



## ANALYSIS OF YOUTUBE VIDEOS ON BREASTFEEDING: RELEVANCE AND BENEFIT

### ANÁLISE DE VÍDEOS DO YOUTUBE SOBRE ALEITAMENTO MATERNO: IMPORTÂNCIA E BENEFÍCIO

#### ANÁLISIS DE VIDEOS YOUTUBE DE LACTANCIA MATERNA: IMPORTANCIA Y BENEFICIOS

Jaidnara Alves de Carvalho<sup>1</sup>, Polyanna Keitte Fernandes Gurgel<sup>2</sup>, Kálya Yasmine Nunes de Lima<sup>3</sup>, Cilene Nunes Dantas<sup>4</sup>, Cláudia Cristiane Filgueira Martins<sup>5</sup>

#### ABSTRACT

**Objective:** to analyze the videos on breastfeeding, existing on the video site YouTube, trying to identify the influence that they could have in the mother's decision to breastfeed. **Methodology:** we have used a sample of 405 videos, in a research conducted with the use of the controlled descriptor "**breastfeeding**". The videos were analyzed with the aid of a tool, by observing, mainly, the existence of information about the importance of the breastfeeding act and its benefits. **Results:** the videos have demonstrated a positive influence and make mention to the most important factors related to breastfeeding: six months of exclusive breastfeeding, nutrition and protection for the newborn, and bond formation. **Conclusion:** by considering the importance of the internet in disseminating information and need for continuity in the implementation of actions to encourage breastfeeding, the study brings about a draft of the profile of videos on the issue found on the YouTube, by characterizing them as a reliable source of research. **Descriptors:** Breastfeeding; Movies and Educational Videos; YouTube.

#### RESUMO

**Objetivo:** analisar os vídeos sobre aleitamento materno, existentes no site de vídeos YouTube, buscando identificar a influência que os mesmos poderiam ter na decisão das mães de amamentar. **Metodologia:** foi utilizada a amostra de 405 vídeos, em pesquisa realizada com o uso do descritor controlado "**aleitamento materno**". Os vídeos foram analisados com o auxílio de instrumento, observando-se, principalmente, a existência de informações acerca da importância do ato de amamentar e seus benefícios. **Resultados:** os vídeos apresentam influência positiva e fazem referência aos fatores mais importantes relativos ao aleitamento: seis meses de aleitamento materno exclusivo; nutrição e proteção para o bebê, e formação de vínculo. **Conclusão:** considerando a importância da internet na divulgação da informação e necessidade de continuidade na realização de ações de incentivo ao aleitamento materno, o estudo traz um esboço do perfil dos vídeos sobre o tema encontrados no YouTube, caracterizando-os como uma fonte confiável de pesquisa. **Descritores:** Aleitamento Materno; Filmes e Vídeos Educativos; YouTube.

#### RESUMEN

**Objetivo:** Analizar los vídeos sobre la lactancia materna, existiendo sitio de videos YouTube, tratando de identificar la influencia que podría tener la decisión de la madre de amamentar. **Metodología:** La muestra utilizada fue de 405 videos en una encuesta llevada a cabo con el uso de descriptor controlada "lactancia materna". Los videos fueron analizados con la ayuda de un instrumento, observando principalmente a la existencia de información sobre la importancia de la lactancia materna y sus beneficios. **Resultados:** Los vídeos tienen una influencia positiva y hacer referencia a los factores más importantes relacionados con la lactancia: seis meses de lactancia materna exclusiva, la nutrición y protección para el bebé, y la formación del enlace. **Conclusión:** Teniendo en cuenta la importancia de Internet en la difusión de información y la necesidad de continuidad en la implementación de acciones para fomentar la lactancia materna, el estudio ofrece un resumen del perfil de vídeos sobre el tema se encuentra en YouTube, caracterizándolos como una fuente confiable de investigación. **Descriptores:** Lactancia Materna; Películas Y Vídeos Educativos; YouTube.

