Breastfeeding knowledge, practice, attitudes, and influencing factors: Findings from a selected sample of breastfeeding mothers in Bemidji, Minnesota

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Abstract
Breastfeeding is generally considered by health professionals as the ideal feeding practice for infants. It is the first communication pathway between the mother and her infant. This study was designed to describe breastfeeding knowledge, attitudes, practice and influencing factors among breastfeeding mothers in Bemidji, MN. This cross-sectional study allowed the researcher to determine trends and other information about the sample in the Bemidji area. The participants for this study were breastfeeding mothers who gave a birth at Sanford Health located in Bemidji, MN. A written data collection instrument containing forty nine questions was used to collect data. The findings of this study showed that the participants were knowledgeable about breastfeeding and that they had positive attitudes toward breastfeeding. Also, the findings indicated that most of the mothers had received help from hospital staff regarding breastfeeding practice and most of the mothers had breastfed their baby just after birth or in less than one hour after birth.

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Limited knowledge, or improper practice, of breastfeeding may lead to undesirable consequences. The aim of this study was to assess breastfeeding knowledge, attitude and practice (KAP) among mothers in Hail District and identify factors that may affect breastfeeding practice in the study population. Methods: A cross-sectional study using a questionnaire was conducted among mothers in Hail district. (2010) study on knowledge, attitude and practice of breast feeding - a case study of Kumasi, Ghana examined the relationship between educational level, age, marital status and occupation and duration of breast feeding among mothers. The findings of the study showed that: 16.6% of unmarried women breast fed their babies for less than 6 months as compared to only 2.6% of married women. Breastfeeding a baby at least once every 2-3 hours encourages constant supply of milk and breastfeeding 8 times a day tends to facilitate copious milk supply in most women during the 1st 4 months or more after del Tanash, Hadeel Adnan, "Breastfeeding knowledge, practice, attitudes, and influencing factors: Findings from a selected sample of breastfeeding mothers in Bemidji, Minnesota" (2014). All Theses, Dissertations, and Other Capstone Projects. Paper 383. This Thesis is brought to you for free and open access by the Theses, Dissertations, and Other Capstone Projects at Cornerstone: A Collection of Scholarly and Creative Works for Minnesota State University, Mankato. It has been accepted for inclusion in All Theses, Dissertations, and Other Capstone Projects by an authorized administrator of