

Index

- A**
- acculturation 150
 - Affordable Care Act 205
 - alcohol 331
 - Alive & Thrive programme 25, 27, 171
 - allergies 84, 93, 166, 229, 233
 - alpha-amylase 98
 - alpha-lactalbumin 97, 104
 - alveoli 52, 64, 323–324
 - amenorrhoea 74, 82, 221, 228, 343
 - amino acids 97
 - anaemia 227
 - analgesics 326
 - antenatal education 146, 148, 186
 - anti-inflammatory properties of breast milk 98, 252
 - anti-retroviral drugs (ARVs) 314, 318
 - antibacterial properties of breast milk 97–98
 - antibiotics 101, 328
 - antidepressants 328
 - antifungals 328
 - antimicrobial properties of breast milk 97, 99
 - anxiety 122, 129, 145
 - apnoea, and medication in breast milk 324, 327–328
 - appetite 101
 - areola mammae 46, 48, 55, 59
 - Assessing Innovating Developing Engaging and Evolving (AIDED) framework 349, 355
 - assessment tools 356
 - asthma risk 84, 166, 231, 332
 - at-breast feeding, in NICUs 261
 - atopic dermatitis risk 84, 166, 231
 - attitudes towards breast milk 141
- B**
- Baby Friendly Hospital Initiative 35, 154, 195–196, 198, 203, 318, 352
 - cost-effectiveness 186–187
 - experimental studies 63, 81, 84, 347
 - bactofugation 308
 - barriers to breastfeeding and breast milk feeding 20, 24, 214
 - breast appearance 129, 140
 - economic costs 176–178
 - family influences 172, 177
 - fatigue 250
 - for mothers of NICU infants 250, 261
 - psychological 126, 195
 - self-consciousness 142, 350
 - societal 127, 140, 165, 177, 215, 227
 - stress 65
 - time 176–177
 - benefit-cost ratio 186
 - benefits of breastfeeding and breast milk feeding, for society 184, 289
 - benefits of breastfeeding and breast milk, for the child
 - dose-related 244–245
 - mental health 126
 - metabolic 78, 102
 - benefits of breastfeeding, for the mother
 - cost-effectiveness 166
 - psychological 121
 - reduced pregnancy risk 21, 82
 - stress regulation 121
 - uterine involution 93, 166
 - weight loss 82, 166
 - bile salt-stimulated lipase (BSSL) 98, 304, 306
 - bioactive factors in breast milk 73, 79, 102, 246, 253
 - bioavailability of medication to infant 324–325
 - blood supply to breast 52
 - bottle feeding 167, 195, 262–263
 - bottle-baby disease 168
 - bottles, early 220–221, 223
 - Breaking the Barriers to Breastfeeding Partnership 27
 - breast abscesses 44
 - breast anatomy 44
 - breast appearance 129, 140
 - breast development 45, 137
 - breast engorgement 42, 62, 128, 195
 - breast inflammation 108
 - breast milk as 'contaminant' 141, 147
 - breast milk as 'medicine' 20, 108, 150, 286
 - breast milk composition 70, 78, 93
 - and breast fullness 71, 103, 253
 - and lactation stages 247, 252
 - within a feed 143, 253
 - breast milk expression 194
 - for preterm and NICU infants 63, 249, 253, 263
 - problems 143, 250
 - simultaneous 186, 249
 - breast milk sharing 202, 233, 285, 290, 301
 - breast milk substitutes 24–25, 40, 83, 222
 - breast pumps 26, 178, 194, 205, 249
 - and inverted nipples 197
 - barriers to use 249, 251
 - historical 221, 227
 - hygiene 255
 - simulating suckling 63, 249
 - breast sensitivity 48, 59
 - breast shields 249
 - breast storage capacity 68
 - breast volume 46, 48, 58, 69, 74
 - breastfeeding accessories and equipment 178, 194
 - hygiene 258
 - breastfeeding duration 23, 32, 35, 142, 194
 - and breastfeeding programmes 35, 203–204
 - and breastfeeding support 23
 - and disease risk 181
 - and HIV 313
 - and postnatal depression 146
 - cultural differences 41
 - historical trends 32
 - breastfeeding education 147, 153, 177, 186, 203, 225

