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Introduction

Breast milk is very important for infants and mothers, it has established health, psychological, environmental, and other benefits, including cognitive development, and lowering the risk of infections, cancers, and diabetes in children and mothers [1], it is also considered to be the optimal food that enhances the growth and development of the infants [1, 2]. Breastfeeding (BF) should be continued for at least 6 months according to the Canadian Infant Feeding Joint Working Group [3-5]. Despite that many mothers choose to stop breastfeeding before 6 months of age for many reasons such as insufficient milk supply, infant self-weaning, return to studying, school or work and many others issues that related to the obstetrical and neonatal factors, infant age, lifestyle, mother's education, parity, level of income, stress factors and smoking [6-9]. BF contributes to the good health of mothers and babies as some research demonstrates [10] and so, the World Health Organization (WHO) and international bodies like United International Children Emergency Fund (UNICEF) set several guidelines that recommend and support mothers to breastfeed their babies for the first 6 months of age [11, 12]. Cross-sectional studies showed that there is a decrease in BF rate from 89% in the second month,

were included. Of these 281 women, (30%) stopped breastfeeding because of scanty milk production, (28.8%) child weaning him/herself, (24.8%) show that returning to work is the main cause, fatigue and painful nipples (8.4%), and medical advice and mother preference (4%) (Table 1).

Table 1: The most common causes of stopping breastfeeding before 6 months of baby age

Causes	(%)
Milk production is not enough	30
Child self-weaning	28.80
Returning to work	24.80
Fatigue, diseases and painful nipples	8.40
Medical advice of formula	4
Mother preference	4

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There are many factors associated with stopping breastfeeding before the 6 months of baby age as decreased, milk production, lack of training, and short maternity leave time which was discussed in the Behzadifar et al. 2019 systemic review [15]. Insufficient milk production comes from low mother knowledge about lactation and addressed crying as the main sign of hunger, so giving milk formula as the best solution [16]. Women were more likely to cite "fatigue with breastfeeding" as a reason for cessation (8.4%) in Palestine and (18.9%) in the Brown Canadian study [17]. Pain also was a major challenge proven by Ghana mothers [18]. Effective early training on the best way of lactation helps in increasing milk production and decreases
