

Adequacy of Antenatal Breastfeeding Education in recently delivered Primigravida Mothers

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Introduction

Breastfeeding is best feeding for infants till six months of age. WHO has advocated exclusive breastfeeding (EBF) till 6 months and complementary feeding till 2 years of age. EBF supports normal growth and development of the baby, lessens the number of infections and reduces cost of living for the family. Antenatal counselling on breastfeeding and lactation improves rates of exclusive breastfeeding. This study was undertaken to assess whether antenatal visits were utilized for promotion of exclusive breastfeeding. Aim of the study is to assess the adequacy of antenatal education on breastfeeding knowledge in primigravida mothers. Main objective is to identify potential gaps in communication about breastfeeding practices.

Material and methods

This study is being conducted at a tertiary care rural hospital in central India. For a period of two months from March to April 2012, 50 primigravida booked mothers delivering at this hospital will be recruited for this study. They will be administered a semistructured questionnaire on breastfeeding in the local language within 24 hours of giving birth.

Results

1) Twenty four mothers were informed about the benefits of breast milk and exclusive breast feeding during ANC visits- 48%, z value- 6.79, s.

- 2) Eighteen knew when to initiate breast feeding after birth-36%, z value 5.30,s.
- 3) Fifteen knew that only breast milk sufficient for baby-30%, z value 4.63,s.
- 4) Eleven mothers knew how often to feed-22%, z value.76,s.
- 5) Three were aware of proper position of breast feeding-6%, z value.79,ns.
- 6) Twelve knew that breastfeeding can be done during minor illness of mother-24%, z value 3.97,s.
- 7) Thirty two knew that breast feeding can be done during minor childhood illness - 64%, z value 9.43,s.
- 8) Two mothers knew that there is no need for multivitamins/ janamghuti-4%, z value 1.44,ns.
- 9) Fourty seven agreed that colostrum should be given -96% , z value 27.99,s.
- 10) Thirty nine knew that water, cow's milk should not be given during 1st six months - 78% , z value 13.31,s.

Conclusion

Existing antenatal education on breastfeeding is inadequate in the population studied and needs to be strengthened. Informing all pregnant women about the benefits and management of breastfeeding should be a priority during antenatal visits.