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## A descriptive study to assess the knowledge of postnatal mother regarding the importance of breastfeeding in Padhar Christian hospital

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### Abstract

**Background:** The breast are compound secreting glands composed mainly of glandular tissue, which is arranged in lobes approximately 20 in number each lobe is divided into lobules that consist of alveoli and ducts. The alveoli contain actinically which procedure milk and surrounded by Myo epithelial cell. which contact and proper the milk out. The nipple composed of erectile tissue is covered with epithelium and contains plain muscles fibers. Which have a sphincter like action in controlling the flow of milk the breast is supplied with blood from the internal and external mammary arteries and branches from the intercostals arteries. During pregnancy estrogens and progesterone induce alveolar and ductal growth as well as stimulating the secretion of colostrums. Breastfeeding is the best naturally feeding and breast milk is best milk the basic food of infant is mother's milk breastfeeding is the most effective way to provide a baby with a varying a environment and complete food, it meet the mutational as well as emotional and psychological needs of the infant breastfeeding is safest cheapest and best protective food for infant, superiority of human milk is due to its superior nutritive and protective value it is perfect food for infants and provides total nutrient requirements for the first six months of life.

**Objectives:** To assess the knowledge of mother regarding importance of breastfeeding in infancy.

**Study design and methodology:** A non-experimental descriptive research design. Total 50 samples were collected by using convenient sampling technique from Padhar Christian hospital Bhopal. Content and construct validity and reliability will be assessed through expert in the field, proper statistical measures and pilot study. The knowledge of post natal mother was assessed by using self-structure check list regarding knowledge of post natal mother regarding importance of breastfeeding. The data was analyzed using descriptive and inferential statistics.

**Result:** In present study overall knowledge of feeding mothers on the importance of breastfeeding were found good and there is no association between knowledge of feeding mother and selected demographics variables like age, education, occupation, income, sex of child, baby weight, family size, resident area.

**Conclusion:** The overall knowledge of feeding mothers on the importance of breastfeeding were found good.

**Keywords:** Post natal mothers, breastfeeding

### Introduction

Breast feeding is an ideal feed for health growth and develop of infants, it has an undisputed biological and emotional influence on the health of mother and child. Other benefits against disease for infants and birth spacing for mother are also well established. It is for these reasons that ANMs and LHV's working for maternal and child health care at primary health care level should make every effort to protect, promote and support breast feeding. Breast feeding to be successfully initialed and established mothers need active support during pregnancy and after birth not of their families but also of the heath education. WHO & UNICEF of the many factors that effect the normal initiation and establishment of breastfeeding health care practice particularly related to care of mother and new-born infants stand out as one of most promising means of increasing the prevalence and duration of breast feeding. Practice of breast feeding is universal among female health functionaries in Health Programme.

**Objective of study**

1. To assess the knowledge of mothers regarding Importance of breastfeeding in infancy
2. To find out the association between importance of breast feeding and selected socio-demographic variables.
3. To improve knowledge regarding importance of breast feeding through health education.

**Assumption**

There will be significant association the knowledge of postnatal mother regarding the importance of breast feeding the selected socio demographic variables.

**Delimitation**

1. This study is limited to the knowledge of postnatal feeding mother regarding the importance of breast feeding.
2. Postnatal mother of Padhar Christian hospital.
3. This study is only on the mother who is willing and co-operative.

**Research Approach**

In this study non experimental descriptive research approach is used.

**Research design**

The research design for the present study was non experimental descriptive research design for the assessment of the importance of breast feeding of the postnatal mothers.

**Conclusion**

The following conclusions were made on the basis of the findings of the study are:

1. In present study overall knowledge of feeding mothers on the importance of breastfeeding were found good.
2. In the present study there is no association between knowledge of feeding mother and selected demographics variables like age, education, occupation, income, sex of child, baby weight, family size, resident area.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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