

EXCLUSIVE BREASTFEEDING: PROBLEM'S IDENTIFICATION UNTIL FOUR MONTHS

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Introduction:WHO/UNICEF promote, protect and support the practice of exclusive breastfeeding (EBF) up to 6 months. Several studies indicate that previous experience of breastfeeding influences the breastfeed behavior; we know that lack of knowledge and maternal support, beliefs as "weak milk", "shallow nipples", "child not increase weight" are indicated by women as problems to promote breastfeeding.

Objectives:To analyze EBF problems until four months of the child.

Method: Descriptive and correlational study. Sample was intentional with 286 mothers collected by self-report questionnaire, four months after the child's birth. Inclusion criteria - healthy women with 18 years of age or older who can read and write Portuguese. Exclusion criteria - having breast disease before delivery.

Results:The prevalence EBF at 4 months is 51%.20.3% mothers have previous breastfeeding's experience, 94.6% related a positive and rewarding experience. We identified problems with: breast - 51.5%, production and quality of milk (weak milk) - 6.7%, children - 27.9% (not increase weight), mother's conditions - 13.9% (lack of support). The positive breastfeeding experience report fewer difficulties in breastfeeding and women without breastfeeding experience related more problems and earlier introduce other food at for months of child's life.

Conclusions:Health professionals should explain the difficulties of women in order to support them to continue to breastfeed children beyond 4 months and thus promote their health, lower costs and benefit to the society

Keywords:Exclusive breastfeeding, problems, health professional

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