

**Highlights: A survey of 15 mothers who breastfed their children  
(informal survey conducted by e-mail)**

**A. Duration of breastfeeding**

Average duration in months: 8.25

Shortest duration: .5 month

Longest duration: 29 months

**B. Duration of exclusive breastfeeding**

Practiced exclusive breastfeeding: 7 (60%)

No exclusive breastfeeding at all: 6 (40%)

Of those with exclusive breastfeeding, average duration in months: 6.5

Shortest duration: 1 month

Longest duration: 24 months

**C. Reasons for breastfeeding (ranked according to the frequency of mention)**

*Breastfeeding has immense health benefits to the child.*

1 “My son is not sickly and only had his first ear infection when he was two years old. I compare him to my sister's children who were both not breastfed and are very sickly with asthma and other upper respiratory infections.”

2 “The milk gives more protection with the baby's immune system. Hindi sila agad basta nahahawa ng mga sakit. The milk also gives more nutrients lalo na yung unang labas na milk.”

3 “I’ve always known that breast milk is just better for babies than formula. It is more nutritious.”

4 “I breastfed because of the benefits for the child (increased immunity).”

5 “I’ve always believed that mother’s milk is best for babies.”

6 “I've heard great benefits of having your child fed with breast milk.”

7 “It’s healthier.”

8 “Mother’s milk is best for babies.”

9 “It is supposed to make the child stronger, more immune to disease.”

10 “Breast milk is where the baby gets their first antibodies against infection.

***Breastfeeding creates an emotional bond between mother and child.***

1 “I believe that it makes you bond more with your child.”

2 “The act of breastfeeding creates a bond between the mom and the baby.”

3 “It allows me to spend more time with the baby.”

4 “It makes the mom and child closer to each other. There is bonding during breastfeeding.”

***Breastfeeding is economical.***

1 “Wala kaming extrang perang pambili.”

2 “I found breastfeeding to be very economical.”

3 “I had my first baby when I was nineteen and we were on a budget.”

***Breastfeeding is convenient.***

1 “I don’t have to take out a bottle and mix anything especially when we are outside our home.”

2 “I didn’t have to lug baby bottles around and there was no need to make sure the milk was the right temperature.”

3 “I didn’t have to get up at night to get milk.”

***Breastfeeding also benefits the mother.***

1 “Breastfeeding helps the mother to lose weight.”

2 “I initially wanted to breastfeed because it helped ease the pain.”

**D. Did your OB-Gynecologist encourage breastfeeding**

No – 7 (all of them gave birth in the Philippines)

Yes – 8 (of them, 2 gave birth in another country)