

Anotace

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Oddělení ošetrovatelství

Název práce: Women awareness of Brestfeeding in Hradec Králové Region

Vedoucí práce: Mgr. Eva Vachková Ph.D.

Počet stran: 95

Počet příloh: 7

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Klíčová slova: Awareness about breastfeeding, breastfeeding woman, problems with breastfeeding, lactation counseling, child nutrition, support of breastfeeding.

Bachelor's thesis discusses the importance and support of breastfeeding. The theoretical part is focused on breastfeeding in the history, explains lactation and the importance of breastfeeding and lists possible complications during lactation. The empirical part is solved by quantitative questionnaires. The research part is focused on finding the level of awareness among women about the importance of breastfeeding and solving problems arising during breastfeeding. The research took place in Hradec Kralove region, where it was contacted a total of 116 women. For the research it was used 98 questionnaires that were filled in correctly and matched given criteria. Based on the findings was created informational manual called "Breastfeeding, everything for your happy baby". The leaflet summarizes the importance and benefits of breastfeeding, possible problems with breastfeeding and emphasizes the possibility of help in breastfeeding.