- for mothers of NICU infants 250
- Breastfeeding Gear Model (BFGM) 355
- breastfeeding in public places 127, 141, 152, 164–165, 350
- breastfeeding indicators 28, 32, 356
- breastfeeding programmes, assessment tools 356
- breastfeeding promotion 163, 213, 345
 - advertising campaigns 163, 213, 350
 - cost-effectiveness 23, 42, 184
 - defined 346
 - experimental studies 35, 81, 84
 - impact on breastfeeding practice 23, 42, 84
- breastfeeding protection 153, 346
- breastfeeding rates
 - and co-sleeping 144
 - assessment tools 358
 - ever breastfed 32, 138, 194, 203–204
 - historical trends 40, 225
 - multiples 36
 - preterm infants 35
- breastfeeding rights activists 165
- breastfeeding support
 - acuity-matched 205
 - community-based 203–204, 212, 318, 347, 354–355
 - defined 346
 - for mothers of NICU infants 186, 261
 - impact on breastfeeding practice 23, 84, 148, 186, 203
 - shortfalls 128, 195
 - support groups 63, 186
 - telephone 185
- breastfeeding targets 28, 345
- breastfeeding to need 101, 139, 143, 167, 227, 263
- breastfeeding-friendly places 27, 42, 153, 166, 233
- breasts as sexual objects 127, 140, 142, 147, 165–166, 227
- breathing, during feeding 66

C

- calcium 94, 97, 100, 201, 259
- calorific content of breast milk 253
- cancer risk, maternal 21, 35, 82, 166, 180–181, 183, 189, 343
- candida, infant, and medication in breast milk 329
- cannabis 332
- carbohydrates 99
- cardiovascular disease risk 93
- caseins 94, 97
- causal stories of breastfeeding 163
- celecoxib 327
- cellular content of breast milk 103
- cephalosporins 328
- child mortality 21, 23–24, 104, 169, 228
- children's rights perspective 164, 167, 171
- Christianity 221, 230, 233
- chronic lung disease (CLD) 244–245, 247
- cluster feeding 143
- CNS (central nervous system) depression, from medication in breast milk 328
- co-sleeping 143
- cocaine 332
- cognitive development and breast milk 86, 166, 180, 245, 343
- cohort studies 32, 35
- colic 166
- colostrum 60, 248, 252, 262
 - carbohydrates 99
 - cultural practices 151, 154
 - historical practices 221
 - immunologic factors 103–105
 - proteins 97–99
- comfort feeding 198
- coming to volume 250
- Complex Adaptive Systems (CAS) framework 347, 355
- constipation, and medication in breast milk 327
- contaminants
 - in expressed breast milk 258, 260, 293
 - in infant formula 212, 227, 232
 - pollutants 170

- contraceptives and breastfeeding 227, 250
- contraindications for breastfeeding 137, 150, 227, 315, 334
- Cooper's ligaments 44, 46
- Cooper, Astley 39, 44, 48, 52, 56, 64, 66, 75
- coping, maternal 123
- coronary heart disease risk 181
- cracked nipples 128
- critically ill infants 199–200
- Crohn's disease 166
- cultural norms 41, 127, 139–140, 149, 215
- cup feeding 196, 211
- cytokines 98, 104, 246, 252–253, 316
 - and maternal stress 146

D

- data collection 32
- data interpretation 33, 36
- decision whether to breastfeed 24, 176, 350, 354
- dehydration 168
- delivery mode, and breast milk colonisation 101
- depression, maternal, drug-induced 333
- dermatitis risk 166
- diabetes risk
 - child 231, 343
 - maternal 21, 181, 184, 343
- diabetes, gestational 137, 233
- diarrhoea 70, 83, 99–100, 168, 313
 - and medication in breast milk 327, 329
- digestive benefits of breast milk 20, 97–98
- domperidone 60–61, 333
- dose-related benefits of breast milk 244–245
- doxepin 328
- dropper feeding 196
- drugs
 - lactation-enhancing 60, 333
 - recreational 331
- ductal openings 46

