

# 11<sup>th</sup> International Conference on **Clinical Pediatrics** & 2<sup>nd</sup> International Conference on **Pediatric Surgery**

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## Breastfeeding in infants born in the maternity clinic hospital of Trikala Greece in 2015-2016

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Breast milk is the best food for the baby, especially during the first months of life. Exclusive breastfeeding is difficult to achieve. The purpose of this retrospective study is to record the frequency of breastfeeding the first 2, 6 and 12 months of life, and the factors that contribute to the establishment and continuation of this. We performed a retrospective study using a telephone questionnaire to all mothers who gave birth in the obstetrics clinic of Trikala Hospital in 2015-2016. Data were collected from 300 mothers. Approximately 70% of mothers begun to nurse in the first month. 30% of mothers were not breastfed at all, almost half of mothers (48.4%) continued with exclusive or mixed feeding up to 2 months, while 32% continue at 6 months. The percentage drops at 22% in the first year of life. Mothers who adopted lactation even for 40 days say they had been very well informed about the process, especially from obstetric and medical staff of the hospital. Finally, over 60% said they did not have help at home to support the choice of breastfeeding. The breastfeeding rate in Hospital of Trikalais rather satisfactory for Greece, still better rates can be achieved. It appears that on the part of mothers, there is intense interest in the initiation and establishment of breastfeeding, and the approach of obstetric and pediatric care contributes positively towards it.

### Biography

Chrysoula Papachristou is an Attending Physician of Pediatrics at General Hospital of Trikala. She finished Medical School of Ioannina Greece and Pediatric Residency at University of Larissa, Greece. She has participated at the International Child Mental Health Training Program at Childrens Boston Hospital in 2008.

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