

**DAFFODIL INTERNATIONAL UNIVERSITY**  
**DEPARTMENT OF NUTRITION AND FOOD ENGINEERING**



**PROJECT REPORT**  
**ON**  
**LACTATING MOTHER FOOD HABITS AND KNOWLEDGE ABOUT**  
**BREASTFEEDING**

**SUPERVISED BY**

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Date of Submission: 11/04/2021 **LETTER OF TRANSMITTAL**

10 April, 2021

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Subject: Submission of Thesis Report.

Dear Sir,

I would like to take this opportunity to thank you for your guidance and support to complete this thesis. Without your help, it would be difficult to complete the report. To prepare the report, I have collected most relevant information and as reliable as possible. I have given my best effort to reach the destination. I hope this knowledge and experience will help me in the future. I request you to pardon me for any mistake that may occur in the report despite of my best effort. I would really appreciate if you enlighten me with your thought and views regarding the report.

I, therefore, would like to submit this report to your judgement and suggestion. Your kind advice will encourage me to perform better in future.

Sincerely yours,

*Tanzim Rahman*

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**Tanzim Rahman**

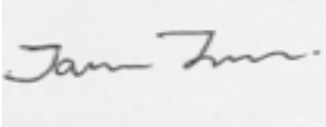

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Department of Nutrition & Food Engineering

Daffodil International University

## DECLARATION

This dissertation entitled “**Lactating Mother Food Habits and Knowledge about Breastfeeding**” to the department of Nutrition and Food Engineering, Faculty of Allied Health Sciences, Daffodil International University, Dhaka-1207, Bangladesh as a part of partial fulfillment of the requirements for the degree of Bachelor of Science in Nutrition and Food Engineering. This project report is unique and completed by **Tanzim Rahman** bearing **ID No.: 171-34-633** in the Mohammadpur Fertility Service and Training Centre on Lactating mothers.

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## **DEDICATION**

This research work is dedicated to my beloved father **Md. Mizanur Rahman** and my beloved mother **Kaniz Fatema** who gave me the support and courage to fulfill this work successfully.

## **ABSTRACT**

Breastfeeding is known as a life savior for the infants because of the nutritional value of breast milk. Whereas still most of the people are aware about breastfeeding and its importance. This study was focused on the assessment of the knowledge of lactating mothers regarding breastfeeding and their diet chart. A study was performed where 100 mothers were participated whose baby were of 0-6 months of age. A pre-designed questionnaire was used to collect the data about education, family condition of the participants, their food habits and also knowledge about breastfeeding. The collected data was arranged and analyzed using SPSS version 26. The results were presented in frequency counts and percentages.

The study revealed that less than 50% of mother has adequate knowledge about breastfeeding. They do not maintain a good diet plan and they also have less knowledge about breastfeeding. They are also unaware about exclusive breastfeeding.

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## **LIST OF ABBREVIATIONS**

<b>WHO</b>	World Health Organization
<b>USA</b>	United States of America
<b>SSC</b>	Secondary School Certificate
<b>HSC</b>	Higher Secondary School Certificate
<b>MFSTC</b>	Mohammadpur Fertility Services & Training Centre
<b>COVID</b>	Corona Virus Disease

# **CHAPTER 1**

## **INTRODUCTION**

### **1.1 INTRODUCTION**

Human milk is the most appropriate nourishment for new born babies for their survival, growth and development. After the birth of a baby, mother's milk is enough for the baby for at least 6 months. Breastfeeding provides complete nutrition to new born babies and protects them from infectious disease in long-term. Thus, exclusive breastfeeding is highly recommended by WHO which means starting breastfeeding within one hour of birth and babies receiving only breast milk for the first six months [1]. It can reduce the infant mortality rate by 21 percent [2]. Infants those who does not get exclusive breastfeeding died by diarrhea and pneumonia. The world is now very much aware about the baby's health and the importance of breastfeeding.

However, breastfeeding depends on various factors like education, socio-economic condition, family support, mother's health etc. This thesis focuses about the mother's education, their diet plan, health condition, economic condition and what are the impacts of these factors on breastfeeding.

### **1.2 OBJECTIVES**

The aim of this report was to study the among the breastfeeding mother about their food habits and knowledge regarding breastfeeding at Mohammadpur Fertility Services & Training Center of Ma o Shishu Hospital, Dhaka in Bangladesh. Following are the objectives for the study:

- To know about the diet plan of breastfeeding mothers.
- To assess the knowledge about breastfeeding among mothers.

## **CHAPTER 2**

# **LITERATURE REVIEW**

## **2.1 BREASTFEEDING**

When a mother feeds her baby breast milk directly from her breast is called breastfeeding. In this time no other liquid or solid or semi solid food is required for the baby. Mineral water is also not recommended in the first six months as mother's milk is enough to fulfill the water requirement of the baby. Early Initiation of breastfeeding generates proper bonding between the mother and the baby and lengthens the time of breastfeeding. After six months, mother can start giving solid food, semi-solid food to the baby. Besides, breastfeeding may continue up to two years or more.

## **2.2 BENEFITS OF BREASTFEEDING FOR THE BABY**

- Human milk contains all the nutrients that is required for the survival of a baby and it is very easy for a baby to digest human milk as it is pure.
- Breast milk gives a baby the power to fight against viruses and bacteria because of antibodies. Mother provides antibodies to her baby through breastfeeding.
- Breastfeeding protects a baby from allergies, ear infections, diarrhea and other illness.
- Breast milk contains sufficient amount of water for the baby's needs.
- Breastfed babies are less likely to suffer from cancers such as leukaemia and lymphoma [3].
- Frequent contact between mother and baby leads to better bonding, emotional and social development of the baby.
- Breastfeeding provides overall growth and development of the baby.