- E**
- early breastfeeding 21, 26
 - rates 21, 23, 151, 212
 - economics of breastfeeding and breast milk feeding 176
 - breastfeeding promotion and support 23, 42, 184
 - for preterm and NICU infants 244–246, 249
 - human milk banks 287–288, 295, 297
 - maternal costs/savings 176–178
 - societal costs/savings 176, 178–179, 182, 206, 231, 234
 - empowerment 165, 170
 - energetics of lactation 41–42, 79, 82
 - epithelial cells 103, 323–324
 - European Milk Bank Association (EMBA) 199, 202, 290
 - Every Newborn Action Plan 26–27, 285
 - Every Woman Every Child 27
 - evolution and lactation in mammals 78
 - exclusive breastfeeding 169
 - and HIV 313, 316
 - and infant mortality 83
 - and infant temperament 125
 - and preterm infants 263
 - barriers 24, 179
 - defined 37
 - milk intake 70
 - targets 28
 - exclusive breastfeeding rates 21, 23–24, 33, 42, 212, 343
 - and breastfeeding programmes 23, 25, 63, 84, 186, 233, 343
 - and preterm infants 35
 - exposure to breastfeeding 140, 142
 - exposure to medication, infant 326
 - expressed breast milk
 - composition variability 107, 252
 - contaminants 258, 260, 293
 - handling, in the NICU 259
 - storage 255, 259
 - warming 258–259
- F**
- family influences 147–148, 354
 - as barrier to breastfeeding 172, 177
 - Family Larsson-Rosenquist Foundation 5, 233
 - fatigue and exhaustion, maternal 145, 214, 250
 - fatty acids 94–96
 - feeding at breast, in NICUs 261
 - feeding frequency 68, 139, 143, 198
 - feeding timing, and medication 325, 329–330
 - feminism 165, 171, 173
 - finger feeding 196
 - fluconazole 328
 - follow-on milks 211, 225, 227
 - fore-milk 254
 - foundlings 222
 - frameworks for programme implementation and evaluation 347
 - framing breastfeeding 163
 - freezing breast milk 254, 259–260
- G**
- galactagogues 60, 333
 - gastroenteritis risk 83, 180, 183, 189, 223, 231, 343
 - gastrointestinal benefits of breast milk 96–99, 101, 246
 - gavage infusion 258–260
 - gender inequalities 164–165, 171
 - genetic conditions 108, 137
 - global datasets 33, 230
 - global human rights perspective 164, 168, 172, 234
 - Global Network of Human Milk Banks 283, 294
 - Global Strategy for Infant and Young Child Feeding 357
 - glucocorticoid receptors 61
 - goitre 228
 - grandmother attitudes to breastfeeding 148, 150, 153
 - growth factors in breast milk 99, 252
- H**
- hand expression 194–195, 250
 - hand-rearing 222
 - haptocorrin 98
 - harm reduction approach 172–173
 - health inequalities 21, 150, 169, 194–195, 204–205
 - healthcare insurance 205, 249
 - heart disease risk 21
 - heroin 332
 - herpes 137
 - high temperature short time (HTST) pasteurisation 296, 305–306, 316
 - hind-milk 254
 - Hinduism 151
 - historical practices 39, 82, 138, 199, 202, 219, 283
 - HMOs (human milk oligosaccharides) 99
 - Holder (heat) pasteurisation 97, 99, 199, 304, 306, 316
 - home delivery 154
 - hormones, in breast milk 102, 126
 - 24-hour milk production 70
 - Human Immunodeficiency Virus (HIV) 81, 96–97, 99, 101, 229, 345
 - and breast pathologies 315
 - and donor milk feeding 202, 284–285, 288
 - and infected infants 313, 317
 - and pasteurisation 316
 - vaccination 316
 - Human Milk Banking Association of North America (HMBA-NA) 199, 201–202, 229, 290
 - human milk banks and donor milk 153, 199, 282
 - Africa 287, 289, 291, 294, 300, 318
 - and breastfeeding programmes 282, 284, 286, 294–295, 300
 - Australia 285, 287–288, 292
 - Brazil and S America 199, 283, 289, 291, 293–294
 - defined 282
 - Europe 285, 288, 290–291
 - funding 296

