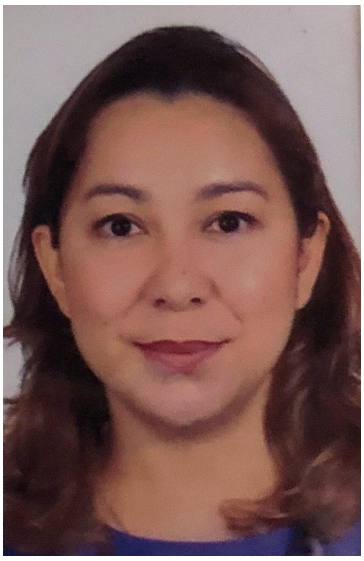


TITLE:
"EMPTINESS AMIDST BOUNTY: LIVED EXPERIENCES OF MOTHERS UPON CESSATION OF BREASTFEEDING"

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The World Health Organization (WHO) recommends that all children be breastfed exclusively for the first six months and supplemental nourishment up to two years and beyond. In the Philippines, according to the latest report provided by WHO, only 27% exclusively breastfed their infants up to the sixth month post partum. This rate however, does not meet the universal level set by the Millennium Developmental Goal in child health. This study explored the lived experiences of married multipara mothers as they stopped breastfeeding their children before the sixth month postpartum. To know what are the lived experiences of these mothers, nine (9) participants were gathered as co-researchers through a purposive sampling. The Co-researchers met the given criteria that 1) they have more than one child that they did not breastfeed exclusively up to 6 months 2) they are married 3) they are from 40-45 years of age 4) they were college graduates at the time they were breastfeeding and 5) they are from the middle, working class of society. Under the guidelines of the Ethical Review Committee, and the underpinnings of phenomenology, an interpretative qualitative design was employed. Through a hermeneutic exercise of reflection, the researcher arrived at three themes 1) "I felt Liberated" 2) "Burdensome" 3) " Struggled to be a good mother". After unveiling the lives of the co- researchers the study suggests that it may be a possible resource for collaboration by health care practitioners in addressing concerns in the said phenomenon.

BIOGRAPHY:
Ma. Monica S. De Guzman has graduated with a Masters degree in Nursing in the University of Santo Tomas and is currently taking her Doctorate in Nursing Education in the University of St. Paul.

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Poster Presentation