- It is found that, breastfeeding reduces the mortality rate of infants.

### **2.3 BENEFITS OF BREASTFEEDING FOR THE MOTHER**

- During pregnancy, a mother gains weight which is easier to burn through breastfeeding. Approximately, a mother can burn 500 calories in a day through breastfeeding.
- Breastfeeding reduces the risk of anaemia, breast cancer as well as ovarian cancer.
- At the time of breastfeeding, oxytocin hormone is released which helps to reduce the size of uterus to its normal size and also reduce uterine bleeding after birth.
- It gives a mother mental satisfaction and confidence.
- It is time saving, economical and it reduces the workload of the mother.

### **2.4 FACTORS AFFECTING BREASTFEEDING**

Breastfeeding is affected by so many conditions such as age, marital status, health education, health condition, education level, occupation, socio-economic status, method of delivery, area of residence, birth order, birth weight and the use of pacifiers [4].

Generally working mothers cease breastfeeding earlier due to little support for breastfeeding in the workplace, lack of maternity leave and formula supplementation in hospital. Women those are older, have more education, have higher income and have social support are more likely to breastfeed [5].

## **2.5 BREASTFEEDING PRACTICES**

Breastfeeding practices in developed countries differs from the breastfeeding practices in developing countries. Normally breastfeeding practices in developed countries are higher than breastfeeding practices in developing countries. But some developed countries like USA have lower value of breastfeeding practices compared to other developed countries. Exclusive breastfeeding rates were 53.1% in Nepal, 46.4% in India and 42.5% in Bangladesh [6]. So, it is understandable that compared to India and Nepal the rate of breastfeeding practices is low among Bangladeshi mother. The exclusive breastfeeding barriers for Bangladesh are less family support, smaller sized and nuclear families, less workplace support, shyness, infrequent breastfeeding counseling, low education, poverty, work load of mothers etc. While the exclusive breastfeeding barriers for USA are different from Bangladesh. The barriers in USA include not enough breast milk, return to work, painful and sore nipples.

## **CHAPTER 3 METHODOLOGY**

### **3.1 STUDY AREA**

This study was done in Mohammadpur Fertility Services & Training Centre (MFSTC). This is a 100 bedded Mother and Child Health Hospital. This hospital provides family planning services, infertility services, health and nutrition services etc. This hospital is a popular because of its good performance, quality counselling, record keeping and follow up services provided to the clients.

### **3.2 STUDY POPULATION**

Mothers of children of 0 to 6 months who visited Mohammadpur Fertility Services & Training Centre were the study population.

### **3.3 SAMPLING SIZE ESTIMATION**

It was a cross sectional analytical study conducted in the Mohammadpur Fertility Services & Training Centre. We used a total of 100 mothers with a random sampling method.

### **3.4 INCLUSION CRITERIA**

All mothers of 0 to 6 months children who came to visit the Mohammadpur Fertility Services & Training Centre were included in the study.

### **3.5 EXCLUSION CRITERIA**

- Mother of child more than 6 months.
- Mothers whose children was very sick.
- Very sick mother.
- Mothers whose age were more than 35 years.
- Mothers who had twin baby.

### **3.6 METHOD OF DATA COLLECTION**



A questionnaire was prepared regarding age of mother, gender of baby, socio-economic condition, education, food habits of mothers and knowledge about breastfeeding. Based on those questions, information was collected from mothers who were visited Mohammadpur Fertility Services & Training Centre.

### **3.7 STATISTICAL ANALYSIS**

The information was collected and statistical analyses were performed using SPSS software (SPSS 26 version). Descriptive statistics such as frequency and percentages of different parameters were calculated using SPSS software.

## **CHAPTER 4**

### **OBSERVATION AND RESULTS**

After the analysis of the data which were collected through interrogating mothers of children of 0 to 6 months the results were found. The results observed are shown below in the form of table, pie chart and column chart.

**Table 4.1:** Age of Mother

<b>Age of Mother</b>
----------------------

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 20 years	28	28.0	28.0	28.0
	20-25 years	56	56.0	56.0	84.0
	Less than 35 years	16	16.0	16.0	100.0
	Total	100	100.0	100.0	

From the above table, it is visible that among the participant mothers, 28% mother were less than 20 years, 56% were between 20-25 years and 16% were between 26 to 35 years.

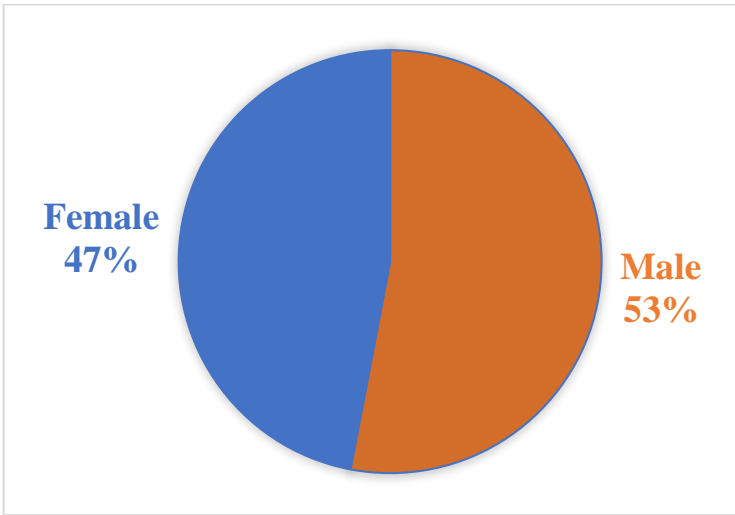


Figure 4.1: Gender of baby

Among the participant mothers, 53% baby were male and 47% baby were female. The above pie chart shows the percentage of male and female child (See figure 4.1).