- global distribution 284
- guidelines and regulations 285, 289–290, 296, 299
- historical 225–226, 229
- initial considerations 298, 300
- low-cost 299
- pasteurisation 97, 99, 304, 306
- safety assessment 296
- human milk fortifier 201
- human milk oligosaccharides (HMOs) 99
- human milk-based fortifier 199, 260
- human placental lactogen 58
- humanitarian emergencies 60, 65, 345
- hypernatremia 227
- hypertension 181

I

- ibuprofen 327
- identity, loss, on parenthood 145
- illegality of breastfeeding 127
- immune modulating agents 330
- immunologic factors in breast milk 97–98, 103–104
 - immunoglobins 98
 - immunoglobulins 252, 316
 - lysozyme 97, 252
- incentives 26
- induced pluripotent stem cells (iPSCs) 108
- Infant Formula Action Coalition (INFACT) 168
- infant formula and formula feeding
 - and disease risk 41, 83, 124, 168–169
 - and HIV 81, 169, 229, 313, 317
 - and infant growth 84
 - and infant temperament 125
 - attitudes towards 140, 143
 - boycott 168
 - composition 41, 96, 102, 230, 232, 234
 - composition, historical 224, 226–227
 - contaminants 212, 227, 232
 - cost 178, 228
 - follow-on milks 225, 227
 - historical trends 225
 - packaging 167, 211, 226–227

- preterm 102, 230
- regulations 228–229, 233, 235
- supplemental feeding 195
- infant growth 70, 78, 84, 143, 231
 - and milk proteins 78, 97
- infant mortality 21, 83, 104, 172, 234, 317
 - historical 70, 222
- infant temperament 125, 146
- infantile hypertrophic pyloric stenosis, and medication in breast milk 329
- infections, protection against 60, 73, 79, 95–97, 166, 252
- Innocenti Declaration 25, 168, 230, 345, 357
- insufficient gland development 137
- insufficient milk supply 104, 107, 128, 137–139, 146
 - and milk expression 195, 250
 - perceived 24, 26, 42, 66, 129, 150, 214, 354
 - pharmacological treatment 60, 333
- insurance, medical 249
- intelligence
 - and breast milk 35, 96, 166, 230
 - and infant formula 215
- International Board Certified Lactation Consultants (IBCLCs) 197, 202, 204–205, 229
- International Code of Marketing of Breast-Milk Substitutes 24, 168, 211, 225, 229, 346
- International Milk Banking Initiative 199
- international policies 25, 226, 345, 352
- intolerance, immaturity-related 253
- intraoral vacuum 66
- inverted nipples 172, 197
- involution 74
- iodine 228
- iron 97, 100, 226–227
- Islam 151, 221

K

- kangaroo mother care 23, 143, 186, 198, 200, 251
- ketorolac 327

L

- La Leche League International 167, 204, 227, 229
- lactation aggression 123
- lactation cease 74
- lactation consultants 42, 147
- lactation initiation 48
 - early theories 56, 64
 - hormones in 59, 137
 - in non-pregnant women 61
 - in preterm mothers 63, 250
- lactation onset 62
- lactation programming 250
- lactation regulation 68, 126, 137, 139, 143, 198, 264
- lactation stages 58
 - and medication transfer 323
- lactation, evolution of 78
- lactivists 165
- lactocytes 62, 93, 95–96, 104, 324
- lactoferrin 97
- lactoferrin 97, 104, 247, 252–253
- lactose 58–59, 74, 94, 97, 99, 107, 253
 - species variations 79
- lead 227
- leukaemia risk 93, 231
- lipids 85, 253, 260
- lobules 48, 55
- lymphatic drainage of breast 57
- lymphoma risk 93
- lysozyme 97, 252

