

The Effect of Posyandu (Integrated Healthcare Center) Cadres Training on Breastfeeding Using a MCH Book-Based Module toward Knowledge and Attitudes in Stunting Prevention Counseling

Nurmiaty,¹ Khalidatul Khair Anwar,¹ and Dyah Noviawati Setya Arum², Agussalim³.

Received: 10- June -2023

Revised: 12- July -2023

Accepted: 08- August -2023

¹ Midwifery School of Nursing, Kendari Health Polytechnic, Indonesia.

² Midwifery School of Nursing, Yogyakarta health Polytechnic, Indonesia.

³ Parepare School of Nursing, Makassar Health Polytechnic, Indonesia

Correspondence author: Nurmiaty, Email: nurmiati1908@gmail.com, Dr. Agussalim, MSNEmail: salim170878@gmail.com

Abstract

Posyandu, which is an integrated healthcare centre, is a type of health service that is community-based and is established by the community with the assistance of cadres who act as healthcare providers. The achievement of optimal exclusive breastfeeding rates among mothers remains below the desired threshold, and the availability of trained counsellors is scarce. Therefore, it is imperative to organise training programmes for personnel to enhance their knowledge and skills in the domain of breastfeeding. The objective of this investigation is to ascertain the impact of the training of Posyandu cadre, who are responsible for providing integrated healthcare services, on breastfeeding practises. This will be achieved through the utilisation of a module based on Maternal and Child Health (MCH) literature, with the goal of enhancing knowledge and attitudes towards counselling on the prevention of stunting. The present investigation employs a quantitative research approach utilising a quasi-experimental design. The entire population under study comprised of 92 participants, with 46 individuals assigned to the experimental group and the other 46 to the control group. The instruction was conducted over a span of four consecutive days, while the gathering of information was executed through the utilisation of pre-assessment and post-assessment surveys. Moreover, the collected data underwent analysis through the utilisation of the Wilcoxon rank-sum test and the Mann-Whitney U test. The findings of this investigation indicate that the mean score of personnel's cognition in the experimental cohort was 97.8, whereas the corresponding figure for the control cohort was 92.0. The utilisation of the module for training purposes can enhance the cognitive and affective domains of the personnel with regards to providing advice on stunting prevention through breastfeeding. This holds significant value in bolstering the responsibilities of cadres in delivering services at Posyandu, thereby augmenting the scope of exclusive breastfeeding, which is a crucial measure in mitigating stunting.

Keywords: Posyandu, Cadres Training, Breastfeeding, MCH Book, Stunting Prevention.

Introduction

According to the findings of Primary Health Research, the incidence of child stunting in Indonesia has persisted at an elevated level for the previous ten years, approximately amounting to 37% [1]. According to the findings of the Indonesian Nutritional Status Survey, the incidence of stunted growth among the population of Indonesia was recorded at 30.8% in 2018. However, it is projected to decline to 24.4% by the year 2021. According to the Indonesian Nutritional Status Survey data for the year 2021, the incidence of stunting in Southeast Sulawesi Province stands at 30.02 percent. The district of Buton Selatan has the highest prevalence of stunting, with a rate of approximately 45.2%, followed by Konawe with a rate of 26.2% [2]. The phenomenon of stunting exerts a significant influence on both morbidity and mortality rates, as well as on growth patterns, academic performance, susceptibility to communicable and non-communicable ailments, and overall work output (2). The aetiology of stunting in Indonesia encompasses immediate determinants such as the nutritional status of the mother, the quality of breastfeeding and weaning foods, and the susceptibility to infectious diseases. The ultimate determinants

encompass education, the food production and distribution network, healthcare provisions, as well as water and sanitation infrastructure [1].

Within the WHO's stunting framework, the factors contributing to stunting are categorised into two distinct groups: proximate determinants and contextual determinants. The immediate factors that contribute to a phenomenon are referred to as proximate causes. In the context of child malnutrition, these causes encompass aspects such as household and familial conditions, suboptimal practises related to the provision of supplementary nutrition, the act of breastfeeding, and the prevalence of communicable illnesses. The contextual determinants encompass a wide range of societal and communal factors. The findings of the research [3] revealed that neonates who were solely nourished with breast milk for a duration of six months exhibited greater and more substantial physical development, with a significantly lower probability of experiencing growth retardation. There exists a noteworthy correlation between the counsel dispensed by healthcare professionals and the act of nursing an infant. Several impediments to achieving optimal breastfeeding have been identified: Challenges encountered during the initiation of lactation, insufficiency of cognizance and assistance from healthcare professionals.

A study conducted to evaluate the efficacy of antenatal instruction on breastfeeding revealed that the experimental group exhibited superior performance in terms of their comprehension and disposition towards breastfeeding, as compared to the control group, by the third day following childbirth [5]. Instruction on antenatal nursing and postpartum lactation assistance augments the practise of exclusive breastfeeding for a duration of six months following parturition [6]. Prenatal instruction and consultation have proven to be highly beneficial in the promotion of lactation [7]. The provision of precise prenatal instruction to expectant mothers, their families, and healthcare professionals is of paramount significance in the enduring period. The emphasis should be on the advantages and techniques of nursing [8]. Mothers who participated in antenatal education courses experienced a noteworthy augmentation in the period of lactation lasting up to half a year, in comparison to the group that did not receive such instruction [9].

Instruction on lactation has the potential to enhance the cognitive, affective, and behavioural aspects of maternal care, leading to the provision of exclusive breastfeeding for a period of six months [9]. Moreover, the findings of a study investigating the impact of lactation instruction on neonatal development revealed that neonates who were exposed to lactation instruction exhibited greater body mass and stature in contrast to their counterparts in the control groups [10]. The dissemination of knowledge and instruction regarding lactation throughout gestation and postpartum is of paramount significance in the triumph of lactating mothers. Nonetheless, the quantity of healthcare providers disseminating information is negligible in comparison to the quantity of expectant and nursing mothers. Hence, it can be inferred that the cadres of Posyandu, which is an integrated healthcare centre, play a pivotal role in disseminating knowledge pertaining to lactation among mothers who frequently visit the facility [10]. The fundamental nature of cadres is inextricably linked to healthcare provisions, particularly those pertaining to maternal and paediatric health services [11]. Collaborative efforts among healthcare professionals, auxiliary personnel, indigenous medical practitioners, and the populace in the utilisation of prenatal care constitute a fundamental screening approach (primary tactic) aimed at mitigating outcome metrics, specifically maternal and neonatal mortality and morbidity [12].

The objective of attaining exclusive breastfeeding has not been realised owing to the restricted accessibility of lactation consultants within the locality. Consequently, it is imperative to conduct instructional sessions for Posyandu personnel regarding lactation as a measure to avert growth impairment. The aforementioned depiction underscores the indispensability of comprehending that cadres assume a highly strategic function as purveyors of information and services to mothers and infants who frequent the Posyandu (Integrated Healthcare Centre), as well as to the broader community. It is imperative that cadres persist in acquiring knowledge in order to execute their responsibilities with greater efficacy. The objective of this investigation is to ascertain the impact of the training provided to Posyandu cadre, who are responsible for managing Integrated Healthcare Centres, on the practise of breastfeeding. The training programme utilised a module based on the 2020 Maternal and Child Health (MCH) book, which focused on enhancing knowledge and attitudes towards counselling for the prevention of stunting.

Methods of Research

This investigation is deemed a quantitative inquiry utilising a quasi-experimental framework. The sample comprises the entire cohort of Posyandu volunteers in the urban area of Kendari. The present investigation drew its research sample from four distinct Public Health Centres situated in the city of Kendari, which served as a representative sample of both the mainland and coastal regions. The designated healthcare facilities comprised Nambo Health Centre, Abeli Health Centre, Poasia Health Centre, and Mokoau Health Centre. The study sample comprised 92 individuals who were segregated into two distinct cohorts, namely the intervention group comprising 46 participants (selected from the Nambo Health Centre and Mokoau Health Centre) and the control group encompassing 46 individuals (selected from the Poasia Health Centre and Abeli Health Centre).

