
Lived Experiences of Breastfeeding Mothers: A Phenomological Study

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Abstract — Breastfeeding is a natural and beneficial way to nourish infants, providing numerous health benefits for both the mother and child. However, it can also present various challenges that may require support from healthcare professionals, family, and society. In this study, six mothers from Dipolog City were selected as participants to examine the lived experiences of breastfeeding mothers: a phenomenological study. Face-to-Face interview was conducted to gather pertinent data and information. The data were analyzed using the data analysis of Moustaka.

The findings revealed that breastfeeding offers numerous benefits to both the mother and the baby, beyond just the provision of essential nutrients and development, it also provides not only essential nutrition for the baby, but it also creates a unique opportunity for emotional bonding and connection between mother and child and lastly breastfeeding mothers overcame initial challenges such as nipple sores and uneven breast size with determination and the invaluable support of healthcare providers and caring partners. In conclusion, this study provides important about the lived experiences of breastfeeding mothers. It highlights the importance of healthcare providers to prioritize educating expectant mothers on breastfeeding techniques and provide ongoing support throughout the breastfeeding journey.

Keywords: benefits, breastfeeding, challenges. support systems

I. INTRODUCTION

To understand the dynamics of the practice, numerous studies have been conducted in the Philippines and numerous other nations across the world. Numerous causes and limitations associated with exclusive breastfeeding, as well as the health implications of both exclusive and nonexclusive nursing, have been the subject of extensive research. The main goal of studies like Ningsih et al. (2022), Nwaodu-Ufomba (2022), Khan et al. (2021), and Oyekunle and Oyekunle (2020) has been to identify the obstacles and difficulties that affect exclusive breastfeeding habits. In order to promote and support exclusive breastfeeding, these studies explore a variety of topics, including cultural attitudes, maternal knowledge, support networks, and societal standards.

The effects of exclusive and nonexclusive breastfeeding on health outcomes have also been studied by Horta et al. (2022), Okunade et al. (2021), Zielinska and Hamulka (2019), Krol and Grossmann (2018), and Ciampo and Ciampo (2018). Numerous health-related topics have been examined in these research, such as long-term health outcomes, maternal well-being, disease prevention, and newborn growth and development. The results of these research advance our knowledge of the complex effects breastfeeding has on mothers' and babies' health and wellbeing. Researchers and policymakers can create focused treatments, support networks, and regulations that encourage exclusive breastfeeding and enhance the health of women and children by analyzing these variables, barriers, and health impacts collectively.

In fact, academics have been interested in how husbands influence nursing choices. Ogbo et al. (2020), Tokhi et al. (2018), and Demontigny et al. (2018) have investigated the possible impact of spouses on decision-making and breastfeeding behaviors. These studies explore a number of topics, such as husbands' views, understanding, and support around nursing. They looked at how exclusive breastfeeding rates, mother confidence, and overall breastfeeding success can all be positively impacted by husbands' support and involvement. They also highlight the possible obstacles and difficulties spouses may encounter in comprehending and actively engaging in breastfeeding decisions. Developing comprehensive treatments and support systems that incorporate and engage fathers as active partners in the nursing journey requires an understanding of how husbands affect breastfeeding. By offering insightful information about the dynamics of spousal support and its effects on breastfeeding practices, the research by Ogbo et al., Tokhi et al., and Demontigny et al. helps to develop strategies that create a supportive and enabling

environment for successful breastfeeding. Numerous circumstances, especially in the Philippines, can affect a mother's breastfeeding practices. Therefore, this thesis is an attempt to close the existing knowledge gaps.

This study aims to bridge a significant gap in existing research by addressing the lack of comprehensive studies on breastfeeding among mothers in Dipolog City, Philippines. While there is an abundance of research on breastfeeding from a global perspective, there is a dearth of localized studies that specifically focus on the benefits, challenges, and support systems related to breastfeeding in this particular city. By examining the unique context of Dipolog City, this study will provide valuable insights into the experiences, barriers, and facilitators that mothers face when it comes to breastfeeding. It will shed light on the specific cultural, socioeconomic, and environmental factors that influence breastfeeding practices in this region. Moreover, this research will contribute to the development of targeted interventions and support systems that are tailored to the needs and circumstances of mothers in Dipolog City. By understanding the local dynamics surrounding breastfeeding, policymakers, healthcare providers, and community organizations can implement more effective strategies to promote and support breastfeeding practices, ultimately improving the health outcomes of both mothers and infants in the city. While previous studies have indeed explored factors and constraints related to exclusive breastfeeding as well as the effects of exclusive and nonexclusive breastfeeding on health, there remains a need for further investigation and a comprehensive understanding of these areas. While research has provided valuable insights into the barriers and challenges that affect exclusive breastfeeding practices, there may be specific factors and constraints unique to different populations or regions that have not been thoroughly explored., this study aims to provide a more holistic understanding of the experiences of breastfeeding mothers in a specific geographical location and the support systems that enable successful breastfeeding practices. The study seeks to contribute to the knowledge gap on the dynamics of breastfeeding practices in the Philippines and provide insights into how to better assist breastfeeding mothers.

