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Breastfeeding Practices in China and Ireland: the Chinese Mothers in Ireland Survey.

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Breastfeeding Practices in China and Ireland: The Chinese Mothers in Ireland Suvey

Migration to another country may contribute to some changes in breastfeeding practices. This study explored the breastfeeding practices of immigrant Chinese Mothers in and following migration to Ireland, where breastfeeding is far less prevalent (43% initiation).

Materials and Methods

A cross-sectional survey involving Chinese mothers who had given birth in Ireland (CMI) or in China (CMC).

Results and Findings

Analyses was conducted on 285 completed questionnaires. 72% of the sample breastfed their infants with no differences between CMI (71%) and CMC (78%) ($P>0.05$). The main reason for CMI to stop breastfeeding was perceived insufficient breast-milk: however this was not the case for mothers who gave birth in China (CMC) as 96% of them used a special Chinese diet to increase breast-milk supply.

Conclusion

The consumption of the special Chinese diet may increase breastfeeding duration among Chinese mothers giving birth in Ireland.