

Adaptive Breastfeeding Support Techniques for Mothers with Disabilities

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ABSTRACT

Breastfeeding is recommended because of its many benefits for both mother and baby. For mothers who have breastfeeding limitations, it is difficult but not impossible. The purpose of this study is to explain the various breastfeeding techniques carried out by mothers who have physical limitations based on the existing literature. The literature search method using PRISMA method the search results obtained 234 articles but only 7 articles were used and explained breastfeeding techniques for mothers with disabilities, while other articles were eliminated on the grounds of not answering the variables studied. This article presents a literature review with a wide range of relevant studies and research analyzed to identify the challenges, needs, as well as solutions that have been developed to support mothers with disabilities in breastfeeding techniques. The main focus of this review is on specific techniques that can make it easier for mothers with physical or cognitive disabilities to breastfeed, including the use of assistive devices, modification of breastfeeding positions, and the role of social and medical support. These findings highlight the importance of an inclusive and personalised approach to providing support to mothers

with disabilities, the need for more responsive health policies to ensure equal access to maternal health services, and the need for further research to develop practical guidelines that can be applied in a variety of contexts.

Keywords: Breastfeeding, Disability, Techniques

Introduction

(Pendahuluan)

Breastfeeding is an important practice that provides various health benefits for both mother and baby, which also plays an important role in strengthening the emotional bond between mother and baby¹. Breast milk contains nutrients that are necessary for the baby's physical and mental development and protect against infections and diseases². Although the benefits of breastfeeding are enormous, for some mothers, especially mothers with disabilities, breastfeeding can be a challenging process³. Mothers with physical, sensory, cognitive and psychological disabilities often face barriers that affect their ability to breastfeed optimally⁴.

Mothers with physical disabilities may have difficulty holding the baby or finding a stable breastfeeding position⁵. Mothers with physical disabilities, for example, may have difficulty positioning their bodies or correctly positioning their babies⁶. Despite these challenges, mothers with disabilities can still breastfeed successfully if they are given the right support and appropriate techniques⁷, while mothers with sensory disabilities, such as visual or hearing impairments, may have difficulty recognizing the baby's hunger cues or receiving appropriate educational information⁸. In addition, mothers with cognitive disabilities may face difficulties in understanding proper breastfeeding techniques or managing structured breastfeeding needs and require more intensive and repetitive assistance⁹. For mothers with neurological disabilities, breastfeeding can be a challenging process because their

Various studies show that with a tailored approach, mothers with physical, sensory, knowledge and psychological disabilities can still breastfeed well¹³. Effective breastfeeding techniques for mothers with disabilities include modification of breastfeeding positions, the use of assistive devices such as pillows or body supports, and more intensive social and medical support¹⁴.

An inclusive and individual-based approach can increase the confidence of mothers with disabilities to breastfeed⁵ their babies¹⁵. With adequate support, mothers with disabilities can overcome the challenges of breastfeeding, although they may require more tailored techniques and the right tools¹⁶.

Research shows that with tailored breastfeeding techniques and the use of certain assistive devices, mothers with disabilities can still breastfeed their babies effectively¹⁷. Some techniques, such as modification of breastfeeding positions, the use of pillows or other assistive devices, as well as medical and social support approaches, have been shown to help mothers with disabilities in the breastfeeding process¹⁸. In many cases, support from medical personnel, lactation counselors, and families or partners is essential to ensure that mothers with disabilities can breastfeed successfully¹⁰.



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