



## Effect of Smearing of Breast Milk on Breast Crawl among Newborn Baby

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### ABSTRACT

A baby is blessed with many instinctive abilities which enable her to perform the Breast Crawl. With all these innate programs, the infant seems to come into life carrying a small computer chip with the set of instructions. Objective of study were to assess effectiveness of smearing of breast milk on breast crawl and to compare effectiveness of smearing of breast milk between experimental & control group. A experimental study done on 60 sample & 30 of each group were selected from full term newborn babies delivered vaginally, in IMS & SUM Hospital, Bhubaneswar. The result found that mean & SD score regarding smearing of breast milk on breast crawl in experimental group was  $3.4 \pm 0.56$  & in control group mean score was  $2.92 \pm 0.71$  and the unpaired t-test value of smearing of breast milk on breast crawl was 0.00122. Studies statistically found significant and positive effects of smearing of breast milk on breast crawl.

**Keywords:** Smearing, breast milk, breast crawl, newborn.

### INTRODUCTION

Breastfeeding reminds us of the universal truth of abundance; the more we give out, the more we are filled up, and that divine nourishment - the source from which we all draw - is, like mother's breast, ever full and ever flow (Sarah Buckley).

Lawrence R expresses that bosom drain is the nature's most past blessing to the babies. Bosom nourishing is as old as person.

Bosom drain is acknowledged as the special, normal and nutritive sustenance give by nature to the babies. Bosom bolstering is a mother's blessing to herself, her child and the earth.

Similarly as there is not a viable replacement for moms cherish, there is not a viable alternative for mother's milk.<sup>1</sup>

Mother's drain is an awesome present for an infant. Bosom drain is just the sustenance for the child which is regular, physiological method for nourishing. Bosom sustaining could spare the lives of 1.3 million youngsters a year. Bosom drain gives the correct blend of supplements that a creating newborn child needs.

Enhanced bosom nourishing alone could spare the lives of more than 3500 children consistently, more than whatever other preventive mediation. (Announcement, 2005 by IYFC). Expanding ideal bosom sustaining could spare an expected 1.5 million baby lives every year.

Up to 55% of newborn child passing from diarrheal sickness and intense respiratory tract disease may come about because of wrong sustaining hones. Ideal

nourishing for maintained kid wellbeing and development incorporates start of bosom bolstering inside first hour of life, elite bosom sustaining for 6 month, convenient corresponding encouraging with fitting sustenances, and proceeded with bosom sustaining for a long time and past.<sup>2</sup>

The main hour after birth affects the survival, future wellbeing, and prosperity of a recently conceived baby. The essential needs of an infant during childbirth are warmth, ordinary breathing, mother's drain and assurance from disease. Early start of bosom sustaining fills in as the beginning stage for a continuum of administer to mother and infants that can have dependable impacts on wellbeing and development.<sup>3</sup>

Each infant, when put on her mom's guts, not long after birth, can discover her mom's bosom all alone and to choose when to take the initially breastfeed. This is known as the 'Bosom Crawl'. It was initially portrayed in 1987 at the Karolinska Institute in Sweden (Widström).<sup>4</sup>

Start of breastfeeding by the Breast Crawl is a basic part of the IYCF (Infant and Young Child Feeding) activity for the condition of Maharashtra, India.

IYCF manages nourishment of youngsters from birth to 3 years old, and furthermore thinks about the sustenance of pregnant and lactating moms. Two basic segments of IYCF are breastfeeding and corresponding bolstering. Enhanced IYCF rehearses advance ideal development and advancement, counteract lack of healthy sustenance and enhance tyke survival. With 40% of the kids in the state undernourished, this activity turns out to be to a great degree critical.<sup>5</sup>



The Breast Crawl is associated with a variety of sensory, central, motor and neuro-endocrine components, all directly or indirectly helping the baby to move and facilitate her survival in the new world.

The benefits accrued from the practice are innumerable, the most important being a significant reduction in mortality, morbidity and malnutrition among the children.<sup>6</sup>

Each infant, when set on mother's midriff not long after birth, can discover its mom's bosom all alone and to choose when to take the principal bosom nourish. This is called Breast Crawl. It was initially depicted in 1987 at the Karolinska Institute in Sweden.

Marshall Klaus assessed many reviews on Breast Crawl and gave a delightful portrayal of Breast Crawl in 1998. The credit for utilizing the word Breast Crawl as a thing surprisingly ought to be given to Klaus.

The beginning position for Breast Crawl (nose of infant amidst mother's bosom, eyes at the level of the areolas) had been indicated by Varendi<sup>7</sup>.

As indicated by Jones G 3 dominant part of the neonatal passing happen are creating nations including India, where more than 26 million youngsters are conceived each year and these, 1.2 million bite the dust amid the neonatal period. Newborn child death rate can be diminished considerably if the youngsters are solely breastfed up to six months. Indeed, even is low in care nations, 13-15% of kid passing can be counteracted if youngsters are bosom sustenance solely for six months.<sup>8</sup>

A review was led by Marshall Klaus on enthusiastic ties amongst mother and newborn child.

In this review he found a practically striking perception of child creeping towards mother's bosom when set on mother's stomach area instantly after birth and starting bosom nourishing independent from anyone else just inside one hour and furthermore watched that the scent of the areola seemed to control the adventure of infant towards bosom.

Out of 16 tests, 15 babies crept towards bosom and in newborn children who didn't make slithering all alone when set between the bosoms, there was a deferral of 30 to 40 minutes.

