

The Role of Doctor's Advice in the Process of Breastfeeding

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Abstract. This article aims to explain the importance of breast milk in the nutrition of mothers after childbirth. The article mainly selected mothers who gave birth to their first child. The benefits of breastfeeding were explained to them. The need to protect and support breastfeeding It has been shown that the advice of health professionals working with mothers is helpful.

Keywords: breast milk, care, mastitis, artificial feeding

Relevance: to constantly carry out the process of forming the correct attitude towards breastfeeding in society and to constantly promote to children the importance of breast milk.

For several centuries, breastfeeding of newborns has been common among all peoples, which has ensured the survival and health of babies. However, in the 20th century, there was a need for a high level of development of technologies for the production of artificial mixtures, their extensive advertising and information about the benefits of breastfeeding for the mother-child, especially for the preparation of the body for the process of lactation of a pregnant woman and her effective postpartum breastfeeding. However, studies carried out by pediatricians have shown that replacing breast milk with artificial ones is happening easily and often, despite the fact that it leads to a lot of complications. The most dangerous of the complications are breast cancer in mothers and the risk of premature death in babies. Feeding a child with breast milk for at least 3 months reduces the risk of breast cancer and ovarian epithelial cancer by 50% and 25%, respectively. UNICEF says that one in two children born on our planet is being shown as a sad situation that from the very first moment of their birth is deprived of breast milk. The reason for this can be cited as an example of the fact that the support of the mother by family members and medical personnel has been significantly reduced in overcoming difficulties with breastfeeding. Often the question arises: "breastfeeding is a natural process! Why help a woman with this?" Of course, some mothers feed their babies without any difficulty. But many women, mainly those who are mothers for the first time, women who are young and have a middle education, will need help. In 1989, the World Health Organization and the United Nations Children's fund (UNICEF) issued a joint statement on the importance of maternal care services in the protection, stimulation and support of breastfeeding. This statement summarizes the most relevant scientific knowledge and practical experiments on lactation, specific, generally accepted recommendations for the care of mothers before, during pregnancy and after childbirth. The information is intended for medical personnel, pediatricians, midwives, nurses.

WHO / UNICEF activities are carried out in several directions:

1. The formation in society of the correct attitude towards breastfeeding.
2. Increasing the role of medical institutions in supporting breastfeeding, training of medical personnel.
3. Providing maximum information on the benefits of breastfeeding for mothers and women preparing for motherhood. 10 important principles of effective breast milk breastfeeding, developed especially on the WHO side, are clear evidence of this.

Purpose of the study: to examine the importance of lactation in the process of providing maximum information on the benefits of breastfeeding for mothers and women preparing for motherhood

Course of work: maternity hospital No. 1 in the city of Namangan was selected as an object of research. Basically, 20 women who became mothers for the first time were selected. 9 of them are 22 years old, 4 are 20 years old, 3 are 19 years old, 3 are 24 years old and 1 is 32 years old. 17 of the women were given birth in a natural way and 3 of them were given maternity with a cross-cutting path. The women received their knowledge and information about breast milk breastfeeding, as well as an anonymous survey about the problems of the time. For 3 days, classes were held on 10 important principles of effective breast milk

breastfeeding, developed by maternity nurses on the WHO side, and a survey was again obtained. The results of the survey were analyzed.

Analysis of the work. In newborns, 20 women were selected who became mothers mainly for the first time, who did not have any obstacles to giving breast milk. 9(45%) of them are 22 years old, 4(20%) are 20 years old, 3(15%) are 19 years old, 3(15%) are 24 years old and 1(5%) are 32 years old. 17(85%) of women were given birth in a natural way and 3(15%) were given birth with a cross-cutting path. According to a survey conducted, 13 (65%)of mothers complained of low milk intake before training, 3(15%) of their mother's child had a lot of sleep, 7(35%) of mothers complained of pain in the nipples, and almost 18(90%) women said that breastfeeding was considered difficult and that they were concerned about it. About the essences of breast milk, 15 (75%)women said they were aware, but it turned out that 20 (100%) women did not know the rules of full breastfeeding and the need to milk residual milk. 6 women had symptoms of the oxytocin reflex, but 14 women said that they would suck both breasts and that the child would suck more often, for a long time. After 3 days of training by specially trained nurses brogan, a re-questionnaire was obtained, and the answers in women turned out to be quite different.

	Questions	Before class	After class
1	Are you feeding your baby breast milk?	100%	100%
2	Joint problems with the breast; a. less milk; b. there are referrals c. the child is struggling to suck; d. the tip of the chest is short; e. my child howl a lot; j. it turns out that breastfeeding is very difficult.	13(65%) 7(35%) 18(90%) 3(15%) 18(90%)	15(75%) 5(25%) 7(35%) 2(10%) 7(35%)
3	Are you aware that the mental activity of children fed with breast milk is high?	Yes 15ta(75%)	Yes 20(100%)
4	Are you aware that breastfeeding can prevent breast cancer?	Yes15(75%)	Yes(0%)
5	Do you milk milk that is stuck in the breast?	No (0%)	Yes(0%)
6	Do you know when a child can suck milk at any time?	No 11(55%):Ha 9(45%)	Yes 20(100%)
7	Do you know the rules for proper breastfeeding of a child?	No 20(100%)	Yes (0%)
8	Do your child not eat both breasts?	14(70%)	20(100%)
9	Do you feel that the milk is full if you think about the child?	6(30%)	18(90%)

10	Does breastfeeding with breast milk give you pleasure?	7(35%)	18(90%)
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Conclusion. As can be seen from the table above, the conducted brogan training of medical personnel had a very beneficial effect on the process of effective breastfeeding with breast milk. A survey in the maternity hospital showed that explanatory work with pregnant women in the local patronage system was not carried out well. It would be advisable if basic training was carried out by family doctors and nurses, taking into account the fact that women leave in the Maternity Hospital in less time. The fact that the fruits of these trainings are needed by the future generation requires that the trainings are conducted with scientific and psychological aspects and approach with responsibility.

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