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Effectiveness of Breast Feeding Training Program on Primipara Mothers

Kum Alpana Emil

Research Scholar, Department of Nursing, Mansarovar Global University, Sehore M.P., India.

ABSTRACT

Breastfeeding training programs play an important role in improving the knowledge, confidence, and practices of primipara mothers, who are women giving birth for the first time. Many first-time mothers often face difficulties and lack adequate knowledge regarding proper breastfeeding techniques, the importance of early initiation, and ways to manage common breastfeeding problems. A well-structured breastfeeding training program helps in educating these mothers about the benefits of breast milk for both the mother and the newborn. It provides guidance on correct positioning, latching techniques, feeding frequency, and maintaining proper hygiene during breastfeeding. Such training programs also help mothers understand the importance of exclusive breastfeeding for the first six months of the infant's life, which supports healthy growth, strengthens the baby's immune system, and reduces the risk of infections and diseases. In addition, breastfeeding training increases mothers' confidence and reduces anxiety related to feeding practices. Health education sessions, demonstrations, visual aids, and counseling provided during the program encourage mothers to adopt correct breastfeeding practices. As a result, primipara mothers become more capable of handling breastfeeding challenges effectively. Therefore, breastfeeding training programs are highly effective in promoting positive breastfeeding behavior, improving maternal knowledge and skills, and ensuring better health outcomes for both mother and child.