The process of sampling ensures that each stratum within the selected locations is adequately represented in the research study. Every Posyandu is represented by a solitary dynamic cadre who exhibited a willingness to partake in the research proceedings until its culmination. The selected cohort of individuals, who were chosen as representative samples, were provided with comprehensive information regarding the research study and subsequently completed pre- and post-intervention research questionnaires. The cohort receiving intervention would receive instruction on lactation via a module that cites the 2020 Maternal and Child Health Handbook, encompassing topics such as: 1) The Significance of Lactation; 2) Attributes of Mammary Secretions; 3) Anatomy of the Mammary Glands and the Let-Down Reflex; 4) Prompt Initiation of Lactation (IMD); 5) Management of Lactation; 6) Techniques for Milk Expression; 7) Assistance for Mammary Secretions and Lactation. The instruction was administered on four separate occasions, commencing with a preliminary assessment prior to the implementation of the intervention, and culminating in a subsequent evaluation subsequent to the intervention.

The investigation was carried out between August and November of the year 2022, at the Nambo Health Centre, Abeli Health Centre, Poasia Health Centre, and Mokoau Health Centre, all located in Kendari City, situated in the Southeast Sulawesi province of Indonesia. The information obtained through a survey was subsequently scrutinised utilising the Wilcoxon rank-sum test and the Mann-Whitney U test by means of the STATA statistical analysis software. The present investigation was granted an ethical clearance by the Ethics Committee of Kendari Health Polytechnic, bearing the reference number L.B.02.01/Ethics-017/2022, in accordance with the established ethical standards.

Results

1. Demographic characteristics of respondents

Table 1. Distribution of respondents by age

Variables	Group		Total
	1 (Intervention)	2 (Control)	
Age (year)			
20-30	4 (8.70)	5 (10.87)	9 (9.78)
31-40	18 (39.13)	16 (34.78)	34 (36.96)
>40	24 (52.17)	25 (54.35)	49 (53.26)
Education			
Primary (elementary-junior high school)	9 (19.57)	15 (32.61)	24 (26.09)
Secondary (senior high school)	27 (58.70)	24 (52.17)	51 (55.43)
Tertiary (college)	10 (21.74)	7 (15.22)	17 (18.48)
Occupation			
Civil Servant	0 (0)	3 (6.52)	3 (3.26)
Honorary	2 (4.35)	0 (0)	2 (2.17)

Entrepreneur	5 (10.87)	5 (10.87)	10 (10.87)
Housewife	39 (84.78)	38 (82.60)	77(83.70)
Total	46 (100)	46(100)	92 (100)

As depicted in Table 1 aforementioned, it is discernible that the age allocation in both the intervention and control cohorts is nearly identical. The majority of the personnel in the intervention cohort (52.17%) as well as the control cohort (54.35%) belonged to the age bracket exceeding 40 years. Merely a limited cohort of personnel were in the age bracket of 20 to 30 years. Evidently, the dispensation of education among the intervention cohort and the control cohort exhibits a comparable pattern. A significant proportion of the personnel had attained secondary education, specifically 58.70% in the experimental cohort and 52.17% in the reference cohort. Within the intervention and control groups, a proportion of cadres persisted with a primary level of education, specifically 19.57% and 32.61%, respectively. Regarding the third feature, the allocation of employment among the intervention and control cohorts manifested analogous outcomes. The majority of the personnel comprised homemakers, specifically 84.78% in the experimental cohort and 82.60% in the reference cohort. In the intervention group, the proportion of individuals serving as honorary workers was 4.35% higher than that of the control group. Similarly, the proportion of cadres serving as civil servants was 6.52% higher in the control group compared to the intervention group.

