



“Effectiveness Of Structured Teaching Programme On The Importance Of Feeding Colostrum To New Born Babies Among The Primigravida Mothers Attending OPD At Dr. B. R. Ambedkar Medical College And Hospital, Bengaluru”

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ABSTRACT

Background and Objectives

Colostrum is the deep lemon colour liquid secreted by the breast for the first several post-partum days. Compared with mature milk, colostrum contains more minerals and protein, but less sugar and fat. Antibodies are demonstrable in colostrum; immunoglobulin A may protect the newborn against enteric pathogens. Other host resistant factors, including complement, macrophages, lymphocytes, lactoferrins, lactoperoxidase and lysosomes are in human colostrum and milk.

Objectives

1. To assess the knowledge regarding importance of feeding colostrum to new born babies among the Primigravida Mothers.
2. To evaluate the effectiveness of Structured Teaching Programme on the importance of feeding Colostrum to new born babies.
3. To find out the association between the Pre-test knowledge scores with their selected Socio-demographic variables.

Methods

The research design used for the present study was Pre-Experimental One Group Pre-Test Post- Test design. By using Random Sampling Technique, 60 Primigravida Mothers were recruited for the study. The level of knowledge was assessed using the Structured Knowledge Questionnaire Tool. After the assessment, Structured Teaching Programme was administered to Primigravida Mothers. Post-test assessment was performed on the 8th day with the same tool. The results were described by using Descriptive and Inferential Statistics.\

Results

In the process of data collection, 61.7% had Inadequate knowledge and 38.3% had moderate knowledge in the pre-test, in the post-test 36.7% had Moderate knowledge and 63.3% had Adequate knowledge regarding the importance of feeding colostrum to new born babies.

Interpretation and Conclusion

The study shows that structured teaching programme is found to be effective in increasing the knowledge among Primigravida Mothers regarding importance of colostrum feeding.

Keywords

Effectiveness, structured teaching programme, importance, colostrum, primigravida mothers.

INTRODUCTION

“A baby nursing at a mother’s breast is an undeniable affirmation of our rootedness in nature”

~ David Suzuki

Colostrum is the first milk secreted after parturition and provides the newborn with immune protection against pathogens and boosts the physiological performance, growth, and development of the newborn. Thus, colostrum contains high concentrations of immunologically and physiologically active components, including immunoglobulins, leukocytes, lactoferrin, non-specific anti-microbial factors, growth factors, hormones, oligosaccharides, and fat that carries important vitamins and polyunsaturated fatty acids.

Unlike infant formula, which is standardized within a very narrow range of composition, human milk composition is dynamic, and varies within a feeding, diurnally, over lactation, and between mothers and populations.

At birth, the surroundings of the newborn mammal change from the relatively sterile environment in the mother’s uterus with a constant nutrient supply via the placenta, to the microbe rich environment outside with irregular oral intake of complex milk nutrients through the gastrointestinal tract. This transition puts high demands on the gastrointestinal tract of the neonate, as the gut plays an important part in both the digestive and immune system. Colostrum also has a mild laxative effect, encouraging the passing of the baby’s first stool which is called meconium. This clears excess bilirubin, a waste product of dead red blood cells which is produced in large quantities at birth due to blood volume reduction from the infant’s body and helps prevent jaundice.

Colostrum is the perfect first food for the newborn. It has significant advantages for newborns and mothers. For the newborns; firstly, it contains antibodies such as IgA, IgG, and IgM that protect against bacterial, viral, and fungal infections. Secondly, it is vital for the optimal growth and development of the newborns and further reduces the risk of early neonatal malnutrition. Thirdly, it contains growth factors such as platelet-derived growth factor (PDGF) and epidermal growth factors (EGF) that are used to mature the newborn’s intestine and that facilitates the passage of meconium, and further it reduces excess bilirubin and prevents neonatal jaundice. For the mothers, early colostrum feeding stimulates oxytocin release and causes the uterus to contract and reduce postpartum haemorrhage after birth.

An estimated 78 million babies – or three in five – are not breastfed within the first hour of life, putting them at higher risk of death and disease and making them less likely to continue breastfeeding, say UNICEF and WHO.

In India, breastfeeding is almost universal. However, the rate of avoidance of colostrum for new born babies is much higher and it varies in different communities across India. The present research is a community based cross sectional study. The result shows that colostrum avoidance was occurred among 92% of children. Several factors such as giving birth at home, mother- heading households, lack of awareness about the advantages of colostrum feeding and late initiation of breastfeeding are associated with colostrum avoidance practices.

OBJECTIVES OF THE STUDY

- ✓ To assess the knowledge regarding importance of feeding Colostrum to new born babies among the Primigravida Mothers.
- ✓ To evaluate the effectiveness of Structured Teaching Programme on the importance of feeding Colostrum to new born babies.
- ✓ To find out the association between the Pre-test knowledge scores with their selected socio-demographic variables.

OPERATIONAL DEFINITIONS

In this study,

Effectiveness: refers to the ability of producing a desired result or the ability to produce desired output.

Structured Teaching Programme: refers to systematically organized structured questionnaire with teaching aids to improve knowledge.

Importance: refers to the fact of being significant, valued or necessary in a particular situation.

Colostrum: refers to a sticky white or yellow fluid secreted by the breasts during the second half of pregnancy and for a few days after giving birth which is rich in protective antibodies that boosts the newborn's immune system.

Primigravida Mothers: refers to the mothers who are pregnant for the first time, attending the OPD at Dr. B. R. Ambedkar Medical College & Hospital, Bengaluru.

RESEARCH HYPOTHESIS

H1 – There will be a significant improvement in the knowledge level of Primigravida Mothers on importance of feeding colostrum to new born babies after Structured Teaching Programme.

H2 – There will be a significant association between the pre-test knowledge level on importance of feeding Colostrum to new born babies among Primigravida Mothers with their selective demographic variables.

ASSUMPTIONS

The study assumed that

- Primigravida mothers may have some knowledge on importance of feeding colostrum to new born babies.
- Structured Teaching Programme may be effective in increasing the knowledge regarding importance of feeding colostrum to new born babies among Primigravida Mothers.

DELIMITATIONS

The study is limited to

- Primigravida Mothers who are attending OPD at DR. B. R. Ambedkar Medical College and Hospital, Bengaluru.
- The period of 1 week.
- 60 sample size.

PROJECTED OUTCOMES

- The study will help the Primigravida Mothers to gain adequate knowledge regarding importance of feeding colostrum to new born babies.
- The study will help to share the information regarding importance of feeding colostrums to new born babies among Primigravida Mothers.
- The study will help for the future reference.

METHODOLOGY

RESEARCH APPROACH

In the present study, by viewing the nature of problem and objectives the researchers adopted a Quantitative Approach because it involves the generation of data in quantitative form which can be subjected rigorous quantitative analysis in the firm and rigid.

RESEARCH DESIGN

Pre-experimental one group pre-test post-test research design was used.

VARIABLES

Research variables: - in this study, research variables is structured teaching programme on the importance of feeding colostrum to new born babies among primigravida mothers attending OPD at DR. B. R. A. M. C & H, Bengaluru.

Independent Variable :- Structured Teaching Programme

Dependent variable: - knowledge regarding the importance of feeding colostrum to new born babies.

Demographic variables: - age, gender, religion, education level of mother, education status of family members, residential area, family type, family income, religion and previous knowledge.

SETTING OF THE STUDY

The study was conducted in DR. B. R. Ambedkar Medical College & Hospital, Bengaluru.

POPULATION

The population selected for the present study is accessible and can represent the study sample. The population of the study consisted of 60 Primigravida Mothers attending OPD, at DR. B. R. A. M.C & H, Bengaluru.

SAMPLING TECHNIQUE

In this study Simple Random Sampling Technique was used.

SAMPLE

The sample consists of 60 Primigravida Mothers at the OPD, DR. B. R. A. M. C. H, Bengaluru.

SAMPLE SIZE

60 Primigravida Mothers who meet the inclusion criteria.

DEVELOPMENT AND DESCRIPTION OF THE TOOL

Data collection tool are the procedure or instrument used by the researcher to observe or measure the key varies in the research problem.

The following steps were adopted in the development of the tool:

- Literature review
- Preparation of blueprint.
- Expert's opinion from Department of Obstetrics and Gynaecological Nursing.
- Preparation of blueprint.

The tool is consisted of two parts:

PART-1: DEMOGRAPHIC DATA

This section consists of items such as age of primigravida mothers, religion, educational status of mother and family members, economic status of family, types of family, residential area, previous knowledge.

PART-2: STRUCTURED KNOWLEDGE QUESTIONNAIRE

It consists of 30 objective items regarding colostrum feeding. The items were multiple choice types with only 1 correct answer. Score 1 is given for each correct response and score 0 for the wrong response. The total score of the knowledge questionnaire was 30.

The level of knowledge was as follows:

- Inadequate knowledge: <50%
- Adequate knowledge: >=50%

DEVELOPMENT OF LESSON PLAN

Lesson plan was prepared with introduction, meaning, components of colostrum and importance of feeding colostrum with the view to increase knowledge regarding importance of feeding colostrum to the new born babies.

TESTING FOR THE TOOLS CONTENT VALIDITY

Content validity refers to the degree to which and instrument measures what it is intended to measure.

DATA COLLECTION PROCESS

The study will be conducted in OPD at the DR. B. R. A. M. C. H, Bengaluru.

The structured questionnaire was developed by the investigator based on the review of literature and discussion with the experts. The prepared tool along with the objectives, operational definitions, scoring key, criteria checklist for validation were submitted to 10 nursing experts to establish content validity.

Prior to data collection, permission was obtained from concerned authorities, 60 participants were selected by using simple random sampling technique to assess the level of knowledge on feeding of colostrum.

PLAN FOR DATA ANALYSIS

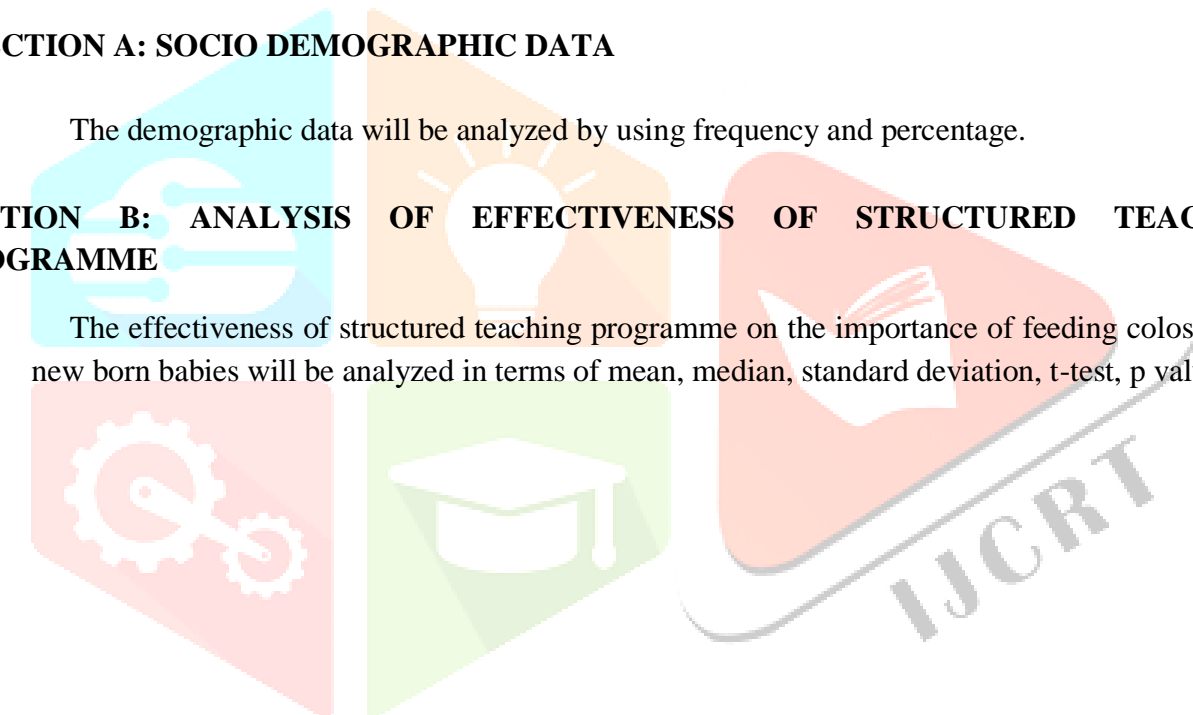
Analysis is the systematic organization and synthesis of research data and descriptive statistics on the basis of objectives of the study. Master data sheet is prepared by investigator to analyze the data. The data to be analyzed will be planned on the basis of objectives of the study. The data obtained will be analyzed by using descriptive data analysis. The plan for data will be as follows:

SECTION A: SOCIO DEMOGRAPHIC DATA

The demographic data will be analyzed by using frequency and percentage.

