Breastfeeding Reality

Literature Review

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The struggles of raising a child can be overwhelming. Parents are in constant worry about making the correct decisions, making enough money for the children, providing a happy household, the list goes on and on. One choice that can cause a lot of stress is deciding to breastfeed. Palmer and Ericson discovered that breastfeeding categorizes into three different organization themes: navigating smoothly, navigating with struggle, and navigating ambiguously (Palmér & Ericson, 2019). The Center for Disease Control (CDC) (2018) explains the statistics behind why some mothers can smoothly breastfeed and why others may struggle. The CDC (2018) states, "60% of mothers do not breastfeed for as long as they intend to" (para. 6). The reality of breastfeeding is understanding the navigation of breastfeeding, finding what empowers those who decide to breastfeed, and figuring out the technique of balancing work with breastfeeding.

A qualitative study on breastfeeding experience of mothers of preterm infants in the first 12 months after birth

Breastfeeding can be a decision that causes a lot of commotion between family members and the mother. However, it is crucial to give support for whatever decision that the mother makes. The primary purpose of this article is to provide the audience with an understanding of what breastfeeding is like for mothers who have experienced it first hand (Palmér & Ericson, 2019). The key question that the authors are addressing is the question of how the experience of breastfeeding preterm children can differ from mother to mother (Palmér & Ericson, 2019). This article explains first hand what mothers have to say about their experiences with breastfeeding

and how they liked or did not like the breastfeeding process. Many people have mixed emotions on this topic, and this article explains the different points of view and the reasoning behind their decisions.

Key Points

The primary purpose is to explain the experiences mothers of preterm infants encounter from birth until 12 months of age (Palmér & Ericson, 2019). The key question the author addresses is asking how the experiences of breastfeeding these infants differ from mother to mother. The most important informatics in this article is the responses from the mothers. These responses provide the authors with information to write this article, but it also gives the audience a real-life understanding of what the authors are trying to portray. The mothers gave information on the type of bond it gave the mother and baby as well as the struggles the mothers faced (Palmér & Ericson, 2019). The main inference in this article is finding the "unique journey" that breastfeeding can withhold for the mother and the child. The article explains that, during the breastfeeding process, regardless of how long the mother breastfeeds, the child's unique needs are determined (Palmér & Ericson, 2019).

The key concept we need to understand in this article is that breastfeeding is not a simple choice but rather an understanding of a connection between the mother and the child. Whether or not the breastfeeding process goes good or bad, the journey that the process gives is important. This article concludes that each mother and child experience breastfeeding in their specific ways. It is important to embrace those differences and build that relationship throughout the breastfeeding journey.

Assumptions

The main assumptions underlying the author's thinking are the assumptions that everyone should try breastfeeding for the sake of the journey that breastfeeding endures. Palmér and Ericson (2019) say, “An awareness of the diversity of breastfeeding experiences may help provide better professional caring and supporting relationships" (para. 34). If we take this line of reasoning seriously, the mothers who are deciding to breastfeed will understand that there are differences in breastfeeding and that it is normal to have such differences. It is the differences that give the ``journey” that the authors talk about. If we fail to take this line of reasoning seriously, then the mothers and infants can lack the type of support needed for a healthy lifestyle. Palmér and Ericson (2019) state, “ The whole care chain for preterm infants and their mothers (e.g., maternity, neonatal and child health care) needs to have a caring approach and holistically meet the uniqueness in every mother’s breastfeeding situation. Such an approach enables health care professionals to prepare, care for, and support the breastfeeding mothers of preterm infants, encounter each mother where she is, and give each mother the right to her breastfeeding journey” (para. 34).

Deficit/Conclusion

To conclude this article, each mother and child experiences breastfeeding in their specific ways, and it is important to embrace those differences and build that relationship throughout the journey of breastfeeding. The journey can help make the mothers aware of their child's needs and wishes as well as navigate her own needs and wishes onto her

child (Palmér & Ericson, 2019). Being aware of the differences can help make the breastfeeding process more comfortable and give mothers the support system they need.

