

The Role of Family on Breastfeeding: A Scoping Review

Jusrawati Jusrawati, Endang Koni Suryaningsih*

Faculty of Health Sciences, Universitas Aisyiyah Yogyakarta, 55592 Yogyakarta, Indonesia

*Corresponding Author's Email: koni@unisayogya.ac.id

ABSTRACT

Background: The role of the family in the breastfeeding process affects the success rate of breastfeeding, such as the closest family, namely the spouse and grandmother. **Objective:** To classify the scientific evidence related to the role of the family at large and the factors that may hinder the role of the family. **Methods:** This scoping review referred to Arksey and O'Malley's framework for exploring family roles in breastfeeding and used the PRISMA-ScR checklist. Articles were searched in three databases: PubMed, ProQuest, EBSCO, and Science Direct. Themes were identified by applying inclusion and exclusion criteria, performing a critical appraisal, data charting, reporting, and discussing the results. **Results:** A search of 2,292 articles found studies that were consistent with the findings that family support in breastfeeding, the role, attitude, and knowledge of parents, the presence of supplementary feeding, and partner violence in breastfeeding occurred in breastfeeding practices. **Conclusion:** This review describes the role of the family in breastfeeding and shows that the family plays an essential role in breastfeeding practices. The findings can make researchers and practitioners aware that various supporting factors and barriers influence breastfeeding. Future research is expected to evaluate the role of the family in breastfeeding.

Keywords: *Breastfeeding; Family; Review; Role*

INTRODUCTION

Breastfeeding is giving breast milk to newborns for at least six months, aiming to improve the immune system, fulfil nutritional needs, and reduce mortality in children (Bueno-Gutiérrez, Castillo & Mondragón, 2021). Breastfeeding also increases the positive relationship between mother and baby (Sandhi *et al.*, 2020). Currently, breastfeeding practice is low in some countries as mothers stop breastfeeding their babies before six months old (van Dellen *et al.*, 2019). WHO recommends breastfeeding for six months at least and can be continued until 24 months (World Health Organization, n.d.). Baseline data show that breastfeeding practice reached 38% in 2012. However, the global breastfeeding target for 2025 is above 50%. Based on an analysis, children under five who are not optimally breastfed contributed 11.69%, or equivalently, to 804,000 child deaths in 2011 (World Health Organization, 2012).

Less optimal breastfeeding after childbirth can be influenced by factors such as a husband's lack of support. Family support, including parents and grandmothers, can affect breastfeeding (Ayalew, 2020). Many assume that family support is not essential when breastfeeding, causing separation for some couples (Nilsson *et al.*, 2022). The breastfeeding process requires a calm environment, especially the husband's role in the breastfeeding process, to avoid stress (Hernández-Cordero *et al.*, 2020).

Most mothers, when breastfeeding their babies, are not optimal because of several interventions from the family. Breastfeeding can be helped by formula milk (Uddin *et al.*, 2022). Therefore, support from the family in breastfeeding practices will reduce anxiety or extreme attitudes (Abdulahi *et al.*, 2021). While the majority of fathers or grandmothers mostly breastfeed, their babies use a spoon or bottle when the mother feels exhausted while breastfeeding (Sultana *et al.*, 2022).

Achieving optimal breastfeeding status requires prospective parents to be given education and the knowledge

Received: January 28, 2023; Received in revised form: March 17, 2023; Accepted: May 29, 2023

that family involvement starts from pregnant women through childbirth and breastfeeding (Suryaningsih *et al.*, 2020). Previous studies showed the success of breastfeeding practices due to support and motivation from husbands and families, which can create confidence in mothers when breastfeeding (Fadjriah *et al.*, 2021). Another thing that can affect breastfeeding is the existence of gadgets in this day and age. Hence, mothers and husbands want to be more practical by looking for alternatives to breastfeeding their babies (Dinour & Pole, 2022). Based on previous research in the Chinese region, it was revealed that urban areas breastfeed their babies less than rural areas because of the role of parents who are more involved with their activities (Liu *et al.*, 2022).

The previous study focused more on the specific role of the family, namely low breastfeeding due to stress caused by a lack of support from the family, formula feeding due to family intervention, and the knowledge and education of parents and families about the importance of breastfeeding. The main objective of this study was to identify and evaluate the overall theory and physiology of research on the role of family in breastfeeding. Therefore, we were interested in using the scoping review method based on existing research knowledge gaps (Munn *et al.*, 2018).

METHODOLOGY

This literature review includes five critical phases of the framework based on Arksey and O'Malley, namely (1) Identifying the research objectives; (2) Identifying the types of relevant studies; (3) selecting studies; (4) mapping data; and (5) compiling, summarizing, and reporting the results (Arksey & O'Malley, 2005). The databases used in this search are PubMed, ProQuest, EBSCO, and Science Direct. Literature that covers the role of the family in breastfeeding and includes relevant inclusion criteria will be identified through further study. The search strategy was a Boolean "OR/AND" method with medical subject headings (MeSH) through word splitting with "*" and keywords or synonyms with various combinations that were combined in one search related to the role of the family in breastfeeding. The top search terms were breastfeeding, breastfed, breast milk, breastfeeding, father, mother, grandmother, family, function, and involvement. The search strategy can be seen in Table 1.

