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Mothers' Perception of Breast Feeding and Bottle Feeding

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Mothers' Perception of Breast Feeding and Bottle Feeding

Gabrielle Buteau & Danielle Barron

What We Learned

There are many different factors that influence a mother's decision on whether to breast or bottle feed their infant.

Background

There are so many benefits to choosing to breast feed an infant in comparison to bottle feeding so what are the factors that influence the choice to bottle feed or breastfeed an infant

Purpose & Aims

- To explore the determining factors influencing new mothers on whether to breast or bottle feed their infant
- Understand the complex and numerous factors influencing a mother's feeding choices

Sample

- 23 mothers with infants aged 6-12 months
- 80 mothers. 34 white 46 black, who delivered a singleton infant less than 30 weeks gestation
- Three prenatal classes in North Carolina an convenience sample of 186 mothers
- Participants intended to breastfeed exclusively for an average of 14 weeks

Methods

Using the CINAL program through the school and using the key words of "breastfeeding or bottle-feeding decisions" and restricting the publishing dates within the last 6 years we were able to find our four literature sources.

Results



The main factors influencing a mothers feeding choices are:

- **The culture around them (if their family and friends have chosen breast or bottle feeding)**
- **Strength of support systems**
- **Known benefits of breastfeeding**
- **Personal choice**
- **Saving money**
- **Body image**
- **The convenience factor of bottle feeding**
- **Anxiety over breastfeeding**
- **Lack of support**
- **Whether they need to return to work or not**

Discussion

- The decision of whether to breast or bottle feed is a complex decision that has a lot of external factors
- Support groups can benefit mothers regardless on whether they chose to breast or bottle feed their infant

Next Steps

- Using more sources for a full review of the literature.
- Using literature that has a larger sample sizes to ensure data saturation
- Using literature that does not take convenience samples

Limitations

- The literature reviewed only comes from 4 sources
- The literature selected has small sample sizes
- The literature mostly uses convenience samples

Acknowledgments

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