



## **Which women breastfeed successfully and what more can we do for breastfeeding promotion?**

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### **Brief Biography**

Medical studies in Marburg and Freiburg 1968.1974, doctoral work at the University Children's Hospital, Freiburg, Residency at the Freiburg University Women's Hospital 1976.1981, focus on special obstetrics and perinatal medicine, qualification in addiction medicine, IBCLC, Head Physician at the Freiburg University Women's Hospital since 2000, married, 2 daughters, 1 son.

### **Question**

Within the framework of the Baby-Friendly Hospital Initiative, the great majority of the mothers go home breastfeeding. How many and which women carry through with the WHO recommendation for exclusive breastfeeding for the first 6 months and, following the introduction of complementary foods, continue to breastfeeding and what variables and causes are associated with breastfeeding success, was studied prospectively.

### **Method**

In a birth collective from 2 women's hospitals in Freiburg and a birth house, the motivation for breastfeeding or weaning was asked on the day after the birth. Women who began a breastfeeding relationship were asked anew after 3, 6 and 12 months.

### **Results**

of 443 mothers recorded in the study, 34 decided not to breastfeed. In 98% of cases, the decision on feeding the baby has already been made before the birth. Of the women who decided to breastfeed, over 60% breastfed longer than 6 months. Successful breastfeeding mothers were significantly older, had more education, more support, a spontaneous birth, were not separated from the child and did not have a migrant background.

**Conclusion:** In the last 10 years an increase in the breastfeeding rate and duration can be observed. Early information before the birth, ideally during the school years and targeted support for risk situations should be implemented for further breastfeeding promotion.



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