

Breast Feeding Practice: In Depth Analysis of Postnatal Women

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Introduction

Poor infant feeding practices are to a great extent man made problem which directly or indirectly, contribute to infectious illnesses, malnutrition and mortality in infants.

Objectives

To assess the knowledge and attitude of mothers in immediate postpartum period toward neonatal feeding practices.

Methods

N = 50 A validated questionnaire was used to assess women regarding prelacteal feeds , timing of initiation of breast feeding , colostrum, breast care and concept of

exclusive breast feeding.

Results

It is found that despite institutional deliveries breast feeding was initiated at least 2 hours after child birth in all women. Prelactational feeds like honey, unboiled water, sugar syrup, and "ghutti" were given by 80% of mothers considering them as good for the baby. Nearly 55% of mothers had fads related to colostrum and still thought of discarding it. No mother could correctly explain exclusive breast feeding and water was considered an important constituent of infant diet.

Conclusion

Ignorance and blindly following generations old beliefs emerged as barriers to appropriate feed practices even in institutional deliveries. It emphasizes the need for reinforcing correct feeding practices in antenatal, intranatal and postnatal period.