**Table 4.2:** Educational qualification of mother

Education	Frequency	Percentage (%)
Primary	25	25.0

SSC	55	55.0
HSC	15	15.0
Honors	5	5.0
Total	100	100.0

From the table it is found that, 25% mothers were succeeded to receive primary education, 55% mothers were received SSC, 15% HSC and only 5% mothers were received Honors education.

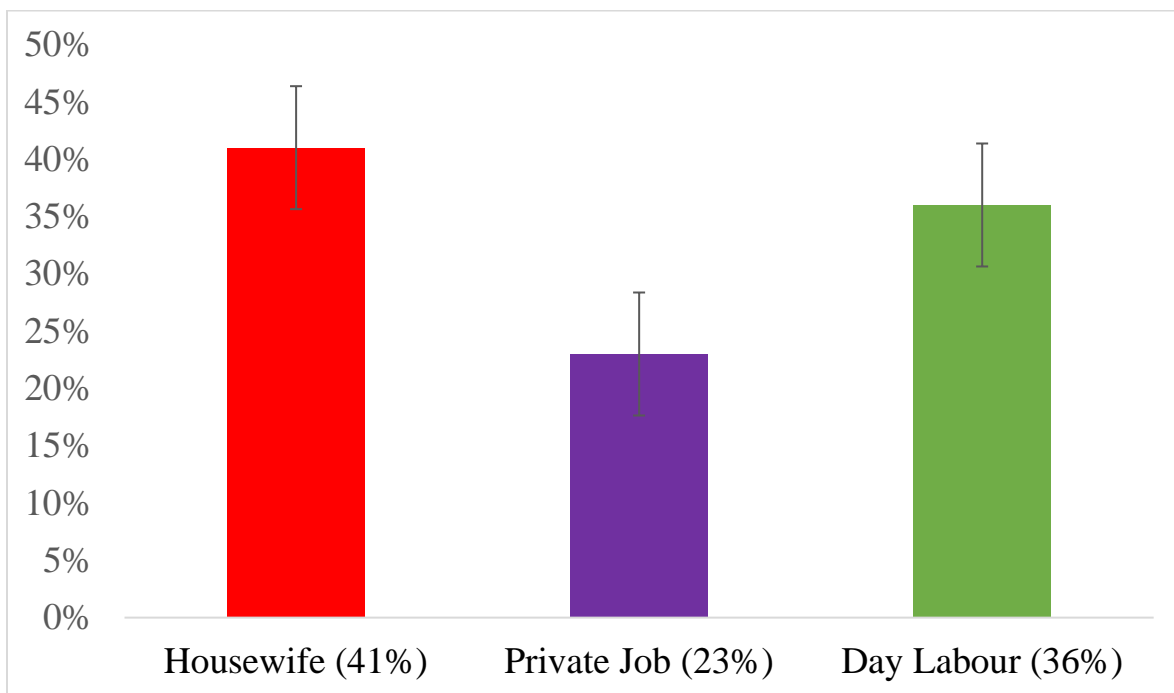


Figure 4.2: Profession of mother

From the above figure, among the participant mothers it is found that 41% housewife, 23% were private job holders and 36% mothers were day laborers.

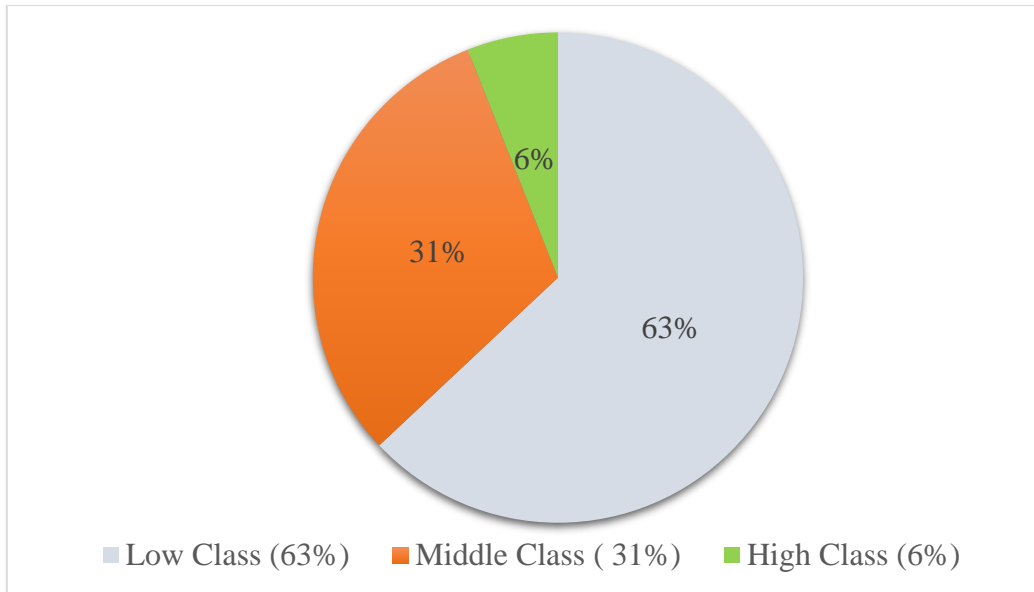


Figure 4.3: Family Class

The above figure 4.3 shows that 6% mother were from high class family, 31% were middle class and the maximum 63% mother were from lower class family.



