

## **Human Breast Milk Bank: Valuable Issue for Working Mothers**

Breast-milk is a dynamic body-fluid that changes in its composition to meet the nutritional requirements of the newborns, provides protection from infectious disease, and promotes neurodevelopment. UNICEF & WHO recommend that newborn should be breastfed, exclusively, for the first 4 to 6 months of life. However, worldwide, few infants are breastfed exclusively for more than a few weeks, even in countries/societies where breastfeeding is still the norm. Some mothers worry about the amount of breast milk they produce as early as the first day's post-partum. Almost all mothers can produce enough breast-milk for 1 or even 2 babies. There is however occasions when a baby does not get enough breast milk such as, he isn't suckling enough, not suckling effectively or the mother is unable to produce enough milk because of poor mammary gland development or hormone disturbance.

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