The target community for this study encompasses various stakeholders who play critical roles in breastfeeding improvement initiatives. These stakeholders include parents, children, family members, health institutions, and governmental agencies. Each of these groups contributes to creating a supportive and enabling environment for breastfeeding. This study could result in the

improved health of newborns, mothers, and the community. Indeed, this study has the potential to bring about improved health outcomes for newborns, mothers, and the broader community. By focusing on breastfeeding, which is widely recognized as the optimal feeding method for infants, several positive health impacts can be achieved. If breastfeeding practices are improved, both mother and child become healthy. Indeed, the local government stands to benefit significantly from a healthier community resulting from improved breastfeeding practices. Absolutely, healthy newborns are crucial for the future well-being and development of a nation. Nurses play an important role in a woman's initial decision to breastfeed, her commitment to continuing to breastfeed, and how long they successfully breastfeed. Consistent messages from healthcare providers that promote breastfeeding can increase initiation and duration. In addition, nurses play a vital role in supporting and promoting breastfeeding among women. Their consistent and evidence-based messages can significantly impact a woman's decision to initiate breastfeeding, her commitment to continuing breastfeeding, and the duration of breastfeeding.

Literature Review

The Organization for World Health (WHO) has recommended breastfeeding as a critical health intervention to enhance the health of mothers and infants around the globe. The global exclusive breastfeeding rate is still low, nevertheless, with only 41% of infants under six months old being exclusively breastfed in 2020. Since breastfeeding is the "Best" way to feed an infant, the Department of Health has run a health program about it over the years. According to a number of research, breastfeeding lowers newborn morbidity and mortality (Saeed et al., 2020). However, about two out of every three babies do not get the full six months of exclusive breastfeeding that is required. Malnutrition is a serious issue that contributes to over half of all child deaths, and it is commonly caused by mothers' poor nursing techniques (Gebreyohanes & Dessie, 2022). Consequently, it is believed that infants must only be breastfed in order to survive. In fact, it is projected that 1 million babies can be saved by exclusive breastfeeding, out of the 6.9 million under-five toddlers who died worldwide in 2011 (Folami, 2020). As a result, the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) recommended six months of exclusive breastfeeding, followed by beginning supplemental feedings while eating, and breastfeeding for a minimum of two years (Kedir et al., 2022).

Every child is entitled to the best possible health, which includes a balanced diet (Kuchi et al., 2021). The DOH carried out several programs to an unmatched international human rights framework has been established to guarantee the best possible protection, promotion, and support for breastfeeding, including the Baby-Friendly Hospital Initiative (BFHI), the Maternity Protection Convention, and 15 consecutive World Health Assembly resolutions (World Health Organization, 2020).

Breast milk has many benefits and is frequently praised as the best food for babies. It offers a healthy source of nourishment and is unmatched in terms of cleanliness and safety. Notably, breastmilk contains antibodies that strengthen the infant's immune system and protect them from a variety of common childhood illnesses. Breastmilk meets the infant's developmental needs during the first few months of life by providing a complete supply of energy and vital nutrients. It continues to play an important role as the kid develops, meeting at least half of their nutritional needs in the second part of the first year and up to one-third in the second (Chamotra et al., 2020). These results, which are corroborated by a 2020 study by Chamotra et al., highlight the unmatched benefits of breastmilk for a baby's nutrition and overall health. Children who are breastfed benefit greatly in several areas, including long-term health, weight control, and cognitive development. Khammarnia and Peyvand's 2020 study demonstrated the cognitive advantages of nursing by showing that children who are nursed do better on intelligence tests. Additionally, they are less likely to be overweight or obese, which lowers the risk of health problems associated with weight. Furthermore, breastfeeding emphasizes its beneficial effects on long-term health by reducing a person's risk of developing diabetes later in life. The results of Khammarnia and Peyvand's study highlight the many benefits of breastfeeding for kids' general health and long-term wellbeing.

