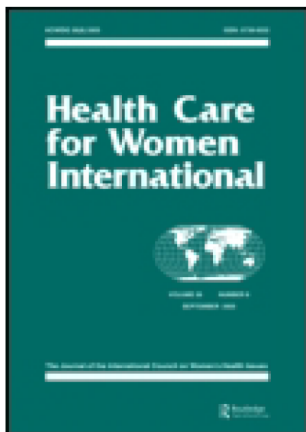


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Publisher: Routledge  
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## Health Care for Women International

Publication details, including instructions for authors and subscription information:

<http://www.tandfonline.com/loi/uhcw20>

### The Effect of Planned Baby Care Education Given to Primiparous Mothers on Maternal Attachment and Self-Confidence Levels

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Accepted author version posted online: 25 Sep 2013. Published online: 15 Nov 2013.

**To cite this article:** İlgün Özen Çınar & Amhet Öztürk (2014) The Effect of Planned Baby Care Education Given to Primiparous Mothers on Maternal Attachment and Self-Confidence Levels, Health Care for Women International, 35:3, 320-333, DOI: [10.1080/07399332.2013.842240](https://doi.org/10.1080/07399332.2013.842240)

**To link to this article:** <http://dx.doi.org/10.1080/07399332.2013.842240>

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## **The Effect of Planned Baby Care Education Given to Primiparous Mothers on Maternal Attachment and Self-Confidence Levels**

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*This study was conducted to examine the effect of planned baby care education on maternal attachment and self-confidence levels in primiparous mothers. The research was carried out using a pre-test, post-test, quasi-experimental design with a control group. In the intervention group, mothers were given planned baby care education and an education booklet. Both the median maternal attachment score and the mean self-confidence score increased by statistically significant levels in the intervention group, whereas there were no significant differences in the control group. It is recommended that primiparous mothers in particular should receive education regarding baby care.*

Becoming a mother results in sudden and significant changes that include physiological and psychological responsibilities, personality changes, loss of freedom, and feelings of conflict (Görak, 2008). Following a tiresome pregnancy period, the mother experiences an even more exhausting phenomenon: childbirth. Without resting or enjoying a period of recovery, the mother is then faced with the responsibility of caring for a newborn (Turan & Cömert, 2005). Mothers have an important role as the primary caregiver. If the relationship between mother and baby is inadequate, the baby may have severe developmental and psychological problems (Brandt, Andrews, & Kvale, 1998).

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Received 7 November 2012; accepted 3 September 2013.

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