

The bachelor thesis deals with the broad issue of education of breast-feeding women, whereas the accent is put on the first-rate and unified education of a mother.

Theoretical part is concentrated to the importance of breast-feeding, principles of correct breast-feeding, composition of breast milk, impediments and solving problems in period of lactation and their prevention. Part of the theory is education and educational process in nursing.

Empiric part is formed by explorational investigation made for attestation of breast-feeding mothers' educational process quality realized by sanitary staff. Examined sample were mothers from the Department of puerperium of The Regional Hospital Rychnov nad Kneznou, Inc.

A necessity of standard educational plan resulted from the explorational investigation, which would grant unified informations and sufficient time to the mothers for their questions. For mothers a manual of our education will be made to this educational plan. These educational materials will be helpful for uprating nursery care of mothers and their newborns at our workplace.