

The Kind of Support that Matters to Exclusive Breastfeeding: **Quality Improvement**

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Exclusive breastfeeding (EBF) is whereby a baby is still fully dependent on breast milk and cannot take in any other food. That means the mothers and the babies are very sensitive during EBF and should be handled with a lot of care. That is why, to understand the nature and level of support needed, one must learn whether its initiation EBF or EBF maintenance. During the initiation EBF, only the support from nurses may be necessary since the understanding needed is largely professional. The EBF maintenance however invites the input of many parties since the mother now needs even the moral, social, economic and medical support. Also, one must learn to deal with first time breastfeeding mothers and experienced ones. This paper addresses the support needed by mothers during the initiation EBF which occurs within the few hours of birth. It also explains the EBF maintenance in which the mother is expected to maintain EBF for the next six months as per QSEN and with reference to the article on qualitative study which also explains the sensitivity of the first time breast feeding mothers.

Article Summary

The article “The kind of support that matters to exclusive breastfeeding,” exclusively talks about the support needed by mothers during breastfeeding as the title suggests. The article focuses on three main aspects which include emphasis on how to help first time breastfeeding mothers, support during Initiation exclusive breastfeeding and support during EBF maintenance.

Special Assistance to First Time Breastfeeding Mothers

The first-time breastfeeding mothers need very close support for them to manage EBF. Notably, inappropriate feeding methods occur rampantly to this category of mothers due to many reasons including pressure from their families and the belief system in the community. Such may force the mother to choose unhealthy feeding methods. Besides, some nurses may give suggest

different approaches on how the mothers should approach the breastfeeding. That may result to confusion for the mother.

Key Words: Support at initiation EBF, Support at EBF Maintenance

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