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**Original article:**

**A comparative study of exclusivity of breast feeding and subsequent growth patterns among working and nonworking mothers**

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**Abstract**

Introduction: The present study was done to find out duration of exclusivity of breast feeding and growth patterns of infants among working and nonworking mothers in a tertiary care center of Jaipur, Rajasthan.

Methodology : In this prospective study, 100 mothers coming for vaccination at NIMS OPD were registered and divided into study(working) and control groups(non working).

Information about mothers and breast feeding practices was obtained by using pretested structured questionnaire. Questions included working status, duration of leave availed, facility of nursing breaks, availability of crèche(study group).

Results and conclusion: This study shows that with proper motivation and support, mothers should continue breast feeding which will have a positive impact on anthropometric status of babies. Longer leave, nursing breaks, broken hours of work, and strong motivation could extend the length of exclusive breast feeding

Keywords: Breast feeding