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The Effects of Breastfeeding Education on Working Moms of Low Socioeconomic Status

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Introduction

Breastfeeding plays an important role in promoting immunity due to the high concentration of antibodies (Tangsuksan et al., 2020). Immunity is important for the infant the first year of their lives. Women of low socioeconomic status (LSES) are less likely to breastfeed due to a lack of resources (Kebede & Seifu, 2021). In addition LSES women living in Marin often lack the proper resources and education for breastfeeding (Heck et al., 2006). The purpose of this thesis proposal is to investigate if educating pregnant women of low socioeconomic status will increase breastfeeding rates.

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Hypothesis

Educational intervention programs about the importance of breastfeeding will increase breastfeeding rates in women of low socioeconomic status.



Method

Participants

- Convenience sample - 100 working mothers of LSES from in Marin
- Participants ages 18-40

Materials

- Presurvey, a community location, breast pumps, post survey

Procedure

- Demographic data, pregnant women of LSES
- Randomized into a control or experiential group
- Pre-intervention survey asking questions about their plans of breastfeeding implementation
- The experimental group will complete a pre-survey and a post-intervention survey after six months and twelve-months postpartum

Results

Descriptive statistics will be used to analyze the means of the two groups. Data will be collected from the survey. Each group will be given the survey before giving birth, after six months of giving birth and after 12 months of giving birth. If our results prove the hypothesis, interventions will have positive effects on breastfeeding.

Conclusion

According to previous studies, working mothers of LSES are less inclined to breastfeed due to the time demands that breastfeeding requires. Out of necessity, they are forced to work in an environment that may not facilitate the best conditions or allow mothers time to breastfeed. Previous research has indicated that educating women regarding the advantages of breastfeeding can result in optimal health outcomes for both the mother and the infant. Educational programs can provide support and resources that most LSES women may not have. The gap of a lack of breastfeeding education in Marin was addressed in providing resources for expectant mothers, and free pumps. The benefits of breastfeeding are crucial in promoting better health for the infants and mothers should be given the opportunity to provide that for their child if they choose to do so. It is hypothesized that breastfeeding rates of women receiving education will increase compared to the control group. Future research could include optimizing work environments to provide break times, and locations to allow mothers to pump, or given an extended maternity leave. Nurses play a critical role in supporting and promoting breastfeeding among new mothers, particularly those from disadvantaged backgrounds. Their roles include educating and counseling mothers, identifying and addressing potential barriers to breastfeeding, and advocating for policies that support breastfeeding.