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# KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING COLOSTRUM FEEDING AMONG CHILD BEARING WOMEN

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***Abstract:*** **Colostrum is the first milk produced by the mammary glands of mammals in late pregnancy just prior to giving birth and continuing through the early days of breast feeding (Aisha, Batool, & Sultana, 2016). This special milk is yellow to orange in color and thick and sticky. It is very rich in proteins, carbohydrates, vitamin A and sodium chloride, but contains lower amounts of lipids, fat and potassium than normal milk .Colostrum builds important bacteria in the baby's gut. So, colostrum put up natural immunity (baby's first immunization) against many bacteria and viruses (Legesse, Demena, Mesfin, & Haile, 2015).Early or timely initiation of breastfeeding, specifically within 1 h of birth, refers to the best practice recommendation by the World Health Organization (Sharma & Byrne, 2016).The World Health Organization (WHO) and United Nations International Children's Emergency Fund (UNICEF) recommended that after delivery, optimal early breastfeeding practices should be encouraged. Unfortunately, colostrum feeding is not given to newborn for various societal myths and misconception. In a false belief of gutty , was fed as pre-lacteal feed. These manmade problems affect directly and indirectly health of newborn infants and cause malnutrition and high mortality rate in infants (Aisha et al., 2016). .The importance of colostrum is known to the limited population. There are still many people who believe that colostrum is a harmful substance which should be discarded. (Joshi et al., 2012).**

**Objectives:**

**1. To identify the knowledge towards colostrum feeding among mothers.**

**2. To determine the attitude and practice towards colostrum feeding among mothers.**

**METHODOLOGY: Researcher used quantitative descriptive cross-sectional design to conduct this study. Research setting is an overall place where the data was collected. The researcher was conducted this study in natural setting. The duration of study was 2 to 3 month. Gajumatta Community Lahore was researched site. The sample size of this study was 100 child bearing women .All childbearing women between the ages of (15-45) with the age of last child less than 5 years .Non-probability convenient sample technique was used .Previously validated an adoptive questionnaire was used for this study (F. K. BOOR, 2017).The instrument of data collection was an adapted questionnaire by researchers; the questionnaire is already tested for validity and reliability. The collected data was analyzed by interpreting data on SPSS latest 22, 23version. And presented in graphical form.**

**Ethical Considerations*:* A voluntary written informed consent was taken from the participants prior to the data collection and it is assured to every participant the data will be confidential.**

**Significant of the Study:**

**The study is significant because, it is anticipated to identify the gaps on colostrum feeding and recommend ways of bridging on the identified gaps to improve neonatal survival. Also, this study will help to know the concept of colostrum among general population. It will also help the community to create awareness about the importance of colostrum feeding and advice mothers to practice it after every delivery.**

***Results:*** **81% females have received information about breastfeeding, 45% women got information from their relatives/friends, 25% got from health professionals, 50% received information at delivery time, only 14% received during antenatal.56% women said that breast milk is beneficial, 39% said that it protects from infection. But 55% said it should be discarded .Only 20% women have knowledge about starting time of breastfeeding. 59% mothers had practiced gutty/honey to their babies before initiating the breast feed 41% mothers had given only breast**

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**milk..53% respondents said that baby should be fed other than breast milk, 47% said that only breast milk is best for baby. 42% agreed to give gutty/honey to baby before breast feed.49% mothers disagreed to give other feed to baby after initiate the breast feeding but 34% are not .Only 44% of the lactating mothers know appropriate time of breast feeding after delivery. (30 minutes), Moreover 60% mothers said that colostrum is not important and only 34% mothers known the importance of colostrum feeding.**

***Conclusion:*** **Almost 50% women were awared about the importance of colostrum feeding. But this study indicate furthar need to improve the perception, knowledge and practices of women regarding colostrum feeding. More health education programme should be arrange for mothers on the benefits of colostrum and clostrum feeding to childs. There is a great need to eliminate mythes and misconception regarding colostrum feeding.**

***Keywords:*** **Colostrum, Prim gravida, morbidity, mortality, gutty, prelacteal, postlacteal .**

## 1. INTRODUCTION

**BACKGROUND**:

Colostrum is the first milk produced by the mammary glands of mammals in late pregnancy just prior to giving birth and continuing through the early days of breast feeding (Aisha, Batool, & Sultana, 2016). This special milk is yellow to orange in color and thick and sticky. It is very rich in proteins, carbohydrates, vitamin A and sodium chloride, but contains lower amounts of lipids, fat and potassium than normal milk .Colostrum builds important bacteria in the baby's gut. It also functions as 'paint', coating the infant's gastrointestinal tract. So, colostrum put up natural immunity (baby's first immunization) against many bacteria and viruses (Legesse, Demena, Mesfin, & Haile, 2015).

Early or timely initiation of breastfeeding, specifically within 1 h of birth, refers to the best practice recommendation by the World Health Organization (Sharma & Byrne, 2016).The World Health Organization (WHO) and United Nations International Children's Emergency Fund (UNICEF) recommended that after delivery, optimal early breastfeeding practices should be encouraged. These optimal practices include initiating breastfeeding within 30 minutes to an hour of birth, giving colostrum, not giving pre-lacteals or post-lacteals and exclusive breastfeeding (EBF) of infants. This is because these practices have been proven to provide significant benefits for the overall development and survival of children (F. K. BOOR, 2017).

The World Health Organization (WHO) and United Nations Children's Fund (UNICEF) recommend that every infant should be exclusively breastfed for the first six months of life, with breastfeeding continuing for up to two years of age or longer (Al-Binali, 2012).Infants who are not exclusively breastfeeding are more likely to develop gastrointestinal infections, not only in developing but also in industrialized countries. The risk of mortality due to diarrhea and other infections can increase many-fold in infants who are either partially breastfed or not breastfed at all (Tadele et al., 2016).

Initial breastfeeding practices have been shown to affect infant health, development, growth and survival (F. Boor & Ogada). Unfortunately, colostrum feeding is not given to newborn for various societal myths and misconception. In a false belief of gutty honey, sugar water, glucose, and mishri water were fed as pre-lacteal feeds. These manmade problems affect directly and indirectly health of newborn infants and cause malnutrition and high mortality rate in infants (Aisha et al., 2016). The colostrum feeding has significant effects for immediate and future health of newborn infants especially in developing countries such as Ethiopia that have high rates of malnutrition, infectious diseases and mortality for children under the age of 5 years. Exclusive breast-feeding from birth to 6 months of age has prolonged health benefits and emotional bonding for mother and child and is associated with lower infant morbidity and mortality rate, and better growth and development of the baby (Aisha et al., 2016).

For most of the children breastfeeding makes the difference between life and death and it is the infants "PASSPORT TO LIFE". It can be also considered as the first vaccine which needs a "warm chain" made by mother-infant contact. It is secreted in very less amount (30-100 ml), so the mothers need to be explained that this small amount of colostrum is adequate for infant and must not be denied. Colostrum is universally acknowledged as the perfect first food for infants (Shewasinad S, Manjura M, Bolesh A, Sisay D, Negash S, 2017).The importance of colostrum is known to the limited population. There are still many people who believe that colostrum is a harmful substance which should be discarded. It is thought to be an unwanted substance related with ill health. There are certain barriers perverting the feeding of colostrum to the new born babies (Joshi et al., 2012).

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**OBJECTIVES**

1. To identify the knowledge towards colostrum feeding among mothers.

2. To determine the attitude and practice towards colostrum feeding among mothers.

**RESEARCH QUESTIONS:**

1. What is the importance of colostrum feeding among women?

2. What is the attitude and practices of women regarding colostrum feeding?

**PROBLEM STATEMENT:**

It estimated that every day, as many as 4,000 infants and young children die worldwide because they do not get colostrum soon after birth or within the first hour after birth. Most infants are given liquids other than mother's milk in the first few days after birth. Mother and children constitute one fourth of the total national population. They are the most vulnerable group to ill shealth.

**SIGNIFICANT OF STUDY:**

The study is significant because, it is anticipated to identify the gaps on colostrum feeding and recommend ways of bridging on the identified gaps to improve neonatal survival. Also, this study will help to know the concept of colostrum among general population. It also decreases poor interaction of health personnel with the pregnant women for promoting and supporting colostrum's is still unsatisfactory as only few percentages of women received antenatal advice regarding colostrum feeding. Huge gaps may exist in colostrum feeding behaviors, mostly due to lack of awareness. So, it helps the community to create awareness about the importance of colostrum feeding and advice mothers to practice it in every delivery.