Empowerment in breastfeeding as viewed by women: A qualitative study

Breastfeeding is a topic that is either talked very highly about or not so high. Breastfeeding can be uncomfortable for the mother because of publicly having to feed her child or pump. The society is working to make breastfeeding more of a socially accepted topic; however, there will always be those who do not support the public side of breastfeeding. Kohan et al. did a qualitative study to identify women's empowerment (confidence) of breastfeeding (Kohan et al., 2017). The article explains that there were thirty-four semi-structured in-depth interviews on multiple people, including eighteen mothers, four family members of the authors, and twelve other people involved in breastfeeding services (Kohan et al., 2017). Breastfeeding has many benefits, but not all mothers know about the advantage that it causes. After interviewing these people, the authors discover five main categories that play a role in how confident mothers feel about breastfeeding (Kohan et al., 2017). The five main types are "Enough knowledge and skill for breastfeeding, feeling adequacy in breastfeeding, overcoming breastfeeding problems, informed belief in the value of breastfeeding, and perceiving comprehensive support for breastfeeding" (Kohan et al., 2017, para. 3).

Key Points

The primary purpose of this article is to understand mothers' perceptions and their empowerment of breastfeeding (Kohan et al., 2017). The key question the authors ask is how women look at breasting confidence when deciding to breastfeed their child (Kohan et al., 2017). The most critical informatics in this article is the interviews with the mothers, family members,

or breastfeeding personal. Without their input on what they feel, the study would not have much of a ground point to take off from. Society likes to think they know what decisions to make throughout their lifetime, but it is not until they are actually in the situation that they decide. The input from the interviews by participants shows the reality of how mothers and other personnel look at breastfeeding. The main inference of this article is the importance of knowledge on breastfeeding in general, how to overcome breastfeeding problems, as well as the needed support for the mothers who decide to breastfeed (Kohan et al., 2017). The article focuses on mothers who are empowered to breastfeed and what topics help to make their decision. According to Ogbuanu et al. (2009), the top two reasons mothers decide against breastfeeding is that they do not like to and that they have to return to work (Ogbuanu et al., 2009). Mothers need to feel comfortable with their decision, and it is our job to give the mothers the correct knowledge, support, and guidance with their decision.

According to Kohan et al., the key aspect of this article is that mothers need to have the feeling of adequacy in breastfeeding. Breastfeeding can be a lot of hard work. Mothers have to take a lot of time out of their day to pump. According to Ashley Marcin, if a child is eating 8-12 times a day, the mother will be pumping at least eight times a day (Marcin, 2019). The most important key takeaway for mothers is the needed knowledge for mothers to have. The hospitals and society as a whole needs to pay more attention to the needs of the mothers.

Assumptions

The primary assumption that the author is trying to portray is that mothers can feel empowered by their decision to breastfeed if they have the correct criteria to help them

throughout the process. The author explains how important it is to give mothers the knowledge behind breastfeeding before making their decision (Kohan et al., 2017). Breastfeeding comes with many benefits, but it is also crucial to know about the possible problems that may arise out of it, which is what mothers tend to lack the knowledge in how to solve those problems. If we take these assumptions seriously, mothers will be able to make more of a logical decision if they truly want to breastfeed. Giving mothers the knowledge and support they need can change the point of view toward breastfeeding. If we do not take these assumptions seriously, mothers can continue to lack the required knowledge and support and make decisions based on rumors or because they are scared of the unknown. Mothers of newborn children are already stressed out raising their child, so giving the knowledge and support for their decision is crucial.

Deficit/Conclusion

In conclusion, this article caters more towards the needs of the mother when deciding to breastfeed. Humans need to feel loved and supported, especially after going through the process of giving birth. This research article takes real-life mothers and identifies how they could feel empowered by their decision to breastfeed (Kohan et al., 2017). Proper plans are crucial to help cater to the mothers and their concerns over breastfeeding. The appropriate knowledge, support, and guidance are essential for these decision making mothers (Kohan et al., 2017).

