

## ABSTRACT

### *Factors inhibiting exclusive breastfeeding among Post-natal mothers in Kingston and St. Andrew*

It is known that breast feeding practices and factors influencing these practices vary from country to country. Having this knowledge it is then important that these practices be studied in specific populations so as to support and maintain good breastfeeding practices.

This study was done to determine the factors that inhibit exclusive breastfeeding among mothers in post-natal clinics in Kingston and St. Andrew.

A convenient sample of 120 mothers from post-natal clinics in six (6) government centres was studied. The mothers were interviewed using a structured questionnaire and a focus group interview was conducted with selective mothers.

Results show that the initiation rate of breast-feeding in hospital was 90.8% but exclusive breast-feeding was only 32.5% by age 6 to 8 weeks old. The majority of respondents indicate that it was important to give breast milk alone for the first 6 to 8 weeks of life.