BREASTFEEDING: CURRENT STATE OF THE PROBLEM

Kovtiukh Tetiana Oleksandrivna PhD, MD, Assistant of the Department of Clinical medicine
The ESC "Institute of Biology and Medicine" of Taras Shevchenko National University of Kyiv, Ukraine

Breastfeeding is the best type of nutrition for newborns and infants, which provides them with everything necessary for optimal physical, emotional and intellectual development [1]. Everyone seems to understand this, and yet the frequency of breastfeeding is insufficient. A significant proportion of infants from 3 months are fed a variety of mixtures [2].

Our study aimed to analyze the awareness of the benefits and rules of breastfeeding. A survey of 100 mothers with children under 3 was conducted in the form of an anonymous questionnaire. The questionnaire consisted of 14 questions related to education, harmful habits of the mother, nutrition and drinking during breastfeeding, awareness of mothers about the benefits and rules of breastfeeding, identifying the reasons that affect the refusal of breastfeeding.

Based on the analysis of the data, we found that most women understand the positive effects of breastfeeding on the immune protection of the child (81%) and the formation of emotional bonds between mother and child (87%). Almost half of the women surveyed take into account family budget savings (49%) and the convenience of breastfeeding (59%) when planning child nutrition. But more than half of mothers (61%) are unaware of the reduced risk of breast and genital cancer when breastfeeding, which is very important in the context of the environmental problem in Ukraine, which is associated with a man-made disaster - the Chernobyl explosion. According to women, in most cases during breastfeeding, their diet and drinking habits were rational. The frequency of breastfeeding in 89% of mothers was at the request of the child, which meets the rules of breastfeeding. 32% of children who refused to breastfeed used a pacifier, which is contrary to the rules of breastfeeding to prohibit imitation of the breast. During breastfeeding, 8% of women experienced pain and discomfort, indicating that the baby was not properly attached to the mother's breast. In contrast, 72% of women felt bright, positive emotions and only 20% of women did not feel anything at all.

Conclusions. Most women are aware of the basic rules of breastfeeding but at the same time 68% use imitation breasts, which may have led to the refusal of the child from the mother’s breast and transfer it to artificial feeding. In most cases, the decision to transfer children to breastfeeding is made at the discretion of the mother and only 9% - on medical grounds.
References:
