

Breastfeeding

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Breastfeeding Rossman, C. J., & Ayoola, A. B. Promoting Individualized Breastfeeding Experiences. *The American Journal of Maternal/Child Nursing* 37(3). pp. 193-199.

Carol L. Rossman, an Associate Professor at Calvin College, and Adejoke B. Ayoola, an

Assistant Professor at Calvin College, Grand Rapids in Michigan, used the experiences of two mothers regarding breastfeeding and the implications that these experiences had on nurses and other professionals working in the healthcare sector.

The two researchers present two cases studies that are subjective in order to explain the misunderstanding that mothers had regarding breastfeeding, which is despite the availability of resources and education on the subject. In the first case study, the researchers identify the challenges that Amanda, a 22-year old mother, experienced two weeks after giving birth and being released from hospital. The researchers noted the presence of a divide in understanding the breastfeeding approaches that Amanda was taught while in hospital and putting these approaches into practice. Importantly, this disconnect exists despite Amanda indicating her ability to understand concepts. Conversely, the second case presents Connie's frustration to breastfeed her infant twins despite her motivation. It is instructive to point out that Connie, who is a registered nurse, received support from nurses who taught her the approaches to breastfeed. Nonetheless, she faced many obstacles despite the instructions she received, which effectively frustrated her although unrelenting practice eventually achieved success.

The authors' work is crucial in a clinical setting since it underlines the importance of nurses to develop interventions tailored to the needs of an

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individual mother. In addition, the researchers' work highlights the importance of considering the motivation and cognitive appraisal in establishing a breastfeeding routine.