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## An important factor in children's mental health: Mother's milk

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**Aim:** Breastmilk is a natural, easy to digestible food with high-bioavailability that contains all the liquid, energy and nutrients necessary for optimum growth and development in the newborn. It has been shown that mother's milk and breastfeeding have a significant contributions to psychological and intelligence development as well as to the child's health, nutrition and development. The objective of this review is to give information about the effects of mother's milk on children's mental health.

**Introduction:** In terms of mental illness development, there are debates about how long breastfeeding should take. However, studies have shown that those breastfed particularly for less than 2 months or longer than 24 months had higher levels of psychiatric problems. It is suggested that this may be related to the nature of the relationship between mother and the baby or to the psychopathology of the mother. Studies have shown that short-term breastfeeding leads to Attention Deficit and Hyperactivity Disorder, mental retardation, eating disorders, psychomotor development deficits, autism and behavioral disorders. A study in Ireland found that breastfeeding during infancy is an important determinant of healthy mental status in 9-year-old children. A retrospective study on mother's milk found that no breastfeeding or breastfeeding for less than 2 weeks increased the risk of schizophrenia.

**Conclusion:** In summary, studies have shown that breastfeeding and the duration of breastfeeding have many positive effects, directly or indirectly, on the mental health of children and community. Breastfeeding is a significant opportunity at the beginning of life.

**Key Words:** Children's Mental Health, Mother's Milk, Nursing.

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