PROMOTING BREASTFEEDING IN TEENAGE MOMS
ADOLESCENT MOTHERS’ THOUGHTS RELATED TO BREASTFEEDING

-beliefs
-attitudes
-concerns
SIX THEMES CONCERNING BREASTFEEDING IN ADOLESCENTS FROM RESEARCH PAPERS

- benefits of breastfeeding
- barriers to breastfeeding
- feeding in public
- myths surrounding breastfeeding
- support and influences during breastfeeding
- exposure to breastfeeding
BENEFITS OF BREASTFEEDING

- bonding
- decrease infant illness
- optimal nutrition
- advancement of infants’ health
- enjoyment of breastfeeding
- convenience of breastfeeding
- savings
BARRIERS TO BREASTFEEDING

- pain
- loss of freedom
- body image
- difficult positioning
- return to school/ work
FEEDING IN PUBLIC

-judgement
-embarrassment
-privacy
MYTHS SURROUNDING BREASTFEEDING

- insufficient production of breast milk
- mom’s own diet limitations
- bottle feeding more convenient
SUPPORT AND INFLUENCES DURING BREASTFEEDING

- emotional and informational
- mother’s mom
- infant’s dad
- many networks have substantial effect
- healthcare professionals
EXPOSURE TO BREASTFEEDING

- prior exposure
- society’s perceptions
VIDEO INTERVIEWS: IN THEIR OWN WORDS

-Jordan

-Taylor
OFFERING SUPPORT AND ENCOURAGEMENT TO TEENS THAT BREASTFEED

- education about superiority of breast milk
- bonding as a benefit
- decrease the perceived barrier of pain with education
- ”loss of freedom” alternatives to exclusive breastfeeding
- teen breastfeeding support groups
- more information about breast pumps
QUESTIONS?
REFERENCES

1. The influence of adolescent mothers’ breastfeeding confidence and attitudes on breastfeeding initiation and durations.
   Mossman M, Heaman M, Dennis CL, Morris M. 2008 Aug

2. Breastfeeding experiences of urban adolescent mothers.
   Wambach KA, Cohen SM. 2009 Aug

3. Breastfeeding experiences of mothers from disadvantaged groups: a review.
   MacGregor E, Hughes M. 2010 Jul

4. Attitudes and subjective norms of male and female adolescents toward breastfeeding.

5. Breastfeeding Behaviors and Experiences of Adolescent Mothers.
   Spear, Hilda J. 2006 March/April

6. Adolescent attitudes, beliefs, and concerns regarding breastfeeding.
   Nelson AM. 2009 Jul-Aug

7. Enhancing breastfeeding initiation in adolescent mothers through the Breastfeeding Educated and Supported Teen (BEST) Club.
   Volpe EM, Bear M. 2000 Aug