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What Methods Do Mothers Use To Stop Breastfeeding?

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AIM

This study was carried out to determine the solutions used by mothers to stop breastfeeding.

MATERIALS AND METHODS: The descriptive study was conducted on mothers with 5-7 years of age in Karaman province. The population of the study was composed of mothers with children aged 5-7 years, and the sample was composed of volunteers (n = 141). Verbal consent was obtained from the mothers for the research. Data were analyzed using descriptive statistics in SPSS package program.

FINDINGS

The mothers in the scope of the research were the solution to separate the baby from breast milk by %14,2 He said that every time he wanted to suckle, he gave additional food, formula or bottle.

The rate of those who stated that the baby stopped sucking when the milk decreased or the mother started to work was 36.2% and mothers stated that they were both upset and emotionally forced.

He stopped breastfeeding by rubbing or scaring from the breast by saying hair was on the chest, bitter nail polish, tape, cotton, pepper, black cream, shoe polish by %22,7 and ve This method is used by the elders said.

At the end of the breastfeeding period, the rate of stopping by the grandmother for a few days was by 09%; The rate of discontinuation of breastfeeding was determined as 17.7% by explaining that it now grows when the baby wants to suck, and by increasing the interval between two breastfeeding, by pulling his attention in the other direction.

RESULTS

In the study, it was concluded that for a significant portion of mothers, if their breast milk decreased, their babies had to quit their mother's milk before time and some of them used various methods to separate their baby from breast milk. Therefore; by child development specialists and health professionals; It is recommended that mothers who cannot breastfeed their babies due to the decrease in milk in the first months should be educated and advised about the methods of increasing the milk.

Key Words: *Mother, Baby, Breastfeeding, Method Used.*

INTRODUCTION

Breastfeeding is a condition that almost every mother who wants to be a mother and to feed her baby healthy wants to do it. Breastfeeding is the most useful food for the baby when he is born, and as both are happy in breastfeeding, he creates an indispensable emotional bond between mother and baby. Therefore, both the mother and the baby may be forced by the end of this period. The World Health Organization defines weaning as the gradual discontinuation of

breastfeeding and the transition to complementary nutrition that includes solid and liquid foods other than breast milk.

Although breastfeeding is common in Turkey, and not only at the level desired by mother's milk feeding habits. In the first six months, about two of every five children are exclusively breastfed. The average duration of breastfeeding in our country is 16 months. Baby food and other liquids are common and earlier onset is preferable to bottle feeding (Turkey Demographic and Health Survey, 2013; Cangöl and Şahin, 2014). Mothers' ignorance and anxiety about breastfeeding, mothers are not encouraged enough about breastfeeding, women take more place in the working life, urbanization, wrong traditions, aesthetic concerns, formula foods to replace breast milk, encouraging breastfeeding rates decrease. It is stated that some mothers have problems in weaning, especially the mothers who breastfeed their babies until the age of 2 and are forced to use traditional methods (İnce et al., 2010; Abu Hamad and Sammour, 2013).

Sociocultural factors such as working outside the home of the mother, working hours leading to the mother being separated from her baby for a long time, and breastfeeding in public areas are also mentioned as important obstacles to sustaining breastfeeding (Thurman and Allen, 2008). This study was carried out to determine the solutions used by mothers to stop breastfeeding.

MATERIALS AND METHODS

The descriptive study was conducted on mothers with 5-7 years of age in Karaman province. The population of the study was composed of mothers with children aged 5-7 years, and the sample was composed of volunteers (n = 141) and verbal consent was obtained from the mothers for the research. Data were analyzed using descriptive statistics in SPSS package program.

Inclusion criteria;

- Have children between the ages of 5-7,
- Open to communication and cooperation
- Breastfeeding experience,
- Does not have any psychological / perception problems,
- Has no communication and language problems
- Mothers who volunteered to participate in the study were included in the study.

Research Questions

What methods do mothers use to separate their babies from breast milk?

2. What are the methods used by mothers to differentiate them from breast milk according to their working status?

3. What are the methods used by mothers to differentiate them from breast milk according to their educational level?

FINDINGS

The age of the mothers was between 23-44 and the mean age was 29.66 ± 5.02 . When the working conditions of the mothers were examined; 37.5% of employees; non-working 62.5%.

When working mothers stop breastfeeding methods;

- 5.3% using bottle, formula;
- 34.2% stopped sucking the baby by milk reduction;
- 28.9% of them were using disgust and intimidation;
- Leaving 5.3% to grandmother;
- 18.4% discontinue breastfeeding by talking to their children and distracting them.

When the mothers who do not work are given the methods of stopping breastfeeding;

- 14.5% using bottle, formula;
- 28.2% stopped sucking the baby herself with a decrease in milk;
- 15.5% using disgust and intimidation;
- 10% leave to grandmother;
- 13.6% discontinue breastfeeding by talking to their child and distracting them.

When the educational status of the mothers is examined; 29.5% are literate; 31.3% high school; 17.6% associate degree; It is seen that 21.6% have undergraduate and graduate degrees.

Looking at the methods of cessation of breastfeeding according to education level; 25% of those who are literate using bottle, formula; 23.1% stopped sucking the baby himself with a decrease in milk; 11.5% using disgust and intimidation; 1.9% leave to grandmother; 7.7% of them talk to their children, attention to the other direction to stop breastfeeding.

High school graduates; 3.6% of them using bottle, formula; 36.4% stopped sucking the baby by milk; 12.7% of them were using disgust and intimidation; 12.7% leave to grandparents; 14.5% speaks to their children and stops breastfeeding.

Graduates of college; 12.9% using bottle, formula; 29% stopped sucking the baby by milk reduction; 22.6% were using disgust and intimidation; 9.7% were left to grandparents; 9,7% of them stop breastfeeding by talking to their child and distracting them.

Undergraduate and graduate graduates; 5.3% using bottle, formula; 34.2% stopped sucking the baby himself with a decrease in milk; 28.9% of them using disgust and intimidation; Leaving 5.3% to grandparents; 18.4% of them stop talking to their children and stop breastfeeding.

RESULTS

In this research, as the solution methods used by mothers in separating their babies from breast milk; It was found that she used the method of stopping breastfeeding by using baby bottle, formula, stopping breastfeeding herself with the decrease of milk, disgusting-intimidation method, leaving to grandmother-grandmother or talking with her child and drawing attention to another direction. It was concluded that most of the working and non-working mothers had to stop breastfeeding due to the decrease in milk and that some of them used traditional methods of breastfeeding and intimidation.

In line with these results; by specialists (child development specialists, health workers, etc.) who are dealing with the mother; It is recommended that mothers who cannot breastfeed because of the decrease in milk during the breastfeeding period (two years; especially in the first six months) should be educated about the methods of increasing milk and breastfeeding mothers - timely - about the process of separation from breastmilk, and breastfeeding mothers to stop breastfeeding abstain from using traditional methods, further studies should be made to contribute to the literature.

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