M

- macrolides 328
- macronutrients in breast milk 93
- malnutrition
 - infant 168
 - maternal 67, 172
- malocclusion 343
- mammary buds 45
- mammary fat 54
- mammary ridge 45
- manganese 228

- marijuana 332
 - marketing of infant formula 24, 213–214, 231–232, 234
 - historical 40, 225–227
 - in low-middle income countries 154, 168, 211–212, 215, 235
 - restrictions 167, 211–212
 - massage 61, 63
 - mastitis 42, 105, 108, 128, 315
 - maternal age
 - and breast milk composition 95
 - and breastfeeding practices 138, 140, 148
 - and equipment purchases 178
 - and identity loss 145
 - maternal behaviour 120
 - maternal defence 123
 - maternal education 138, 154
 - maternal fat 82, 102
 - maternal nutrition
 - and breast milk composition 95, 100, 102, 108
 - interventions 73, 232
 - malnutrition 67, 172
 - religious practices 151
 - maternal sensitivity to infant 120, 123, 129, 144, 146
 - maternity leave 153, 166, 171, 176, 234, 261, 346, 353
 - medication adherence 318
 - medication and breastfeeding 137, 323
 - ARVs 314
 - Meissner's corpuscles 48
 - menstruation 48
 - mental health
 - child 126
 - maternal 121
 - Merkel's discs 48
 - metabolic programming 78
 - metabolites in breast milk 102, 246
 - methadone 332
 - methotrexate 330
 - methylprednisolone 331
 - metoclopramide 60–61, 333
 - microbiome, human 101, 108, 231, 246
 - microchimaerism 104
 - micronutrients 232
 - microRNAs (MRNAs) 105
 - microwave irradiation, as pasteurisation method 308
 - milk carbohydrates 99
 - milk ducts 52, 55, 65
 - milk ejection 64, 105, 129, 146
 - in art 222
 - milk fats 79, 95, 108
 - milk flow rate 65, 67
 - milk intake 68, 70
 - of preterm infants 259, 263
 - milk line 45
 - milk nurses 168
 - milk production measurement 62
 - milk proteins 78, 94, 96–97, 252
 - milk removal 55, 63
 - milk siblings 152
 - milk to plasma ratio (M/P ratio) 325
 - minerals 94, 97, 99–100
 - mixed feeding 172
 - monoclonal antibodies 331
 - Montgomery's glands 48
 - Mother-Baby Friendly Initiative plus (MFBFI) 282
 - mother-infant relationship 73, 80, 85, 120, 125, 144, 166, 198
 - mucin 98
 - myocardial infarction 184
 - myoepithelial cells 64
- N**
- National Breastfeeding Awareness Campaign 171
 - national datasets 32
 - national policies
 - and breastfeeding in public places 141, 166
 - and breastfeeding programmes 154, 167, 171, 212, 350, 352, 355
 - and HIV 313, 317
 - and human milk banks 285, 301
 - and infant formula 228
 - Brazil 154, 212, 355
 - Canada 141
 - Europe 141, 167, 212, 219, 226, 317
 - historical 226
 - Iran 212
 - Mexico 212
 - Pakistan 211
 - Papua New Guinea 212
 - USA 141, 171, 212, 226, 228, 235, 317, 350
 - necrotising enterocolitis (NEC)
 - and donor milk feeding 288
 - economics 183, 189, 245
 - protective factors in breast milk 99, 108, 253, 259
 - risk and incidence 180, 183, 225, 229, 231, 247, 286, 304
 - neonatal intensive care units (NICUs) 186, 247, 254
 - nerves of the breast 48
 - Nestlé 168, 211, 224
 - net-benefit (utility) maximisation model 177
 - neurologic development
 - and breast milk 96, 99, 106
 - and preterm infants 260
 - nicotine and cotinine 331
 - night-time feeding 143
 - nipple development 46
 - nipple pain and trauma 42, 59, 65, 128, 172, 197–198
 - nipple pores 46
 - nipple sensitivity 59
 - nipple shields 197, 264
 - nipples, inverted 172, 197
 - nitrogen 96
 - non-nutritive sucking 66, 262
 - nonsteroidal anti-inflammatory drugs (NSAIDs) 327
 - nutritional benefits of breast milk 20, 60, 93
 - nutritive sucking 66
 - nystatin 328
- O**
- obesity
 - maternal 21, 107
 - risk, of child 84, 95–96, 101, 166, 180, 231, 343
 - oligosaccharides 104, 247, 252
 - omega-3 fatty acids 95–96
 - opiates 327, 332
 - opioid effects from breast milk 97
 - organ development 99, 106, 231, 246, 253
 - oscillating magnetic field, as pasteurisation method 308
 - osteopontin 98
 - osteoporosis risk 82, 181

