

What mothers know about breastfeeding

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Introduction

Breastfeeding is the normal way of providing babies with the nutrients they need for healthy growth and development. All mothers can breastfeed, when they have accurate information and the support of their family, the health care system and society in general. Exclusive breastfeeding is recommended up to 6 months of age and can be continued along with appropriate complementary foods up to two years of age.

Feeding the baby provides more than just nutrition and good health. These are relaxing and enjoyable moments for both, which bring them closer together emotionally.

WHO actively promotes breastfeeding as the best source of nourishment for infants and young children. This fact explores the many benefits of the practice, and how strong support to mothers can increase breastfeeding worldwide.

Aim of the study

To study the opinion of pregnant women and mothers in different countries about the problem of breastfeeding.

Materials and methods

Analysis of scientific articles and Internet resources was performed to systematize the information on the problem. The method of questionnaire poll was used to collect the data. The study involved 70 respondents from 25 to 40 years old among the pregnant women and mothers observed at clinical consultation №4 in Minsk and 70 respondents among the pregnant women and mothers observed at city clinical hospital №40 in Saint-Petersburg. The questionnaire was drawn up in collaboration with the doctors from the clinical hospital №1 in Minsk and a 6-year student from NWSMU.

Results

The analysis of mothers' answers showed the following results. Most pregnant women (86% in Russia and 93% in Belarus) think that breastfeeding is an important source of providing their babies with all nutrients they need. The majority of women (96% in Russia and 92% in Belarus) know that breast milk is optimal for babies, every second respondent was provided with the information about breastfeeding by their doctors. At the same time 55% of Belarusian respondents and 45% of Russian respondents believe that lectures of medical workers is the best motivation for expectant mothers to breastfeed. About 10% of all women think that all measures to disseminate this idea are useless.

Conclusion

1) About 70% of pregnant women want to breastfeed their infant, almost 90% of women who have a child try to breastfeed.

2) 13,8% of pregnant women and mothers from Russia find it possible to use complementary foods, the proportion of women who have a similar opinion in Belarus is 0%.

3) Every second mother marked the lack of milk and the child refusal of a breast as a problem that made her stop breastfeeding; every third mother admitted the discomfort of feeding away from home and lack of time.