

Abstrakt v angličtině

The bachelor's thesis is devoted to the issue of breastfeeding. Specifically, it focuses on the education of first-time mothers about breastfeeding, which plays an irreplaceable role in the subsequent course of breastfeeding and the quality of nutrition of the breastfed child. The work is conceived as theoretical - practical.

The aim of the theoretical part is to introduce the issue of breastfeeding. It introduces the anatomy of the female breast, the physiology of lactation and the composition of breast milk. It also describes the importance and benefits of breastfeeding, the correct breastfeeding technique and mentions common complications associated with breastfeeding and their solutions. Last but not least, it describes the role of the midwife in caring for a breastfeeding woman, the importance and forms of educating women about breastfeeding and points to the breastfeeding support system in the world.

In the practical part, the aim is to map the interest of first-time mothers in lactation counseling services and to find out their satisfaction with the services provided. The research tries to find out whether and what effect the use of lactation counseling services has on the course and duration of breastfeeding. Furthermore, the research monitors when the women started lactation and whether these data correspond to the use of lactation counseling services before childbirth or not.

For women who are included in the study, the course of breastfeeding and the use of lactation counseling services are subsequently monitored with the help of 3 periodically sent questionnaires. The monitored period is from hospitalization in the puerperium ward to the 3rd month after the birth of the child. The obtained data are then compared between a group of women who use lactation counseling services and a group of women who do not.

After processing the obtained data, it was found that first-time mothers who used an antenatal course or lactation counseling before giving birth started lactation earlier than women who did not use such services. Thus, hypothesis number 1 was confirmed. Hypothesis number 2, which believes that women who used lactation counseling services during pregnancy or in the maternity hospital, did not have to use professional help after discharge from the maternity hospital, was not confirmed. The third hypothesis about longer exclusive breastfeeding among women who used lactation counseling services was also not confirmed despite the high percentage of this form of breastfeeding throughout the research period. The results of the comparison between the groups of women were based towards the group that did not use lactation counseling services. The last of the hypotheses, which assumed that more than 50 % of women were satisfied with the used lactation counseling services, was confirmed.

From the overall results and the individual answers from women, it can be assumed that women perceive breastfeeding education positively, rather seek lactation counseling services and perceive them as a certain psychological support. It turned out that women are generally interested in antenatal courses and are happy to recommend them. Most often, first-time mothers used consultations with a lactation consultant during hospitalization in the maternity ward, which is most likely due to the simpler approach and the possibility of education directly from the erudite medical staff at the clinic. After discharge, women who were partially breast-feeding or not breast-feeding during the research sought professional help with breastfeeding. Significant differences in the onset of lactation were shown between the groups. There was no significant difference in the overall percentage of fully breastfed infants between the groups, although women who did not use LP services exclusively breastfed more. Breastfeeding education has been declared an important factor that positively affects the course of breastfeeding and the psyche of a nursing mother. It is advisable for women, mainly first-time mothers, to recommend various forms of breastfeeding education and at the same time to simplify their access to these services.

Keywords: breastfeeding, education, lactation counseling, breastfeeding support