# Article information:

Understanding South African mothers’ challenges to adhere to exclusive breastfeeding at the workplace: A qualitative study - ScienceDirect
<https://www.sciencedirect.com/science/article/pii/S2352013221000624>

# Article summary:

1. South African working mothers face challenges in adhering to exclusive breastfeeding after returning to work due to a lack of supportive workplace policies and resources.

2. The South African labor laws do not provide adequate measures to support breastfeeding mothers in continuing exclusive breastfeeding for six months as recommended by the WHO.

3. Breastfeeding employees often struggle with finding suitable spaces for expressing and storing breast milk at the workplace, leading to discontinuation of breastfeeding.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article "Understanding South African mothers’ challenges to adhere to exclusive breastfeeding at the workplace: A qualitative study" provides valuable insights into the difficulties faced by working mothers in South Africa in adhering to exclusive breastfeeding practices. The article highlights the lack of supportive measures and policies in place for breastfeeding mothers returning to work after maternity leave, leading to challenges in maintaining exclusive breastfeeding for the recommended six months.

One potential bias in the article is the focus on the challenges faced by working mothers without providing a balanced perspective on potential solutions or initiatives that could support these women. While it is important to highlight the obstacles faced by breastfeeding mothers, it would also be beneficial to explore successful strategies implemented in other countries or industries that have effectively supported working mothers in maintaining exclusive breastfeeding.

Additionally, the article could benefit from further exploration of the economic benefits of supporting breastfeeding in the workplace. While it briefly mentions increased work productivity and long-term financial benefits for employers, more detailed analysis and evidence supporting these claims would strengthen the argument for implementing supportive measures for breastfeeding employees.

The article also lacks discussion on potential risks associated with exclusive breastfeeding, such as inadequate nutrition for infants or health complications for mothers. Providing a comprehensive overview of both the benefits and risks of exclusive breastfeeding would offer a more balanced perspective on this topic.

Furthermore, there is limited exploration of counterarguments or alternative viewpoints regarding exclusive breastfeeding at the workplace. Including diverse perspectives and addressing potential criticisms of exclusive breastfeeding practices could enhance the credibility and depth of the article.

Overall, while the article effectively highlights the challenges faced by South African working mothers in adhering to exclusive breastfeeding practices, there are opportunities for further exploration of potential solutions, economic benefits, risks associated with exclusive breastfeeding, and alternative viewpoints on this topic. By addressing these areas, the article could provide a more comprehensive and well-rounded analysis of this important issue.

# Topics for further research:

* Benefits of workplace breastfeeding support for employers
* Risks of exclusive breastfeeding for infants and mothers
* Successful strategies for supporting breastfeeding mothers in the workplace
* Economic impact of breastfeeding support programs
* Criticisms of exclusive breastfeeding practices
* International best practices for workplace breastfeeding policies

# Report location:

<https://www.fullpicture.app/item/2b2bb11837d2791f52d474f698d34f22>