Figure 4.4: Percentage of supplements taker and non-taker mother

The above figure 4.4 shows that 47% of mother had taken supplements to increase their milk production and 53% mothers were not interested to receive supplements.

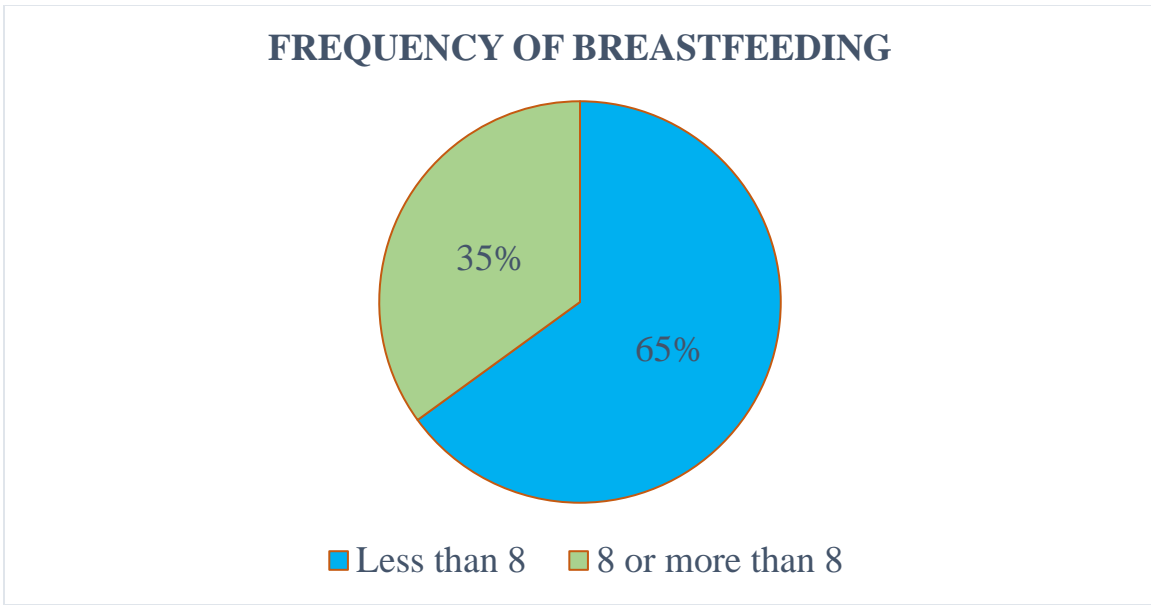


Figure 4.5: Frequency of breastfeeding

The above pie chart shows that only 35% mothers had fed their baby 8 or more than 8 times a day and 65% mothers had fed their child less than 8 times a day.

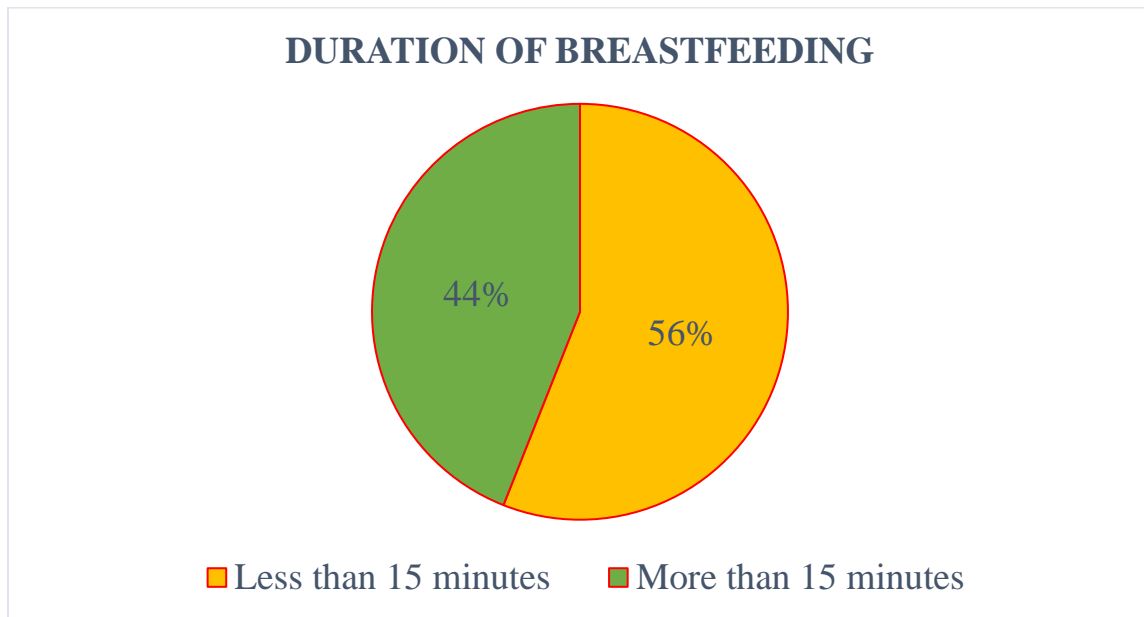


Figure 4.6: Duration of breastfeeding

From the above figure 4.6 it is evident that there were 44% mothers who were breastfed their baby taking more than 15 minutes time on average while 56% mothers had taken less than 15 minutes time on average to breastfed baby.