<sup>1</sup>Nurse, Graduated in Nursing from the Universidade Federal do Rio Grande do Norte/UFRN. Natal (RN). Brazil. E-mail: [flordomarroc@yaho.com.br](mailto:flordomarroc@yaho.com.br); <sup>2</sup>Undergraduated Student in Nursing from the Universidade Federal do Rio Grande do Norte /UFRN. Natal (RN). Brazil. E-mail: [gurgelpkf@gmail.com](mailto:gurgelpkf@gmail.com); <sup>3</sup>Undergraduated Student in Nursing from the Universidade Federal do Rio Grande do Norte /UFRN. Natal (RN). Brazil. E-mail: [Yasmine.lima@hotmail.com](mailto:Yasmine.lima@hotmail.com); <sup>4</sup>Nurse, Master in Nursing, Professor at the Undergraduate Nursing Course from FACEX. Natal (RN). Brazil. E-mail: [cilenenunesdantas@bol.com.br](mailto:cilenenunesdantas@bol.com.br); <sup>5</sup>Nurse, PHD in Child and Youth Health, Professor at the Nursing Department from Universidade Federal do Rio Grande do Norte/UFRN. Natal (RN), Brazil. Email: [francistourinho@gmail.com](mailto:francistourinho@gmail.com).

## INTRODUCTION

The Internet is a huge information system integrated by computer networks, providing a range of information resources and information services for everyone that are linked to it.<sup>1</sup>

In the information's society, communication and information tend to permeate the activities and decision-making processes in the different spheres of society, including the political superstructure, federal, state and local governments, culture, arts, science, technology, education in its all instances, health, industry, finance, trade, agriculture, environmental protection, community associations, professional societies, trade unions, popular manifestations, minorities, religions, sports, leisure, hobbies, etc. The society starts to progressively operate in a network.<sup>2</sup>

There are many tools that have emerged in recent years, which allow internet users to communicate in different ways. It is not necessary to have a great technical knowledge, citizens have at their disposal a range of possibilities that allows them to participate in public space, sharing ideas or merely entertaining themselves. Among these possibilities, there are blogs and vlogs, which operate as places of active expression and participation of individuals with the most varied beliefs and ideologies. The ease and the almost zero cost are important features for the success of such tools.<sup>3</sup>

The growing success of YouTube, elected by Time magazine "the best invention of 2006" is an example. Within a year, YouTube has achieved a huge popularity. Television programs, interviews, criticisms, reports, political speeches, home-made videos, curiosities, everything can be seen and shared, anytime and anywhere.<sup>3</sup>

Any individual, for any purpose, can use sites like YouTube to gain access to more diversified information. Likewise, making censorship becomes increasingly difficult, since such information can start from multiple sources.<sup>4</sup> You should be careful about the veracity of what you read, see or hear on the internet, because, in most cases, there is not a review of content that precedes the sharing.

In search of information on breastfeeding, many mothers may make use of YouTube videos, in order to learn about how to do it when the time comes and get clarified about myths and legends that exist with regard to the breast milk and breastfeeding. In videos, they have the opportunity to hear the theory and also observe the practice, which makes

such a tool a more attractive means of information.

Misinformation can be decisive in the maternal choice to breastfeed or not. Before this context and the great ease of access to information on the Internet, there was the concern about the quality of the videos posted on YouTube about breastfeeding.

This research aimed to analyze the existence of videos concerning the breastfeeding, regarding the pros and cons of breastfeeding, and verify if the same, due to the lack of prior observation of the quality of their content, are positively or negatively influencing those who watch them and, from the results, to provide support for the development of strategies to encourage breastfeeding.

## METHODOLOGY

The research was exploratory and with quantitative nature, performed on the video-sharing site 'YouTube', whose virtual address is: <www.youtube.com>. Despite the existence of other video-sharing sites, the choice of YouTube took place because this is, currently, the most widespread among internet users.

The research was conducted through visitations to the site, which took place without defined location, since there is not access restriction to this media, if it is accessed from different locations, as with some search portals. Moreover, there was the need to limit the publication date of the researched videos, since the renewal of the number of videos on the site is constant. Otherwise, it would not be possible to form a population and, consequently, a closed sample. The established upload date limit was June 30th, 2011.

The approval in an ethics committee was not needed, since the search is not directly involved with human beings.

Initially, we performed a search on the YouTube site with the help of the Mesh term "*breastfeeding*", from which we have obtained a sample of 405 videos. Due to the use of only one descriptor and aiming at a representative sample, we have considered the 405 videos in their entirety for composing the sample. During the analysis, we applied some criteria that determined the exclusion or inclusion of videos. We observed whether the videos made direct reference to breastfeeding, by using as bases the title and description of each video, and what was its language. In cases of absence of the said criteria or videos in foreign language, we opted for the exclusion.

During analysis, other exclusion criteria were applied: regarding the content of the videos and the level of access of the site's user.

