

“Breastfeeding Techniques” Assessment, Knowledge, and Intervening Proper Techniques

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Abstract: Breastfeeding is complete nourishment for a baby's body and soul. It is their first introduction to the great truth that man's true relationship with the world is that of personal love and not that of the mechanical law of causation. This review study showed that improper Breastfeeding Techniques causes disabilities in children and various problems in mother. The breastfeeding Technique is a combination of positioning, attachment, and sucking. An ineffective breastfeeding technique is one of the factors contributing to mothers' inclusive breastfeeding where as Effective breastfeeding techniques play a crucial role in the mother's position, the baby's attachment to the breast, and babies' ability to suck effectively. It has been demonstrated that effective breastfeeding methods are essential for initiating breastfeeding, ensuring milk transfer, and avoiding breastfeeding issues. It is observed that when a mother is familiar with the steps of an effective breastfeeding technique. She can better avoid and manage most breastfeeding issues that may arise. Ineffective breastfeeding techniques cause the infant to consume insufficient amounts of breast milk which will limit growth and cause poor weight gain. The baby may also become challenging to breastfeed. Additionally, improper posture, bonding, and gulping drastically reduce the practice of exclusive breastfeeding and trigger the breastfeeding crisis. Hence awaring, advising, and educating lactating mothers is the need of the present time to prepare them for appropriate feeding.

Keywords: Breastfeeding, Breastfeeding Techniques, Causation, Ineffective Breastfeeding Techniques, Positioning, Suckling

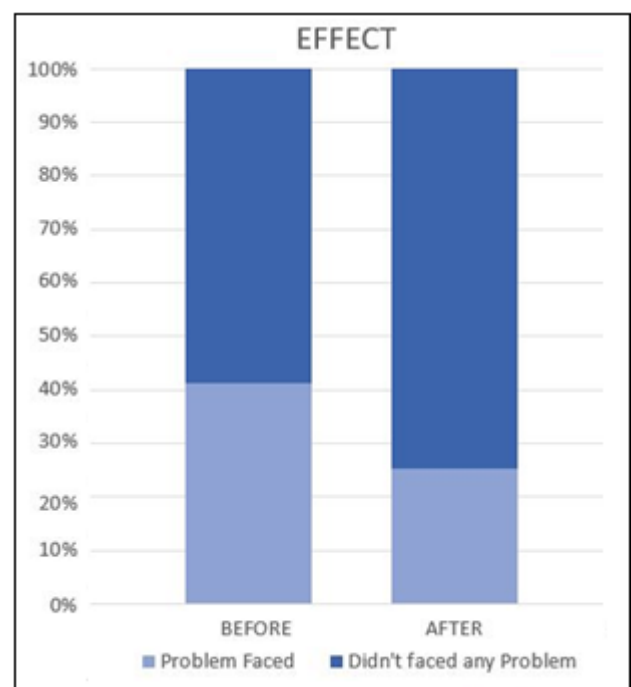
1. Introduction

The optimum likelihood that a human infant has of enduring, growing, and evolving to full capacity occurs when they are being exclusively breastfed, acquiring human milk from their mothers. Breastfeeding reduces the risk of being obese and chronic illness in later life in both wealthy and low - income societies, supports healthy brain development, and is crucial for averting the triple burden of malnutrition, infectious diseases, and death. The correct placement of the mother and baby and the newborn's connection to the breast are necessary for effective nursing. To establish a strong bond and successfully breastfeed, the baby's body positioning is crucial. If proper attachment and posture are established at the first and early feeding, most problems can be completely avoided. A beneficial feeding technique is thought to be essential for starting breastfeeding, ensuring milk transfer, and avoiding breastfeeding issues. Despite the overwhelming body of research showing breastfeeding's advantages, challenges with examining human populations constitute it difficult to pinpoint the biological mechanisms or components that underlie these advantages. In addition to maternal health, feeding pattern, and duration of exclusive feeding, established limiting variables that affect results in studies involving human subjects additionally pertain to socioeconomic status and maternal education.

The goal of the current study was to determine how well - informed nursing moms are about Breast - feeding Techniques. A general dietary assessment was done which mainly focuses on Fluid intake & a Healthy diet. The subjects were instructed about the correct Breast - feeding Techniques, positions & Procedures. Later the effect of health - related problems in children & the proper use of Breast - feeding techniques faced by the subjects, pre & post counseling was studied & compared.

2. Result & Discussion

Lactating Mothers were educated about proper breastfeeding techniques. 50 Breastfeeding mothers were part of the experimental group. Nutrition counselling and a practical demonstration with a dummy baby were done by the researcher. We found that after educating them, the number of problems faced by Lactating mother during breastfeeding have been reduced. It was very effective to improve the knowledge about breastfeeding techniques in the liable group.



The study shows the effect of proper counseling about breast - feeding techniques in Nursing Mothers and problems faced by them during breastfeeding. (Before and After)

This Study concluded that educating Lactating Mothers is really very effective to improve knowledge about Breastfeeding techniques. Hence, the usage of proper feeding techniques will result in the proper feeling of attachment, sucking, positioning, increased immunity, and lower health - related problem in babies.

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