

# **Improving Breastfeeding Exclusivity and Enhancing Self-Efficacy Among Latina Mothers Through a Prenatal Breastfeeding Education Program**

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## **Abstract**

**Purpose:** The purpose of this study was to determine the effect of a prenatal breastfeeding education program and postpartum lactation support on breastfeeding self-efficacy and exclusivity among Latina mothers by applying the Tri-Core Breastfeeding Model.

**Methods:** An evidence-based educational program was utilized to deliver the breastfeeding education in Spanish among the seven participating mothers. Additional lactation support was offered and provided after delivery. Breastfeeding self-efficacy was measured before and after the education session and at 2-weeks postpartum. Follow-up calls to assess breastfeeding and exclusivity were completed at 2-weeks and 4-6 weeks postpartum.

**Results:** Only one participating mother was breastfeeding exclusively in the hospital and none of the participants breastfeed exclusively at 2-weeks postpartum. However, the educational program was effective in increasing maternal self-efficacy when comparing pre-post scores. Interestingly, over half ( $n=4$ ) were providing any breastfeeding to their newborn infant.

**Implications:** This study emphasizes the need of breastfeeding education, resources, and support for Spanish-speaking mothers. Though the intervention had no positive effect on breastfeeding exclusivity, access to breastfeeding resources did have a positive impact on maternal confidence and breastfeeding. Thus, culturally sensitive education programs should be furthered developed and available for Spanish-speaking mothers.