

Primiparous mothers' perception regarding breastfeeding education at Teaching Hospital Mahamodara, Sri Lanka

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As a part of standard antenatal care, breast feeding (BF) information, demonstration and professional interventions play vital roles in improving the rates of BF. The aim of this study was to examine the primiparous mothers' perception regarding BF education they had received as theory and demonstrations including professional interventions. Descriptive cross sectional study was conducted participating 242 primiparous, postnatal mothers as a convenience sample. Data collection was done using interviewer-administered questionnaire during the period of February to March 2018. Out of the participants, 41.7% (101) were 28-33 years old, 50.8% (123) were educated up to advanced-level and 59.1% (143) were housewives. Study findings revealed that the participants have gained knowledge related to BF as: Advantages of BF 96% (232), Exclusive BF 91% (220), Demand feeding 88% (212), and Positioning and attachment 74% (179). Findings related to professional support, the mothers experienced as: nurses' and midwives' assistance to initiate BF 92.6% (224), maintain good rapport 88% (212), professional competency 95.4% (231), and interventions done to relieve anxiety and fear on BF problems as 94.2% (228). The study findings of the mothers' perception show that the BF educational programme is successful but needs some modifications for further development.

Keywords: Breast feeding education, primiparous, postnatal mothers

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