For the first six months of life, exclusive breastfeeding means giving a baby just breastmilk—no other liquids, solids, or even water (WHO, 2020). The World Health Organization's recommendations, which emphasize the value of nourishing a newborn just with the nutritional and protective advantages of breastmilk during this crucial time, are followed by this practice. The infant must be breastfed on one or both breasts every two to four hours for at least twenty minutes. There are many advantages to exclusive breastfeeding, which help the mother and the child. This procedure protects the infant's fragile health by drastically lowering the danger of gastrointestinal infections. Exclusive nursing also helps moms lose weight more

quickly after giving birth, which speeds up their recuperation. Additionally, it acts as a natural type of contraception by delaying the onset of the menstrual cycle. Research by Sandhi et al. (2020) has confirmed these benefits, emphasizing the importance of exclusive breastfeeding for the best possible health results.

The study conducted by Joseph and Earland in 2019 highlights an important aspect of breastfeeding support: the influence of grandmothers and husbands in decision-making processes. This finding emphasizes the significance of engaging partners and family members in supporting breastfeeding mothers. To address social and cultural barriers and promote breastfeeding, it is essential to implement community-driven policies and integrated interventions throughout the prenatal and postnatal periods. In another study, conducted by Alianmoghaddam et al. (2018) emphasizes the significance of the inter-generational breastfeeding culture within families. It highlights that the practice of exclusive breastfeeding for six months is not solely dependent on the intentions or actions of the mother-infant dyad. Instead, it is a relational behavior influenced by the familial networks surrounding the mother, as well as the cultural, historical, and social contexts of her life.

Indeed, proper counseling and educational programs can play a vital role in encouraging healthy breastfeeding behavior among mothers, particularly those with low education and limited resources. The study conducted by Sultania et al. (2019) highlights the importance of these interventions in supporting and promoting breastfeeding practices. As such in the study conducted by Jamaa et al. (2018) highlights several factors that are associated with exclusive breastfeeding. The findings indicate that the level of education, place of delivery, number of children, and maternal knowledge play a role in determining exclusive breastfeeding practices. In another study conducted by Beggs (2021) sheds light on the awareness and motivation of mothers to breastfeed, as well as the barriers they encounter in their social interactions and socio-cultural contexts. The findings indicate that mothers are generally aware of the positive impacts of breastfeeding and exhibit a strong motivation to breastfeed their infants. However, despite this awareness and motivation, women who choose to breastfeed often face barriers related to their social interactions with significant others and their socio-cultural contexts.

R.A. In the Philippines, No. 10028, sometimes referred to as the "Expanded Breastfeeding Promotion Act of 2009," is essential for encouraging and facilitating breastfeeding. In order to

promote, safeguard, and support breastfeeding practices, the legislation acknowledges the significance of rooming-in as a national policy. Through nursing and rooming-in, the act seeks to establish a setting where mothers' and babies' basic physical, emotional, and psychological needs are satisfied. The term "rooming-in" describes the practice of keeping the newborn near to the mother so that frequent and instant breastfeeding is possible. The protection of working women is one of the act's main features. It requires that safe and healthy working conditions be provided, taking into consideration their roles as mothers. This involves giving working women access to resources and opportunities that improve their well-being and allow them to reach their greatest potential in the service of the country. The act acknowledges the advantages of breastfeeding and rooming-in for both moms and babies by highlighting their significance. It emphasizes how important it is to establish a supportive atmosphere for nursing mothers, particularly those who are employed. The way in which R.A. Governmental organizations, healthcare professionals, employers, and the general public are among the stakeholders involved in No. 10028. Raising awareness of the value of breastfeeding, supporting and educating mothers, and ensuring that working women have the resources and opportunities to continue breastfeeding while pursuing their jobs are all goals of the act. All things considered, R.A. No. 10028 is a significant piece of legislation that supports breastfeeding, defends the rights of nursing mothers, and acknowledges the benefits of rooming-in as a national strategy to improve the health of mothers and babies in the Philippines.