For checking the quality of the videos, we have designed a research tool with closed questions directed to the importance and benefits of breastfeeding. The questions have covered: bond between mother and son; breast milk as natural vaccine and protection against infections, allergies and chronic illnesses; breastfeeding as food economy, complete nutrition for the infant and natural contraception for mothers; proper latching; minimum time of Exclusive Breastfeeding (EBF); information on labor rights during breastfeeding.

With the aid of the developed tool, the videos were watched, one by one, searching for direct references (verbal or non-verbal) of each one of the items contained thereof.

During the analysis of videos, it was noted the frequent citation of some aspects considered relevant, but that were not present in such a tool. Then we decided to add these aspects to the tool, which led us to a new analysis of the videos that already had been watched. Despite the restart, it was considered relevant to the incorporation of new aspects, since it would be considerable statistical data and could significantly contribute to the selection of videos.

The new aspects were: breastfeeding in the first hours of life, breastfeeding as an important factor in reducing child mortality; breastfeeding as a mother's protective factor against cancer; and breastfeeding as an important factor for the physical and psychosocial development of the child.

After being raised, the data were tabulated and organized according to: date of publication and its frequency in each month and year; frequency of citation of each question; frequency of citation of two questions or less and three or over.

The data were worked into the form of tables according to the aforementioned organization.

RESULTS

Of the 405 sample videos, 230 were discarded after application of the exclusion criteria, remaining 175 videos for the tool application, which represents less than 50% of total.

The disposal of videos, as exclusion criteria, mostly occurred after a full analysis of their contents, after being watched, when we identified shootings associated to: advertisements for products related to breastfeeding (educational and practical) presentations of children (corals, ballets) during events on Breastfeeding (BF), breast milk donation to milk banks, babies' videos or animals when suckling, stories about World Breastfeeding Week, campaigns of the Brazilian Ministry of Health - *Ministério da Saúde* (MS) to encourage the breastfeeding and family support during the breastfeeding period, videos in other languages..

Other factors such as the repetition of some of MS campaign videos and the poor quality of the productions (image and/or audio) also resulted in the disposal of some of them.

Almost in their wholeness, the analyzed sample videos were stories (Table 1). The remaining videos were home-made productions, MS or municipal campaigns on the BF, health events performed by hospitals or Family Health Programs (FHP) and advertisements (DVDs on BF and products for breastfeeding mothers).

Table 1. Classification of the YouTube videos about breastfeeding, analyzed in the year 2011.

| Video Classification | Totality of videos |
|----------------------|--------------------|
| Story                | 66                 |
| Home-made video      | 19                 |
| Campaign on BF       | 4                  |
| Health event         | 7                  |
| Advertisement        | 4                  |

Table 2 shows the percentage of uploads of videos on BF, firstly, according to the month and, next, over the years, from 2006 (oldest record) to June 2011. It should be noted that, during the year, the largest percentage of uploads are in ascending order in the months of May and September. As for the comparison

over the years, it should be noted a progressive increase in the number of uploads. We have realized that, in 2011, this number is around one-half of the 2010 index, however, refers to a period of only 6 months, by considering the deadline date of the survey: June 30th, 2011.

Of 175 videos, 54 make mention only about one or two questions of the research tool. Of this number, 61% show two questions. The most discussed aspect was the minimum period of 6 months of EBF, cited by 44% of the videos, followed by the classification of breast

milk as a complete source of nutrients (28%); next, there are the act of breastfeeding as formation of bonding between mother and child and breast milk as a protective factor for the infant (both reached 20%).

**Table 2.** Percentage of videos about breastfeeding, according to the month and over the years, found on YouTube until June 2011.

| Month | % Uploads | Month | % Uploads | Year         | % Uploads |
|-------|-----------|-------|-----------|--------------|-----------|
| Jan   | 3         | Jul   | 6         | 2006         | 3         |
| Feb   | 6         | Aug   | 29        | 2007         | 2         |
| Mar   | 3         | Sep   | 9         | 2008         | 10        |
| Apr   | 8         | Oct   | 7         | 2009         | 27        |
| May   | 11        | Nov   | 9         | 2010         | 38        |
| Jun   | 5         | Dec   | 4         | Jan-Jun 2011 | 20        |

Table 3 shows the data directly related to the quality of the videos, now considering the totality of analyzed videos, regardless of the number of factors which are mentioned by them.

Within the total of 175 videos considered suitable for this research, by observing the frequency of approach of the factors listed in the research tool, it was realized that among the most cited are: protection against diseases and allergies (62%), EBF until six months of age (61%), complete source of nutrients (57%) and building of the mother-child bond (55%).