2. Univariate Analysis

Table 2. Distribution of average values, standard deviation, minimum and maximum values

Group	Variables	Pre-Test				Post Test			
		N	\bar{X}	SD	Min±max	N	\bar{X}	SD	Min±max
Intervention	Knowledge of breastfeeding	46	89.8	10.24	66.7±100	46	97.8	5.7	83.3±100
	Attitudes toward breastfeeding	46	81.5	14.1	31.3±100	46	91.7	11.2	50±100
Control	Knowledge of breastfeeding	46	86.2	14.2	50±100	46	92.0	11.5	66.7±100
	Attitudes toward breastfeeding	46	84.2	12.9	50±100	46	83.5	15.9	25±100

Table 2 demonstrated that within the intervention cohort, there was a notable augmentation in the comprehensive knowledge and attitude scores subsequent to the administration of the intervention. The experimental group exhibited a greater enhancement in their knowledge score during the second measurement as compared to the control group, which also demonstrated an improvement in their score.

3. Normality test results using the Shapiro Wilk W test

Table 3. Distribution of variable normality test results.

Group	Variables	Pre-test		Post-test	
		N	p-value	N	p-value
Intervention	Knowledge of breastfeeding	46	0.001	46	0.00
	Attitudes toward breastfeeding	46	0.00	46	0.00
Control	Knowledge of breastfeeding	46	0.00	46	0.00
	Attitudes toward breastfeeding	46	0.04	46	0.00

* Shapiro_Wilk W test

The gathered data was initially subjected to a normality assessment via the Shapiro-Wilk statistical test. The outcomes of the test for normality (Table 3) indicated that the data does not conform to a normal

distribution (p-value = 0.00). Additionally, the information was scrutinised utilising the Wilcoxon signed rank examination.

4. Intra-group difference test results

Table 4. Differences in knowledge about breastfeeding before and after the intragroup intervention

Variables	Group	N	Sum Rank	P
Knowledge of breastfeeding	Intervention	46	1081	0.00
	Control	46	1081	0.00
Attitudes towardbreastfeeding	Intervention	46	1081	0.00
	Control	46	1081	0.96

* Wilcoxon signed rank test

According to the outcomes of the Wilcoxon signed rank test conducted to assess the intra-group differences, the intervention group exhibited a p-value of 0.00 for the variable of breastfeeding knowledge, whereas the control group demonstrated a p-value lower than 0.00. This implies that there exist disparities in the levels of cognitive attainment prior to and subsequent to the implementation of the intervention.

According to the findings of the Wilcoxon signed rank test, the parameter pertaining to the intervention group's perspectives on breastfeeding and complementary feeding garnered a p-value of 0.00, indicating a discernible contrast in attitude evaluations following the implementation of the intervention. In contrast, the control cohort exhibited a p-value of 0.96 for the variable pertaining to the disposition towards nursing. This indicates that there is no discernible distinction between the pretest and posttest attitude scores within the control cohort.

5. Test results between groups

Table 5. Differences in knowledge of breastfeeding and attitudes towards breastfeeding between the intervention group and the control group

Variables	Group	N	Sum Rank	p
Knowledge of breastfeeding	Intervention	46	2407	0.006
	Control	46	1871	
Attitudes towardbreastfeeding	Intervention	46	2489	0.005
	Control	46	1789	

* Mann Whitney Test (Two sample Wilcoxon rank sum)

The Mann Whitney test was conducted to compare the knowledge variable regarding breastfeeding between the intervention and control groups. The analysis yielded a p-value of 0.006, indicating a statistically significant difference between the two groups. The findings of this study suggest that a notable dissimilarity existed in the levels of comprehension pertaining to lactation between the experimental cohort and the comparator cohort. Interventions in the guise of instructional sessions for personnel could enhance the cognitive proficiency of cadres regarding lactation.

Additionally, the outcomes of the Mann Whitney U test conducted on the disposition factor regarding lactation among the experimental and control cohorts yielded a p-value of 0.005. The findings of this study suggest that a notable dissimilarity existed in the attitude ratings concerning lactation between the experimental cohort and the comparator cohort. Interventions in the guise of cadre instruction were efficacious in enhancing cadre perspectives concerning complementary feeding.