**ETHICAL CONSIDERATION**

Before the research work ethical approval was obtain from the Institute of the Review Board, FMH Lahore, and A voluntary written informed consent was taken from the participants in the language that the participant could understand and comprehend prior to the data collection and it is assured to every participant the data will be confidential.

## 3. METHODOLOGY

**RESEARCH DESIGN:**

Researcher used quantitative descriptive cross-sectional design to conduct this study.

**RESEARCH SETTING:**

Research setting is an overall place where the data was collected. The researcher was conduct this study in natural setting.

**DURATION OF STUDY:**

Duration of study is known as the total time period in which study has conducted. The duration of study was 2 to 3 months.

**RESEARCH SITE:**

Gajumatta Community Lahore was researched site.

**SAMPLE SIZE:**

The sample size of this study was 100 child bearing women.

**TARGET POPULATION:**

All childbearing women between the ages of (15-45) with the age of last child less than 5 years in Gajjumatta, Lahore

**SAMPLING TECHNIQUE:**

Non-probability convenient sample technique was used. Convenient sampling is a non-probability sampling technique where subjects are selected because of their convenient accessibility and proximity to researcher.

**INCLUSION CRITERIA:**

Mothers who already delivered their baby and those with a child who is below 5 years old and willing to participate was included in this study.

**EXCLUSION CRITERIA:**

Primigravida, women unwilling to participate, having a child with any kind of malformations and are above 5 years old was excluded.

**DATA COLLECTION TECHNIQUE/TOOL:**

Previously validated an adoptive questionnaire was used for this study (F. K. BOOR, 2017).

**INSTRUMENTATION:**

The instrument of data collection was an adapted questionnaire by researchers; the questionnaire is already tested for validity and reliability.

**DATA ANALYSIS METHOD:**

The collected data was analyzed by interpreting data on SPSS latest 22, 23version. And presented in graphical form.

## 4. RESULTS

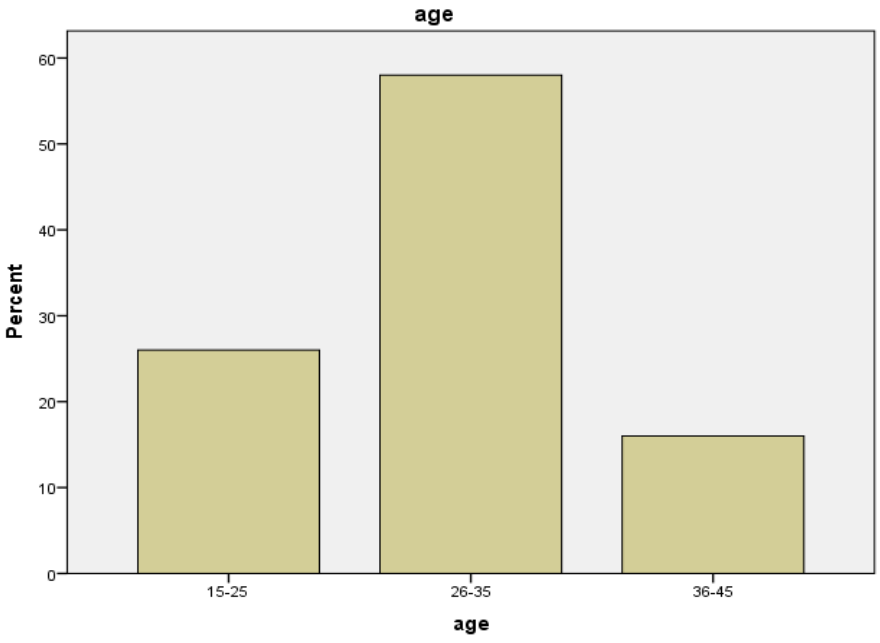
**A-Demographical data:**

The age of mothers between 15-25 was 26, 26-35 years was 58, and 36-45 years was 16.

***Age***

| Age of respondents | Frequency | Percent |
|---|---|---|
| 15-25 years | 26 | 26.0 |
| 26-35 years | 58 | 58.0 |
| 36-45 years | 16 | 16.0 |
| Total years | 100 | 100.0 |

**Table 4.1**



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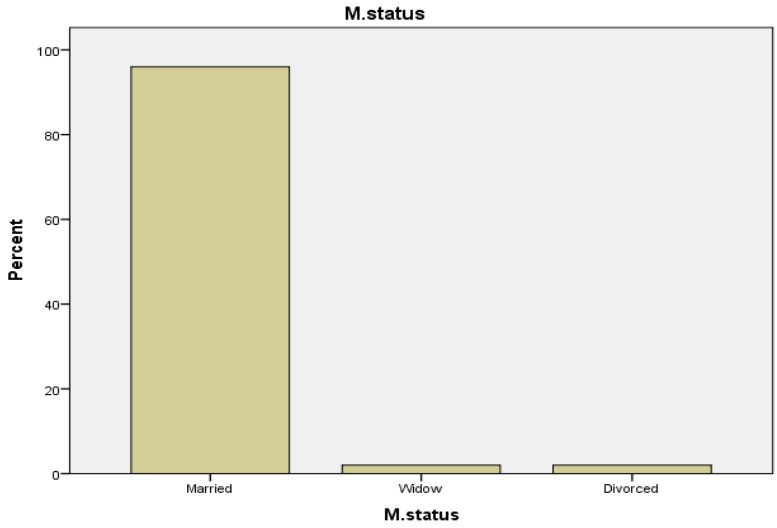
Marital status

**M.status**

| Marital status | Frequency | Percent |
|---|---|---|
| Married | 96 | 96.0 |
| Widow | 2 | 2.0 |
| Divorced | 2 | 2.0 |
| Total | 100 | 100.0 |

**Table 4.2**

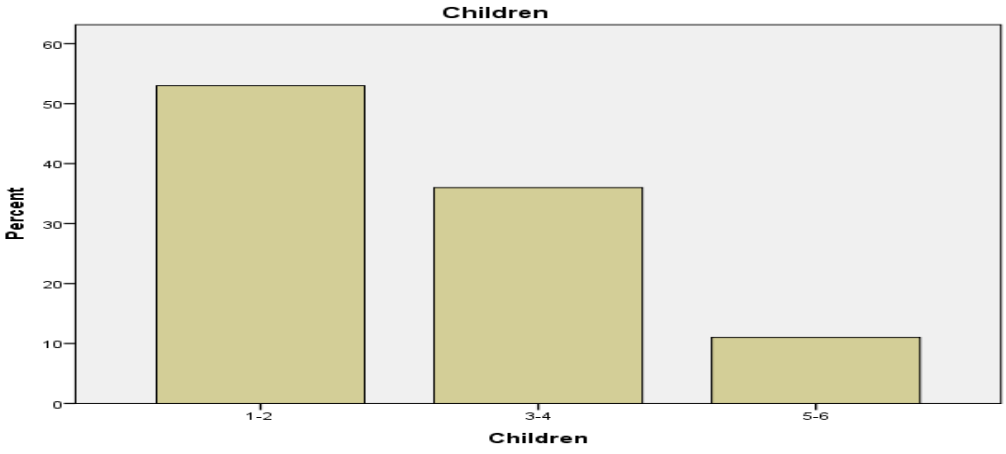



How many children do you have?

