Encouraging Breastfeeding in Adolescent Mothers

A Qualitative Research Study

Methods

- In this qualitative study data was collected through survey questions.

Survey Questions

- What do you think about breastfeeding? Were there any benefits to breastfeeding?
- Do you agree that you could continue breastfeeding your child even after school or work?

Results

- Teens’ responses to what breastfeeding help would be useful:
  - "Helpful would be getting a baby lactation so you could pump any time you aren’t with your baby."  
  - "I would just pump any time I wasn’t with my baby."  

Implementation

- The project was implemented at a local high school Family Planning Club and at a local Childbirth Education Class.

Data Analysis

- Data from all surveys were entered and then analyzed using SPSS software.

Results

- Teens’ responses to how long should a baby be breastfed:
  - "At least 5 months."  
  - "1 – 2 years."  

Conclusions

- Teens’ attitudes and opinions about breastfeeding have an enormous influence on whether or not they will breastfeed.

Imaginisons

- Nursing Theorist Martha Rogers’ conceptual framework, Science of Unitary Human Beings was used to guide the research study.

- Implications for Nursing Practice
  - Provide education and support to help prevent adolescents from breastfeeding prematurely. In order to plan and problem solve.

- Project Goal: To increase breastfeeding in adolescent mothers.

- To gain information on adolescents attitudes and opinions about breastfeeding.

- To provide information on adolescent breastfeeding through educational classes.

- Results

- Teens’ responses to how long should a baby be breastfed:
  - "At least 5 months."  
  - "1 – 2 years."  

- Family attitudes and opinions about breastfeeding have a tremendous influence on whether or not they will breastfeed.

- Although teens know that breastfeeding is beneficial to babies, most do not know why.