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Abstract

To identify knowledge and practices about breastfeeding on pregnant women and under two years old children's caregivers, resident in five municipalities of the Department of Caldas with the highest rates of maternal mortality and prevalence of low birth weight in 2010. Methods: Cross-sectional study with qualitative and quantitative approach in 31 pregnant women, 90 lactating women and 14 under 2 years old children's caregivers attending institutions and programs at various levels of health care in Marulanda, Risaralda, Pácora, Manizales and Palestina. The variables were: municipality of residence, socioeconomic status, mothers or caregivers' age, mothers or caregivers' educational level, caregivers' occupation, caregivers' kinship with the FAMI users, marital status and knowledge and practices on breastfeeding. Results: Participants agreed on the value and benefits of breastfeeding for both the baby and the mother. The biggest distortions between knowledge and practices were found in adequate time to exclusively breastfeed the baby, in the breastfeeding techniques, in the weaning process and in foods that according to them help milk to come in. Also they suggested that breastfeeding must be performed during six months without including other food though, in reality, this does not happen because of several reasons. Conclusions: The findings of this study even yet support the key role played by health personnel and delivery care institutions to promote exclusive breastfeeding through education about successful breastfeeding techniques.

Keywords

Key words, Breast feeding, qualitative research, health knowledge, attitudes and practices, clinical competence, weaning.

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