**Children**

| No of children | Frequency | Percent |
|---|---|---|
| 1-2 | 53 | 53.0 |
| 3-4 | 36 | 36.0 |
| 5-6 | 11 | 11.0 |
| Total | 100 | 100.0 |

**Table 4.3**



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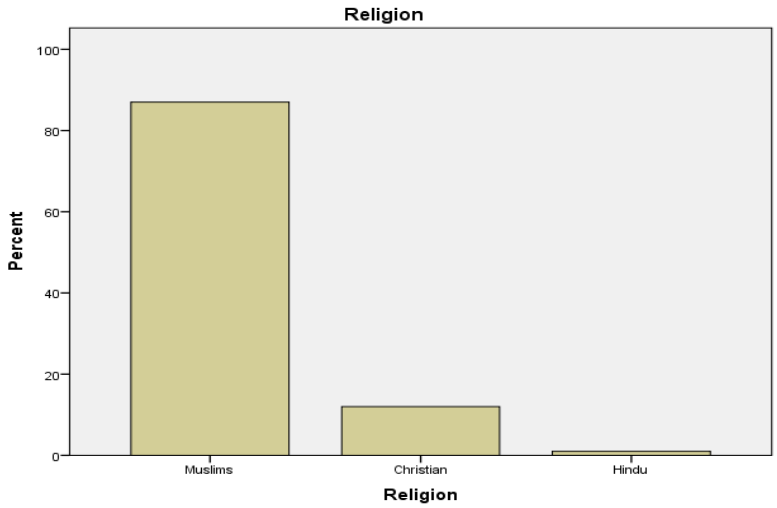
Religion: Most of respondents were Muslims.

| Religion | Frequency | Percent |
|---|---|---|
| Muslims | 87 | 87.0 |
| Christian | 12 | 12.0 |
| Hindu | 1 | 1.0 |
| Total | 100 | 100.0 |

**Table 4.4**

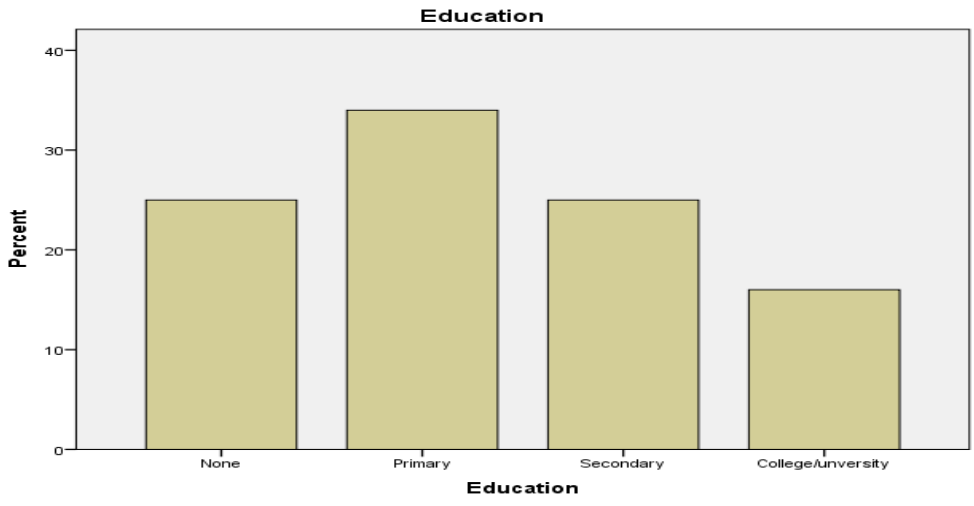



25% was illiterate, 34% have primary education, 25% got secondary education and only 16% attend college or university.

**Education**

| Education | Frequency | Percent |
|---|---|---|
| None | 25 | 25.0 |
| Primary | 34 | 34.0 |
| Secondary | 25 | 25.0 |
| College/university | 16 | 16.0 |
| Total | 100 | 100.0 |

**Table 4.5**

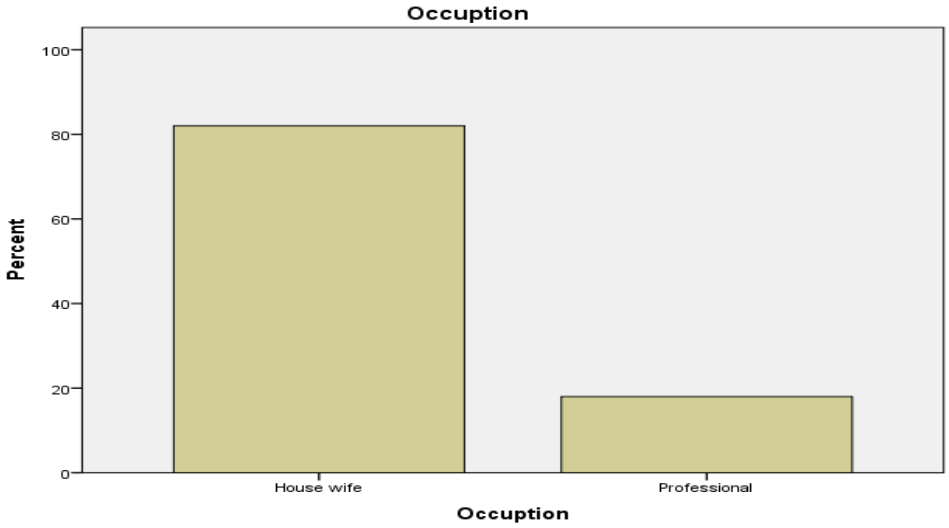


International Journal of Novel Research in Healthcare and Nursing
Vol. 8, Issue 2, pp: (260-281), Month: May - August 2021, Available at: www.noveltyjournals.com

**Occupation**

| Occupation | Frequency | Percent |
|---|---|---|
| House wife | 82 | 82.0 |
| Professional | 18 | 18.0 |
| Total | 100 | 100.0 |

**Table 4.6**

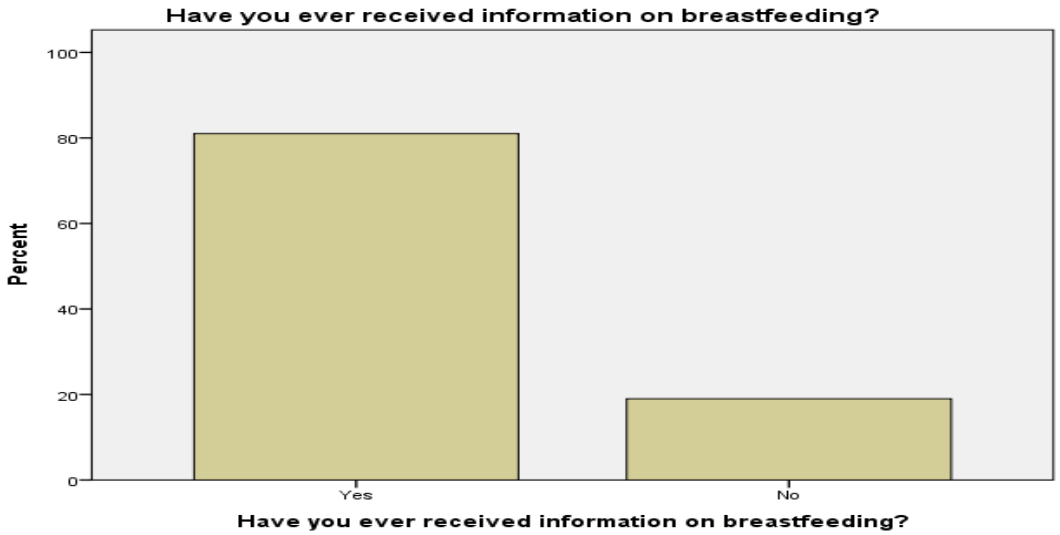



**SECTION B: KNOWLEDGE**:

81% females received information about breastfeeding, 19% said that they never received any information.

| Have you ever received information on breastfeeding? | Frequency | Percent |
|---|---|---|
| Yes | 81 | 81.0 |
| No | 19 | 19.0 |
| Total | 100 | 100.0 |

**Table 4.7**



Novelty Journals

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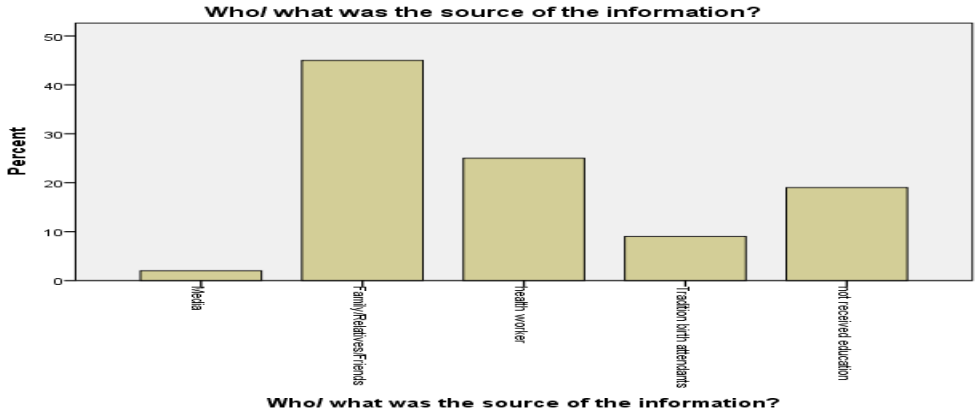
45% women got information from their relatives/friends, 19% got no information, and 25% got information from health professionals.