Table 1: Search Strategy

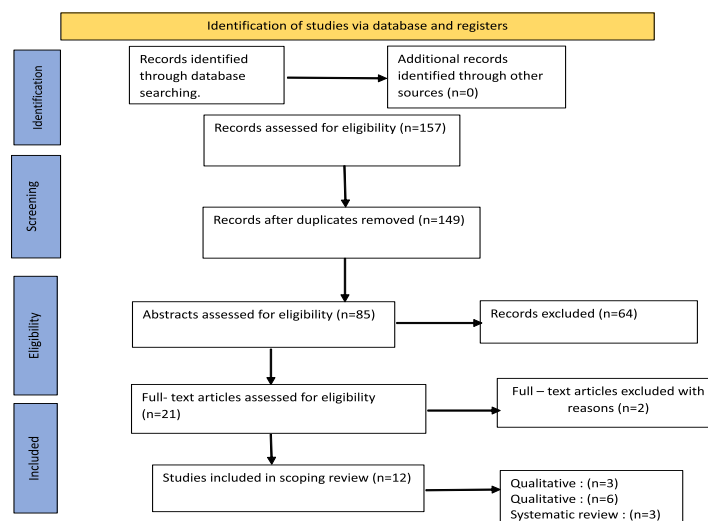
| Database | Search strategy |
|----------------|---|
| PubMed | (family*) OR (father) OR (grandmothers) AND (breastfed*) OR (breastfeeding) OR (breast milk) AND (role) OR (involvement) (n=1144) |
| ProQuest | (Family) AND (breastfeeding) OR (breastfed) AND (Role) OR (involvement) (n=721) |
| EBSCO | Family OR parents OR father OR Grandmothers AND breastfeeding OR breast-feeding AND Roles (n=32) |
| Science Direct | Family OR parents AND breastfeeding AND Role OR involvement (n= 397) |

Article Selection Criteria

The inclusion criteria used to select relevant articles are: (1) English articles: researchers use English articles to make it easier to understand; (2) Articles that discuss the role of the family towards the breastfeeding process as well as support and obstacles to the role of the family towards the breastfeeding process, (3) Articles published in 2013–2022, (4) Free full-text articles: articles that are open access, (5) Research Studies: research with qualitative, quantitative, and systematic reviews Exclusion criteria in this literature are: (1) Theses, dissertations, and books; (2) Articles that are reviews of research; (3) Opinion articles.

Search Results

Search results identified 2,291 titles; 157 markers were eligible for inclusion, and duplicates were removed. Eighty-five articles were screened by title or abstract, and 64 articles were excluded as they did not address the role of the family in breastfeeding. Thus, 21 full-text and eligible articles were analysed and reviewed together. Seven papers were inaccessible and not included in the review, resulting in 12 that met the inclusion criteria. Figure 1 (Prisma Flowchart) shows the article selection process.



Source: Diadaptasi dari Mother et al. (2009) [Tricco A. et al., 2018] Data Charting

Figure 1: Prisma Flowchart (flow diagram)

Data Charting

The researcher entered relevant articles into a table (Data Charting), which was then continued with data recording to collect all relevant articles.

Table 2: Data Charting

| No | Title/Author/year / | Country | Objective | Method | Type of study | Sample | Results |
|----|--|---------|--|--|-----------------|--|--|
| A1 | From dyad to triad: a survey on fathers' knowledge and attitudes toward breastfeeding/ Beatrice Letizia Crippa et.al. 2021 | Italia | To explore fathers' knowledge and attitudes towards breastfeeding and assess their role in exclusive breastfeeding | Data collection was carried out using a questionnaire given to the fathers. It took 10 minutes to complete the questions, and the questionnaire was collected by the same health professional 20 minutes after the distribution. | Cross-Sectional | A total of 200 fathers were enrolled and completed the questionnaire. | The mean ages of fathers and mothers were 37.2 ± 5 and 34.6 ± 6 years, respectively. The total score was associated with exclusive breastfeeding based on the results of the univariate analysis (OR: 1.07, $p = 0.04$; 95% CI: 1.002-1.152). In the multivariable model (OR: 4.42 and 3.07, $p = 0.0001$ and 0.004 , respectively), the total score was not (OR: 1.07, $p = 0.067$). ROC analysis (AUC 0.58, $p = 0.083$, 95% CI 0.485–0.683). |
| A2 | Maternal perceptions of partner support during breastfeeding/ Cynthia A Mannion et.al / 2013 | Canada | To identify and describe partners' perceptions of support and attitudes during the breastfeeding process. | Data were collected using questionnaires and The Breastfeeding Self-Efficacy Scale (BSE). | Cross-Sectional | There were 76 mothers who were recruited from a community health clinic in Calgary, Alberta. | Based on support from partners, mothers were divided into two groups. Mothers who get support from their partners had a higher mean score as measured by BSES than mothers who get negative support (score 59.7 (SD = 9.33) vs. 55.1 (SD = 7.58); $p = 0.03$). |

| | | | | | | | |
|----|--|----------|---|--|-------------------|---|---|
| A3 | The decision of breastfeeding practices among parents attending primary health care facilities in suburban Malaysia (Nani Draman <i>et al.</i> , 2017) | Malaysia | To evaluate the relationship between parental decision-making, breastfeeding practice, and factors associated with exclusive breastfeeding among parents in suburban primary healthcare facilities in Malaysia. | The data were collected using questionnaires that were designed by the researcher. The questionnaire was given to parents and collected on the same day. The answers were checked for completeness | Cross-Sectional | This study involved a total of 196 parents. | Socio-demographic characteristics of the majority of fathers' education ranged from 31 to 40 years in both groups, with a mean age of 35.5 (7.3) years for the EBF group and 36.7 (7.8) years for the control group. Whereas for mothers in the two groups, half of the mothers were between the two groups, namely between parity 1 and 2. |
| A4 | A cross-sectional comparison of breastfeeding knowledge, attitudes, and perceived partners' support among expectant | Ethiopia | To compare knowledge, attitudes, and breastfeeding support among pregnant couples in Ethiopia. | The questionnaire used was translated into Tigrigna, and after that, it was translated back into English by a public health | Cross-Sectional | A total of 128 couples in their third trimester in Mekelle City were included and participated in this study. | Fathers have greater effort and support compared to mothers' perceptions of the support that husbands will provide (appreciation of breastfeeding ($p = 0.02$), presence during breastfeeding ($p = 0.002$), and responsiveness during breastfeeding ($p = 0.04$)). |
| | couples in Mekelle, Ethiopia (Kidane Tadesse Gebremariam <i>et al.</i> , 2021) | | | nutritionist from Mekelle University. | | | |
| A5 | Barriers to exclusive breastfeeding in the Ayeyarwaddy Region in Myanmar: Qualitative Findings from Mothers, Grandmothers, and Husbands (May Me Thet <i>et al.</i> , 2016) | Myanmar | To explore the knowledge of mothers, fathers, and babies' grandmothers (mother or mother-in-law) about exclusive breastfeeding and barriers to exclusive breastfeeding | Data were collected from semi-structured and in-depth interviews to gain an in-depth understanding of women and the knowledge and practices of influential family members regarding exclusive breastfeeding. | Qualitative Study | This study involved 44 respondents selected using a purposive sampling technique. | Many mothers and grandmothers feel the benefits of breast milk. "Babies who get breast milk can help mothers be strong, healthy, and bright." Respondents said that the obstacles to breastfeeding were due to busy work and health. |