**Table 4.3:** Percentage of mothers washed hands and clean around the breast before breastfeeding

	<b>No. of mother</b>	<b>Percentage (%)</b>
<b>Wash Hands</b>	39	39.0
<b>Doesn't wash hands</b>	61	61.0
<b>Clean around the breast</b>	37	37.0
<b>Doesn't clean around the breast</b>	63	63.0

From the above table, it can be realized that how much knowledge mother possesses about breastfeeding. Before breastfeeding their child only 39% mother were washed their hands and 37% mother were cleaned their breast. And 61% mothers were not wash hands and 63% mother were not cleaned their breast area before feeding.

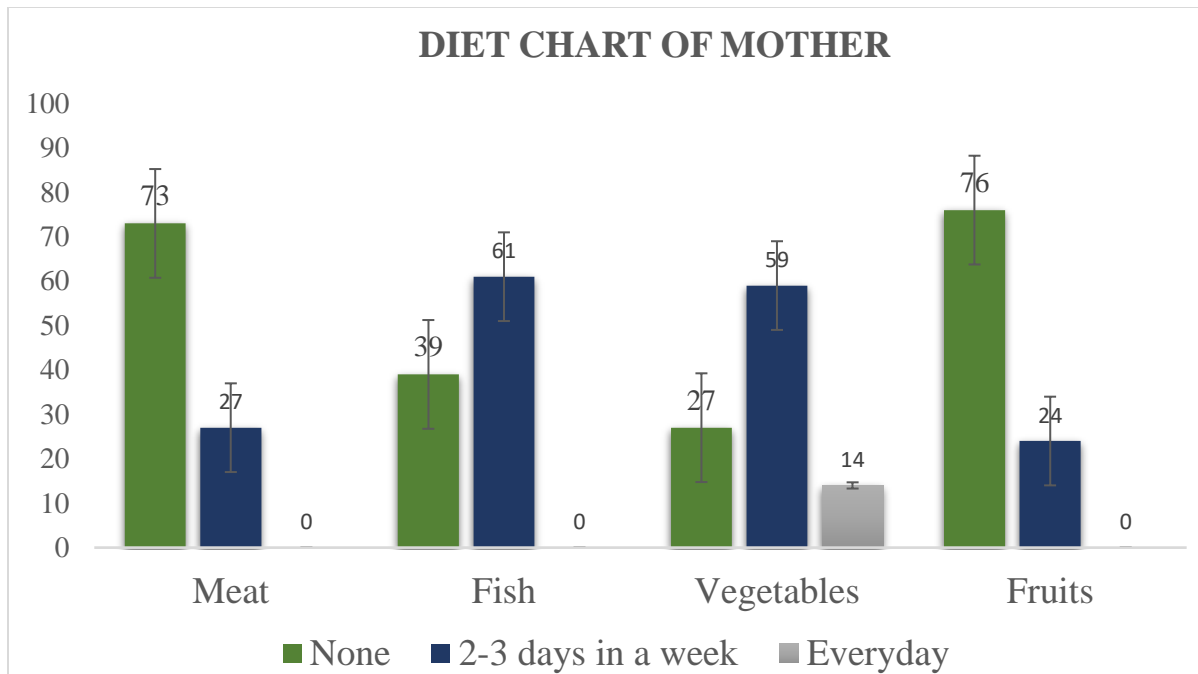


Figure 4.7: Diet chart of mother

Figure 4.7 shows the diet chart of mother in a week. It is found that, there were 73% mothers who were not taken meat in a week and 27% mother were taken meat 2-3 times in a week. 61% mother were eaten fish 2-3 days in a week while 39% mother were not able to eat fish once a week. 14% mother were taken vegetables every day, 59% mother were taken vegetables 2-3 days a week and 27% mother were not taken vegetables at least once in a week. In case of fruits, 24% mothers were eaten fruits 2-3 days in a week and 76% mothers were not eaten fruits at least once in a week. No mother was found to eat meat, fish and fruits regularly.

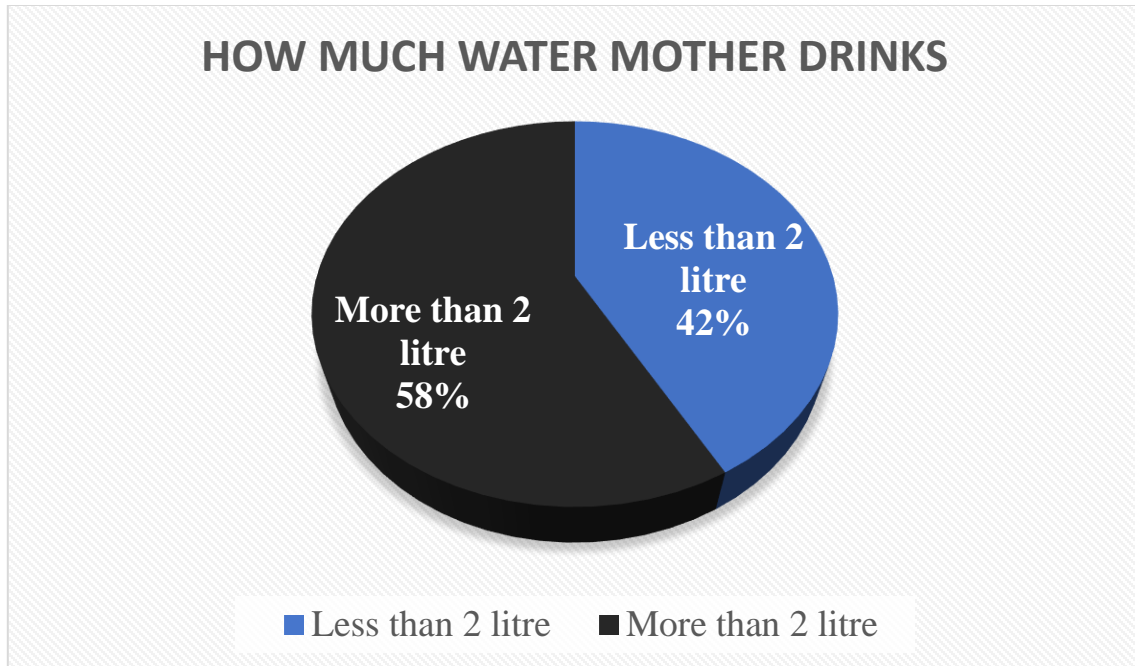


Figure 4.8: Amount of water mother drinks

Figure 4.8 shows that, more than 2 liters water were drunk by 58% mothers every day and less than 2 liters water were drunk by 42% mothers in a day.

