

The Implementation of Exclusive Breastfeeding Policies: A Literature Review

Title	The Implementation of Exclusive Breastfeeding Policies: A Literature Review
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Abstract	<p>Background Providing optimal nutrition in the first 6 months of life is important because it can support the child's nutritional status before complementary feeding begins. Formulating health policies related to exclusive breastfeeding is one of the government's strategy to gain support from various parties. policies were prepared with the aim of ensuring that the community was able to provide exclusive breastfeeding until the child was two years old and accompanied by additional food according to nutritional needs. This research aims to describe the implementation of exclusive breastfeeding policies in worldwide Methods A systematic literature review was conducted of the published literature review the years 2019 – 2024.</p> <p>Published literature included journals, papers and issue briefs. Content analysis were conducted to explore more about the policy implementation. 7 articles were selected to be reviewed in this study. Results Mother's knowledge, working mother, husband's support and family support play an important role in the success of exclusive breastfeeding. The factors that influence the provision of exclusive breastfeeding to working mothers include lack of socialization, lack of supporting facilities, and the implementation of special policies regarding exclusive breastfeeding in the workplace. Conclusions Increasing administrative capacity, cross-sector support, adequate communication and coordination as well as increasing government commitment in implementing policies are the keys to successful implementation of exclusive breastfeeding policies</p>
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