Stigmas Towards Breastfeeding In Public
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Abstract:
This study is to determine what it is about the stigma towards women who breastfeed in public, I am going to discuss what factors come when breastfeeding in public. Why is it that there is still a stigma towards breastfeeding in public? In 2019? There are so many benefits for children when they are nursed, so how is it that it is not completely accepted in society? The purpose of this research is to help people better understand breastfeeding in public and mothers thoughts of it as to nursing. It is also to help mothers understand why people do not accept breastfeeding in public. This research will bring knowledge to both parties. Having more knowledge and understanding on both sides can be beneficial and maybe the stigma can be a thing of the past.

Literature Review:
Topics covered:
- Health interlinked with breastfeeding
- Shame towards Breastfeeding in Public
- Benefits of Breastfeeding

Introduction:
As a mother myself, I would like to know why some people do not accept breastfeeding in public. I want to learn about their reasons so I can understand and respect their opinions. To give myself awareness and why they are uncomfortable when they see someone nurse their child. I do understand that maybe it is sometimes women are not as conservative when it comes to nursing as other people. Though it is a given right to breastfeed it is not always completely accepted into society and into the public like we would think.

Method:
I went with a quantitative approach with a transformative worldview. I believed that choosing the quantitative method would be the best way to find out others’ opinions, so people like myself are aware of why there is a stigma towards women breastfeeding in public. The qualitative method seemed like it would be the best fit for the subject of the study without having any ethical problems. I think that doing a survey addressing the issues in question, people would take less offense and this would be the best way. It is a short survey through google forms asking about personal thoughts and experiences on the matter. Due to COVID-19 I did have a hard time reaching my goal of participants all I was able to get was 21 responses.

Results:
Throughout my research, I noticed that the main complication was that many participants preferred that women should be covered while they are going to breastfeed in public spaces. It was not that there is a stigma towards women who breastfeed, though more that there is a stigma when a woman is breastfeeding in public and is not covered.

Limitations:
COVID-19 did not help me conduct research. Keeping within the NNMC community was difficult.

Discussion:
There is a lack of awareness when it comes to women who nurse. Maybe that can be a factor that women rather bottle feed when they are in public rather than nursing. There is not enough awareness shared to the public within our community about the benefits towards breastfeeding.