| | | | | | | | |
|-----------|--|----------|--|---|-----------------------------|--|---|
| A6 | Exploring parental perceptions and knowledge regarding breastfeeding practices in Rajanpur, Punjab Province, Pakistan (Rubeena Zakar <i>et al.</i> , 2018) | Pakistan | To explore the knowledge, attitudes, and practices of parents (mothers and fathers) regarding exclusive breastfeeding, colostrum, and breastfeeding practices as a whole, as well as the factors that prevent the implementation of these practices. | Data were collected by conducting focus group discussions (FGD) with mothers and fathers of children under 2 years old. | Qualitative Study | This study involved a total of 38 mothers and 40 fathers with children under two years who were being breastfed. | The common problems for breastfeeding mothers are tears in the nipples, breast abscesses, and work. The lack of communication between partners responded negatively to breastfeeding attitudes due to demands to earn a living in the family. |
| A7 | Supporting breastfeeding: Tanzanian men's knowledge and attitude towards exclusive breastfeeding (Janeth Bulemela <i>et al.</i> , 2019) | Tanzania | Identifying men in rural areas of southeastern Tanzania related to their knowledge and attitudes about exclusive breastfeeding. | Data were collected through focus group discussions (FGD) in three villages in Kilombero Valley, Ifakara District. | Qualitative Study | There were 35 men from three villages who had group discussions. | Of the five themes identified, men expect their babies to receive breast milk longer, but because of poverty, they spend more time outside the home than with their babies at home. |
| A8 | Practical Support from Fathers and Grandmothers Is Associated with Lower Levels of Breastfeeding in the UK Millennium Cohort Study, Emily H. Emmott <i>et al.</i> (2015) | England | To identify the involvement of fathers and grandmothers in breastfeeding levels | Participants in the Millennium Cohort Study (MCS) were selected from a cohort of children born between September 1 and August 31, 2001, in England and Wales. | Cohort Study | A total of 18,827 children were recruited from 18,552 households. | The only result that was disproportionately attributed to paternal grandmother involvement in breastfeeding was 30% lower (HR 0.700; 95% CI 0.519, 0.943), indicating that mothers who lived with their paternal grandmother breastfed longer. |
| A9 | Educating fathers to improve exclusive breastfeeding practices: a randomized controlled trial, Farideh Panahi <i>et al.</i> , 2022. | Iran | To assess and educate fathers about educational programs to assess and educate fathers about education programs on support for | Data were collected using questionnaires for both groups: the control group and the intervention group. | Randomized Controlled Trial | A total of 76 fathers were randomly assigned to both the intervention and control groups. | The results of the two groups indicated that there were no significant differences regarding demographics and confounding variables before the intervention ($p < 0.05$). There was a significant decrease in "father's support for breastfeeding" and no increase in "mother's breastfeeding practice" after 4 |

| | | | | | | | |
|------------|--|-----------|--|---|-------------------|--|--|
| | | | breastfeeding, mothers' breastfeeding practices, and exclusive breastfeeding status. | | | | months in the control group (Paired <i>t</i> -test: $P < 0.001$ and $P = 0.07$, respectively). |
| A10 | Effectiveness of targeting fathers for breastfeeding promotion: systematic review and meta-analysis: Systematic review, Pasyodun Koralage Buddhika Mahesh <i>et al.</i> (2018) | Sri Lanka | To conduct a meta-analysis on the effectiveness of EBF practices in the first six months and is a complementary parameter in breastfeeding effectiveness. | Two independent reviewers collected data and screened for data to be extracted into tables. | Systematic Review | Only four studies met the qualification s for further meta-analysis. | The four selected studies were not significantly heterogeneous ($I^2 = 0\%$, p -value = 0.46), and the pooled RR was 2.04 (CI = 1.58 to 2.65), reflecting that fathers who attended the intervention were more than twice as likely to exclusively breastfeed for six months than non-participating fathers. |
| A11 | Intimate partner violence and breastfeeding: a systematic review, Anne Katrine Normann <i>et al.</i> , 2020 | Denmark | Aims to conduct a systematic review relating exposure to intimate partner violence (IPV) before and after pregnancy with breastfeeding outcomes and synthesize the evidence considering confounding, | Two authors collected data independently by screening titles, abstracts, and full text (AKN and AB) using Covidence. | Systematic Review | Only 16 studies met the criteria for further meta-analysis. | Most studies found that exposure to IPV in any form and at any stage had a significant negative association with breastfeeding duration; early EBF administration did not reduce initiation. |
| | | | precision, and quality. | | | | |
| A12 | The influence of grandmothers on breastfeeding rates: a systematic review, Joel Negin <i>et al.</i> (2016) | Australia | To measure the impact of grandmothers on influencing mothers' breastfeeding practices | Reviewed by two independent reviewers by checking the list of article titles and eliminating titles that were clearly irrelevant. | Systematic Review | A total of 13 studies met the inclusion criteria. | Overall, grandmothers influence breastfeeding practices, potentially influencing mothers by up to 12% to initiate breastfeeding and reducing the likelihood of breastfeeding by up to 70%. |

Quality Appraisal

The authors used the Joanna Briggs Institute (JBI) study quality assessment tool for cross-sectional, cohort studies, and randomized controlled trials (RCTs) (Barker, 2023). The JBI checklist for cross-sectional research consists of eight questions. The JBI checklist for cohort studies contained 11 questions with an overall appraisal of Randomized controlled trials (RCTs) with 13 questions, all yes, and answers. Assessment of qualitative studies of four selected articles using ten questions—only two with overall solutions, yes, but the general appraisal is included. In the systematic review study, 11 questions about the quality of the article are included.