otitis media 83, 166, 180, 183, 189, 198, 231, 332, 343
 oxytocin 64–65, 67, 119, 122, 124, 137, 146

P

pacifiers 167, 171, 195, 198, 211
 pain and discomfort 24, 138–139
 – and depression 129, 145
 – from breast pumps 195
 paladai feeding 196
 paps 222–223
 partner attitudes to breastfeeding 128, 148–149, 153–154, 352
 pasteurisation 26, 40, 199, 254, 296, 300, 304
 – and HIV 316
 – nutritional consequences of 97–99, 304–308
 PATH 291, 300, 318
 patriarchy and paternalism 142, 147, 164–165, 171, 173
 peer counselling and support 204, 212, 355
 – cost-effectiveness 186, 188
 – experimental studies 35
 penicillins 328
 pharmacokinetics 324
 phosphorus 94, 97, 100, 201, 259
 pneumonia 20, 313
 pollutants, in breast milk 170
 polycystic ovary syndrome 137
 positioning and latch
 – and intraoral vacuum 66
 – and nipple sensitivity 59
 – and nipple shields 197, 265
 – difficulties 129, 138, 145–146, 195, 214
 – for mothers of preterm and NICU infants 262–263, 265
 postpartum blues 124
 postpartum depression 82, 121, 124, 128–129, 145, 150, 177, 181
 postpartum haemorrhage 343
 powdered milk 224, 226
 prebiotics 100–101, 231, 247
 pregnancy 48, 58
 pregnancy risk, reduced 21, 82
 prelactal feeding 151, 154, 221
 pressure pasteurisation 306

pressure to breastfeed 128, 151, 167, 171, 212, 231
 preterm and NICU infants
 – benefits of breast milk 21, 97, 225, 230, 244, 246
 – colostrum feeding 253
 – donor milk feeding 97, 99, 199–200, 247, 260, 287, 304
 – feeding at breast 261
 – feeding at discharge to home 264
 – formula feeding 229
 – fortification 96, 99, 201, 247, 259
 – gavage infusion 259
 – medication sensitivity 324
 – milk intake 259
 – skin-to-skin contact 186
 – transition to breastfeeding 262
 probiotics 101, 231–232, 247, 252
 problem-framing of breastfeeding 163
 progesterone withdrawal 59, 62
 prolactin 60, 119, 122–123, 137, 146
 – treatment of low levels 60, 333
 protein supplementation 201, 259
 pseudomembranous colitis, and medication in breast milk 329
 psychological benefits of breastfeeding, maternal 121

R

raw donor milk 304
 reference ranges 70
 refrigeration of breast milk 254
 relative infant dose (RID) 326
 religious and cultural practices 24, 150, 221
 respiratory depression 324
 respiratory tract infections 183, 231, 332, 343
 retinopathy of prematurity (ROP) 244
 return on investment (ROI) Analysis 186
 rheumatoid arthritis 181
 rickets 100
 RNA molecules 105
 rooming in 227, 352

