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Promoting and Supporting Breastfeeding: A Local Support Group Perspective

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BACKGROUND

- **2011- Breastfeeding rates for 6 months is 45.60%** ◦ <http://mammy.hpa.gov.tw/kbcontent.asp?cid=354>
- **Government policy expected to connect to other experienced mothers promoting a local support group from 2012.**
- **A Local Support Group is 3 years planning.(2012-2014)**

Breastfeeding Support Group

**Local Support Group-(0-5 years)
(community-based health)**

**Hospital Support Group-
(Pregnancy after one month of
production)**

**Professional
Women**

**Maternity clinic
(Pregnancy
after
production)**

**postpartum
confinement
(*zuo yuezi*)**

**Maternity
leave 56
days**

Housewife

BACKGROUND

- **This support group recruited both Pregnancy and postnatal breastfeeding women in the community.**

Success of Breastfeeding **-involving supportive care**

- **Families support**
- **Peer support models**
- **Professional health nurses**
- **Person-centered communication skills**
- **Trusting Relationships with professionals**
- **To facilitate an authentic presence**

(Schmied *et al.*, 2011)



OBJECTIVES

- Qualitative study
- To explore mother experiences of breastfeeding

Minsyong Township Healthy station Setting

- **Taiwan's rural area.**
- **Chiayi County in Eastern South of Taiwan .**
- **The support group since 2010.**



Methods

- **Open recruitment**
- **Focus Groups**
- **Free Association**

SUBJECTS

- **The maternal experiences of breastfeeding**
- **Child for 2 months to 5 years.**
- **Sixteen women participated .**
- **Five sessions(60-90mins).**
- **Data -April 2012 and September 2012.**

SUBJECTS

Involve

- Community health nurses
- Maternal/Pregnancy
- Father/ Husband
- Cognate
- Mother in law
- Pregnancy
- Nursing teachers in Pediatrics and Obstetrics
- Volunteer (Maternal)

METHODS

- A hermeneutic approach was used in this qualitative study.

RESULTS

- **Three Themes**

- (1)Breastfeeding to promote infant health.**
- (2)Acceptance to endure suffer and fatigue.**
- (3)Producing energy.**

Themes

Breastfeeding to promote infant health

- *M04: Family doctor told me that longer and continuing breastfeeding is good for my daughter respiratory. I breastfeed my daughter until her 11 months old. It is really good for health! (02-415-420)*
- *M06 : According to parenting books, breastfeeding can improve children's health which promote antibodies to fight many diseases. (05-124-126)*

Themes

Breastfeeding to promote infant health.

- *M01: My daughter got breastfeeding until her two years old. She is very healthy! My second child is also expected to breast feeding! Baby formula is expensive and sometimes toxic. Artificial milk formulas can not replace breast feed which is the natural way to feed baby. (02-393-401)*

Themes

Acceptance to endure suffer and fatigue

- *M01: Feeding process make me feel tired. I have to pay a lot of energy to feed every three hours. Before sleeping at night, I feed my baby to empty the milk in my body. Even sleeping through the night, I'm also breastfeeding. I feel that I need to relax, and don't have to worry about whether the milk is enough for baby all the time. (05-46-50)*

Themes

Acceptance to endure suffer and fatigue

- *M05: At first I didn't know how to feeding?*
- *I felt painful while breastfeeding baby which
Spends one hour every time. I find like little
bleeding in my nipples. I have two children.
They had breastfeeding until their 18 months
old . (01-244-246)*



Themes

producing energy

- Gaining strength through sharing
- Nursing professional teaching
- Comfort stage with her own body

Themes -producing energy gaining strength through sharing

- *M16: I participate this group and the leader of the group in the second year !*
- *Jointing this group can ease my mood, make me relax, and feel that we can solve the puzzles together! Because the other mothers in the group will share the experience and information of breastfeeding, I know how to interact with the children and breast-feeding.
(03-218-224)*

Themes producing energy-nursing professional teaching

- *M06: I am a 7-month pregnant woman. It charges you 45 yuan to get a two hours health guidance class in hospital in China. I find that it is very expensive. Mothers in Taiwan are very lucky. They can joint some free health guidance classes , and sometimes get a small gifts! It's really good!(03-35-41)*

Themes - producing energy

Comfort stage with her own body

- *M06: My breasts bulging become hard at night and completely make me unable to sleep. I am suffering! At this moment, the best way is to catch the children to suck! (03-79-80)*
- *M12: I found that every time after drinking pearl milk tea . My breasts become swelling and then I use the machine can squeeze of lactate 750cc. I was so surprised. when my baby three months old (05-531-551)*

Breastfeeding-Promoting

- Shared their similar situations
- Helped each other
- Learned
- Identity of the mothers' roles
- To provide the practical and emotional supports.
- In the group, people could integrate their affection and thought and promote a transformative learning process.

A Local Support Group Concept

- Connect
- Find resources
- Acceptance
- Not judgment
- No directive counseling skills .
- Mother find their position.
- Caring: reflect the self back upon the self.

Conclusion

- The health nurse enabled mothers to keep in peace and be together with their babies and families.
- Greater support is needed from health professionals and in health policy.
- Listening and learning from real women's experiences.

Discussion

Becoming support networks

The support group & Technology

Invite

- Smartphone:Line group-Breastfeeding Mummy
- Face book : Breastfeeding Mummy



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Thank you for listening

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