Synthesis

The authors conducted a literature review on articles obtained independently, resulting in pieces that were determined to be quantitative studies, qualitative studies, and systematic reviews. In quantitative research articles, research designs were cross-sectional, Randomized Controlled Trials, and Cohort Studies. Research articles on qualitative studies use methods such as focus group discussions (FGDs) and semi-structured and in-depth interviews. At the same time, the systematic review study was continued by conducting a meta-analysis. The summary in this scoping review describes the scope of evidence but does not describe the quality of the research. Ethical approval is not required for this scoping review.

RESULTS

Characteristics of the Study

The study characteristics were obtained based on the articles selected in the scoping review, namely research design, country, and year of publication.

Method and Design

In the final stage of the scoping review, 12 articles were obtained with Quantitative, Qualitative, and systematic review research (refer to figure 2).

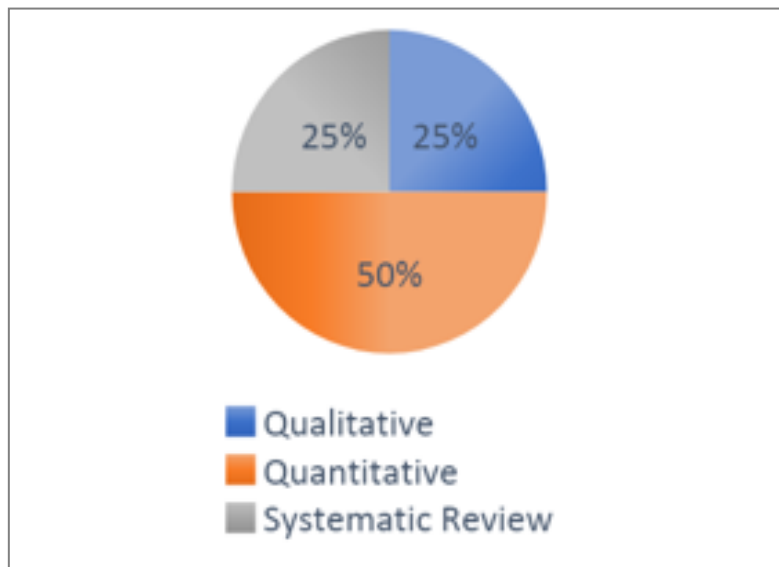


Figure 2: Articles by Method

Year

Of the 12 pieces of literature that have been selected, they are from 2013 to 2022 article publications; except in 2014, there were no criteria in the selection of articles (refer to figure 3).

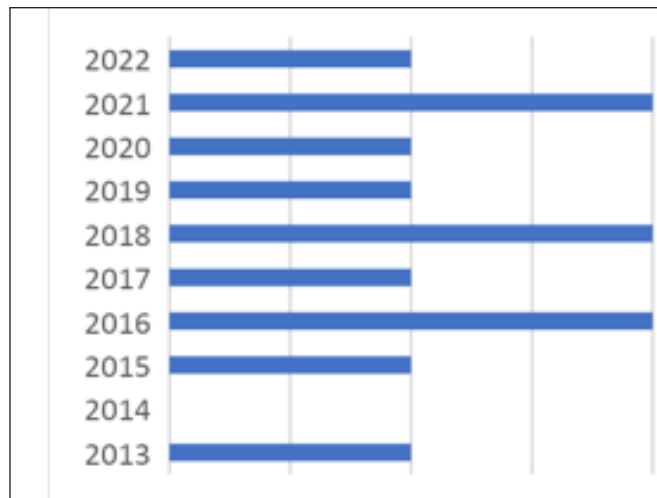


Figure 3: Articles by Publication Year

Country

The results of the selection of articles obtained were 12 from each country (see figure 4 below).

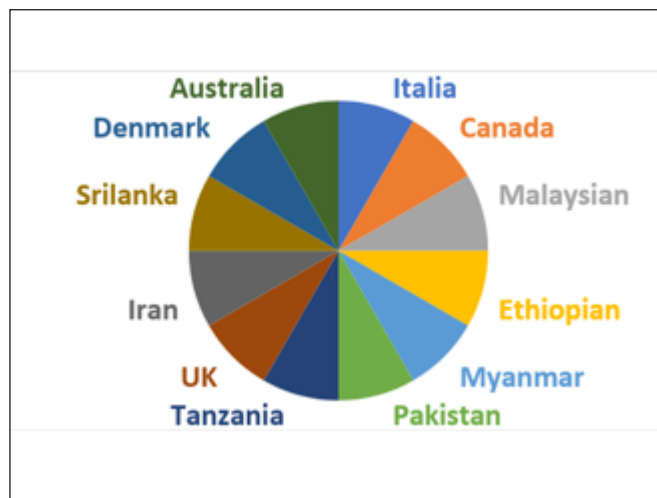


Figure 4: Articles by Country

Father and Grandmother Support Breastfeeding

The theory of this review is that the role of the family after the mother has given birth, especially the husband who will transition to fatherhood, plays an important role (Johansson *et al.*, 2022). Fathers' support for breastfeeding is a significant factor in successful breastfeeding (Panahi *et al.*, 2022). Many fathers express that mothers feel more comfortable breastfeeding their babies after returning home postpartum (Saade *et al.*, 2022). Therefore, increased breastfeeding is improved in this case because it is inseparable from the support of a father (Bisi-Onyemaechi *et al.*, 2017).

