

Iraqi Ministry of Higher Education and Scientific Research

University of Mosul – College of Nursing

**Assessment of Mothers Knowledges about Benefits of Exclusive
Breastfeeding for the Infants**

A graduation project submitted by:

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Abstract

Background: Exclusive breastfeeding is recommended for the first six months of age by the World Health Organization. Understanding the knowledge of exclusive breast feeding may be a necessary step to help improve infant feeding practices among lactating mothers as a means of reducing infant morbidity and mortality.

Aim: assessing the knowledge level regarding benefits of exclusive breast feeding for infant among mothers in Mosul's teaching hospitals.

Material and Methods: descriptive study was conducted for the period between 15th January – 10th May /2022, simple random method was used to select the study sample from mothers who were accompanied their sick children in pediatric departments in Mosul's teaching hospitals, data of the study was collected using a questionnaire containing closed ended questions.

Results: in total 106 mothers were successfully interviewed, (36.8%) were grouped to have good knowledge and (63.2%) of them were have poor knowledge, highest percentages of poor knowledge were recorded among mothers from low educational level, living in rural areas and unemployed (49.3%, 74.6% and 94%) compared with mothers from high educational level, urban dwellers and employed (7.46%, 25.4%, 6%) with P-Value (0.000).

Conclusions: in general, there was a low knowledge level among mothers who enrolled in the study. Most of these mothers were from low educational level, living in rural areas and unemployed.

Recommendation: the present study recommended the health facilities workers in the necessity of providing health education and supporting for the lactating mothers in Mosul city.

Key Words: Assessment, Mother's Knowledge, Breast Feeding.

