

## ABSTRACT

### THE EFFECT OF ROUTINE FOLLOW-UP WITH A CERTIFIED LACTATION CONSULTANT OR CERTIFIED LACTATION EDUCATORS AND THE DURATION OF BREASTFEEDING

The purpose of this study was to determine whether regular postpartum follow-up by a Certified Lactation Consultant (CLC) or Certified Lactation Educator (CLE) increased the duration mothers breastfed their infants. This study also served to identify factors that influenced mothers to discontinue breastfeeding. Ninety-four mothers completed the 24-week study. Fifty-four participants, the control group, received minimal routine follow-up according to Kaiser Permanente's policy and procedure manual for the Maternal Infant Lactation Clinic (MILC). Forty participants, the experimental group, received nine follow-up telephone calls by either the CLC or CLE. A telephone questionnaire was used to elicit possible breastfeeding problems in order to offer solutions, identify factors influencing the mother's decision to initiate and continue breastfeeding, and to identify reasons mothers would discontinue breastfeeding. The results suggested that, while routine follow-up by a CLC or CLE does not significantly increase the duration infants are breastfed, the CLC and CLEs were influential in solving breastfeeding problems.

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