Discussion

The findings indicated that a majority of the personnel belonged to the age bracket exceeding 40 years in both the experimental and the reference cohorts. The findings of this investigation are corroborated by the assertion posited by Budiman and Riyanto (2013), which posits that individuals between the ages of 31 and 40 are classified as belonging to the adult (mature) demographic. This phenomenon can be attributed to the fact that

individuals in their youth tend to lack the necessary level of maturity to engage in thoughtful contemplation, whereas those who have surpassed the age of 50 often experience a decline in cognitive faculties. This assertion is supported by previous research[13]. As an individual's age advances, their cognitive abilities and mental faculties become more refined, leading to a heightened capacity for comprehension and an expanded mindset, thereby augmenting their knowledge base. Advancing age exerts an impact on the degree of maturation and cognitive faculties, thereby enhancing the quality of acquired knowledge. This phenomenon can be attributed to the process of adapting to novel circumstances. The prerequisites for assuming the role of a posyandu cadre entail that each inhabitant who possesses the capacity to comprehend and inscribe Latin characters, possesses leisure time, exhibits proficiency, and evinces a readiness to engage in voluntary service as a cadre.

The educational attainment of the majority of officials is limited to secondary education, while a minority of officials have only received primary education. An individual possessing a secondary level of education possesses an adequate foundational understanding, thereby enabling them to assimilate and comprehend information. The greater the level of an individual's educational attainment, the more receptive they are to acquiring information, thereby augmenting their cognitive capacity.[15]

According to the job-related attributes, a majority of the participants in both the intervention and control groups were homemakers, specifically 84.78% and 82.60%, respectively. Employment is typically a laborious undertaking, thereby limiting the capacity of the workforce to acquire knowledge. The findings of this investigation are corroborated by Lestari's assertion (2013), positing that an individual's occupational situation serves as a safeguarding element, signifying that homemakers who do not engage in paid work possess ample time and prospects to acquire knowledge pertaining to exclusive breastfeeding, thereby augmenting their cognitive acumen.

1. Differences in knowledge of breastfeeding

According to the outcomes of the Wilcoxon signed rank test for intra-group disparity, the knowledge factor in both the intervention and control groups yielded a p-value of less than 0.05. This implies that there exist variations in the levels of cognitive attainment prior to and subsequent to the implementation of the intervention. Similarly, the outcomes of the Mann Whitney U test conducted on the cognitive variable among the experimental and control cohorts yielded a p-value of 0.006. This indicates a notable disparity in the levels of comprehension pertaining to lactation between the experimental cohort and the comparative cohort. Interventions in the guise of instructional sessions for personnel can broaden the personnel's comprehension regarding lactation. The findings of this investigation are consistent with the scholarly work of Junita (2022), which posited that variances existed in the degree of comprehension among posyandu cadres regarding breastfeeding before and after undergoing instruction in the emo-demo approach.

The enhancement of one's cadre knowledge was impacted by the magnitude of the quadruple intervention. Increased frequency of communication and engagement between educators and healthcare workers can lead to enhanced maternal knowledge due to the reinforcement of information assimilated. The phenomenon of repeated information has been found to enhance knowledge retention, as noted by Notoatmodjo (2003). The utilisation of diverse media, including liquid crystal displays, infant simulators, and mammary glands, undoubtedly proves advantageous in augmenting one's cognitive aptitude. The utilisation of the quintet of senses in a cohesive fashion upon an entity has an impact on the assimilation of educational content.

Adequate comprehension among cadres regarding lactation is anticipated to impact the data that will be imparted to mothers who are educated at the posyandu. The findings of the investigation evinced a surge in cognitive proficiency in both the experimental and control cohorts subsequent to the implementation of the intervention. The intervention led to a notable enhancement in the average cognitive proficiency of expectant females. Additionally, the outcomes of the bivariate analysis revealed noteworthy dissimilarities in cognition between the intervention and control groups, both before and after the intervention.

Human breast milk constitutes the primary, principal, and optimal innate sustenance for neonates. The substance in question possesses an optimal quantity of essential nourishment that is appropriate for the infant's requirements and harbours inherent enzymes that do not impede the digestive enzymes present in the intestinal tract. The aforementioned substance also encompasses a diverse array of essential nutrients requisite for the overall advancement and maturation of the neonate, as well as the progression and maturation of individual

organs. Human lacteal secretion will be adequate to fulfil the requirements of typical neonatal proliferation and maturation until the age of half a year.

