

## **Abstract**

This bachelor thesis deals with the issue of lactation consultancy and the impact of lactation consultancy on breastfeeding success.

The aim of the theoretical part was to summarize the topics related to lactation, breastfeeding, management of breastfeeding in the Czech Republic and lactation consultancy. The practical part pursued the analysis of data obtained from anonymised records of consultations written by lactation consultants. The practical part was additionally divided into qualitative and quantitative section. The aim of qualitative section was to find what are the main differences between breastfeeding problems reported by mothers and those diagnosed by lactation consultants from Kojení Praha s. r. o. during consultations. Another aim of this part was to find which interventions are most effective in solving breastfeeding problems. In the quantitative part the aim was to find whether consultations with a lactation consultant from Kojení Praha s. r. o. demonstrate a positive effect on breastfeeding success.

The results of the qualitative part of the research show that in most cases mothers are not able to independently identify problems with breastfeeding technique and position. It also revealed that mothers often did not identify incorrect breastfeeding routines as a problem at all. Another finding was that basic interventions, such as education and practical training in breastfeeding technique and position have the greatest impact on improving the breastfeeding status.

The result of the quantitative part was that consultation with a lactation consultant had a statistically significant positive effect on increasing the value of the breastfeeding ability and thus had a positive effect on breastfeeding success.

## **Key words**

Lactation consultancy, lactation, puerperium, techniques of breast feeding, complications of breast feeding