The family, especially the grandmother, provides support, such as information on their previous experience breastfeeding their children (Ahmadi *et al.*, 2016). A mother's identity after giving birth is that breastfeeding is a process of her life (Rasoli *et al.*, 2020). Grandmothers advocate that breastfeeding alone is not enough, so it is necessary to provide additional food as soon as possible (Winifred Nwabuaku & Perpetua Onyinye, 2020).

Breastfeeding counseling is needed for breastfeeding mothers and other family members (grandmothers) (Nguyen *et al.*, 2016). The family's love and support strengthen the mother's desire to breastfeed because they can build and have a loving relationship with her (Bich *et al.*, 2019). Self-efficacy theory helps mothers delay breastfeeding early (You *et al.*, 2020). Mothers are fully responsible for breastfeeding babies for at least six months with support from their family and environment (Mesters, Gijbers & Bartholomew, 2018). Thus, breastfeeding practices can improve the quality of life of children in the future (Nguyen *et al.*, 2014).

The Role of Parents in Breastfeeding Practices

It is essential to provide counseling or education to prospective parents since breastfeeding has various benefits, especially for the baby. Of course, every partner should be involved in this process (Rahayu, 2017). Other things cause mothers and fathers not to breastfeed because they feel they do not have time, have different jobs, and breastfeed in the open so that the obligations that should be carried out are not carried out (Hauck *et al.*, 2020). Breastfeeding behavior requires health professionals in charge of health care centers to educate couples who have just become parents (Ismail, Muda & Bakar, 2016).

Parents' Knowledge, Attitude, and Perception Towards Breastfeeding

The existence of an exclusive breastfeeding program in a specific area is expected to have a practical impact on increasing parents' knowledge about breastfeeding (Nisa, Damayanti & Anggraini, 2020). The low interest of parents in providing breast milk to their babies causes poor nutrition in children, which will have an effect in the future (Claesson *et al.*, 2018). Many parents, especially mothers, say formula feeding is considered a practical and preferred method because it does not require a long time to breastfeed their babies (Asiodu *et al.*, 2017). The success of breastfeeding is closely related to the attitude and knowledge of the mother and father as the primary support system in this process (Demirci *et al.*, 2018).

In general, the perception is that fathers are also involved in breastfeeding, which should show a positive attitude even though it is challenging to implement in everyday life. Therefore, the father's supportive attitude positively impacts the mother's psychological state while breastfeeding (Crippa *et al.*, 2021). Father's participation is a form of support for mothers to be happier because of their partners' support (Zakar *et al.*, 2018).

Supplementary Feeding

Supplementary feeding, such as formula milk, is one of the barriers mothers and fathers face in breastfeeding because, with formula milk, mothers feel that they can help in certain situations if they cannot provide breast milk. This triggers concerns because not all infant bodies can receive formula, and each procedure has different content derived from cow's milk and soy milk (Mesters, Gijbers & Bartholomew, 2018).

Working mothers who, ideally between the ages of 0 and 6 months, should exclusively breastfeed due to the baby's imperfect digestive system, introduce solid food early. The most influential factor is the closest or older family that gives other food, such as bananas, which can be done when the baby is not even six months old (Sağlam *et al.*, 2018).

Partner Violence in Breastfeeding

Women who tend to experience physical violence from their partners will experience more serious mental disorders, affecting their daily activities and possibly abandoning their duty to breastfeed their babies (Moraes *et al.*, 2011). Mothers who suffer psychologically from partner violence are more likely to stop exclusive breastfeeding before six months (Kjerulff Madsen *et al.*, 2019).

DISCUSSION

This scoping review aimed to identify the role of the family in breastfeeding and the barriers faced during breastfeeding. This study found essential family functions and barriers to breastfeeding that may affect breastfeeding practices. The review found that family support for breastfeeding, parental roles, attitudes, knowledge, the presence of supplementary feeding, and partner violence in breastfeeding occurred in breastfeeding practices.

Breastfeeding support significantly influences mothers because it will encourage positive thoughts and increase milk production (Gerhardsson *et al.*, 2023). Existing research shows that support is an appreciation for breastfeeding mothers for going through many processes, from pregnancy and labour to breastfeeding (Mannion, 2013). Couples who attend or participate in breastfeeding practice counselling classes are appreciated for their readiness to become current and future parents (Gebremariam *et al.*, 2021). Although there is support from health professionals that breastfeeding education is essential, the direct presence of the couple to practice breastfeeding shows a real sense of love for the child (Mannion, 2013). A thorough understanding on religious recommendation and cultural influence would benefit in the reconstruction of breastfeeding promotion and education program.

Family involvement in supplementary feeding makes breastfeeding less than optimal for infants, affecting healthy development and future growth (Martin, Ling & Blackburn, 2016). The impact of partner violence on breastfeeding is associated with a lower likelihood of breastfeeding (Walters *et al.*, 2021).

CONCLUSION

This study incorporates family involvement in breastfeeding, drawing upon relevant theories and philosophies with the ultimate goal of enhancing the breastfeeding experience. Family participation in breastfeeding is constructive for mothers when breastfeeding their babies because direct and indirect support can reduce the physical and psychological burden on mothers. This study found that breastfeeding requires family support, roles, attitudes, and parents' knowledge. This study also found several barriers that can occur in breastfeeding, namely the provision of additional food and intimate partner violence in breastfeeding.

This scoping review is expected to include more searches on databases that can be accessed to support the needs of further research comprehensively and to determine the role of the family in the breastfeeding process.