| Who/ what was the source of the information? | Frequency | Percent |
|---|---|---|
| Media | 2 | 2.0 |
| Family/Relatives/Friends | 45 | 45.0 |
| health worker | 25 | 25.0 |
| Tradition birth attendants | 9 | 9.0 |
| not received education | 19 | 19.0 |
| Total | 100 | 100.0 |

**Table 4.8**

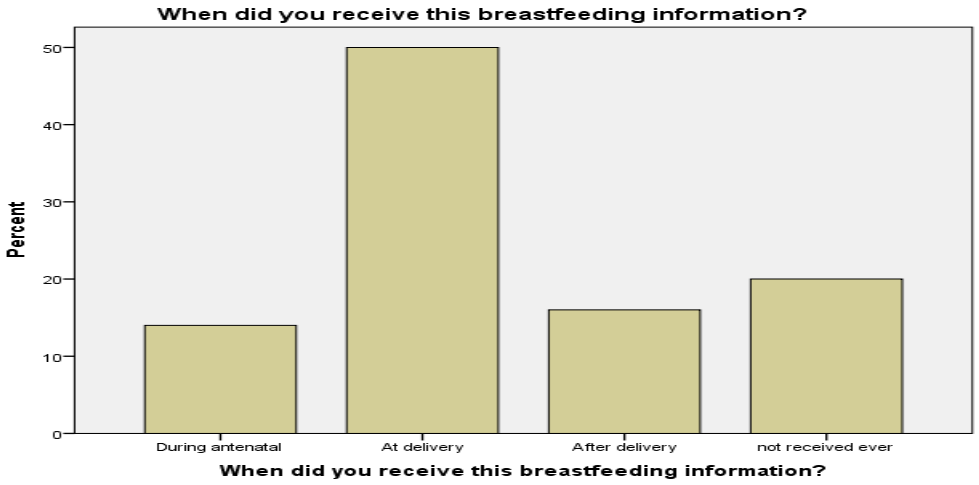



50% received information at delivery, only 14% received during antenatal and 20% received no any information

**When did you receive this breastfeeding information?**

| When did you receive this breastfeeding information? | Frequency | Percent |
|---|---|---|
| During antenatal | 14 | 14.0 |
| At delivery | 50 | 50.0 |
| After delivery | 16 | 16.0 |
| not received ever | 20 | 20.0 |
| Total | 100 | 100.0 |

**Table 4.9**



Novelty Journals

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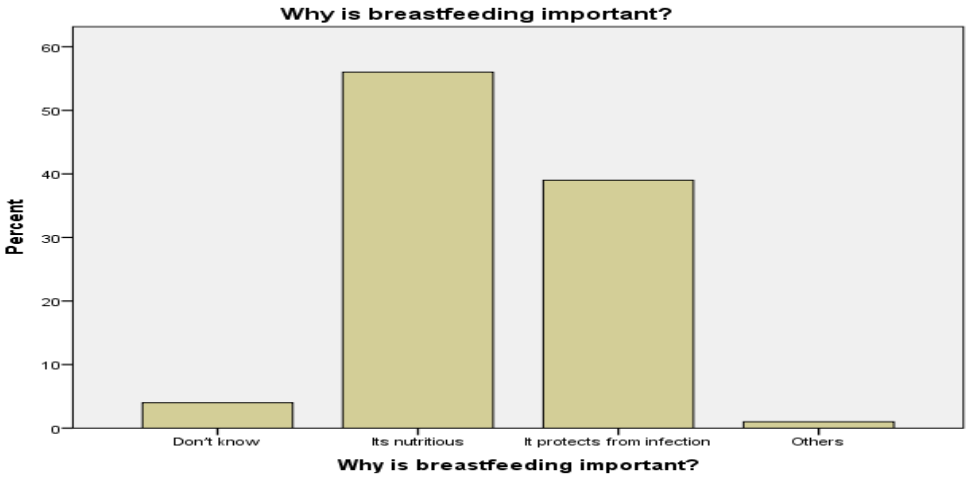
56% women said that breast milk is nutrious, 39% said that it protect from infection.

| Why is breastfeeding important? | Frequency | Percent |
|---|---|---|
| Don't know | 4 | 4.0 |
| Its nutritious | 56 | 56.0 |
| It protects from infection | 39 | 39.0 |
| Others | 1 | 1.0 |
| Total | 100 | 100.0 |

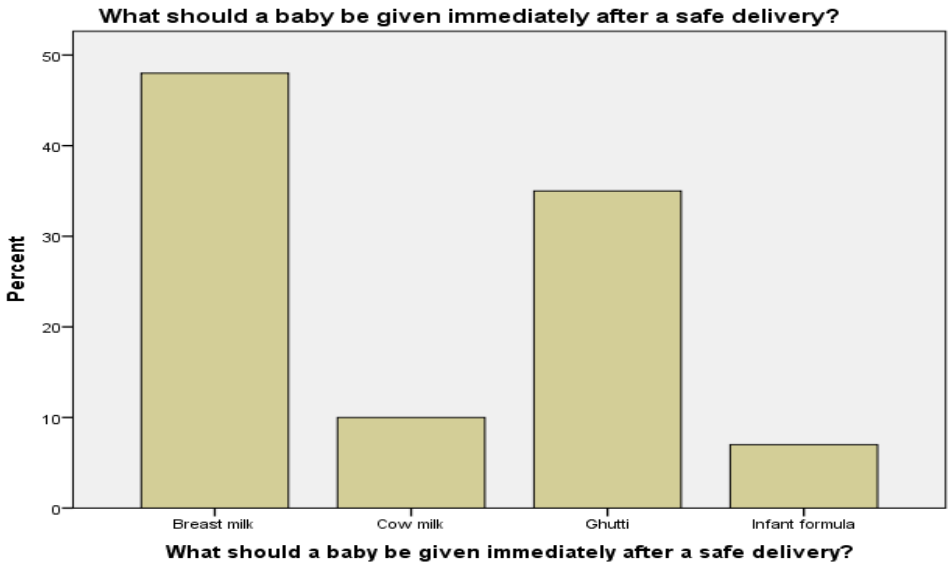
**Table 4.10**




**What should a baby be given immediately after a safe delivery?**

| What should a baby be given immediately after a safe delivery? | Frequency | Percent |
|---|---|---|
| Breast milk | 48 | 48.0 |
| Cow milk | 10 | 10.0 |
| Gutti | 35 | 35.0 |
| Infant formula | 7 | 7.0 |
| Total | 100 | 100.0 |

**Table 4.11**

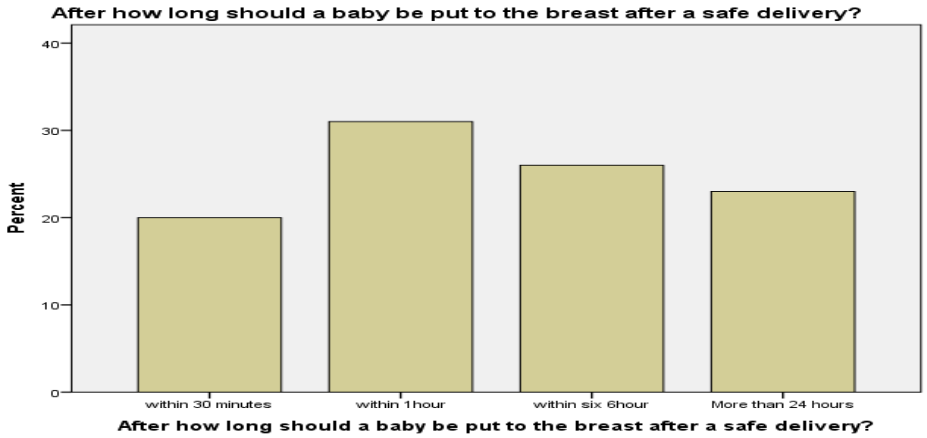


International Journal of Novel Research in Healthcare and Nursing
Vol. 8, Issue 2, pp: (260-281), Month: May - August 2021, Available at: www.noveltyjournals.com

Only 20% women have knowledge about starting time of breastfeeding,

| After how long should a baby be put to the breast after a safe delivery? | Frequency | Percent |
|---|---|---|
| within 30 minutes | 20 | 20.0 |
| within 1hour | 31 | 31.0 |
| within six 6hour | 26 | 26.0 |
| More than 24 hours | 23 | 23.0 |
| Total | 100 | 100.0 |