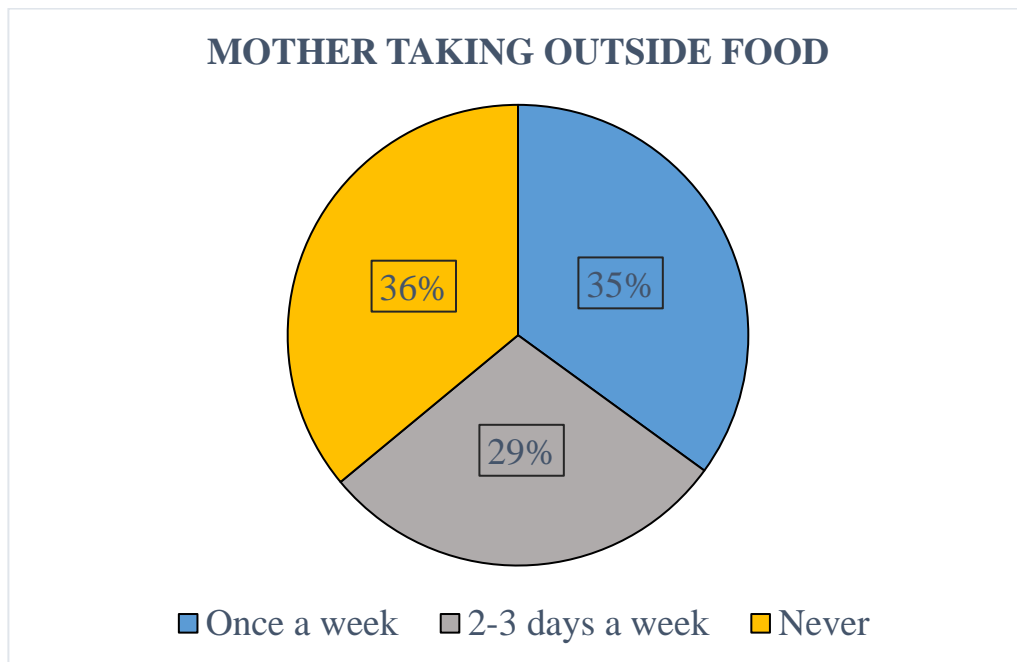


Figure 4.9: Mother taking outside food



Figure 4.9 shows that, outside food were taken once in a week by 36% mothers. 35% mothers were taken outside food 2-3 days in a week and 29% mothers were never eaten outside food at least once in a week.

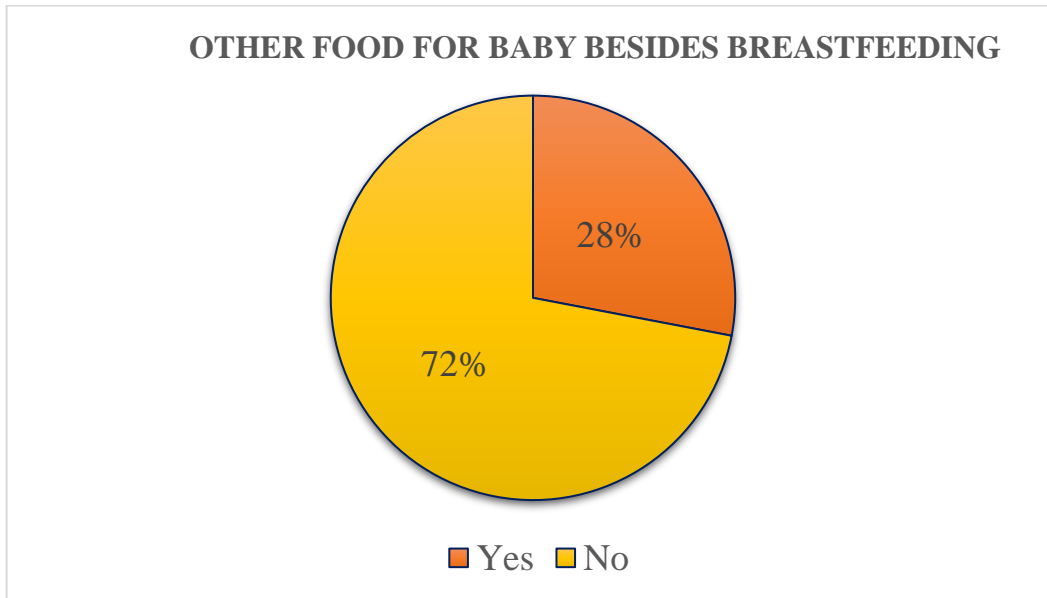


Figure 4.10: Other food for baby besides breastfeeding

Figure 4.10 shows that 72% mothers were not given their child other food and 28% mothers were given other foods to their child besides breastfeeding.