The review proposed that these discoveries ought to be taken into thought in foundations to endeavor to place newborn children on the bosom instantly after birth.<sup>9</sup>

Righard L. played out a review on the impacts of conveyance room schedules on achievement of first bosom sustaining. In this review 72 newborn children

were assembled into partition group(n=34) where babies were set on moms guts instantly after birth yet evacuated following 20 minutes and in contact amass (n=38) where contact between the dyad was continuous for at least 60 minutes. The review found that newborn children began slithering towards bosom following 20 minutes and establishing reflex happened at 50 minutes and began sucking at bosom. It was likewise watched that contact gather demonstrated right sucking strategy than division aggregate (24/38 Vs 7/34). The review reasoned that the contact amongst mother and newborn child ought to be continuous amid the main hour after birth or until the achievement of first bosom feeding.<sup>10</sup>

## METHOD

A experimental study was done on 60 sample & 30 of each group were selected from full term newborn babies delivered vaginally, in IMS & SUM Hospital, Bhubaneswar. Breast crawl checklist was used to assess effective of smearing of breast milk on breast crawl.

The reliability of the tool confirmed at 0.76 through cronbach co-efficient estimation. Data was collected in both experimental & control group.

The data was analyzed by using SPSS version 17. The baseline characteristics were analyzed by frequency and percentage, mean and SD. The unpaired 't' test showed the difference in mean score among the both groups.

## RESULTS

In experimental group depict the maximum numbers of subjects were the age of mother of 20-30yr (63%) & In control group depicts that maximum number of subject were the age group of above 20-30yr (77%).

The maximum number of subjects according to the parity in experimental group was multipara (53%) & in control group was multipara (43%).

The maximum number of subjects according to the no of living children in experimental group was 2<sup>nd</sup> 47% & in control group was 1<sup>st</sup> (50%).

Maximum number of subjects according to sex of baby in experimental group was male (60%) & in control group was male (67%).

Maximum number of subjects according to weight of baby in experimental group was 2.6-3.5 kg (73%) & in control group was 2.6-3.5 kg 25 (83%). Maximum number of subjects according to apgar score of baby in experimental group was > 7 (80%) & in control group was > 7 (77%).

**Table 1:** Comparison between Experimental and Control Group

Group	Mean	SD	Unpaired t Test	P value
Experimental Group	3.4	0.56	3.16	0.00122*
Control Group	2.92	0.71		

\*significant



The mean & SD score regarding smearing of breast milk on breast crawl in experimental group was  $3.4 \pm 0.56$  & in control group mean & SD score was  $2.92 \pm 0.71$ . The unpaired t-test value of smearing of breast milk on breast crawl was which is significant at  $p < 0.05$  which proves the effectiveness of smearing of breast milk. As the result shows that smearing of breast milk enough to attract and guide neonates towards the completing of breast crawl.

## DISCUSSION

Smearing of breast milk is a stimulus which guides the newborn to find the breast through the breast crawl when placed on abdomen after normal vaginal delivery. The present study was aimed to assess effect of smearing of breast milk on breast crawl among newborn baby.

Study finding that odour of breast milk stimulates the baby to find out the breast when placed on mother's abdomen. It is supported by Varendi H led a review to demonstrate that bosom smell is the main maternal jolt that evokes slithering towards the scent source. The review was done on 22 babies who were seen amid 2 trials. In one trial, a cushion conveying mother's bosom scent was put 17 cm before children's nose and in another a perfect cushion was utilized. More infants moved towards and achieved bosom cushion than the spotless cushion. The review presumed that common bosom smell unsupported by other maternal jolt had all the earmarks of being sufficiently adequate to draw in and manage neonates towards the scent source.<sup>9</sup>

Another similar study supported the present study by directed by Marshall Klaus on passionate ties between and newborn child. In this review he found a for all intents and purposes striking perception of child creeping towards mother's bosom when put on mother's mid-region promptly after birth and starting bosom encouraging independent from anyone else just inside one hour and furthermore watched that the scent of the areola seemed to control the voyage of infant towards bosom. Out of 16 tests, 15 newborn children slithered towards bosom and in babies who didn't make creeping all alone when set between the bosom, there was a deferral of 30 to 40 minutes. The review proposed that these discoveries ought to be taken into thought in establishments to endeavor to place babies on the bosom instantly after birth.<sup>11</sup>

The present study finding shows that breast crawl in experimental group was  $3.4 \pm 0.56$  & in control group mean & SD score was  $2.92 \pm 0.71$ . The present study supports to the similar study by Mizuno K. reveal that there is bigger contrast in mouthing developments between their own particular and another mother's drain scent ( $2.6 \pm 1.6$ ) contrasted with other gathering babies ( $0.9 \pm 2.0$ ,  $P=0.01$ ).

The present study finding reveals that there was significantly difference in experimental group & in control group at p value (0.00122). The finding is consistent with

previous study supported by M Girish, N Mujawar was conducted a prospective, single blinded, randomized controlled clinical trial to determine the impact of breast crawl on breast feeding and its feasibility and acceptability in a busy labor room. The finding was reveals that Breast crawl had a significant positive impact on the onset of lactation ( $P=0.0005$ ).

## CONCLUSION

Smearing of breast milk on breast crawl improve olfactory stimuli, such olfactory stimuli also appear to have a calming effect on the infant and provide a basis for early individual recognition of the mother. Breast Crawl is associated with a variety of sensory, central, motor and neuro-endocrine components, all directly or indirectly helping the baby to move and facilitate her survival in the new world.

## Limitation

The study result cannot be generalised due to study is limited to small sample size and lack of randomization.

## Ethical Consideration

Ethical clearance & Permission was obtained from the research ethical committee of SUM nursing college and IMS & SUM Hospital. Appropriate permission was obtained from authority & in charge of labour room to conduct study. Privacy, confidentiality and anonymity was guarded.

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