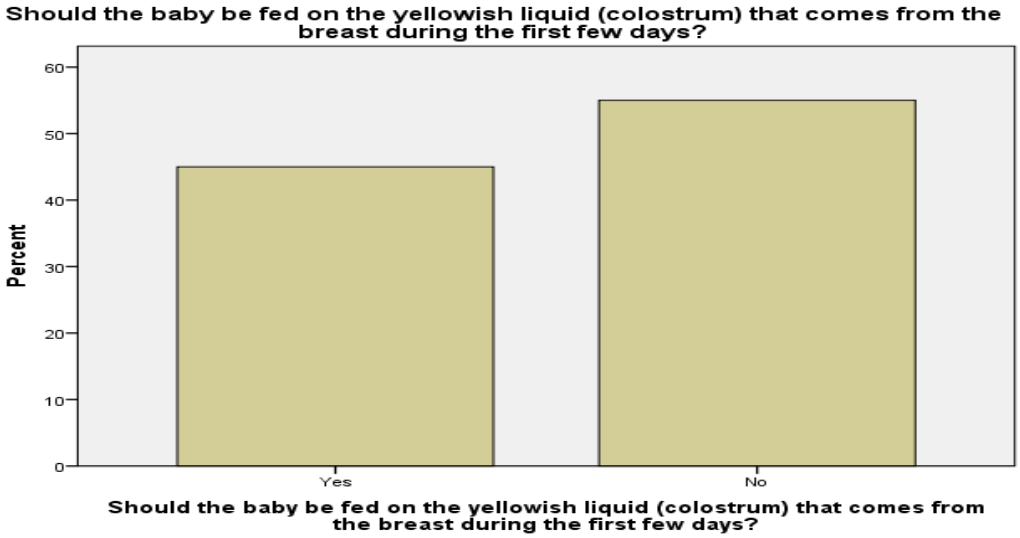
**Table 4.12**




45% women said that colostrum fed the baby and 55% said it should be discarded.

| Should the baby be fed on the yellowish liquid (colostrum) that comes from the breast during the first few days? | Frequency | Percent |
|---|---|---|
| Yes | 45 | 45.0 |
| No | 55 | 55.0 |
| Total | 100 | 100.0 |

**Table 4.13**



53% respondents said that baby should be fed other than breast milk, 47% said that only breast milk is best for baby.

| Should the baby be fed on any other food or drink after initiation of breast milk? | Frequency | Percent |
|---|---|---|
| Yes | 53 | 53.0 |
| No | 47 | 47.0 |
| Total | 100 | 100.0 |

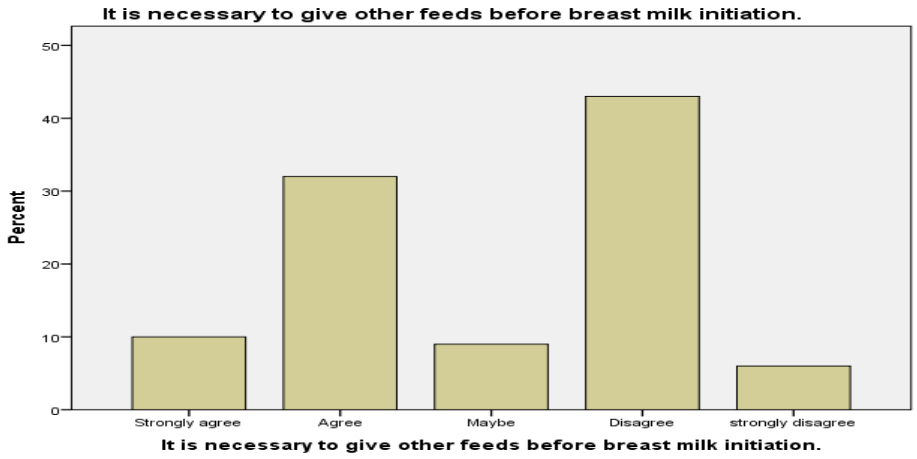
**Table 4.14**


43% respondents disagreed to give neonate other than breast milk, 42% agreed to give gutti/honey to baby before breast feed.

**It is necessary to give other feeds before breast milk initiation.**

| It is necessary to give other feeds before breast milk initiation. | Frequency | Percent |
|---|---|---|
| Strongly agree | 10 | 10.0 |
| Agree | 32 | 32.0 |
| Maybe | 9 | 9.0 |
| Disagree | 43 | 43.0 |
| strongly disagree | 6 | 6.0 |
| Total | 100 | 100.0 |

**Table 4.15**



Novelty Journals

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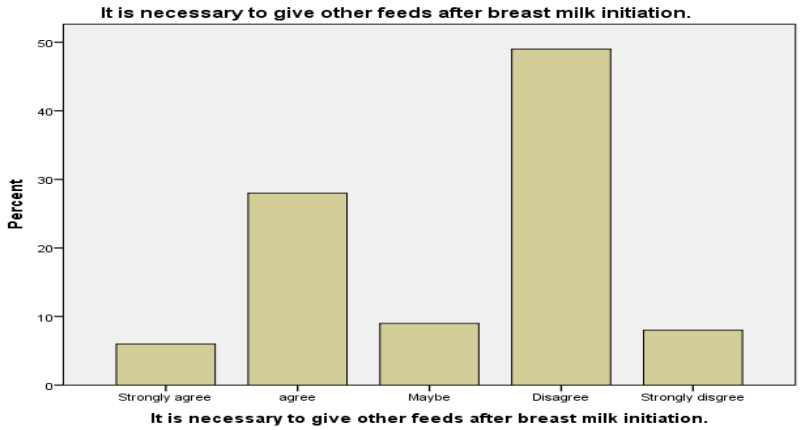
49% mothers disagreed to give other feed to baby after initiate the breast feeding and 34% mothers was agreed to give other feeds.

| It is necessary to give other feeds after breast milk initiation. | Frequency | Percent |
|---|---|---|
| Strongly agree | 6 | 6.0 |
| Agree | 28 | 28.0 |
| Maybe | 9 | 9.0 |
| Disagree | 49 | 49.0 |
| Strongly disagree | 8 | 8.0 |
| Total | 100 | 100.0 |

**Table 4.16**




44% mother only know appropriate time of breast feeding after delivery and 48% didn't have knowledge about the timing of immediate feeding.

| The baby should be put on the breast milk immediately after delivery. | Frequency | Percent |
|---|---|---|
| Strongly agree | 10 | 10.0 |
| Agree | 34 | 34.0 |
| Maybe | 8 | 8.0 |
| Disagree | 35 | 35.0 |
| strongly disagree | 13 | 13.0 |
| Total | 100 | 100.0 |

**Table 4.16**

Novelty Journals

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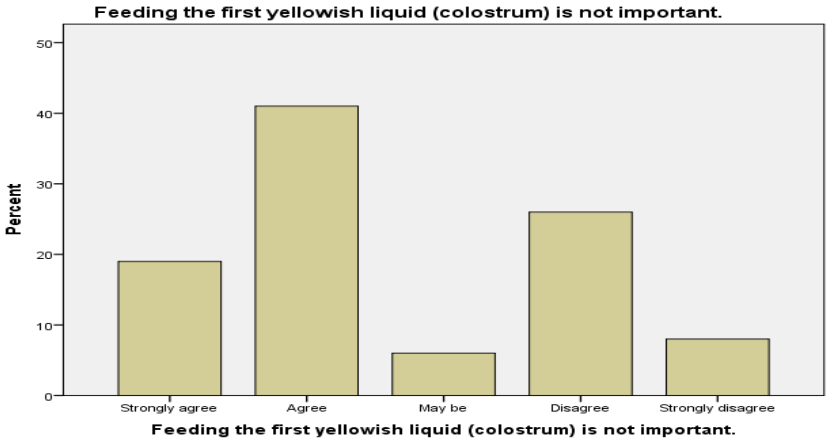
Vol. 8, Issue 2, pp: (260-281), Month: May - August 2021, Available at: www.noveltyjournals.com

60% mothers said that colostrum is not important and only 34% mothers known the importance of colostrum feeding.

| Feeding the first yellowish liquid (colostrum) is not important. | Frequency | Percent |
|---|---|---|
| Strongly agree | 19 | 19.0 |
| Agree | 41 | 41.0 |
| May be | 6 | 6.0 |
| Disagree | 26 | 26.0 |
| Strongly disagree | 8 | 8.0 |
| Total | 100 | 100.0 |

**Table 4.17**




55% mothers were agreed to not fed only breast milk to baby and 37% women were agreed to fed only breast to baby after delivery.