II. METHODOLOGY

Design: The study used the **Moustaka's transcendental phenomenological design**. The additional dimensions provided by transcendental phenomenology the investigation of human experiences using qualitative methods. Given their abstraction and complexity, it can be difficult to understand and apply their philosophical premises, such as noema, noesis, noeses, noetic, and epoche in order to understand human experience, qualitative research methodology is philosophically based (Moustakas, 1994). TPh is based on and constrained by this idea ,letting go of any preconceived notions (epoche) in order to observe phenomena through clear lenses, allowing the genuine meaning of phenomena to inevitably emerge with and within their own

individuality (Moustakas, 1994). The design was considered appropriate in exploring the lived experiences of breastfeeding mothers.

Setting: The study was conducted in Dipolog City, the capital of Zamboanga del Norte. It is the biggest province in Region 9 in Mindanao's Zamboanga Peninsula. Dipolog was selected due to its accessibility, despite being one of the few cities included in the province.

As of 2020, the estimated population of Dipolog City, Zamboanga del Norte, Philippines is around 137,000 people according to the Philippine Statistics Authority. The percentage of babies in Zamboanga Peninsula that have ever been nursed was determined by the most recent National Demographic and Health Survey, which was conducted in 2017 (which includes Zamboanga del Norte) was 95.4percent. Moreover, the study discovered that the median time of exclusive breastfeeding was 1.9 months, while the median duration of any breastfeeding was 12.0 months.

Participants: The participants were 6 mothers selected through snowball and purposive sampling techniques. Data saturation was achieved by the sixth participant. The following criteria were used in choosing the participants: (1) postpartum mothers; (2) currently breastfeeding and within 6 months (exclusive or mixed); and (3) had agreed to take part in the study.

Instrument: To gather data from the participants, the researcher used a semi structured interview consisting of opening, core, and exit questions. The instruments was carefully crafted to elicit relevant information from the participants. To ensure the reliability and validity of the instrument, the researcher conducted interviews with two postpartum mothers who were not included as actual participants. Any questions that were found to be vague or ambiguous were rephrased based on the feedback received.

III. RESULTS AND DISCUSSION

In this study, the participants were postpartum mothers who exclusively nursed after giving birth their infants for six months, and beyond. Most of them were college graduates and resided in different barangays of Dipolog City, Zamboanga del Norte. Majority of them is in their middle twenties and a full-time breastfeeding mothers. The study identified three themes, namely the physiological benefits of breastfeeding for the mother and baby, the emotional benefits of breastfeeding for both mother and baby, and the challenges faced during the initial stages of breastfeeding. Understanding these themes can help healthcare professionals provide better support breastfeeding as a choice made by mothers.

Theme 1. The Physiological Benefits of Breastfeeding for the Mother and Baby

Breastfeeding is a natural practice that benefits both the mother and the infant in a number of ways. All important nutrients and antibodies are present in breast milk to promote the growth and development of the baby, while also providing benefits for the mother's health. The most complete food is breast milk and balanced nutrition a source of newborns and infants. It includes all the vitamins, minerals, and nutrients a baby needs to grow and develop. Additionally, antibodies in breast milk aid in protecting against infections and diseases, lowering the risk of diarrhea, ear infections, and respiratory illnesses (Domenici & Vierucci, 2022). Recent studies have shown that breastfeeding is also linked with a reduced risk of diabetes and obesity in later life (Dewey et al., 2021).

In addition, breastfeeding offered significant cost savings compared to purchasing formula milk. Formula milk can be quite expensive, and the cost can quickly add up over the course of a year or more. By exclusively breastfeeding substantial amount of money could be allocated towards other essential needs for the baby. Furthermore, breastfeeding proved to be highly convenient, particularly during nighttime or early morning feeds. This convenience not only allowed for uninterrupted sleep but also fostered a strong bond between the mother and the baby, as the physical closeness and skin-to-skin contact during breastfeeding created a sense of comfort and security for the baby. These were the statements of the participants:

“As a mother who breastfed my son for up to two years, I can attest to how it provided him with all the necessary nutrition he needed and helped me save money on formula. Breastfeeding was my first choice for my baby, and it proved to be more convenient as I didn't have to prepare milk during midnight or early morning feeds.” (P1)

“For me, breastfeeding is a wise choice because it provides the essential nutrients that my baby needs.” (P5)

Breastfeeding not only provides numerous benefits to the child but also promotes good health in the mother. This statement is supported by the statement of participant 2, *“As a breastfeeding mother, I strongly believe in the advantages of breastfeeding for both me and my child.”* According to Faramade et al. (2022) breastfeeding reduces the risk of postpartum hemorrhage by assisting the uterus in contracting and returning to its pre-pregnancy size. It also helps to reduce the risk of osteoporosis, breast, and ovarian cancer later in life (Prentice, 2022). Furthermore, Participant 4 also claimed that *“I feel incredibly happy when I breastfeed my baby, as it creates a strong emotional bond between us.”* Chiu et al. (2020) revealed that breastfeeding promotes the bond between mother and child and reduces the risk of postpartum depression.