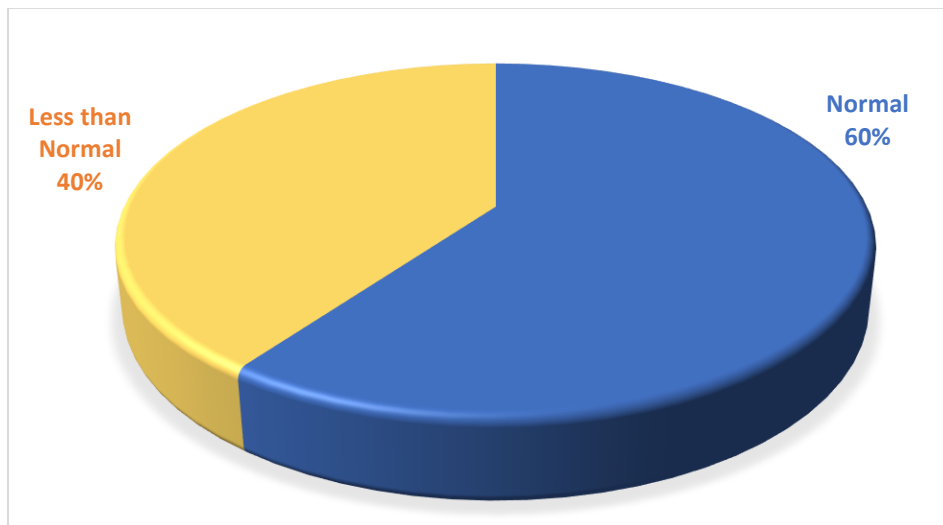


Figure 4.11: Baby pass urine per day

Figure 4.11 shows that, 40% mother were said that baby passed urine per day was not normal and 60% mother were reported that baby passed normal urine in a day. If a baby gets enough milk, he/she will pass urinate 6-7 times a day.

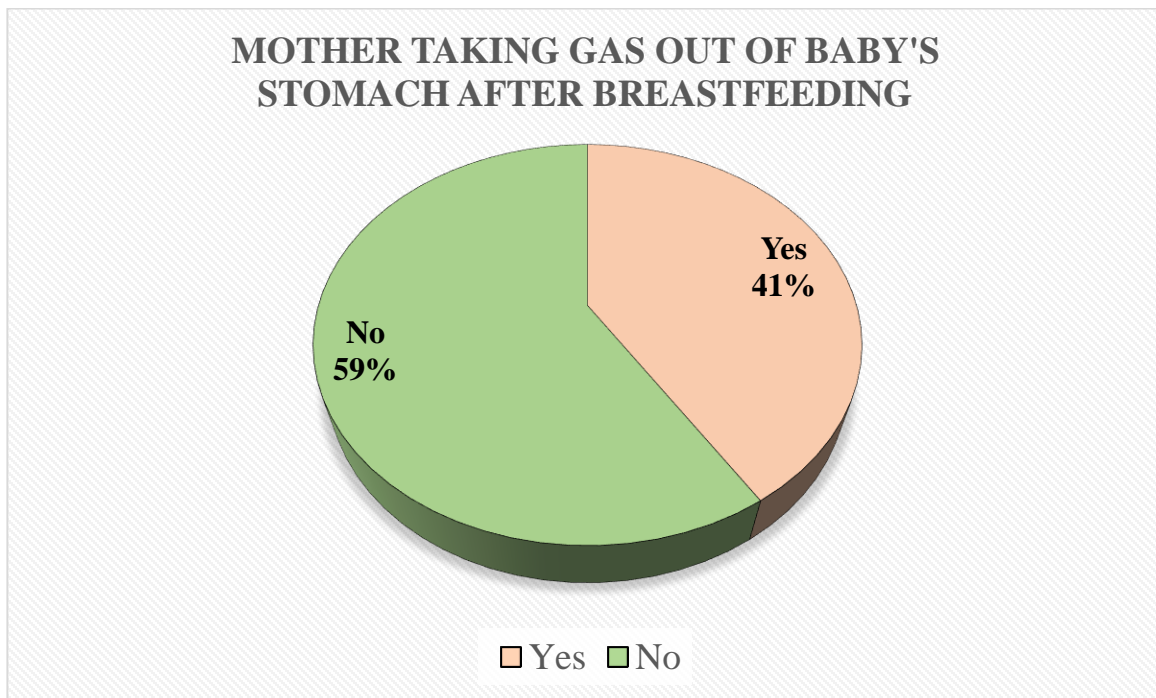


Figure 4.12: Mother taking gas out of baby's stomach

Figure 4.12 shows that, after breastfeeding only 41% mothers were taken gas out of their baby's stomach. On the other hand, 59% mother were not taken gas out of their baby's stomach.

## **CHAPTER 5**

### **DISCUSSION**

#### **5.1 DISCUSSION**

It was found that in this study 28% mother were less than 20 years of age, 56% mother were between 20-25 years and 16% mother were of 26-35 years of age. All ages mother were participated in the study. 53% baby were male and 47% baby were female. Almost equal amount of female and male child was indirectly participated on this study. 25% mother were received primary education, 55% mother were received SSC education, 15% mother were received HSC education and only 5% mother were completed their Honors education. So, in this study most of the mother were achieved SSC education. Around 41% mother were housewife, 36% were day laborers and 23% were involved in private jobs. Most of the mother were from low class which was 63%. It indicates that most of them were poor. Their economic background is not so strong.

