

Summary

Breastfeeding is the best nutrition to be given to the infant, since it provides nutritional, immunological and psychological benefits, to the infants which extend to childhood and further beyond the adult life.

As the mother infant separation due to return to the work may act as an obstacle for breastfeeding, so the aim of these work was to study the effect of an educational intervention aimed to teaching the mothers how to express their breast milk, how to store and how to feed it to the baby by cup and spoon when mother at work. Also these work aimed to assess the knowledge of the mothers about breastfeeding laws that support them to continue breastfeeding.

As regard antenatal care the majority of mothers were not exposed to breast examination. Breast examination is very important to detect breast cancer. The medical staff played an important role in giving information about breastfeeding during antenatal care visits and at birth.

The majority of mothers started breastfeeding soon after birth or within hours and breast milk was the first food given to the baby.

The early initiation of breastfeeding strongly associated with long duration of breastfeeding.

After returning to the work non of the mothers stopped breastfeeding and all mothers preferred to continue breastfeeding due to it's advantages. But all of them decided that decreased time is

an obstacle to breastfeeding and they can overcome by breast expression

This study showed that the majority of mothers were not aware of the laws that help them to continue breastfeeding and the majority of them decided that the maternity leave was not enough. And these may act as a barrier to continue breastfeeding exclusively.

The mothers who were exposed to the educational intervention were less likely to develop breast engorgement and the majority of them did not give artificial feeding as they express their breast milk regularly.

In the extended family grandmothers played an important role in continuity of breastfeeding as the mother found who cared their babies during their absence at work.

Also the fathers played an important role in supporting the mothers to continue exclusive breastfeeding. When the father help the mother in the home activities and child care these give the mothers time to express their milk and give them self confident to continue.

Regarding breastfeeding practices, the majority of mothers who were exposed to the educational intervention were tended to increase their milk supply by breast expression and frequent breastfeeding not by drinking more fluids or by drugs. The majority of them did not give any pacifiers or any bottle feeding to their babies.

The majority of mothers decided to wean their babies off the breast at age from 18 to 24 months.

The mothers who were succeeded to continue exclusive breastfeeding by regular breast expression were supported at their workplace by presence of place and time for expression and presence of refrigerator for storage of milk.