In addition to the benefits discussed above, breastfeeding also has economic and environmental benefits. Breastfeeding is cost-effective, and it reduces the need for formula and related supplies. Breast milk is a renewable resource and is environmentally friendly as it does not generate waste or pollution. The following were the participants' statements:

“I opted to continue nursing my son for up to two years because I know that it can provide all the necessary nutrition he needs, while also helping me save money on formula.” (P1)

“My family also encouraged me to continue breastfeeding, and I found it more convenient as I didn't need to prepare milk during midnight or early morning feeds.” (P5)

“I saw many benefits, not just financially but also in terms of my son's health, growth, and development.” (P6)

There are several advantages to breastfeeding for both mother and child. Breast milk provides complete and balanced nutrition, protects against infections and diseases, and lowers the risk of diabetes and obesity. Breastfeeding also promotes good health in the mother, lowers the risk of ovarian and breast cancer, and promotes the bond between mother and child. Moreover, it has economic and environmental benefits. It is important to encourage and support mothers to breastfeed to ensure the optimal mother's and the child's health.

Theme 2: The Emotional Benefits of Breastfeeding for Both Mother and Baby

In addition to being healthy and practical, breastfeeding has many positive emotional effects on both the mother and the child as it releases hormones and bonding experience between the mother and child. Breastfeeding increases a mother's sense of fulfillment and satisfaction in her role as a caregiver. The act of providing nourishment to her baby through breastfeeding can promote feelings of accomplishment and pride, which can improve the mother's emotional well-being. The participants' statements were as follows:

“Although I experienced some pain during breastfeeding, I managed it well because the emotional bond between me and my child made me happy to breastfeed him.” (P3)

“I feel incredibly happy when I breastfeed my baby, as it creates a strong emotional bond between us.” (P4)

“It also creates an unexplainable bond between us, which is why I always choose breastfeeding.” (P5)

“The emotional bond that I share with my baby during breastfeeding is the most wonderful experience for me.” (P6)

Breastfeeding can also increase a mother's sense of fulfillment and satisfaction in her role as a caregiver. The act of providing nourishment to her baby through breastfeeding can promote feelings of accomplishment and pride, which can improve the mother's emotional well-being. This statement is supported by the statement of participant 2 that *"The act of holding my baby close and nourishing him with my own milk has been a deeply satisfying experience."* According to Norholt (2020) breastfeeding also provides an opportunity for the mother and child to touch on a skin-to-skin basis, which can have a calming and soothing effect on the baby. This contact can promote feelings of safety and security in the baby. Participant 1, support the findings of Norholt (2020), *"As a mother, I also experienced the bonding and emotional connection between me and my baby during breastfeeding. It was a special moment where I felt close to my child and provided him with comfort and nourishment"* (P1). During breastfeeding, the hormone oxytocin is released, which is often referred to as the "love hormone." Oxytocin promotes feelings of relaxation, calmness, and well-being, which can help to reduce stress and anxiety in both the mother and baby. The oxytocin release contributes to the development of the mother-child relationship, creating a sense of closeness and intimacy (Carter, 2022; Al et al., 2021).

Recent literature and studies have highlighted the many emotional benefits of breastfeeding, which can improve the health and well-being of the mother as well as her baby. One of the psychological advantages of breastfeeding is that it fosters a close relationship between the mother and her child. According to Kulikov-Ramirez (2020) mothers reported feeling more connected to their babies and experienced a greater sense of satisfaction and fulfillment in their role as a mother. This is due in part to the release of oxytocin, also known as the "love hormone," which is released during breastfeeding and helps to strengthening the mother-child bond. The emotional health of the infant can benefit from breastfeeding as well. A study by Grumi et al. (2022) found that infants who were breastfed had lower levels of stress and anxiety compared to those who were formula-fed. Breastfeeding skin-to-skin contact can be beneficial to calm and soothe the baby.

Additionally, breastfeeding has been connected to a lower risk of postpartum depression in mothers. In a study by Miki et al. (2021), it was discovered that mothers who exclusively nursed their infants during the first six months of life were less likely to have experience symptoms of

postpartum depression. It is believed to be due to the release of hormones during breastfeeding that help to promote feelings of well-being and relaxation.