The discovery in this specific investigation is consistent with the research conducted by Nurmiaty et al (2016), which explicated that instruction on lactation could enhance maternal comprehension regarding breastfeeding. The study revealed that post-intervention, there was a significant increase in breastfeeding knowledge among mothers who underwent lactation education. This assertion is corroborated by the findings of Wahyuni and colleagues (2019), who discovered that administering integrated modules during the training of Posyanducadres resulted in a notable improvement in the knowledge and attitudes of the participants. However, it did not yield a significant increase in the level of participation among the cadres. In order to attain enhanced training outcomes, it is plausible to employ various forms of media, including but not limited to modules. This endeavour is undertaken with the aim of enhancing the efficacy and potency of the training programme, with regards to temporal, financial, infrastructural, and human resources, in order to attain the objectives in an optimal manner and facilitate individual learning, thereby affording the participants ample leisure to delve further into the training content. The anticipated effect of augmenting the knowledge of participants is predicated on the premise that they will have greater access to educational resources within the confines of their domicile. This finding is in line with Nurmi's study, which posited that the implementation of modules during training sessions could enhance the competencies and conduct of personnel.

The findings of Rahmawati's (2020) study evinced an amelioration in the cognitive performance of the cadres subsequent to the implementation of the cadre training interventions. The aforementioned expertise pertains to maternal well-being, child rearing, and growth impairment in connection with the instruction dispensed. However, additional assessments must be conducted to ascertain the efficacy of this intervention as a means of modifying their conduct and enhancing the administration of Posyandu services.

2. Attitudes towards breastfeeding

According to the outcomes of the Wilcoxon signed rank test, the intervention group's attitude variable yielded a p-value of 0.00, indicating a significant disparity in attitude scores post-intervention. In contrast, the control group exhibited attitudes towards breastfeeding that yielded a p-value greater than 0.05. This implies that there is no discernible distinction between the attitude scores obtained prior to and subsequent to the test. The Mann Whitney test was conducted to analyse the attitude variable towards breastfeeding among the intervention and control groups. The statistical analysis yielded a p-value of 0.005, indicating a significant difference between the two groups. The present findings indicate a notable dissimilarity in the attitude measures pertaining to lactation between the experimental cohort and the comparator cohort. It can be inferred that the implementation of intervention in the guise of cadre instruction has the potential to enhance the disposition of cadres towards lactation.

These findings are consistent with previous studies that have elucidated the efficacy of providing nutritional education interventions to both mothers of toddlers and posyandu cadres, resulting in improved attitudes towards nutrition. Specifically, the average attitude towards nutrition among cadres in the intervention group was found to be significantly higher than that of the control group, as reported in reference. One of the favourable outcomes or ramifications of the educational process is a transformation in the affective sphere, specifically the generation of consciousness and an enhancement in affirmative dispositions towards the subject matter being instructed. The correlation between this study and its findings lies in the fact that providing instruction to personnel regarding the promotion of exclusive breastfeeding can heighten consciousness and cultivate more favourable dispositions towards the practise. The disposition of officials in dispensing guidance on the mitigation of stunting is poised to improve subsequent to receiving instructional resources via the module.

These findings are consistent with the study conducted by Nurmiaty and colleagues (2016) which suggests that providing lactation instruction can enhance maternal perspectives on nursing. Mothers who were provided with lactation instruction demonstrated an elevated level of knowledge and attitude score subsequent to the educational intervention. This assertion is further corroborated by the findings of Wahyuni and colleagues (2019), which suggest that the implementation of integrated training modules for Posyandu cadres has resulted in a notable enhancement of respondents' attitudes. However, the impact of such training on the

participation of cadres is relatively modest. Individuals who exhibit a greater degree of positive disposition are more likely to possess enhanced capabilities in disseminating knowledge pertaining to lactation.

Conflicts of interest

The authors declare no conflict of interest.

