**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.

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- 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.

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

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

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