| The baby should not be fed on the breast milk only after delivery | Frequency | Percent |
|---|---|---|
| Strongly agree | 16 | 16.0 |
| Agree | 39 | 39.0 |
| May be | 8 | 8.0 |
| Disagree | 36 | 36.0 |
| Strongly disagree | 1 | 1.0 |
| Total | 100 | 100.0 |

**Table 4.18**

Novelty Journals

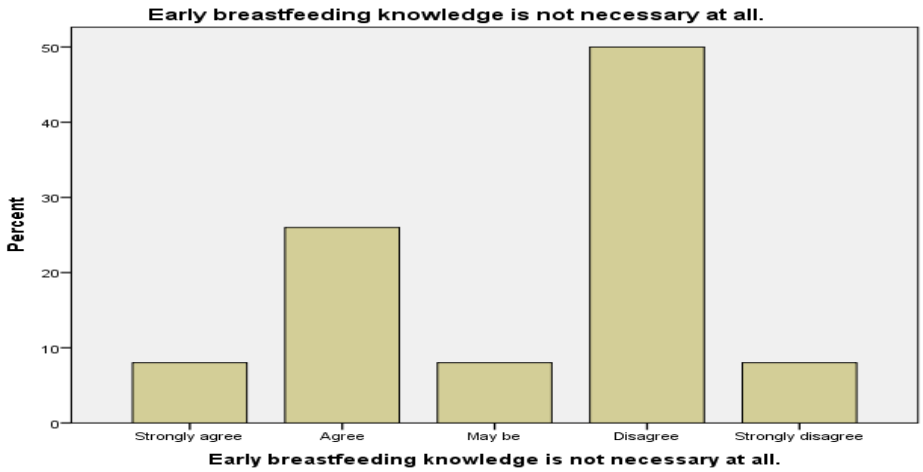
ISSN 2394-7330

International Journal of Novel Research in Healthcare and Nursing
Vol. 8, Issue 2, pp: (260-281), Month: May - August 2021, Available at: www.noveltyjournals.com

58% mothers were agreed that knowledge about early breastfeeding is necessary and 32% said knowledge is not important.

| Early breastfeeding knowledge is not necessary at all. | Frequency | Percent |
|---|---|---|
| Strongly agree | 8 | 8.0 |
| Agree | 26 | 26.0 |
| May be | 8 | 8.0 |
| Disagree | 50 | 50.0 |
| Strongly disagree | 8 | 8.0 |
| Total | 100 | 100.0 |

**Table 4.19**




Only 22% mothers had knowledge about appropriate timing (within 30 minutes), 465 mothers were practiced feeding (within one hour) and 32% mothers practiced in 24hours.

| How long after you gave birth was the baby put to the breast? | Frequency | Percent |
|---|---|---|
| Before 30 minutes | 22 | 22.0 |
| Within one hour (31-60 minutes) | 46 | 46.0 |
| After one hour(1 hour-24 hours) | 32 | 32.0 |
| Total | 100 | 100.0 |

**Table 4.20**

Novelty Journals

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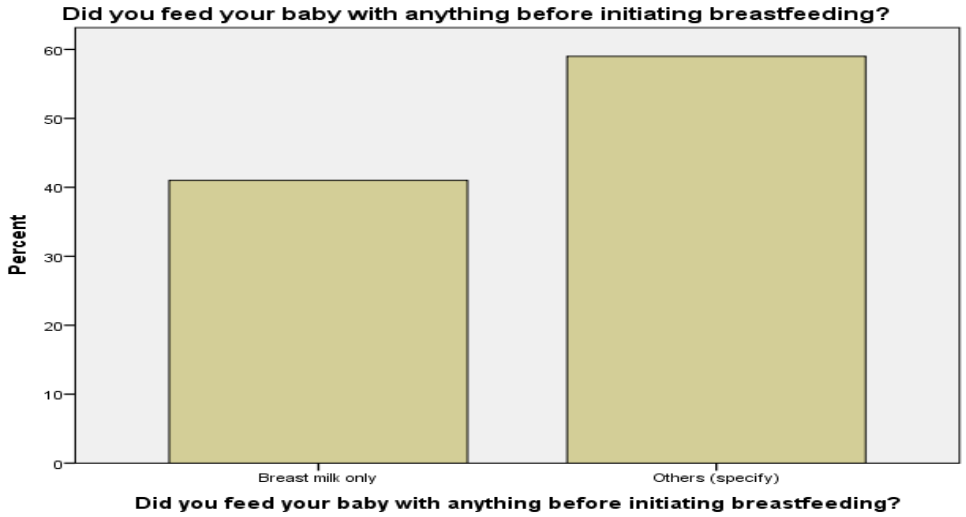
59% mothers had practiced gutti/honey to their babies before initiating the breast feed
41% mothers had given only breast milk.

| Did you feed your baby with anything before initiating breastfeeding? | Frequency | Percent |
|---|---|---|
| Breast milk only | 41 | 41.0 |
| Others (specify) | 59 | 59.0 |
| Total | 100 | 100.0 |

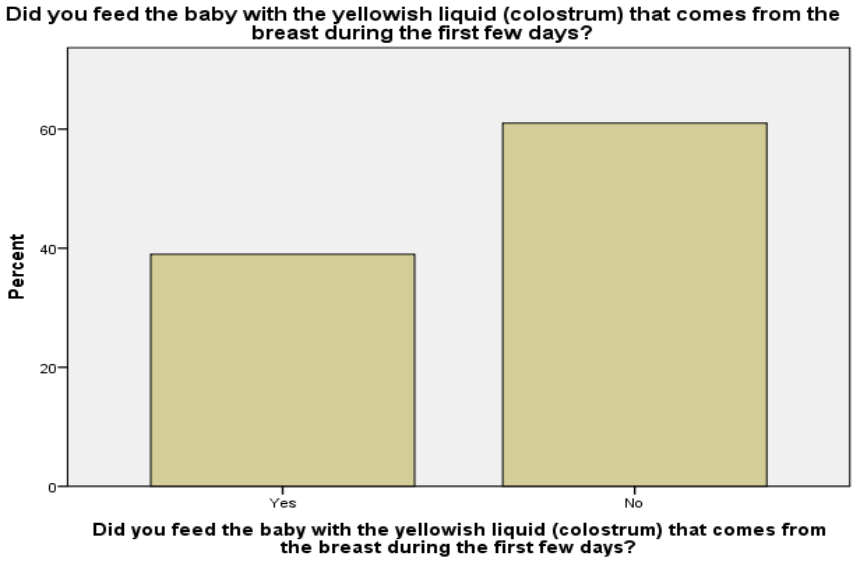
**Table 4.21**




**Only 39% mothers had colostrum fed their babies and 61 mothers had not fed colostrum to their babies.**

| Did you feed the baby with the yellowish liquid (colostrum) that comes from the breast during the first few days? | Frequency | Percent |
|---|---|---|
| Yes | 39 | 39.0 |
| No | 61 | 61.0 |
| Total | 100 | 100.0 |

**Table 4.22**



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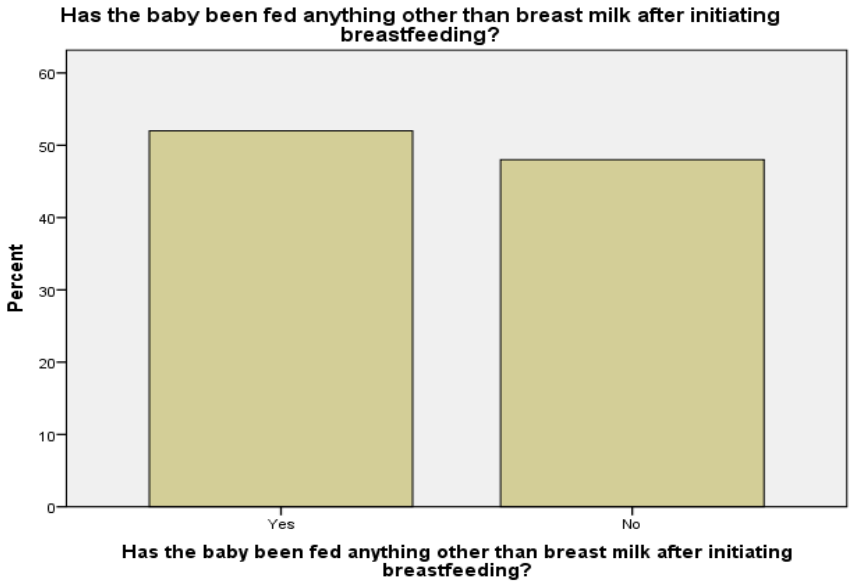
Vol. 8, Issue 2, pp: (260-281), Month: May - August 2021, Available at: www.noveltyjournals.com