A qualitative study investigating the barriers to returning to work for breastfeeding mothers in Ireland

Breastfeeding often starts when infants, but after a few weeks or months, the mother decides to stop for various reasons. Throughout the beginning of the process, mothers typically stay at home, which is convenient for breastfeeding. In today's society, mothers work just as much as men do, if not more. According to Mark DeWolf (2017), "Seventy percent of mothers with children under 18 participate in the labor force, with over 75 percent employed full-time" (para. 3). Women are vital to their families, and now so are their incomes. One of the biggest struggles for mothers who decide to breastfeed is trying to balance breastfeeding with working a full-time job. For those mothers that are first responders, it can be hard to stop what they are doing just so that they can pump. A qualitative research study in Ireland shows that the workforce lacks the support needed to be a breastfeeding mother while also working (Moussa Abba et al., 2016). Sixteen out of the twenty-five women chosen are part of the research. The article shows that women in the workforce do not feel confident enough to share their breastfeeding journey with their employers because of the lack of support (Moussa Abba et al., 2016).

Key Points

The primary purpose of this article is to "to explore women's experiences of breastfeeding after their return to work in Ireland" (Moussa Abba et al., 2016, para 1). The key question that the author is asking is how the mothers that are breastfeeding feel when they try to return to the workforce while still breastfeeding (Moussa Abba et al., 2016). Do these women feel the support

needed when returning? Do they feel embarrassed? The most crucial informatics that this article provides is the feedback from the mothers themselves. The mothers are giving their personal views on society and how society and the workforce makes them feel. For example, in the article written by Moussa Abba et al. (2016) participant H stated,*"This country really needs to change its attitude towards breastfeeding, it really does, you know the health factors and everything, and I don't know why it's hidden, you have to feel embarrassed and hide it"* (para. 22). The main inference of this article is to provide the workforce society with more knowledge of breastfeeding mothers and to make breastfeeding at work more socially acceptable (Moussa Abba et al., 2016).

The key aspect of this article is that women are oftentimes pure pressured into cutting their breastfeeding experience short due to returning to the workforce (Moussa Abba et al., 2016). The workforce causes a sort of embarrassment on the mothers who try to breastfeed while working. These mothers will have to take time out of their day to breastfeed and if their workforce does not provide the needed support, mothers tend to steer away from unpopular demand. Children and mothers should have a right to breastfeed regardless of their work situation.

Assumptions

The primary assumption that the author is trying to portray is that the workforce stigma against breastfeeding can often cause mothers to cut their breastfeeding experience short (Moussa Abba et al., 2016). If we take this assumption seriously, then the life of newborn children can change for the better. If the workforce provides more of a positive relationship toward breastfeeding mothers, the mothers will feel more welcomed and comfortable with their

decision. Children will be able to get the advised six months of breast milk, which would cause a healthier lifestyle for the child and the mother. If we do not take these assumptions seriously, mothers can continue to be peer pressured into cutting their breastfeeding process short and can essentially deprive the child of nutrition.

Deficit/Conclusion

In conclusion, working mothers struggle to continue breastfeeding due to the social and cultural stigmas of breastfeeding at work (Moussa Abba et al., 2016). The majority of mothers start their breastfeeding process to breastfeed for at least six months. However, it is the obstacles that they encounter that alter their decision. The employers of breastfeeding mothers need to provide the correct support and utensils to give mothers a fair chance of breastfeeding.

Conclusion

Overall, the reality of breastfeeding comes with many obstacles, but it is how you deal with those barriers that determines the outcome of your decision. The breastfeeding process is a journey that Parlmér and Ericson describe as a way of navigation for the mother (Palmér & Ericson, 2019). Deciding to breastfeed can bring a lot of social and cultural stigmas to the table. However, it is crucial as a society to provide these decision making mothers with the correct knowledge and support, regardless of their choice. The workforce plays a significant role in the breastfeeding process, so it is important for mothers to feel supported throughout their journey of working and breastfeeding. Raising a child can be exhausting so letting mothers know the reality of breastfeeding can make raising their child just that much easier.

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