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## Breastfeeding 'improves physical condition of children during adolescence'

Monday, 10th January 2011

Mothers who breastfeed their children are likely to have a positive impact on the physical condition of their offspring when they are adolescents, according to a new study.

The research, which was carried out by scientists at the University of Granada, Spain, found adolescents who were breastfed as babies had stronger leg muscles than those who were not.

How long a mother breastfed her child also impacted on exactly how strong their children's leg muscles were during adolescence, the study, published in the Journal of Nutrition, revealed.

"Until now, no studies have examined the association between breastfeeding and future muscular aptitude," said principal author of the study Enrique Garcia Artero.

"However, our results concur with the observations made as regards other neonatal factors, such as weight at birth, are positively related to better muscular condition during adolescence."

Recently, Sarah Montagu, admin secretary for the Association of Radical Midwives, said babies who are breastfed are more likely to be healthy and intelligent than their counterparts who do not receive their mother's milk.

Posted by Paul Robertson

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#### Maternal depression 'affects quality of life of epileptic children'

Monday, 10th January 2011  
Maternal depression has a negative effect on children who have been newly diagnosed with epilepsy, according to a new study by Canadian researchers.

Women who experienced depression following the diagnosis of their child impacted on the health-related quality of life of their offspring, the study published on behalf of the International League Against Epilepsy found.

#### Post-natal depression 'still has stigma attached'

Friday, 7th January 2011  
There is still a stigma attached to post-natal depression, which often leads to very few mothers seeking help if they are affected, it has been claimed.

Emer O'Neill, chief executive of the Depression Alliance, said the problem is that women often cannot separate out the emotions they are feeling in order to seek advice or help.