Rush Mother's Milk Club 248–249, 258

S

sanitation 168, 170, 225
 scaling up programmes 346
 – barriers and enablers 352
 – defined 346
 – frameworks 347
 screening donor milk 296
 secretory activation 59
 secretory differentiation 58
 sedation, infant, and medication in breast milk 327–328
 selective serotonin reuptake inhibitors (SSRIs) 328, 330
 selenium 230
 self-consciousness 142, 350
 selling breast milk, by mothers 199, 201–202, 285, 289
 sepsis 229, 244–245, 247, 304
 sexual abuse history, as barrier to breastfeeding 195
 sexual dysfunction 121
 sexuality, impact of breastfeeding on 128
 simultaneous breast milk expression 186, 249
 single breast feedings 68
 single mothers 149, 177
 skin-to-skin contact 73, 125, 146, 186, 262
 sleep
 – infant 143
 – maternal 119, 121, 123, 145–146, 214
 slings 198
 smoking 177, 331
 social acceptability of breastfeeding 127, 140, 165, 350
 social embarrassment 24, 127
 social marketing 167, 171, 350
 social network analysis 349
 socioeconomic status 138, 140, 150, 153, 194, 223, 234
 – and feeding equipment 178, 194–195
 sodium 227, 252
 species variations 41, 78
 sphingomyelins 96
 spoon feeding 196
 spurting of milk 64–65

status change, on parent-hood 145
 stem cells 104, 108, 247
 sterilisation, versus pasteurisation 305
 stress response hormones
 – infant 144
 – maternal 121, 126, 146
 stress, maternal 121, 145–146, 150
 sucking and suckling 48, 61, 65, 125–126, 143
 – non-nutritive sucking 262
 – suck-swallow-breathe reflex 66
 sudden infant death syndrome (SIDS) 84, 143, 166, 180, 183, 198, 231
 sulfamethoxazole 328
 sulphonamides 328
 supplemental feeding 195
 Supplemental Nutrition Program for Infants, Women and Children 350
 Sustainable Development Goals 28, 317, 343
 swallowing 66

T

tandem feeding 74
 taste of breast milk, effect of medication 329
 tasting at the breast 251, 262
 teats 167, 195, 211, 223
 test weights 264
 therapeutic properties of breast milk 108, 201
 thermal pasteurisation 296, 305, 308

thirst, maternal 65, 70
 threshold human milk volume 250
 thrush, infant, and medication in breast milk 329
 time, as barrier to breastfeeding 176–177, 179
 training, of healthcare staff 154, 186, 188–189, 203, 230, 353–354
 – shortfalls 204–205
 trimethoprim 328
 tube feeding 196
 tuberculosis 137
 twins and triplets 36–37

U

ultrasound imaging 46, 54, 56, 65–66
 ultrasound pasteurisation 306
 United Nations International Children's Fund (UNICEF) 153, 163, 167, 169–170, 230
 – programmes 169, 203, 212, 228
 uterine involution 93, 166
 UV-C pasteurisation 97–98, 307, 309

V

villains in breastfeeding 164, 173
 vitamin deficiencies 224, 226–227
 vitamins 95, 98, 100

W

warming breast milk 258–259
 water quality 168–169, 172, 212, 225, 313
 weaning 74, 194
 – age 41, 127, 129, 179, 228, 233–234
 weight loss, maternal 82, 166
 wet nursing 39, 82, 199, 220–222, 283
 – religious practices 151, 283
 whey 94, 97
 witch's milk 46
 withdrawal symptoms, neonatal 330
 women's rights perspective 164–165, 171, 173
 work and breastfeeding 127, 146, 150, 170, 184
 – impact on breastfeeding duration 146, 177, 214
 – policies 147, 153, 166, 171, 219, 226, 346, 353
 – practicalities 24, 27, 128, 146–147, 165–166, 346
 World Breastfeeding Trends Initiative 359
 World Breastfeeding Week 230, 353
 World Health Organization (WHO) recommendations 23, 32, 41, 151, 163, 167, 343
 – and HIV 233, 313–314

Z

zinc 97, 100