
IMETYKSEN MURROSKOHDAT VAUVAVUODEN AIKANA

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Developing the national guideline for equitable breastfeeding support

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Background

Despite the benefits of breastfeeding some mothers cease breastfeeding earlier than recommended. Risk factors for early ceasing include young age, low income, immigration status, low education, psychosocial stress, smoking, delivery method, high BMI, and insufficient health literacy and support.

Aim

This doctoral research aims to develop a national guideline for health care professionals that ensures equitable breastfeeding support for mothers at risk of early cessation. The guideline will be compiled based on the results of three different studies.

Methods and development process

Year	Aim	Methods/analysis	Participants	Results and expected results	Basis for the guideline
2024	To examine mothers' breastfeeding experiences and breastfeeding specialists' perceptions about breastfeeding promotion	Semi-structured interviews Inductive content analysis	Mothers (N=14) Breastfeeding promotion specialists (N=9)	Mothers reported inconsistent breastfeeding support and attitudes, and outdated information. They hoped for more personalized, practical, and accessible help. Specialists stressed the need for improved education and promotion in family services to ensure support meets families' diverse needs	Provides an initial understanding of breastfeeding support needs and forms the basis for the guideline
2025	To investigate what kind of support do public health nurses give to breastfeeding mothers who are at risk of early cessation	Online survey with multiple-choice questions Descriptive and multivariate analysis Semi-structured thematic pair interviews Deductive content analysis	Public health nurses in maternity and child health clinics (N=200) Public health nurses in maternity and child health clinics (N=20)	Perspectives on the breastfeeding support competences of public health nurses in maternity and child health clinics, and support needs, practices, and development suggestions	Refines the guideline based on the views of health care professionals in the context of maternity and child health clinics
2026	To identify the factors that are essential in developing breastfeeding support among risk groups in the future	Delphi panel (two rounds) Descriptive and multivariate analysis and inductive content analysis	Breastfeeding support experts (N=20)	Identification of key factors and consensus on essential components of breastfeeding support for risk groups	Finalizes the guideline based on consensus among breastfeeding support experts



IMETYKSEEN VALMISTAUTUMINEN RASKAUSAIKANA

- Imetystä edistävät käytännöt
 - Imetysaikomus ja imetysluottamus
 - Imetysvalmiudet
 - Rintojen terveys
 - Mielikuvat vauvasta
 - Puolison rooli
 - Mistä apua ja tukea
-

IMETYKSEN HERKKÄ ALKU – ENSIMMÄISET KUUKAUDET

- Maidonnousu ja imetysrytmin löytäminen
- Imetysasentojen ja imuotteen opettelu
- Varhainen vuorovaikutus
- Ensimmäiset tiheän imun kaudet
- Äidin jaksaminen ja mieliala





IMETYKSEN VAKIINTUMINEN – KASVAVA JA KEHITTYVÄ VAUVA

3 kuukautta

- Tiheän imun kausi
- Maitomäärä vakiintuu vauvan tarvitsemalle tasolle
- Rintaraivarit ja -lakkoilut

4 kuukautta

- Hulinat
- Kiinteiden ruokien aloitus
- Vauva kiinnostuu ympäristöstä
- Imun tehostuminen

KIINTEIDEN ALOITUS JA HAMPAIDEN ILMAANTUMINEN

5-6 kuukautta

- Tiheän imun kausi
- Kiinteiden maistelu
- Ensimmäiset hampaat
- Rytmittömyys





VAUHDIKAS, LIIKKUVA VAUVA

6-8 kuukautta

- Liikkumisen oppiminen
- Kiinteiden ruokien lisääminen
- Äidin kuukautiskierron käynnistyminen
- Äidin mieliala

IMETYKSEN JATKAMINEN TAI VIEROTTAMINEN

8-12 kuukautta

- Imetys voi muuttua harvemmaksi ja joustavammaksi
- Eroahdistuksen voimistuminen
- Päivähoito ja töihinpaluu
- Yöimetyksen ja imetyksen jatkuminen





MILLAISTA IMETYSTUKEA ÄIDIT TOIVOVAT?

- Yksilöllistä tukea
- Käytännöllistä tukea
- Aktiivista tukea
- Ajantasaista tietoa imetyksestä
- Imetystukipalvelujen saavutettavuutta
- Tukea vanhemmuuteen
- Imetysmyönteistä ilmapiiriä

LÄHTEET

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LÄMMIN KIITOS
MIELENKIINNOSTANNE!

