**Advantages of breast feeding**

It has been remarked that cow milk is best for cow babies while human milk is best for human babies. It has also been found that 90 to 95 % of mothers are capable of breast feeding their babies. The nutritional superiority of human breast milk over cow milk is not debatable for the following reasons;

1. Breast feeding is safe and protects the child. It promotes the feeling of closeness i.e. good mother care relationship.
2. It reduces infections. The stool of breast feeding child has a pH of 5.4 while those fed on cow milk is 6.9. The higher pH supports greater growth of pathogenic bacteria in their GIT. Therefore, breast milk has a low mortality rate.
3. It provides immunity in a child due to the presence of immunoglobulins.
4. It is readily available at a correct temperature, concentration and it is convenient.
5. Breast milk contains taurine, a rare amino acid that is involved in the transmission of nerve impulses (particularly to the eye and beating of the heart).
6. It confers an economic benefit to the family.

**Benefits to mother**

1. It can help in weight reduction
2. It helps the uterus to shrink after delivery
3. It can work as birth control, especially during the first six months after delivery.
4. It reduces the rate of breast and ovarian cancer.
5. Babies are healthier therefore, mothers can stay at work.

**Benefits to society**

1. It reduces pollution in the environment
2. There is no packaging problem

**Factors militating against breast milk**

1. Lack of production of enough milk for the child.
2. Chronic diseases in mother e.g. cardiac diseases, tuberculosis, epilepsy, AIDS etc.
3. Return of mother to work.
4. Another pregnancy.
5. Lack of education.
6. Adoption of western belief that breast feeding in public is immodest.
7. Cosmetic reasons.

**Problems associated with breast milk replacement**

1. Cost of replacement.
2. Difficulties in preparing a safe feed.
3. Choice of formula.
4. Difficulties in preparing feed at a correct concentration.