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## Breastfeeding challenges for mothers in Kuwait

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Breastfeeding is very important in every single society around the world, it has many health advantages for both mother and baby. It reduces child mortality and has health benefits that extend into adulthood. It also contributes to the health and well being of mothers, reduces breast and ovarian cancer and helps spacing children. Encouraging mothers to breastfeed and supporting them is very important to help them breastfeed for longer periods. Breastfeeding awareness has recently started in Kuwait, breastfeeding rate in Kuwait and GCC are still low compared to other societies such as Canada, as a Breastfeeding Specialist that has my own office and very active in social media spreading the awareness and the importance of breastfeeding. I conducted a study where recorded 40 participants. The main reason that's making them give up is the society itself (family and friends, mainly) not the real breastfeeding challenges! the second reason is the baby attached to them most of the time as many families in Kuwait are dependent on nannies to take care of kids.

## Biography

Maryam Alali has completed breastfeeding specialist training 2017; Took lactation educator and counselling training from Texas 2014.

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