Conflict of Interest

The authors declare that there is no conflict of interest.

ACKNOWLEDGMENT

The author would like to thank all those involved in this research, including the supervisor and the Master of Midwifery Study Program 'Aisyiyah Yogyakarta and Kemenristek DIKTI, for providing various study materials for this research.

REFERENCES

- Abdulahi, M., Fretheim, A., Argaw, A., & Magnus, J. H. (2021). Breastfeeding education and support to improve early initiation and exclusive breastfeeding practices and infant growth: a cluster randomized controlled trial from a rural Ethiopian setting. *Nutrients*, *13*(4), 1204. <https://doi.org/10.3390/nu13041204>
- Ahmadi, S., Kazemi, F., Masoumi, S. Z., Parsa, P., & Roshanaei, G. (2016). Intervention based on BASNEF model increases exclusive breastfeeding in preterm infants in Iran: a randomized controlled trial. *International Breastfeeding Journal*, *11*(1), 1-10. <https://doi.org/10.1186/s13006-016-0089-2>
- Arksey, H., & O'Malley, L. (2005). Scoping studies: towards a methodological framework. *International Journal of Social Research Methodology*, *8*(1), 19–32. <https://doi.org/10.1080/1364557032000119616>
- Asiodu, I. V., Waters, C. M., Dailey, D. E., & Lyndon, A. (2017). Infant Feeding Decision-Making and the Influences of Social Support Persons Among First-Time African American Mothers. *Maternal and Child Health Journal*, *21*(4), 863–872. <https://doi.org/10.1007/s10995-016-2167-x>
- Ayalew, T. (2020). Exclusive breastfeeding practice and associated factors among first-time mothers in Bahir Dar city, Northwest Ethiopia, removed: A community based cross sectional study. *Heliyon*, *6*(9), e04732. <https://doi.org/10.1016/j.heliyon.2020.e04732>
- Barker, T. H., Stone, J. C., Sears, K., Klugar, M., Leonardi-Bee, J., Tufanaru, C., ... & Munn, Z. (2023). Revising the JBI

- quantitative critical appraisal tools to improve their applicability: an overview of methods and the development process. *JBIEvidence Synthesis*, 21(3), 478-493. <https://doi.org/10.11124/JBIES-22-00125>
- Bich, T. H., Long, T. K., & Hoa, D. P. (2019). Community-based father education intervention on breastfeeding practice—Results of a quasi-experimental study. *Maternal & Child Nutrition*, 15, e12705. <https://doi.org/10.1111/mcn.12705>
- Bisi-onyemaechi, A. I., Chikani, U. N., Ubesie, A. C., Chime, P. U., & Mbanefo, N. R. (2017). Factors associated with low rate of exclusive breastfeeding among mothers in Enugu, Nigeria. *International Journal of Research in Medical Sciences*, 5(9), 3776. <https://doi.org/10.18203/2320-6012.ijrms20173948>
- Bueno-Gutiérrez, D., Castillo, E. U. R., & Mondragón, A. E. H. (2021). Breastfeeding counseling based on formative research at primary healthcare Services in Mexico. *International Journal for Equity in Health*, 20, 1-11. <https://doi.org/10.1186/s12939-021-01491-6>
- Bulemela, J., Mapunda, H., Snelgrove-Clarke, E., MacDonald, N., & Bortolussi, R. (2019). Supporting breastfeeding: Tanzanian men's knowledge and attitude towards exclusive breastfeeding. *International Breastfeeding Journal*, 14(1), 1-7. <https://doi.org/10.1186/s13006-019-0244-7>
- Claesson, I. M., Larsson, L., Steen, L., & Alehagen, S. (2018). “You just need to leave the room when you breastfeed” Breastfeeding experiences among obese women in Sweden—A qualitative study. *BMC Pregnancy and Childbirth*, 18, 1-10. <https://doi.org/10.1186/s12884-017-1656-2>
- Crippa, B. L., Consales, A., Morniroli, D., Lunetto, F., Bettinelli, M. E., Sannino, P., ... & Colombo, L. (2021). From dyad to triad: a survey on fathers' knowledge and attitudes toward breastfeeding. *European Journal of Pediatrics*, 180, 2861-2869. <https://doi.org/10.1007/s00431-021-04034-x>
- Demirci, J., Caplan, E., Murray, N., & Cohen, S. (2018). “I Just Want to Do Everything Right:” Primiparous Women's Accounts of Early Breastfeeding via an App-Based Diary. *Journal of Pediatric Health Care*, 32(2), 163–172. <https://doi.org/10.1016/j.pedhc.2017.09.010>
- Dinour, L. M., & Pole, A. (2022). Evaluation of Breastfeeding App Features: Content Analysis Study. *JMIR Pediatrics and Parenting*, 5(4), e37581. <https://doi.org/10.2196/37581>
- Draman, N., Mohamad, N., Yusoff, H. M., & Muhamad, R. (2017). The decision of breastfeeding practices among parents attending primary health care facilities in suburban Malaysia. *Journal of Taibah University Medical Sciences*, 12(5), 412-417. <https://doi.org/10.1016/j.jtumed.2017.05.005>
- Emmott, E. H., & Mace, R. (2015). Practical support from fathers and grandmothers is associated with lower levels of breastfeeding in the UK millennium cohort study. *PLoS One*, 10(7), e0133547. <https://doi.org/10.1371/journal.pone.0133547>
- Fadjriah, R. N., Krisnasari, S., & Gugu, Y. (2021). Relationship between family social support and exclusive breastfeeding behavior at talise health center, indonesia. *Open Access Macedonian Journal of Medical Sciences*, 9(E), 312-316. <https://doi.org/10.3889/oamjms.2021.5987>
- Gebremariam, K. T., Zelenko, O., Mulugeta, A., & Gallegos, D. (2021). A cross-sectional comparison of breastfeeding knowledge, attitudes, and perceived partners' support among expectant couples in Mekelle, Ethiopia. *International Breastfeeding Journal*, 16(1), 1-8. <https://doi.org/10.1186/s13006-020-00355-z>
- Gerhardsson, E., Oras, P., Mattsson, E., Blomqvist, Y. T., & Funkquist, E. L. (2023). Health care professionals report positive experience with a breastfeeding training program based on the Baby-Friendly Hospital Initiative for Neonatal Intensive Care. *Journal of Neonatal Nursing*, 29(1), 75-80. <https://doi.org/10.1016/j.jnn.2022.02.008>
- Hauck, Y. L., Kuliukas, L., Gallagher, L., Brady, V., Dykes, C., & Rubertsson, C. (2020). Helpful and challenging aspects

