



Service Priorities and Programmes
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From Infant formula feeding to Exclusive Breastfeeding- A successful mother's journey

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Introduction

Breastfeeding is one of the most effective ways to ensure child health and survival. Exclusive breastfeeding rate in Hong Kong is reported to be 14.8% at four to six months. Breastfeeding mothers face great challenges in the early postnatal period as a result of inexperience in breastfeeding technique. Mothers and families need to be supported for their children to be optimally breastfed.

Objectives

Through a mother's personal journey to illustrate how health practitioners can assist the mother to change from Infant formula feeding to exclusive breastfeeding.

Methodology

A descriptive case study was used as an illustration. The participant was purposely selected in view of her presenting the most common breastfeeding difficulties. Data were collected by using face to face interview during the 16 sessions of clinical consultation in the Midwife Clinic (Lactation).

Result

As early breastfeeding problems became progressively more complicated, the mother was more emotionally fragile. She appeared to be struggling between the choice of breastfeeding and infant formula feeding. With professional support, the mother could exclusively breastfed her baby for 6 months and did not need to strive to buy infant formula milk. The baby was growing well at 90% percentile.