms and fed them, even by a bottle with infant formula, the feeling is wonderful.

##### TR

Objektif veriler yerine duygusal anlamda emzirme ele alınmalıdır. Sıklıkla anne ve bebek arasındaki ilişkilere bakılmakta, aradaki duygu boyutu belirtilmemektedir. Emziremeyen annelerin bu duygudan yoksun olmalarının bir bakıma ruhsal sorun, yıkıntı ve sıkıntı içinde oldukları gündeme getirilmediği gözlenmektedir.

### 3. The uniqueness of human milk. Psychological differences between breast and bottle feeding.

[Newton N. Am J Clin Nutr. 1971 Aug;24\(8\):993-1004.](#)

#### Abstract

This paper examines the theory that breastfed and bottlefed infants are psychological equivalents. There are 2 patterns of breastfeeding most often encountered, unrestricted and token breastfeedings. There are maternal differences between those who breastfeed and those who do not. The initial experience of breastfeeding is culturally dependent. A mother who practices unrestricted breastfeeding is receiving sustained stimulation to her nipples and experiences a generalized body response. Likewise such a breastfeeding mother experiences other long-term psychophysiologic reactions such as lactation amenorrhea and changes in hormonal balance. Breastfeeding women are often interested in a quick return to sexual intercourse and display a more general attitude towards men. A mother's personality and her ability to adjust to life situations often varies with the choice of feeding. 1 study found that mothers who breastfed displayed significantly less neuroticism than those who did not. Breastfeeding behavior appears to be sensitive to even minor variations in the social milieu. The type of breastfeeding practiced is likewise a significant variable for the infant. The initial feeding of an unrestricted breastfed infant is usually smooth unlike the situation for the token breastfed. Both feeding patterns involve assuagement of hunger needs but are dependent on social setting. For the breastfed infant, comfort as well as nourishment are presented with the mother as part of the package. These 2 experiences are often split in bottlefed and token breastfed infants. The 2 sucking patterns resemble each other superficially and the breastfed infant seems to develop more interest in sucking. Different activity levels manifest themselves by the 3rd day postpartum with the breastfed showing a greater propensity toward activity. Intelligence

scores are also related to feeding patterns, with those exclusively breastfed for 4-9 months displaying the highest scores in relation to their age.

### Comment/Yorum

#### Eng

There is also some better result for the breast-feeding to mother and infant. Psychologically, less neurotic reactions, socially active, also more active for sexual relations.

#### TR

Emziren annenin daha rahat olduğu, nörotik davranışları olmadığı, daha sosyal olduğu ve hatta daha cinsel dürtüleri olduğu ifade edilmektedir. Emziren anne, toplumda daha rahat ve daha güvenli bir durum ile görevini yapma yaklaşımı ile sıkıntısız bir yaşamı olduğu görülmektedir.

## 4. The New Science of Mother-Baby Bonding

By Patty Onderko; <http://www.parenting.com/article/the-new-science-of-mother-baby-bonding>

... It's well known that the nipple stimulation that occurs when a baby nurses causes a hormone called oxytocin to be released in the mom, which in turn triggers milk let-down. But oxytocin is also called the "love hormone" because it's produced during orgasm and other affectionate moments. In fact, oxytocin behaves in the brain much the same way that morphine does; it turns on our "reward" center, easing pain, making us feel good, and causing us to crave that emotional high again and again. Women who don't breastfeed, or choose to eventually switch to or supplement with formula, happily do not miss out on the "love drug." Simply gazing into your baby's eyes while bottle-feeding or just snuggling or massaging also unleashes the feel-good hormones in both of you.

**From smells to smiles:** There's more evidence that we're hardwired to connect with our kids: Pheromones -- the chemicals we secrete to attract a partner -- are also secreted by our babies, ensuring that we're similarly smitten with them. In one study, 90 percent of moms were able to identify their newborns by scent alone after having spent as little as ten minutes with them. When the moms spent an hour with their babies, 100 percent of them correctly distinguished their own baby's smell from the smell of other infants.

A baby recognizes his mother's scent, too. Last year, researchers in Japan found that infants who smelled their own mother's milk while undergoing a routine heel-stick procedure exhibited fewer signs of distress than babies who were exposed to the odor of another mother's milk, formula, or nothing at all. The mere scent of their mother's breast milk was enough to calm the newborns and ease pain. Here's an interesting aside: The act of kissing may have evolved as an affectionate gesture because it puts our nose in direct contact with the base of our partner's nostrils, where pheromones are generated.

Just as scent motivates you to care for your child and motivates your child to stay close to you, so too does a smile. In a recent study conducted at the Baylor College of Medicine, in Houston, brain MRIs were taken of women while they looked at photos of their own children and of other kids making sad, happy, and neutral faces. The scans found that when a woman saw a photo of her own child, the parts of her brain associated with rewards processing (meaning they make you feel good!) were activated, and even more so when she saw photos of her child smiling. It's all very primitive: Mom make Baby smile, Mom get reward, Mom want to make Baby smile again.

The long and short of it: We're designed to become addicted to our offspring. "The mother-child bond assures infant survival in terms of protection, nutrition, and care," says Francesca D'Amato, M.D., a behavioral neuroscientist in Rome and a prominent bonding researcher.

... Dr. Chopra rhapsodizes about the start of the amazing journey that is the relationship between a parent and a child: "A single-cell embryo divides only fifty times to become one hundred trillion cells, which is more than all the stars in the Milky Way galaxy." Once your baby is born, all the cells in both of your bodies act in secret synchronicity to create those simple but incredible connections between the two of you. But despite all of the science involved, it's the power of your love -- pure and simple -- that can protect your child from illness, shape her future relationships, and rearrange her genes to her benefit. In a year or so, when you kiss your toddler's boo-boo better, she'll think you're magical. And the truth is, you are.

### Comment/Yorum

#### Eng

Breast-feeding is like a morphine action as mentioned; "oxytocin behaves in the brain much the same way that morphine does". Thus, due to my experience feeding the babies, same feelings I have noticed This not only concern of the oxytocin.

#### TR

Emziren annenin duyguları çok boyutlu olmaktadır. Bunun sadece oksitosin ile açıklanması yetersiz kalmaktadır. Kendimin bebekleri beslenmesinde hissettiklerim mutluluktan bir hoş olmuşluk olarak ifade edebilirim. Bebeğin sıcaklığının hissedilmesi ile bir içine işleme ve gazı çıksa bile bebeği yatağa yatıramama gibi bir his duyulmaktadır. Cilt, ten ile tenin teması ayrı bir duygu yaratmaktadır.



# Slide/Sunum: Emzirme Beslenme Ötesidir

*Emzir-me/Anne Sütü Kursu*

*19 Mart 2017, 1000 Gün*

*Ankara*

## ***Breast-Feeding is more than Nutrition / Emzirme, Beslemenin ötesidir***

Emziren annenin duyguları çok boyutlu olmaktadır

Bu duygunun oksitosin ve hatta endojen endo-morfin salınımı ötesindedir

Annenin sosyal mutluluğu net anlaşılabilmekte ve ifade edilebilmektedir

Emziren annenin

- Daha rahat olduğu
- Nörotik davranışları olmadığı
- Daha sosyal olduğu ve hatta
- Daha cinsel dürtüleri olduğu

Emziremeyen annelerin bu duygudan yoksun olmalarının

- Ruhsal sorun, yıkıntı ve sıkıntı içinde oldukları
- Gündeme getirilmediği gözlenmektedir



*Prof. Dr. Aksit / From Prof. MD. M. A. Aksit's collection*