

## **SUMMARY AND CONCLUSIONS**

Human milk is the most appropriate of all available milks for the human infant because it is uniquely adapted for his or her needs. Breast feeding continues to have practical and psychological advantages that should be considered when the mother selects the method for feeding.

The benefits of breastfeeding continuation into the second year of life are well recognized, a lower incidence of gastrointestinal and respiratory infections, a lower incidence of otitis media. Also a positive correlation between the duration of breastfeeding and intelligence quotient (I.Q) levels has been confirmed.

However the benefits of continued breastfeeding into the second years of life and its effect on the developmental progress and psychological status of the mother and their infants is poorly understood. Hence the aim of the present study is to focus our understanding on the effect and dynamics associated with continued breastfeeding on the growth and development of the infant and on the psychiatric status of the mother. We selected to study two common affective trait disorders, namely anxiety and depression, since they are commonly shown to affect the growth, development and behavioral disorders of infants.

The subjects of the study included 60 mother infant pairs who had continued to breastfeed into the second year and another 60 mother-infant pairs who had discontinued breastfeeding before 12 months after delivery. Hence the study consisted of 120 mothers, and 120 infants aged 18-24 months of age. The infants were assessed for growth ( weight, length and

BMI), development using (DDST-R) and presence of behavior disorders (by observation, history taking, examination and interviewing mother). The mother was assessed for affective trait disorder using the (Beck Depression Inventory) for depression and (STAI) for anxiety state.

Statistical analysis of the collected information revealed the following :

- 1- Mothers who continue to breastfeed into the second year were usually educated mothers, multiparous, whose husband are professionals probably indicating a higher socioeconomic and cultural class.
- 2- Early breastfeeding practices during the first year, especially early exclusive breastfeeding and non-use of bottles and pacifiers in the first six months of life have a significant effect on the ability of these mothers to continue breastfeeding into the second year of life.
- 3- Infants who continue to breastfeed into the second year showed significantly higher developmental progress as regards personal-social and language, when compared to infants who were deprived from breastfeeding continuity
- 4- Infants who continue to breastfeed into the second year demonstrate significantly less behavioral disorders than those who were not breastfeeding into the second year of life.
- 5- Anxiety scores were significantly higher among mothers who discontinued to breastfeed early in the first year of life.
- 6- The nutritional status and delay in development and behavior disorders were significantly more evident among mother with anxiety affective disorders.
- 7- Poor Husband support to breastfeeding mothers in the form of assistance with housework and child care, in addition to violence to mother or child was common among the lower socioeconomic groups,

manual workers and poor educational status. Such husbands more likely to have negative effects on their wives psychological status and child development and behavior well-being.

8- Socio- cultural practices such as female circumcision appeared to be commoner among mothers with affective trait disorders.

9- Infective episodes of diarrhea and ARI were significantly lower in the infant who continued to breastfeed into the second year of life.

10- Mother-infant interaction scores among the breastfeeding mothers were significantly associated with positive effects on developmental progress of infants.

It is concluded that mothers who continue to breastfeed their infants into the second year do so an account of the successful breastfeeding practices during the early weeks and months of life. Discontinuation of breastfeeding can be affected by affective trait disorders. Social support particularly husband support can have a negative effect on mother's psychological status and her ability to continue to have successful bonding with her infant. Mothers provided adequate partner support and able to continue to breastfeed into the second year, both such factors acting together result in superior developmental progress of children as regards personal – social and language, less behavior disorders and good maternal-infant attachment.

It is hoped that this work can enlighten health workers to give more attention during their clinical work on the importance of the family-centered approach in management of mother or infant related illnesses for ultimate health care.