

INTRODUCTION :
Breastfeeding is essential for optimal growth and development of newborns. Various biological,psychological and socioeconomic factors play a role in breastfeeding initiation, exclusivity and continuation.

OBJECTIVES :
To compare the prevalence of early initiation and exclusive breastfeeding following caesarean and vaginal deliveries up to 3 months post-partum and to identify factors affecting breastfeeding practices.

REFERENCES :
1)Angolile,C. M., Mushemba, J., Mashauri, H. L., & Max, B. L. (2023). Globalincreased cesarean section rates and public health implications: A call to action. *Health Science Reports*, 6(5). 2)Asimaki, E., Sarantaki, A., Dagla, M., & Iliadou, M. (2022). Main Biopsychosocial Factors Influencing Breastfeeding: a Systematic Review. *Maedica*, 17(4),955–962.

MATERIAL AND METHODS :
•Type: Prospective study
•Setting: Safdarjung Hospital, New Delhi
•Period: July - September 2023
Data Collection:
•Time Points: Day 1, Day 3, 6 weeks, 3 months postpartum
•Parameters: Socio-demographics, mental health, health services data
Analysis:
•Descriptive analysis & Associations between socio-demographics and breastfeeding outcomes (i.e) Early initiation of breastfeeding&Exclusive breastfeeding at 6 weeks and 3 months

RESULTS :

Parameter	Day 3	6 Weeks	3 Months	p-value
Exclusive Breastfeeding (%)				
- Caesarean Delivery	79%	55%	58.4%	<0.001
- Vaginal Delivery	90%	74.3%	71.6%	<0.001
Factors Associated with Late Initiation				
- Delivery Mode (Caesarean vs. Vaginal)				<0.001
- Child Weight ≤2.5kg				<0.001
- Preterm Birth				<0.001
- Higher Parity				<0.05
No Effect on Early Breastfeeding Initiation				
- Maternal Age	N/A	N/A	N/A	Not Significant
- Maternal Education	N/A	N/A	N/A	Not Significant
Factors Reducing Exclusive Breastfeeding				
- Preterm/Small for Gestational Age Infants	N/A	Reduced	N/A	<0.001
- Delayed Breastfeeding Initiation (>4 hours)	N/A	Reduced	N/A	<0.001

CONCLUSION & RECOMMENDATION:
The study suggests that institutions need to put extra efforts to improve and promote early initiation and maintenance of breast feeding after caesarean deliveries as these deliveries are associated with more difficulties in initiation, maintenance, and exclusivity of breastfeeding.

STRENGTHS OF THE STUDY :
•Good sample size
•First study in India to have a follow up till 3 months postpartum
• Includes socio-demographic factors in analysis