According to various research, a baby should be breastfed after 2-3 hours. Babies need to eat 8 to 12 times a day to gain weight and grow [7]. It was found that 65% of mother were breastfed their baby less than 8 times and 35% mother breastfed their baby 8 or more than 8 times. A newborn should be put to the breast at least every 2 to 3 hours and nurse for 10 to 15 minutes on each side. An average of 20 to 30 minutes per feeding helps to ensure that the baby is getting enough breast milk [8]. 56% mother had fed their baby taking less than 15 minutes of time and 44% mother were taken more than 15 minutes of time to breastfed their baby on each time. 40% mothers were reported that their baby did urine less than normal. So, every baby is not getting sufficient amount of mother milk. As the frequency and time of

breastfeeding is less than the standard. And, also from the urine check of baby it is proved that babies are not getting sufficient milk from their mother.

Supplement taker mother were 47% and non-taker were 53%. Mothers are not very careful about their diet plan and nutrition. It was found that, 73% mother did not take meat once in a week. 27% mothers did take meat 2-3 days in a week. 39% mothers were never eaten fish in a week and 61% mothers were eaten fish 2-3 days in a week. Only 14% mother were found eaten vegetables every day in a week, 27% did not take vegetables at least once in a week and 59% mother were found to be eaten vegetables 2-3 days in a week. In case of fruits, only 24% mothers were found to be taken fruits. It is clear that mothers are not very careful about what they eat and what they should eat. It is due to lack of education, economic condition, lack of counselling.

Mothers who do not wash their hands at appropriate times can pass harmful bacteria and pathogens to their infants during breastfeeding [9]. There were only 39% mothers who were washed their hand before breastfeeding and 61% did not wash hands. Also 37% mothers clean their breast area and 63% did not clean their breast area before breastfeeding. It shows that, how much they are unaware about cleanliness.

42% mother were found drinking less than 2 liters of water in a day. It can reduce their milk production. 58% mothers were found drinking more than 2 liters of water every day. After breastfeeding 41% of mothers were taken out gas from baby's stomach and 61% mother were not aware about it. Lack of education, counselling is the reason.

## **CHAPTER 6**

### **CONCLUSION**

#### **6.1 CONCLUSION**

Breastfeeding is very important for infants. It must be ensured that they are getting sufficient milk. From this study, the diet plan of mothers and knowledge regarding breastfeeding are assessed.

- It is found that, most of the mothers do not follow a good diet plan. Many of them do not eat vegetables regularly. They do not know how much water to drink per day. They are not much aware of their nutrition.
- It is also found that, most of the mothers do not know about cleanliness. They are also unaware about the frequency of breastfeeding and duration of breastfeeding. Most of them do not have much knowledge about breastfeeding.

#### **6.2 LIMITATIONS**

There are some limitations of this project. One of the major limitations was the short duration of this project. Due to which the study was conducted upon 100 mothers only and within a limited pre-designed question. Thus, not much data was collected and the sample size was lower. So, the results of the study may not be accurate if it is compared to large sample size. Some mothers were not able to provide accurate data. Some were felt shy to provide data. Also because of COVID-19, there were some mother who were not interested to participate on this project.

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## QUESTIONNAIRE

1	Mother ID		
2	Age of Mother	<input type="radio"/> <20 years <input type="radio"/> 20-25 years <input type="radio"/> <35 years	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2
3	Gender of baby	<input type="radio"/> Male <input type="radio"/> Female	<input type="radio"/> 0 <input type="radio"/> 1
4	Educational Background	<input type="radio"/> Primary <input type="radio"/> SSC <input type="radio"/> HSC <input type="radio"/> Honors	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
5	Profession of Mother	<input type="radio"/> Housewife <input type="radio"/> Private Job <input type="radio"/> Day Labor	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2
6	Family Class	<input type="radio"/> Lower Class <input type="radio"/> Middle Class <input type="radio"/> Higher Class	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2
7	How Many times do you breastfed your baby?	<input type="radio"/> Less than 8 <input type="radio"/> 8 or more than 8	<input type="radio"/> 0 <input type="radio"/> 1
8	How much time do you take to breastfed your baby each time?	<input type="radio"/> Less than 15 minutes <input type="radio"/> More than 15 minutes	<input type="radio"/> 0 <input type="radio"/> 1
9	Do you take any supplements?	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> 0 <input type="radio"/> 1
10	How many days do you eat meat in a week?	<input type="radio"/> 2-3 days in a week <input type="radio"/> None	<input type="radio"/> 0 <input type="radio"/> 1

11	How many days do you eat fish in a week?	<input type="radio"/> 2-3 days in a week <input type="radio"/> None	<input type="radio"/> 1 <input type="radio"/> 0
12	How many days do you eat vegetables in a week?	<input type="radio"/> 2-3 days in a week <input type="radio"/> None <input type="radio"/> Every day	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2
13	How many days do you eat fruits in a week?	<input type="radio"/> 2-3 days in a week <input type="radio"/> None	<input type="radio"/> 0 <input type="radio"/> 1
14	How much water do you drink in a day?	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters	<input type="radio"/> 0 <input type="radio"/> 1
15	Do you wash your hand before breastfeeding?	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> 0 <input type="radio"/> 1
16	After breastfeeding do you get regular gas out of your baby's stomach?	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> 0 <input type="radio"/> 1
17	How many times do your baby urine in a day?	<input type="radio"/> Less than normal <input type="radio"/> Normal	<input type="radio"/> 0 <input type="radio"/> 1
18	Do you eat outside food or restaurant food?	<input type="radio"/> Once a week <input type="radio"/> 2-3 days in a week <input type="radio"/> Never	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2
19	Do you feed your baby other foods besides breast milk?	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> 0 <input type="radio"/> 1
20	Do you clean around your breast before feeding your baby?	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> 0 <input type="radio"/> 1