SECTION B: ANALYSIS OF EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME

The effectiveness of structured teaching programme on the importance of feeding colostrum to new born babies will be analyzed in terms of mean, median, standard deviation, t-test, p value.



SECTION C: ASSOCIATION BETWEEN THE PRE-TEST LEVEL OF KNOWLEDGE SCORES AND SELECTED DEMOGRAPHIC VARIABLES

Association between pre-test level of knowledge scores and selected demographic variables will be found out using chi-square test. The level of significance would be set as (*) levels to the test significance of difference.

RESULTS

Section – 1: Demographic Characteristics of Respondents

TABLE – 1 Classification of Respondents by Personal Characteristics

N=60

Characteristics	Category	Respondents	
		Number	Percent
Age group (years)	18-23	29	48.3
	24-29	31	51.7
Religion	Hindu	25	41.7
	Muslim	31	51.7
	Christian	4	6.6
Educational status of Mother	Primary	25	41.7
	Secondary	13	21.7
	Higher secondary	17	28.3
	Graduate	5	8.3
Occupation of Mother	Housewife	45	75.0
	Private	8	13.3
	Skilled labour	7	11.7
Total		60	100.0

TABLE – 2 Classification of Respondents by Family characteristics

N=60

Characteristics	Category	Respondents	
		Number	Percent
Educational status of Mother-in-law	No formal education	29	48.3
	Primary	21	35.0
	Secondary	10	16.7
Family income/month	<Rs.10,000	17	28.3
	Rs.10,001-15,000	24	40.0
	RS.15,001-20,000	19	31.7
Residential area	Urban	29	48.3
	Rural	22	36.7
	Semi urban	9	15.0
Family type	Nuclear	33	55.0
	Joint	12	20.0
	Extended	15	25.0
Total		60	100.0

TABLE – 3 Classification of Respondents by Related characteristics

N=60

Characteristics	Category	Respondents	
		Number	Percent
Weeks of Gestation	< 20 weeks	19	31.7
	20-30 weeks	20	33.3
	30-38 weeks	21	35.0
Specific habit	Chewing tobacco	2	3.3
	No	58	96.7
Previous knowledge	Yes	11	18.3
	No	49	81.7
Source of information	Mass media/Print media	4	6.7
	Family members/Neighbours	2	3.3
	Health personnel	5	8.3
	No	49	81.7
Total		60	100.0

Section – 2a: Overall and Aspect wise Pre-test Knowledge Scores of Respondents on Importance of feeding colostrum to new born babies

TABLE – 4 Classification of Respondent pre-test Knowledge level on Importance of feeding colostrum to new born babies

Knowledge Level	Category	Respondents	
		Number	Percent
Inadequate	≤ 50 % Score	37	61.7
Moderate	51-75 % Score	23	38.3
Adequate	> 75 % Score	0	0.0
Total		60	100.0

TABLE -5 Aspect wise pretest Mean Knowledge scores of Respondents on Importance of feeding colostrum to new born babies N=60

No	Knowledge Aspects	Statem ents	Max. Score	Knowledge Scores			
				Mean	SD	Mean(%)	SD(%)
I	Anatomy of Breast	4	4	1.50	0.85	37.5	21.3
II	Physiology of Lactation	4	4	1.97	1.01	49.2	25.2
III	Introduction	3	3	1.67	0.97	55.6	32.3
IV	Types of milk & Composition of colostrum	8	8	2.95	1.55	36.9	19.3
V	Benefits	7	7	2.93	1.42	41.9	20.4
VI	Contraindications &Barriers	4	4	1.80	1.16	45.0	29.0
	Combined	30	30	12.82	3.93	42.7	13.1

Section – 2b: Overall and Aspect wise Post-test Knowledge Scores of Respondents on Importance of feeding colostrum to new born babies

TABLE -6 Classification of Respondents of Post-test Knowledge level on Importance of feeding colostrum to new born babies

Knowledge Level	Category	Respondents	
		Number	Percent
Inadequate	≤ 50 % Score	0	0.0
Moderate	51-75 % Score	22	36.7
Adequate	> 75 % Score	38	63.3
Total		60	100.0