- of breastfeeding in public for women living in Australia, Ireland and Sweden: a cross-sectional study. *International Breastfeeding Journal*, 15, 1-14. <https://doi.org/10.1186/s13006-020-00281-0>
- Hernández-Cordero, S., Lozada-Tequeanes, A. L., Fernández-Gaxiola, A. C., Shamah-Levy, T., Sachse, M., Veliz, P., & Cosío-Barroso, I. (2020). Barriers and facilitators to breastfeeding during the immediate and one month postpartum periods, among Mexican women: a mixed methods approach. *International Breastfeeding Journal*, 15(1), 1-12. <https://doi.org/10.1186/s13006-020-00327-3>
- Ismail, T. A. T., Muda, W. A. M. W., & Bakar, M. I. (2016). The extended theory of planned behavior in explaining exclusive breastfeeding intention and behavior among women in Kelantan, Malaysia. *Nutrition Research and Practice*, 10(1), 49–55. <https://doi.org/10.4162/nrp.2016.10.1.49>
- Johansson, M., Östlund, P., Holmqvist, C., & Wells, M. B. (2022). Family life starts at home: Fathers' experiences of a newly implemented Swedish home-based postnatal care model—an interview study. *Midwifery*, 105, 103199. <https://doi.org/10.1016/j.midw.2021.103199>
- Kjerulff Madsen, F., Holm-Larsen, C. E., Wu, C., Rogathi, J., Manongi, R., Mushi, D., ... & Rasch, V. (2019). Intimate partner violence and subsequent premature termination of exclusive breastfeeding: A cohort study. *PLoS One*, 14(6), e0217479. <https://doi.org/10.1371/journal.pone.0217479>
- Liu, K., Guo, J., Deng, W., & Su, Y. (2022). The Current Status of Breastfeeding Knowledge and Its Influencing Factors in Nursing Undergraduates: A Cross-Sectional Study in China. *International Journal of Environmental Research and Public Health*, 20(1), 103. <https://doi.org/10.3390/ijerph20010103>
- Mahesh, P. K. B., Gunathunga, M. W., Arnold, S. M., Jayasinghe, C., Pathirana, S., Makarim, M. F., ... & Senanayake, S. J. (2018). Effectiveness of targeting fathers for breastfeeding promotion: systematic review and meta-analysis. *BMC Public Health*, 18, 1-14. <https://doi.org/10.1186/s12889-018-6037-x>
- Mannion, C. A., Hobbs, A. J., McDonald, S. W., & Tough, S. C. (2013). Maternal perceptions of partner support during breastfeeding. *International Breastfeeding Journal*, 8(1), 1-7. <http://www.internationalbreastfeedingjournal.com/content/8/1/4>. Accessed on 1st March, 2023.
- Martin, C. R., Ling, P. R., & Blackburn, G. L. (2016). Review of infant feeding: key features of breast milk and infant formula. *Nutrients*, 8(5), 279. <https://doi.org/10.3390/nu8050279>
- Mesters, I., Gijsbers, B., & Bartholomew, L. K. (2018). Promoting sustained breastfeeding of infants at risk for asthma: Explaining the “active ingredients” of an effective program using intervention mapping. *Frontiers in Public Health*, 6, 87. <https://doi.org/10.3389/fpubh.2018.00087>
- Moraes, C. L., de Oliveira, A. S., Reichenheim, M. E., & Lobato, G. (2011). Severe physical violence between intimate partners during pregnancy: a risk factor for early cessation of exclusive breast-feeding. *Public Health Nutrition*, 14(12), 2148-2155. <https://doi.org/10.1017/S1368980011000802>
- Munn, Z., Peters, M. D., Stern, C., Tufanaru, C., McArthur, A., & Aromataris, E. (2018). Systematic review or scoping review? Guidance for authors when choosing between a systematic or scoping review approach. *BMC Medical Research Methodology*, 18, 1-7. <https://doi.org/10.1186/s12874-018-0611-x>
- Negin, J., Coffman, J., Vizintin, P., & Raynes-Greenow, C. (2016). The influence of grandmothers on breastfeeding rates: a systematic review. *BMC Pregnancy and Childbirth*, 16, 1-10. <https://doi.org/10.1186/s12884-016-0880-5>
- Nguyen, P. H., Menon, P., Keithly, S. C., Kim, S. S., Hajeebhoy, N., Tran, L. M., Ruel, M. T., & Rawat, R. (2014). Program impact pathway analysis of a social franchise model shows potential to improve infant and young child feeding practices in Vietnam. *Journal of Nutrition*, 144(10), 1627–1636. <https://doi.org/10.3945/jn.114.194464>
- Nilsson, I., Busck-Rasmussen, M., Rossau, H. K., & Villadsen, S. F. (2022). Breastfeeding trajectories of young and