Later, we observed that the breastfeeding as a determinant factor for a good physical and psychosocial development of the child is

mentioned in 34% of videos. The other factors have not reached one-half of the frequency of the most cited. The BF as natural contraception was cited in 4% of videos; breast milk as food economy, in 16%; proper latching as a decisive factor for the successful breastfeeding, in 18%; the existence of labor rights to ensure time for a working mother to breastfeed was mentioned in 6%; the importance of breastfeeding in the first hours of life for a successful breastfeeding, in 18%; BF as a protective factor against breast cancer, in 25%; and BF as a way of reducing child mortality, in 14%.

**Table 3.** Frequencies of approach of the factors on breastfeeding found in YouTube videos analyzed in 2011.

| Cited factor                              | % n | Cited factor                                       | % n |
|-------------------------------------------|-----|----------------------------------------------------|-----|
| Building of the mother-child bond         | 55  | Proper latching                                    | 18  |
| Protection against diseases and allergies | 62  | Labor rights                                       | 6   |
| Food economy                              | 16  | Breastfeeding in the first hour of life            | 18  |
| Complete source of nutrients              | 57  | Protection against cancer                          | 25  |
| Natural contraception                     | 4   | Reduction of child mortality                       | 14  |
| EBF until six months of age               | 61  | Satisfactory physical and psychosocial development | 34  |

DISCUSSION

An important point to be noted in this analysis is related to the product advertising videos. Despite not encourage breastfeeding, none of them violates the Resolution 31/92 of the National Health Council - *Conselho Nacional de Saúde* (CNS/MS), which brings veto to the incitement to sale, regardless of means or form, of artificial foods for replacing the breast milk, in an indiscriminate way and, mainly, for children in the first six months of life.<sup>5</sup>

The majority of videos in the form of stories indicate suitability of the information, since it is believed that they are performed by professionals committed to the truthfulness of the content of their stories. Many of the videos were uploads of the TV media itself in

its YouTube channels. The several media have bet on using the internet as a means of disseminating information. For them, this is a new form of writing, interacting, communicating and sharing, transmitting images, videos and music, in order to reach new audiences, won by awakening the interest of new sources of online information.<sup>6</sup>

It is possible to realize that over the years, from 2006 to June 2011, there was a considerable increase in uploading videos about BF on YouTube. This may have resulted from greater access to the internet, as well as because of the campaigns to encourage breastfeeding, which are held by the MS. In recent decades, promotional and protective actions have been put into practice to support the breastfeeding act, in order to reduce child mortality and improve the children's health.



We already can observe improvements in breastfeeding indexes, but some erroneous practices still make the prevalence of EBF remains far from the desirable goal.<sup>7</sup>

The major difficulties faced for beginning and maintaining the breastfeeding are related to disinformation population about the importance of such a healthy habit, as well as the risks of artificial milks and early mixed diet. Besides these ones, there are still misinformation about labor rights of the mother; about how to conduct the proper latching, which often hinders and even prevents breastfeeding; and the minimum EBF time that the child needs.<sup>8</sup>

Approximately 1/3 of the analyzed videos mention only two factors that are considered important. Comparing them with others, which mention from three to nine factors, we have noted that, in general, the most cited are the same for both groups of videos and are also those ones addressed in the surveyed studies, namely: building of the mother-child bond, protection against diseases and allergies, complete source of nutrients and EBF in the first six months of age.

In the works on the issue at stake, the main speech is directed to the four aforementioned factors. The BF is seen as a single source of nutrition and enough for the infant, which also brings the protective function and is essential for a good physical and psychosocial developing, due to the establishing of the strong bond between mother and child.<sup>9</sup>

Breast milk is produced according to the needs of each infant. Not only that, but due to its perfect composition, it is impossible to be reproduced. Acts as a source of food and medication at the same time, by being able to immediately act and prevent several diseases of childhood and adulthood, as well as providing all the fuel necessary for the physical, intellectual and emotional development of the newborn.<sup>10</sup> But, for that to take effect, the World Health Organization (WHO) recommends that the infant feed itself only through milk during the first six months of life, a phase in which there is the largest child development, without the provision of any other supplementary food or drink.<sup>11</sup>