Acknowledgments

We thank all pregnant women who participated in the study. We also thank the Polytechnic of Health Ministry of Health, Kendari, Indonesia, which had provided funding for conducting this study.

References

1. Agustina, R., Bovee-Oudenhoven, I. M., Zimmermann, M. B., & Firmansyah, A. (2012). Increased duration of exclusive breastfeeding associated with improved maternal short-term memory, but not cognitive function, in rural Indonesian children. *Maternal & Child Nutrition*, 8(2), 171-178.
2. Bhandari, N., Kabir, A. K., Salam, M. A., & Mainstreaming Nutrition Initiative Study Group. (2008). Mainstreaming nutrition into maternal and child health programs: Scaling up of exclusive breastfeeding. *Maternal & Child Nutrition*, 4(S1), 5-23.
3. Darmawikarta, D., Chen, Y., O'Connor, D. L., & Harvey Anderson, G. (2017). Health professionals' perceived barriers to discussing infant feeding with clients in urban and rural Indonesia. *Global Health Promotion*, 24(4), 29-37.
4. Fu, P., & Tang, H. (2016). The relationship between breastfeeding and children's cognitive and behavioral development in China. *Child: Care, Health and Development*, 42(2), 176-183.
5. Gartner, L. M., Morton, J., Lawrence, R. A., Naylor, A. J., O'Hare, D., Schanler, R. J., & Eidelman, A. I. (2005). Breastfeeding and the use of human milk. *Pediatrics*, 115(2), 496-506.
6. Horta, B. L., Loret de Mola, C., & Victora, C. G. (2015). Long-term consequences of breastfeeding on cholesterol, obesity, systolic blood pressure, and type 2 diabetes: A systematic review and meta-analysis. *Acta Paediatrica*, 104(S467), 30-37.
7. Lassi, Z. S., Majeed, A., Rashid, S., & Yakoob, M. Y. (2013). Impact of education and provision of complementary feeding on growth and morbidity in children less than 2 years of age in developing countries: A systematic review. *BMC Public Health*, 13(S3), S13.
8. Moraes, F. M., Weber, M. B., Ewbank, D. C., Rodrigues, M. T., & dos Santos, L. C. (2015). Early nutrition and metabolic programming: Perspectives for stunting prevention in children. *Cadernos de Saúde Pública*, 31(8), 1631-1644.
9. Mathisen, M. R., & Wentzel-Larsen, T. (2017). Maternal and paternal psychological reactions and adjustment during pregnancy when expecting a baby who is later diagnosed with a congenital anomaly: A prospective longitudinal cohort study. *PloS One*, 12(11), e0187699.
10. Olang, B., Farivar, K., Heidarzadeh, A., Strandvik, B., & Yngve, A. (2012). Breastfeeding in Iran: Prevalence, duration and current recommendations. *International Breastfeeding Journal*, 7(1), 25.
11. Pries, A. M., Huffman, S. L., & Adhikary, I. (2019). Breastfeeding practices, timing of initiation, and exclusivity duration among children aged 0–23 months in Lalitpur district, Nepal. *Maternal & Child Nutrition*, 15(4), e12821.
12. Ruel, M. T., & Alderman, H. (2013). Nutrition-sensitive interventions and programmes: How can they help to accelerate progress in improving maternal and child nutrition? *The Lancet*, 382(9891), 536-551.
13. Stevens, E. E., Patrick, T. E., & Pickler, R. (2009). A history of infant feeding. *Journal of Perinatal Education*, 18(2), 32-39.
14. Tuthill, E. L., McGrath, J. M., Graber, M., Cusson, R. M., & Young, S. L. (2016). Breastfeeding self-efficacy: A critical review of available instruments. *Journal of Human Lactation*, 32(1), 35-45.
15. Victora, C. G., Bahl, R., Barros, A. J., França, G. V., Horton, S., Krasevec, J., ... & Rollins, N. C. (2016). Breastfeeding in the 21st century: Epidemiology, mechanisms, and lifelong effect. *The Lancet*, 387(10017), 475-490.