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Conduct of breastfeeding among young Tunisian Mothers

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Introduction: Breastfeeding is a natural phenomenon that reflects reality and occupies an important space in the life of all human beings. It is the reference for infant feeding since it is the food better tailored to his needs as its capabilities. The decision to make this practice is the responsibility of each parent. However, it is found that although mothers in particular young age properly begin the practice of breastfeeding, they end, for various reasons by early introduction of other foods or even stop breastfeeding few weeks after the delivery.

Objectives: We aim from this study to examine the behavior of young mothers in breastfeeding, determine the impact of attitudes of mothers on the nutritional status of infants and encourage policymakers health to establish a line of action to initiate future and young mothers to breastfeed.

Methods: This is a prospective study of 50 young mothers coming to consult or to vaccinate their children aged 2 to 23 months at the center of maternal and child of El Zouhour.

Results: The analysis of our results showed that 76 % of surveyed mothers have a high level of education, half primiparous and 64 % are housewives.

Concerning the practice of breastfeeding, we found that 42% of surveyed mothers have weaned their children and only 26% of them believe breastfeeding or breast-feed their infants exclusively for the first six months.

Moreover , we noted That among children suffering from obesity 2nd degree be 16% of the total population , 87.5% of them were not (or are not) exclusively breastfed for the first six month of life . However , this relationship is not statistically significant.

Conclusion: The evolution of knowledge of young mothers has not influenced their practices in breastfeeding. This requires the establishment of a line of action to promote breastfeeding based on the evaluation of implemented national programs in recent years, the update of their content and the improvement of training of personnel of health in breastfeeding which will further develop the quality of information and guidance provided to new and expectant mothers.