

Abstract

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The bachelor thesis discusses mother's attitudes towards breastfeeding and the factors that may influence their views.

The theoretical part of the thesis deals with attitudes towards breastfeeding in history, breast anatomy, breastfeeding, and education. Furthermore, lactation and milk composition, breastfeeding problems and their solutions, alternatives to breastfeeding and breastfeeding support programmes in the Czech Republic. I mention the benefits of breastfeeding, for both child and mother.

The empirical part consists of a quantitative research survey. The questionnaire focuses on mothers' attitudes towards breastfeeding and factors that may influence the mother's opinion. Furthermore, women's awareness of breastfeeding. The sample consists of women – mothers of at least one child. The questionnaire was completed by 75 women meeting the criteria of being a mother of at least one child.