

This bachelor's thesis focuses on the informedness of pregnant women in the field of natural nourishment of new-born babies and sucklings. The theoretical part is dedicated to the nourishment with mother's milk, describes the technique of breast-feeding, its advantages and most common problems including their solutions and the usage of alternative methods of feeding. It also concerns in preparation of pregnant women for breast-feeding and the role of a nurse in the support and education of breast-feeding.

In the research part we investigate the rate of informedness of pregnant women about natural nourishment with mother's milk including the participation of medical workers in their informedness and factors leading women to the decision to breast-feed their children. A questionnaire of our own construction fixed for pregnant women was used for the research. The sample of investigation was created by 60 respondents from the 34th to the 40th week of pregnancy.

The results of our research make clear that most women want to breast-feed their children. Their decision is supported by the fact that they consider mother's milk to be the best nourishment for a new-born baby. The information concerning breast-feeding is most often obtained from magazines, literature and the courses of pre-natal preparation. The research also shows that a great deficiency in the pre-natal care is the absence of examining breast and nipples, which was done to only a small proportion of respondents.