Regardless of the number of factors mentioned in each video, it should be noted that there is a greater concern in relation to reflect the importance of the EBF in the first six months of a child's life, especially in the first hour of life. This is really the most important factor, since the setting up of the awareness of mothers regarding the minimum time for EBF, all other also relevant aspects will be accepted and may work as

consequences and supporting in the successful breastfeeding.<sup>12</sup>

Among the four most cited factors, breast milk is crucial for the physical and psychosocial development of the child, with a considerable share of citation of 34%, followed by the breastfeeding factor as maternal protection against some cancers, such as breast cancer, with 25 %. It is important to make the mother becomes aware of the benefit that the breastfeeding also brings to her, so that she will feel more encouraged to breastfeed. Studies performed in developed and undeveloped countries showed that the longer the duration of breastfeeding, the woman acquires increased protection against breast cancer.<sup>11</sup>

Four of the remaining items analyzed were maintained with an average of 16.5% of citation among videos. Among them, there are the proper latching and stimulation of breastfeeding within the first hour of life. Successful breastfeeding directly depends on these two factors. An improper latching can cause nipple injuries and prevent the continuity of breastfeeding.<sup>13</sup> As for suckling in the first hour of life, it is crucial to the maintenance of breastfeeding. Studies have shown that weaning was reduced among women who breastfed in the first six hours of the newborns life and reinforce the importance of early rapprochement between mother and child with a view of forming bond, as well as helping in the milk ejection reflex.<sup>14</sup>

The knowledge of labor rights of the mother did not prove to be determining factor for breastfeeding, since it is mentioned a few times, in about 6% of the surveyed videos. Nonetheless, the working mother should be clarified about them so they do not become an obstacle to the breastfeeding. Having science on the maternity leave, as well as the right to breastfeed in her workplace are relevant factors for awareness of this mother.<sup>15</sup>

With low incidence, the breastfeeding factor as a natural contraceptive method is also cited (4% of the analyzed videos). In spite of being a benefit to the mother, this procedure is not totally safe to be singly used, because it is related to the length of breastfeeding, which should be exclusive or almost exclusive, and either to the maternal physiology of menstruation return.<sup>16</sup>

## FINAL REMARKS

The study showed that the analyzed videos do not show negatives points in encouraging breastfeeding and, despite all of them do not address the factors listed in the research tool

in its entirety, there is a focus on the most important factors, which are related to the minimum time of EBF, the building of the mother-child bond and the nutritional and protective function of the breast milk.

Considering the overall set, despite the large amount of discarded videos, it can be said that almost 100% were addressed to the research issue. An example of this are the videos about milk banks and the World Breastfeeding Week which, although do not directly point out the benefits of breastfeeding, talk about the importance of the donation act of surplus milk, which, indirectly, refers to the importance of breastfeeding, and disclose the existence of great events on this issue, which gives importance and attention to it.

It should be taken into consideration in this research, the use of only controlled descriptors, by leaving aside the uncontrolled ones, like “suckling”, which is widely used as a synonym for breastfeeding.

