

Abstract:

There has been minimal study about breastfeeding practices in Trinidad. The aim of the study was to assess the Socioeconomic and Cultural factors influencing breastfeeding in Trinidad, with particular interest in Central/South Trinidad. The objectives of this study are to encourage and promote all benefits associated with breastfeeding. Questions were asked on demographic characteristics of 85 respondents consisting of their economic status, employment status, education level and ethnicity. Other questions relating to knowledge of breastfeeding were asked. The study was targeted to both first time mothers and non first time mothers. It was observed that employment status and economic status did not significantly contributed to a decrease in breastfeeding rate. The duration of breastfeeding was noted at an average of six months by expectant. Expectant mothers are quite aware of the benefits associated with breastfeeding. Mothers who refused to breastfeed made this choice due to insufficient time. From the study it was noted that spouse played an integral role in supporting breastfeeding. However, mothers who are employed do not have proper facilities at work to encourage the practice.