48 mothers fed their babies only breast milk and 52% mothers practiced other feedings

| Has the baby been fed anything other than breast milk after initiating breastfeeding? | Frequency | Percent |
|---|---|---|
| Yes | 52 | 52.0 |
| No | 48 | 48.0 |
| Total | 100 | 100.0 |

**Table 4.23**




53% mothers had not bottle feed to their babies and 47% mothers had given bottle feed to their babies

| Has your baby been fed with a bottle by you, a staff member, or anybody else? | Frequency | Percent |
|---|---|---|
| Yes | 47 | 47.0 |
| No | 53 | 53.0 |
| Total | 100 | 100.0 |

**Table 4.24**

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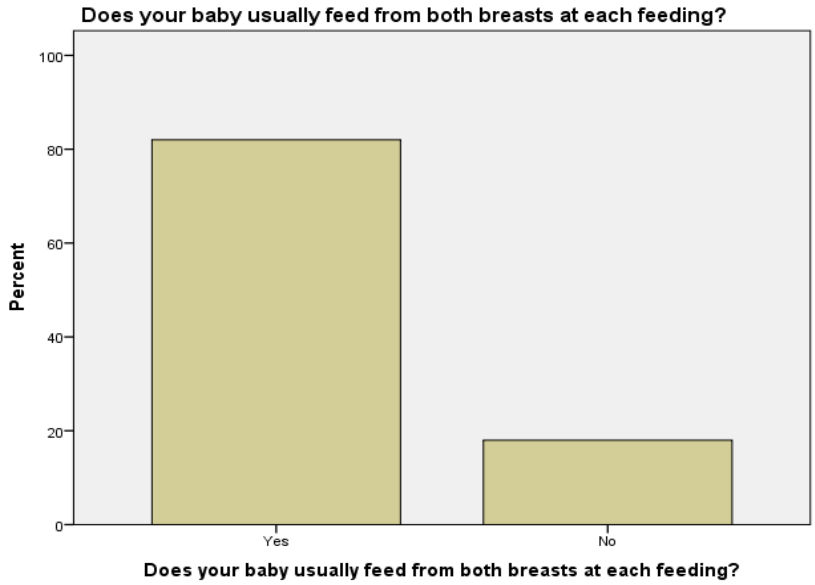
53% mothers had not skin to skin contact with their babies at delivery and 47% mothers had skin to skin contact.

| In the first hour after birth, did you have skin-to-skin contact with your baby after they were born? | Frequency | Percent |
|---|---|---|
| Yes | 47 | 47.0 |
| No | 53 | 53.0 |
| Total | 100 | 100.0 |

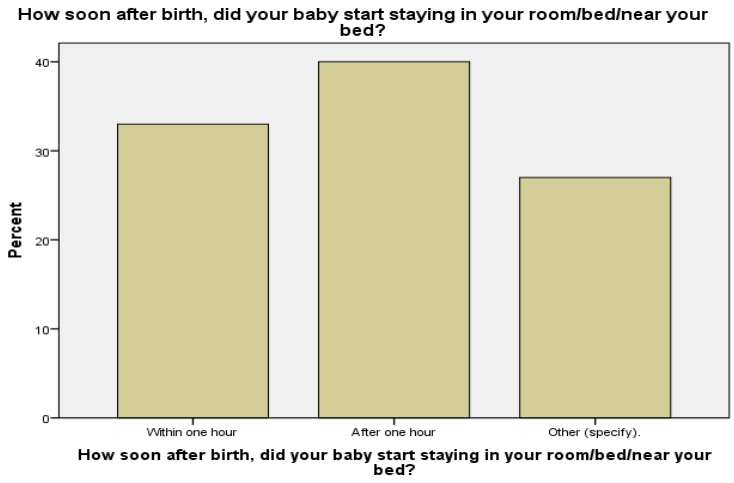
**Table 4.25**




33% mother had received their baby within one hour, 40% had after one hour and 27% had after 6 hours.

| How soon after birth, did your baby start staying in your room/bed/near your bed? | Frequency | Percent |
|---|---|---|
| Within one hour | 33 | 33.0 |
| After one hour | 40 | 40.0 |
| Other (after 6 hours). | 27 | 27.0 |
| Total | 100 | 100.0 |

**Table 4.26**



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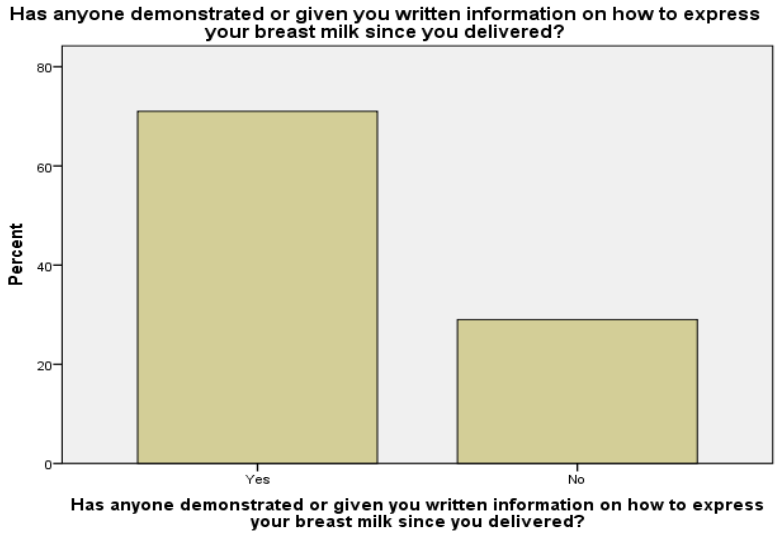
71% mothers had received information about how to express breast milk and 29% had not received any information.

| Has anyone demonstrated or given you written information on how to express your breast milk since you delivered? | Frequency | Percent |
|---|---|---|
| Yes | 71 | 71.0 |
| No | 29 | 29.0 |
| Total | 100 | 100.0 |

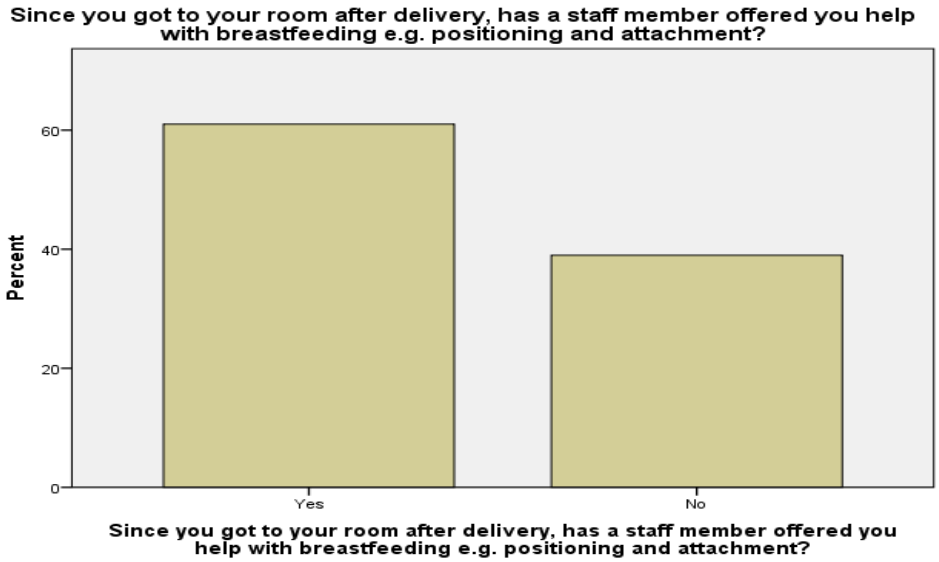
**Table 4.27**




61% mothers had got helped by health professionals and 39% had not received any information.

| Has a staff member offered you help with breastfeeding e.g. positioning and attachment? | Frequency | Percent |
|---|---|---|
| Yes | 61 | 61.0 |
| No | 39 | 39.0 |
| Total | 100 | 100.0 |