In addition to the emotional benefits, breastfeeding also offers numerous health advantages to both mother and child. Breast milk has a special combination of nutrients that are Milk contains antibodies that can support a baby's immune system, making it crucial for their growth and development help shield the infant from diseases and infections (Lyons et al., 2020). Breast cancer and obesity are two disorders that have been associated to a lower risk of development in both mothers and babies who are breastfed (Mantzorou et al., 2022).

The emphasis on the emotional benefits of breastfeeding for both mothers and babies carries significant implications for maternal and child infant care. By acknowledging and understanding these implications, healthcare professionals, policy makers and support networks can work towards creating an environment that promotes and supports breastfeeding. Recognizing the emotional benefits can aid in establishing breastfeeding- friendly environments, enhancing education and support programs, and dismantling societal barriers that may hinder successful breastfeeding experiences. Moreover, emphasizing the emotional advantages of breastfeeding can empower mothers to make informed choices regarding infant feeding, leading to improved maternal satisfaction and overall well-being.

Theme 3: Challenges Faced During the Initial Stages of Breastfeeding

A newborn can be fed naturally and effectively through breastfeeding, but many mothers may face challenges during the initial stages of breastfeeding. These challenges can include difficulties with latching, nipple pain, and concerns about milk supply. These were the complaints made by the participants:

“I experienced some discomfort in the beginning, such as nipple sores and uneven breast size.” (P1)

“During the initial stages of breastfeeding, I faced some challenges such as nipple sores and uneven breast size. These issues made it uncomfortable and difficult to breastfeed my baby.” (P2)

“Sore nipples and breast engorgement have been a challenge to me in breastfeeding my baby.” (P3)

Breastfeeding is a transformative journey that presents its share of challenges during the initial stages. While some participants in this study expressed concerns and discomfort, they demonstrated remarkable determination and resilience by continuing to breastfeed their babies. With the provision of proper support and guidance, these challenges have been effectively overcome, resulting in successful breastfeeding experiences that unlock numerous benefits for both mothers and babies. By acknowledging and addressing these challenges, breastfeeding mothers can find solace in knowing that their experiences are shared and that there are supportive networks available to help them through their journey. The participants' statements were as follows:

“I experienced some discomfort in the beginning, such as nipple sores and uneven breast size, but I persevered because I knew that breastfeeding offered many positive health outcomes for my child. It provided all the necessary nutrition for him, helped me save money on formula, and offered more convenience compared to preparing milk during midnight or early morning feeds.” (P1)

“During the initial stages of breastfeeding, I faced some challenges such as nipple sores and uneven breast size. These issues made it uncomfortable and difficult to breastfeed my baby, but I persevered because of the positive health outcomes for my child.” (P2)

“While sore nipples and breast engorgement have been the challenges, I have sought help from healthcare providers to overcome them.”(P3)

“Despite the challenges like sore nipples and breast engorgement, I managed them well with the help of my healthcare provider and my supportive husband.” (P6)

According to Nommsen-Rivers (2021) common challenges experienced by mothers during the early stages of breastfeeding include breast engorgement, sore nipples, and difficulty with latching. In addition, some mothers may experience concerns about their milk supply or have difficulty balancing the demands of breastfeeding with other responsibilities. The literature also indicates that these challenges can often be overcome with proper support and guidance. A study by Pflaum et al. (2020) found that mothers who got assistance from a lactation consultant were more inclined to successfully breastfeed their infants than those who did not receive this support. Similarly, a review of studies by Lumbiganon et al. (2019) found that interventions such as breastfeeding education, counseling, and support can increase breastfeeding rates and reduce the likelihood of early breastfeeding cessation.

It is critical that medical professionals and society at large acknowledge the difficulties that new mothers may have when exclusively nursing and offer the necessary encouragement and advice to help them get through these difficulties. It can include access to lactation consultants, breastfeeding education, and counseling, as well as creating an environment that supports and encourages breastfeeding. By addressing these challenges, mothers can successfully breastfeed their infants, leading to improved health and well-being for both mothers and babies.

IV. CONCLUSION

Based on the findings of the study, the following are the conclusions;

1. Breastfeeding improves the wellbeing of both mothers and babies.
2. Breastfeeding is a vital practice that enhances the mother and child physical, emotional and mental health and
3. Despite initial challenges in breastfeeding, mothers can overcome them due to the support from their families and healthcare workers.

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