TABLE -7 Aspect wise Post-test Mean Knowledge scores of Respondents on Importance of feeding colostrum to new born babies

N=60

No	Knowledge Aspects	Statements	Max. Score	Knowledge Scores			
				Mean	SD	Mean(%)	SD(%)
I	Anatomy of Breast	4	4	3.12	0.67	77.9	16.7
II	Physiology of Lactation	4	4	3.13	0.68	78.3	16.9
III	Introduction	3	3	2.55	0.53	85.0	17.8
IV	Types of milk & Composition of colostrum	8	8	6.33	1.02	79.2	12.7
V	Benefits	7	7	5.45	1.14	77.9	16.3
VI	Contraindications & Barriers	4	4	3.35	0.66	83.8	16.5
	Combined	30	30	23.93	2.48	79.8	8.3

Section – 2c: Overall and Aspect wise Pre-test and Post-test Knowledge Scores on Importance of feeding colostrum to new born babies**TABLE – 8 Over all Pre-test and Post-test Mean Knowledge scores on Importance of feeding colostrum to new born babies**

N=60

Aspects	Max. Score	Knowledge Scores				Paired 't' Test
		Mean	SD	Mean (%)	SD (%)	
Pre test	30	12.82	3.93	42.7	13.1	27.37*
Post test	30	23.93	2.48	79.8	8.3	
Enhancement	30	11.12	3.14	37.1	10.5	

* Significant at 5% level,

t (0.05,59df) = 1.96

TABLE – 9 Aspect wise Mean Pre-test and Post-test Knowledge scores on Importance of feeding colostrum to new born babies

N = 60

No.	Knowledge Aspects	Respondents Knowledge (%)						Paired 't' Test
		Pre test		Post test		Enhancement		
		Mean	SD	Mean	SD	Mean	SD	
I	Anatomy of Breast	37.5	21.3	77.9	16.7	40.4	24.0	13.04*
II	Physiology of Lactation	49.2	25.2	78.3	16.9	29.2	22.2	10.19*
III	Introduction	55.6	32.3	85.0	17.8	29.4	31.9	7.14*
IV	Types of milk & Composition of colostrum	36.9	19.3	79.2	12.7	42.3	19.3	16.98*
V	Benefits	41.9	20.4	77.9	16.3	36.0	18.9	14.75*
VI	Contraindications & Barriers	45.0	29.0	83.8	16.5	38.8	28.5	10.54*
	Combined	42.7	13.1	79.8	8.3	37.1	10.5	27.37*

* Significant at 5% level,

t (0.05,59df) = 1.96

TABLE – 10 Classification of Respondents on Pre-test and Post-test Knowledge level on Importance of feeding colostrum to new born babies

Knowledge Level	Category	Classification of Respondents				χ^2 Value
		Pre test		Post test		
		N	%	N	%	
Inadequate	≤ 50 % Score	37	61.7	0	0.0	75.02*
Moderate	51-75 % Score	23	38.3	22	36.7	
Adequate	> 75 % Score	0	0.0	38	63.3	
Total		60	100.0	60	100.0	

Significant at 5% level,

 χ^2 (0.05,2df) = 5.991

*

Section - 3: Association between Demographic variables with Pre-test Knowledge level on Importance of feeding colostrum to new born babies

TABLE – 11 Association between Demographic variables and Pre test Knowledge level on Importance of feeding colostrum to new born babies

N=60

Demographic Variables	Category	Sample	Knowledge Level				χ^2 Value	P Value
			Inadequate		Moderate			
			N	%	N	%		
Age group (years)	18-23	29	14	48.3	15	51.7	4.26*	P<0.05 (3.841)
	24-29	31	23	74.2	8	25.8		
Religion	Hindu	25	11	44.0	14	56.0	6.79*	P<0.05 (5.991)
	Muslim	31	24	77.4	7	22.6		
	Christian	4	2	50.0	2	50.0		
Educational status of Mother	Primary	25	20	80.0	5	20.0	11.36*	P<0.05 (7.815)
	Secondary	13	9	69.2	4	30.8		
	Higher secondary	17	5	29.4	12	70.6		
	Graduate	5	3	60.0	2	40.0		
Occupation of Mother	Housewife	45	29	64.4	16	35.6	0.67 NS	P<0.05 (5.991)
	Private	8	4	50.0	4	50.0		
	Skilled labour	7	4	57.1	3	42.9		
Combined		60	37		23			