**Table 4.28**



Novelty Journals

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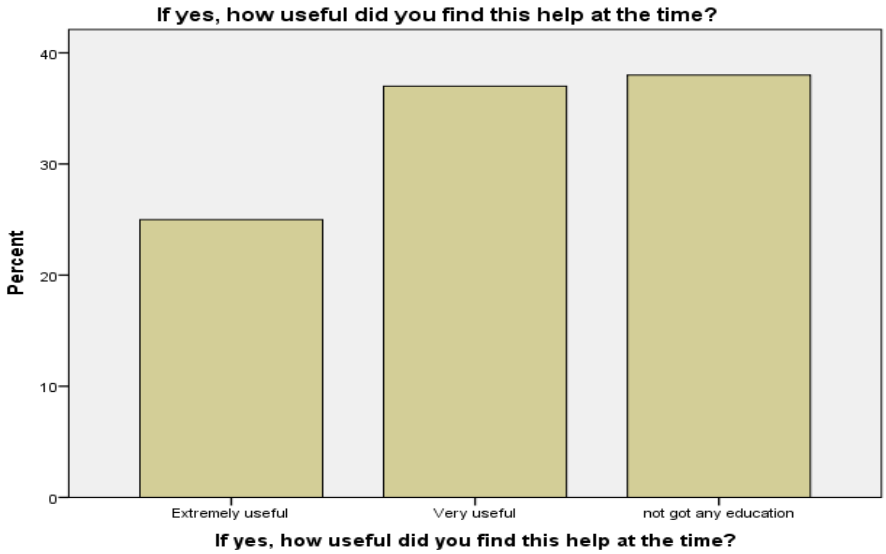
Vol. 8, Issue 2, pp: (260-281), Month: May - August 2021, Available at: www.noveltyjournals.com

The mothers who got helped said that the help was useful.

| If yes, how useful did you find this help at the time? | Frequency | Percent |
|---|---|---|
| Extremely useful | 25 | 25.0 |
| Very useful | 37 | 37.0 |
| not got any education | 38 | 38.0 |
| Total | 100 | 100.0 |

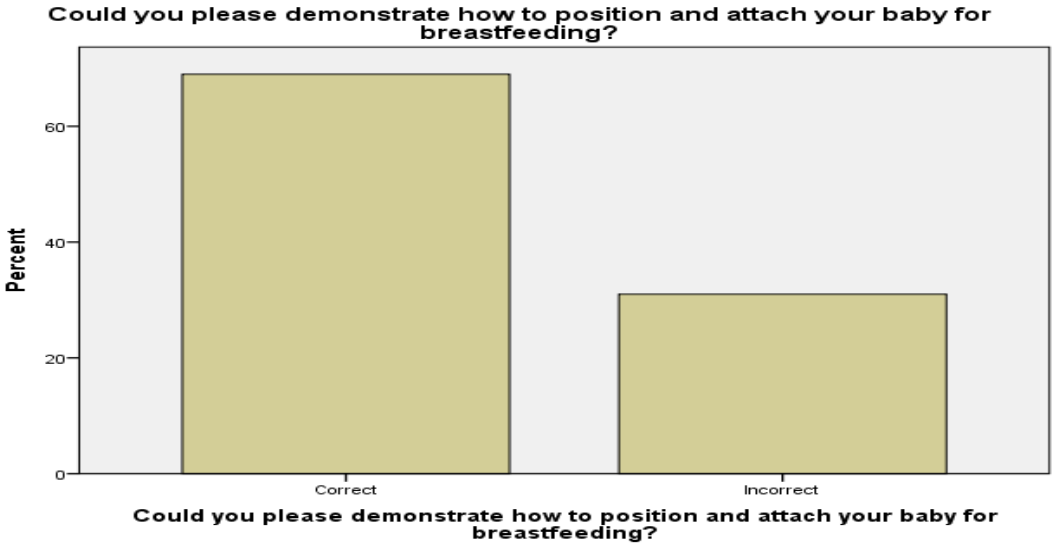
**Table 4.29**




69% mothers had demonstrated correct position of breast feeding,

| Could you please demonstrate how to position and attach your baby for breastfeeding? | Frequency | Percent |
|---|---|---|
| Correct | 69 | 69.0 |
| Incorrect | 31 | 31.0 |
| Total | 100 | 100.0 |

**Table 4.30**



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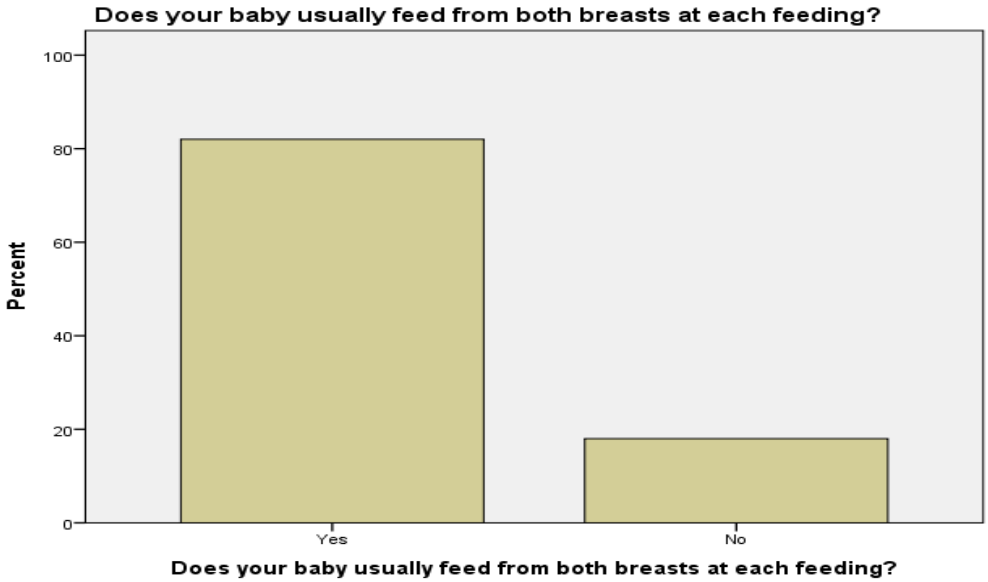
82% mothers fed their baby from both breasts.

| Does your baby usually feed from both breasts at each feeding? | Frequency | Percent |
|---|---|---|
| Yes | 82 | 82.0 |
| No | 18 | 18.0 |
| Total | 100 | 100.0 |

**Table 4.31**




42% mother said they will feed their babies for 6 months, 32% mothers said that they will feed their babies for less than 23 months

| For how long do you intent to breastfeed your baby? | Frequency | Percent |
|---|---|---|
| Less than 23 months | 32 | 32.0 |
| More than 23 months | 26 | 26.0 |
| 6 months | 42 | 42.0 |
| Total | 100 | 100.0 |

**Table 4.32**

## 5. DICUSSION

A study was conducted by R.Aisha and her fellows in pakistan. Regarding the importance of colostrum to child's health, in this study, only 15 women knew that colostrum feeding could help the baby in fighting against infections. These findings highlight the need to give greater attention towards the women's health and well-being of pregnant women. In our study, 39 women perceived that it protect the child from infection.56 mothers sad that it is nutritious, only 1 women said that it is dirty and should be discarded.

48 mothers said that only mother milk shoud be given to baby, 51 womens practiced to give breast feed with in 1 hour. The early breastfeeding practices which include timely initiation, giving colostrum, and practicing rooming-in have positive benefits to the infants. The rate of rooming-in according to the study findings was good as the World Health Organization emphasizes it and that the activities of the first three days after birth have a significant effect on successful breastfeeding. It improves maternal attachment, increases breastfeeding rates significantly, it also reduces incidences of abuse, abandoning of the infant and failure to thrive.

**Limitation of study**

The study did not observe the early breastfeeding practices but relied on information reported by the mothers.

**Outcom and utilization of study**

This study will help in spreading knowledge, attitude and practices of colostrum feeding among general population as well as to create awareness regarding its importance.

## 6. RECOMANDATIONS

- The healthcare personnel should continue with education even after mothers have been discharged from the hospital.
- Educational sessions should be conducted for general population.
- Media can play a vital role in this regard.
- Counselling services should be arranged for womens also at their work place.

## 7. CONCULOSIN

Almost 50% women were awared about the importance of colostrum feeding. But this study indicate furthar need to improve the perception, knowledge and practices of women regarding colostrum feeding. More health education programme should be arrange for mothers on the benefits of colostrum and clostrum feeding to childs. There is a great need to eliminate mythes and misconception regarding colostrum feeding.

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