

ANNOTATION

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Title: The level of health literacy of women in motherhood in terms of breastfeeding
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The bachelor's thesis deals with education about breastfeeding. The theoretical part of the thesis provides general information on breastfeeding, including the most common difficulties and solutions. This part also describes the breastfeeding education process and breastfeeding counselling.

The research part of the thesis is based on a quantitative questionnaire survey. This part focuses on the rate of health literacy about breastfeeding in mothers, including the specific aspects they had been educated about. Out of a total of 60 distributed questionnaires, 52 of them met the inclusion criteria and were assessed. Based on the survey results, the author created education materials that provide the most important facts about breastfeeding, including the most common breastfeeding difficulties.