- short-term educated mothers and their partners; experiences of a journey facing tailwind and headwind. *Midwifery*, 113, 103436. <https://doi.org/10.1016/j.midw.2022.103436>
- Nisa, F., Damayanti, N. A., & Anggraini, F. D. (2020). Exclusive breastfeeding village program increased the role of health cadres. *Journal of Public Health Research*, 9(2), 137–139. <https://doi.org/10.4081/jphr.2020.1822>
- Normann, A. K., Bakiewicz, A., Madsen, F. K., Khan, K. S., Rasch, V., & Linde, D. S. (2020). Intimate partner violence and breastfeeding: a systematic review. *BMJ Open*, 10(10), e034153. <http://dx.doi.org/10.1136/bmjopen-2019-034153>
- Panahi, F., Rashidi Fakari, F., Nazarpour, S., Lotfi, R., Rahimizadeh, M., Nasiri, M., & Simbar, M. (2022). Educating fathers to improve exclusive breastfeeding practices: a randomized controlled trial. *BMC Health Services Research*, 22(1), 554. <https://doi.org/10.1186/s12913-022-07966-8>
- Rahayu, D., & Yunarsih, Y. (2017, October). Support system on successful exclusive breastfeeding on primipara based on theory of maternal role attainment. In *Health Science International Conference (HSIC 2017)* (pp. 411-415). Atlantis Press. <https://doi.org/10.2991/hsic-17.2017.63>
- Rasoli, H., Masoudy, G., Ansari, H., & Bagheri, H. (2020). Effect of Education Based on Extended Theory of Planned Behavior on Exclusive Breastfeeding in Pregnant Women in Darmian in 2017. *Health Scope*, 9(3), e100277. <https://doi.org/10.5812/jhealthscope.100277>
- Saade, S., Flacking, R., & Ericson, J. (2022). Parental experiences and breastfeeding outcomes of early support to new parents from family health care centres—a mixed method study. *BMC Pregnancy and Childbirth*, 22(1), 150. <https://doi.org/10.1186/s12884-022-04469-6>
- Sağlam, N. Ö., Bülbül, L., Kazancı, S. Y., & Hatipoğlu, S. S. (2019). Factors affecting breastfeeding and complementary feeding choices for children aged 24 to 48 months. *Şişli Etfal Hastanesi tip Bülteni*, 53(2), 165-171. <https://doi.org/10.14744/semb.2018.91328>
- Sandhi, A., Lee, G. T., Chipojola, R., Huda, M. H., & Kuo, S. Y. (2020). The relationship between perceived milk supply and exclusive breastfeeding during the first six months postpartum: a cross-sectional study. *International Breastfeeding Journal*, 15(1), 1-11. <https://doi.org/10.1186/s13006-020-00310-y>
- Sultana, M., Dhar, S., Hasan, T., Shill, L. C., Purba, N. H., Chowdhury, A. I., & Shuvo, S. D. (2022). Knowledge, attitudes, and predictors of exclusive breastfeeding practice among lactating mothers in Noakhali, Bangladesh. *Heliyon*, 8(10). <https://doi.org/10.1016/j.heliyon.2022.e11069>
- Suryaningsih, E. K., Gau, M. L., & Wantonoro. (2020). Concept analysis of maternal-fetal attachment. *Belitung Nursing Journal*, 6(5), 157–164. <https://doi.org/10.33546/bnj.1194>
- Thet, M. M., Khaing, E. E., Diamond-Smith, N., Sudhinaraset, M., Oo, S., & Aung, T. (2016). Barriers to exclusive breastfeeding in the Ayeyarwaddy Region in Myanmar: Qualitative findings from mothers, grandmothers, and husbands. *Appetite*, 96, 62-69. <https://doi.org/10.1016/j.appet.2015.08.044>
- Uddin, M. F., Jabeen, I., Islam, M. A., Rahman, M., Chisti, M. J., Ahmed, T., & Sarma, H. (2022). Barriers to breastfeeding are shaped by sociocultural context: an exploratory qualitative study in Bangladesh. *Journal of Health, Population and Nutrition*, 41(1), 1-13. <https://doi.org/10.1186/s41043-022-00312-y>
- van Dellen, S. A., Wisse, B., Mobach, M. P., & Dijkstra, A. (2019). The effect of a breastfeeding support programme on breastfeeding duration and exclusivity: a quasi-experiment. *BMC Public Health*, 19(1), 993. <https://doi.org/10.1186/s12889-019-7331-y>
- Walters, C. N., Rakotomanana, H., Komakech, J. J., & Stoecker, B. J. (2021). Maternal experience of intimate partner violence is associated with suboptimal breastfeeding practices in Malawi, Tanzania, and Zambia: insights from a

- DHS analysis. *International Breastfeeding Journal*, 16(1), 1-12. <https://doi.org/10.1186/s13006-021-00365-5>
- Winifred Nwabuaku, K., & Perpetua Onyinye, E. (2020). Socio-cultural drivers and barriers to adoption of Exclusive Breast-Feeding among Mothers in Rural Communities of Imo State, Nigeria. *International Journal of Scientific & Engineering Research*, 11(5), 313-322.
- World Health Organization. (2012). *Global Targets Tracking Tool*. <https://www.who.int/Tools/Global-Targets-Tracking-Tool>. Accessed on 25th February, 2023.
- World Health Organization. (n.d.). *Breastfeeding*. https://www.who.int/Health-Topics/Breastfeeding#tab=tab_1. Accessed on 17th February, 2023.
- You, H., Lei, A., Xiang, J., Wang, Y., Luo, B., & Hu, J. (2020). Effects of breastfeeding education based on the self-efficacy theory on women with gestational diabetes mellitus. *Medicine*, 99(16), e19643. <https://doi.org/10.1097/md.00000000000019643>
- Zakar, R., Zakar, M. Z., Zaheer, L., & Fischer, F. (2018). Exploring parental perceptions and knowledge regarding breastfeeding practices in Rajanpur, Punjab Province, Pakistan. *International Breastfeeding Journal*, 13(1), 1-12. <https://doi.org/10.1186/s13006-018-0171-z>