

## SKIN-TO-SKIN CARE FOR BREASTFEEDING DIFFICULTIES POSTBIRTH

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This chapter reports the results of a study evaluating the status of breast feeding (BF) for mother infant dyads having BF difficulties postbirth and given skin-to-skin care (SSC). The hypothesis was that SSC would facilitate successful BE. The focus was on *exclusive* BF (only human milk) as well as on duration, because both measures correlate positively with health benefits. The study involved 50 healthy, fullterm, mother-newborn dyads experiencing BF difficulties between 11 hours and 24 hours postbirth. Participants experienced "SSC with BF" (SB) for 3 consecutive BFs (SBI-SB3) and one BF (SB4) 24 hours after SBI. Two dyads withdrew during the hospital phase. At SB4, of the 48 remaining dyads, 39 (81.3%) were BF exclusively, while 9 (18.7%) were BF partially. At 1-week follow-up, 35 dyads (72.9%) were BF exclusively, 5 (10.4%) were BF partially, 6 (12.5%) were not BF and 2 (4.2%) were lost to follow-up. At 1-month follow-up, 25 dyads (52.1 %) were BF exclusively,