

ORIGINAL PAPER

Impact of Breastfeeding Training and Consultancy Services Provided to Parents on the Breastfeeding Behavior in Turkey

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Abstract

Background: Breastfeeding consultancy to be given to parents together is of great importance to ensure that babies are only breastfed for the first six months, increase awareness of fathers about breastfeeding and to ensure them to provide their wives with the necessary support and motivation.

Aim: To examine the impact of training and consultancy services given to parents together on the breastfeeding behavior.

Methods: This study was conducted as an intervention research. Sample of the research consisted of 62 parents, 31 of which constituted the intervention group while the rest (31 parents) constituted the control group.

Results: Parents's ages, antenatal control frequency, inclusion in the control group, being fed only with breast milk during the first six months were evaluated through the logistic regression analysis. It was determined that parents' ages and antenatal control frequency were not important risk factors ($p>0.05$), lack of training and consultancy increases the risk of not continuing to be fed with breast milk in the first six months by 6.875 times.

Limitations: The research results can be generalized only to the sample group, studies are needed in larger groups for generalization of the country

Conclusion: Findings of our study indicate that being included in the intervention group increased the rate of feeding babies with only breast milk during the first six months.

Key Words: Breast Milk; Breastfeeding; Father Support in Breastfeeding; Breastfeeding Consultancy; Nursing