## REFERENCES

1. Henning PC. Internet@RNP.BR: um novo recurso de acesso à informação. Ci Inf [Internet]. 1993 Jan/Apr [cited 2012 Jan 23];22(1):61-4. Available from: <http://revista.ibict.br/ciinf/index.php/ciinf/article/view/1222/86>
2. Miranda A. Sociedade da informação: globalização, identidade cultural e conteúdos. Ci Inf [Internet]. 2000 May/Aug [cited 2012 Jan 28];29(2):[about 5 screens]. Available from: <http://www.scielo.br/pdf/ci/v29n2/a10v29n2.pdf>
3. Rodrigues CA. Presença do youtube nos media - razões e consequências. 5º SOPCOM - comunicação e cidadania. Universidade do Minho: Braga; 2007. Available from: <http://www.bocc.ubi.pt/pag/rodrigues-catarina-youtube-nos-media.pdf>
4. Monteiro L. A Internet como meio de comunicação possibilidades e limitações. Anais do 24º Congresso Brasileiro de Ciências da Comunicação. Brasil: Campo Grande; 2001.
5. Brasil. Ministério da Saúde. Conselho Nacional de Saúde. Resolução CNS/MS nº 31, de 12 de outubro de 1992. Norma brasileira para comercialização de alimentos para lactentes. Brasília: Ministério da Saúde; 2002.
6. Nunes JO. A credibilidade do jornal em um novo suporte do impresso à hipermídia. Comtempo [Internet]. 2009 Dec [cited 2012 Feb 23];1(1):[about 5 screens]. Available from: <http://www.revistas.univerciencia.org/index.php/comtempo/article/viewFile/6652/6089>
7. Carvalhaes MABL, Parada CMGL, Costa MP. Factors associated with exclusive breastfeeding in children under four months old in Botucatu-SP, Brazil. Rev latinoam enferm [Internet]. 2007 Jan/Feb [cited 2012 Feb 23];15(1):62-9. Available from: <http://www.scielo.br/pdf/rlae/v15n1/v15n1a10.pdf>
8. Carvalho MR, Tamez RN. Amamentação: bases científicas para a prática profissional. Rio de Janeiro: Ed. Guanabara Koogan; 2002.
9. Leung AKC, Sauve RS. Breast Is Best for Babies. J Natl Med Assoc [Internet]. 2005 July [cited 2012 June 6];97(7):1010-9. Available from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2569316/pdf/jnma00188-0076>
10. Neto MT. Aleitamento materno e infecção ou da importância do mesmo na sua Prevenção. Acta Pediatr Port [Internet]. 2006 Jan/Feb [cited 2012 Feb 23];1(37):23-6. Available from: [http://www.spp.pt/Userfiles/File/App/Artigos/7/20080424104556\\_APP\\_Vol\\_37\\_N1.pdf](http://www.spp.pt/Userfiles/File/App/Artigos/7/20080424104556_APP_Vol_37_N1.pdf)
11. Toma TS, Rea MF. Benefits of breastfeeding for maternal and child health: an essay on the scientific evidence. Cad Saúde Pública [Internet]. 2008 Jan [cited 2012 Feb 23];24(Sup 2):S235-S46. Available from: [http://www.scielo.br/scielo.php?pid=S0102-311X2008001400009&script=sci\\_arttext](http://www.scielo.br/scielo.php?pid=S0102-311X2008001400009&script=sci_arttext)
12. Strapasson MR, Bonilha A. Desmame precoce: caracterização das produções dos cursos de pós-graduação na última década. Rev enferm UFPE on line [Internet]. 2011 Oct [cited 2011 July 14];5(9):2282-9. Available from: <http://www.ufpe.br/revistaenfermagem/index.php/revista/article/view/1948>
13. França MCT, Giugliani ERJ, Oliveira LD, Weigert EML, Santo LCE, Köhler CV, et al. Bottle feeding during the first month of life: determinants and effect on breastfeeding technique. Rev Saúde Pública [Internet]. 2008 Aug [cited 2012 Feb 23];42(4):607-14. Available from: [http://www.scielo.br/scielo.php?pid=S0034-89102008000400005&script=sci\\_arttext](http://www.scielo.br/scielo.php?pid=S0034-89102008000400005&script=sci_arttext)
14. Chaves RG, Lamounier JÁ, César CC. Factors associated with duration of breastfeeding. J pediatr [Internet]. 2007 May/June [cited 2012 Feb 23];83(3):241-6. Available from: [http://www.scielo.br/pdf/jped/v83n3/en\\_v83n3a09.pdf](http://www.scielo.br/pdf/jped/v83n3/en_v83n3a09.pdf)
15. Faleiros FTV, Trezza EMC, carandinal L. Factors influencing breastfeeding decision and

Carvalho JA de, Gurgel PKF, Lima KYN de et al.

Análise de Vídeos do YOUTUBE sobre...

duration. Rev Nutr [Internet]. 2006 Sept/Oct [cited 2012 Feb 25];19(5):623-0. Available from:

[http://www.scielo.br/scielo.php?script=sci\\_arttext&pid=S1415-52732006000500010](http://www.scielo.br/scielo.php?script=sci_arttext&pid=S1415-52732006000500010)

16. Rea MF. Benefits of breastfeeding and womens health. J pediatr [Internet]. 2004 Nov [cited 2012 Feb 25];80(5):142-6. Available from:

[http://www.scielo.br/pdf/jped/v80n5s0/en\\_v80n5s0a05.pdf](http://www.scielo.br/pdf/jped/v80n5s0/en_v80n5s0a05.pdf)

Campus Universitário  
CEP: 59072-970 – Lagoa Nova (RN), Brazil

Submission: 2012/09/03  
Accepted: 2013/01/19  
Published: 2013/03/2013

#### Corresponding Address

Francis Solange Vieira Tourinho  
Departamento de Enfermagem  
Universidade Federal do Rio Grande do Norte

English/Portuguese

J Nurs UFPE on line., Recife, 7(spe):1016-22, Mar., 2013