* Significant at 5% Level, NS : Non-significant

TABLE – 12 Association between Demographic variables and Pre-test Knowledge level on Importance of feeding colostrum to new born babies

N=60

Demographic Variables	Category	Sample	Knowledge Level				χ^2 Value	P Value
			Inadequate		Moderate			
			N	%	N	%		
Educational status of Mother-in-law	No formal education	29	20	69.0	9	31.0	6.12*	P<0.05 (5.991)
	Primary	21	14	66.7	7	33.3		
	Secondary	10	3	30.0	7	70.0		
Family income/month	<Rs.10,000	17	11	64.7	6	35.3	0.20 NS	P<0.05 (5.991)
	Rs.10,001-15,000	24	14	58.3	10	41.7		
	RS.15,001-20,000	19	12	63.2	7	36.8		
Residential area	Urban	29	13	44.8	16	55.2	7.35*	P<0.05 (5.991)
	Rural	22	18	81.8	4	18.2		
	Semi urban	9	6	66.7	3	33.3		
Family type	Nuclear	33	21	63.6	12	36.4	0.90	P.0.05

	Joint	12	6	50.0	6	50.0	NS	(5.991)
	Extended	15	10	66.7	5	33.3		
Combined		60	37		23			

* Significant at 5% Level, NS : Non-significant

TABLE – 13 Association between Demographic variables and Pre-test Knowledge level on Importance of feeding colostrum to new born babies

N=60

Demographic Variables	Category	Sample	Knowledge Level				χ^2 Value	P Value
			Inadequate		Moderate			
			N	%	N	%		
Weeks of Gestation	< 20 weeks	19	11	57.9	8	42.1	0.21	P>0.05 (5.991)
	20-30 weeks	20	13	65.0	7	35.0	NS	
	30-38 weeks	21	13	61.9	8	38.1		
Specific habit	Chewing tobacco	2	1	50.0	1	50.0	0.12	P<0.05 (3.841)
	No	58	36	62.1	22	37.9	NS	
Previous knowledge	Yes	11	4	36.4	7	63.6	4.65*	P<0.05 (3.841)
	No	49	33	67.3	16	32.7		
Source of information	Mass media/ Print media	4	1	25.0	3	75.0	6.17	P>0.05 (7.815)
	Family members/ Neighbours	2	0	0.0	2	100.0	NS	
	Health personnel	5	3	60.0	2	40.0		
	No	49	33	67.3	16	32.7		
Combined		60	37		23			

* Significant at 5% Level NS : Non-significant

DISCUSSION

It is evident from the findings of pre-test that majority of the respondents have inadequate knowledge regarding importance of colostrum feeding. In post-test percentage of adequate knowledge is high as compared to pre-test. It is evident from the findings that the structured teaching programme was effective as the knowledge level of the respondents has increased in post-test. It is evident from the findings that there is a significant association between the pre-test knowledge scores among the primigravida mothers with the socio-demographic variables like age, religion, educational status of mother, occupation of mother, family income etc.

NURSING IMPLICATIONS

1. The nursing educator should be educated to provide information to primigravida mothers regarding importance of feeding colostrum to new born babies.
2. The nursing educator should plan for educating primigravida mothers regarding importance of feeding colostrum to impart the education to the primigravida mothers.
3. The nursing practice has been undergoing many evolutions in recent past. The expanded role of professional nurse emphasizes the activities which promotes health and prevention behaviour among the people. The primary role of the nurse is that of patient advocate and because nurses tend to have holistic approaches to care.
4. The Nurse administrator should explore and encourage innovative ideas in preparations of an appropriate teaching material. She should organize sufficient manpower, money and material for disseminating information regarding importance of feeding colostrum to new born babies.
5. Nursing administrator can collaborate with community to prevent the incidence of discarding colostrum and can help to overcome the barriers associated with colostrum feeding.
6. It is essential to identify the present level of knowledge regarding importance of feeding colostrum to new born babies, to identify the extend of information to be given.
7. Nurses have a major role to provide adequate awareness to the primigravida mothers regarding importance of colostrum feeding.

RECOMMENDATIONS

1. This study can be conducted with the 100 samples in an OPD.
2. A descriptive study may be conducted for the analysis of the data that will be applied to a given topic.

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