

Effect of Breast Milk Donor Education Program in Increasing Breastfeeding Mothers' Participation: A Scoping Review

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ABSTRACT

Background: Breast milk donation is one of the solutions recommended by WHO in fulfilling nutritional intake for infants who cannot receive it directly from their mothers. However, the participation rate of breastfeeding mothers in breast milk donor programs remains low in many countries. This study aims to explore effectiveness of breast milk donor education programmes in increasing breastfeeding mothers' participation .

Subjects and Method: This study employed a scoping review guided by the Arkey and O'Malley framework approach. The population in this study consists of breastfeeding mothers who are potential donors or recipients of breast milk donation. The article search used 4 databases namely Pubmed, Sciencedirect, ProQuest and Wiley according to the inclusion criteria, namely articles published in the last 10 years (2016-2025) with keywords. Filtering articles using PRISMA Flowchart. There were 10 articles obtained and further analysis was carried out based on the Joanna Briggs Institute (JBI).

Results: Based on the review of 10 articles, it can be concluded that breast milk donor education programs have a significant influence in increasing breastfeeding mothers' participation, especially through behavioural theory-based approaches and digital technology interventions used to promote and serve as recruitment platforms. However, the success of educational programmes is highly dependent on adaptation to cultural and social factors in each region.

Conclusion: Breast milk donation education effectively increases breastfeeding participation, especially when it digital, behavior-based and contextual. Therefore, future educational approaches need to be comprehensive and contextually adaptive in order to strengthen sustainable breast milk donation practices.

Keywords: Breast milk donation, breastfeeding mothers, education

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BACKGROUND

Breast milk is a source of nutrients produced by mothers for consumption by infants and is the main source of nutrition for infants who cannot digest solid food and has benefits for baui for optimal growth and

development (Wesołowska et al., 2022). According to WHO and the American Academy of Pediatrics, exclusive breastfeeding is recommended from the time of birth to 6 months and starting at the age of 6 months the baby gets nutritious complementary foods (MP-ASI) according to his

growth and development needs and continues until the age of 24 months or more (Ahmed et al., 2019).

Globally, the World Health Organization (WHO) targets exclusive breastfeeding at 50% by 2025 and 70% by 2030. By 2023, the percentage of infants in Indonesia receiving exclusive breastfeeding (ASIE) for less than 6 months will not reach 80% (WHO, 2024). The percentage of infants less than 6 months of age who were exclusively breastfed in Indonesia in 2023 was 73.97% and increased compared to 2022 Indonesia's exclusive breastfeeding coverage in 2022 was recorded at only 67.96%, while in DI Yogyakarta, it was only 78.25% and this percentage may decrease by the time infants reach 6 months of age (BPS, 2024).

Babies who have healthy mothers and are able to produce breast milk, will have no difficulty receiving and absorbing sufficient breast milk. In some infants with maternal conditions such as maternal death, the mother has contraindications to breastfeeding or is unable to provide breast milk because it contains drugs that are being consumed, making the baby need breast milk from other breastfeeding mothers (breast milk donors). breastfeeding has a very important role so that until now it cannot be replaced by any food /drink intake. However, not all mothers can breastfeed directly due to various health problems (Fataruba, 2019). On the other hand, some mothers have excess milk production that allows the process of breast milk donation to occur. WHO recommends the order of nutritional intake for infants, namely: Breast milk directly from the mother, expressed breast milk from the mother, donor breast milk from another mother and formula milk. This suggests that donor breast milk from another mother is better than formula milk for newborns. However, in Indonesia this recommendation is still very

rarely practiced where the practice of breast milk donation is not widely accepted (Tamadara & Asaretkha, 2021).

In an effort to increase exclusive breastfeeding, the government issued a policy regulated in Government Regulation No. 33/2012 which regulates exclusive breastfeeding and aims to guarantee the right of infants to receive exclusive breastfeeding from birth to 6 months of age by taking into account their growth and development. In addition, it also provides protection for breastfeeding mothers and increases the role of families, communities, and governments in exclusive breastfeeding (Ari & Daniella, 2018).

Donor breast milk is one of the solutions recommended by WHO in fulfilling nutritional intake for babies who cannot receive it directly from their mothers, such as premature babies with various causative factors (WHO, 2024). However, the level of participation of breastfeeding mothers in breast milk donation programmes is still low in many countries, including Indonesia. Low participation rates may be due to a lack of knowledge about the benefits and procedures of breast milk donation, social stigma and mistrust of the safety of donated breast milk, which are also major obstacles to the implementation of breast milk donation programmes. Donated breastmilk is the best alternative to support exclusive breastfeeding (Latifah et al., 2019). Promotion of exclusive breastfeeding has increased in line with WHO and UNICEF policies and several efforts have been made to support, promote and maintain exclusive breastfeeding. Providing adequate education can be an important role in increasing awareness and participation of breastfeeding mothers in breast milk donation (Ulfiana et al., 2024).

This study aimed to explore the effectiveness of educational programmes in increasing breastfeeding mothers' partici-

pation. Through a scoping review approach, this study aims to identify the types of educational interventions that have been implemented, evaluate their effectiveness in increasing maternal breastfeeding engagement and understand the factors that may support or hinder the success of breastmilk donor education programmes. By reviewing various relevant literature sources, this study is expected to provide a more comprehensive understanding of how education can play a role in increasing breastfeeding participation rates and provide recommendations for health workers in designing more effective education strategies to support breastfeeding mother.

SUBJECTS AND METHOD

1. Study Design

This study examined the literature on the effectiveness of education programmes to increase breastfeeding mothers' participation in breastfeeding. This study uses the scoping review method, which identifies and interprets evidence-based results to describe the main concepts, theories and knowledge underlying the research (Tricco et al., 2016). Scoping review aims to map the results of each question on a research topic determined in research articles from various sources that are the same after being grouped to make a conclusion. This approach follows the framework established by (Arkey dan O'Malley, 2005). This research adopts the Population, Concept, Context (PCC) framework to form questions and can be used in a literature search. At this stage to identify concept and keys in an effective and relevant search. Identifying relevant articles, explaining the selection process, applying the PRISMA Flow Diagram for literature identification, conducting data extraction and performing mapping analysis.

2. Inclusion and exclusion criteria

The inclusion criteria comprised: (1) studies on breast milk donor education programmes and the participation of breastfeeding mothers as donors or recipients; (2) publications from the past 10 years; (3) articles written in English or Indonesian; and (4) peer-reviewed, fully accessible primary research. The exclusion criteria were: (1) opinion or commentary papers and (2) general review articles without empirical data.

3. Operational definition

Breastfeeding Mothers is women who actively breastfeed their babies, either directly or through other means, and whose babies are aged between 0 and 24 months.

Breast Milk Donor Education Programme a series of structured activities aimed at improving breastfeeding mothers knowledge, attitudes and skills regarding the importance of procedures, safety and ethics in donating breast milk using educational media.

Increasing Breastfeeding Mothers Participation: increasing the active involvement of breastfeeding mothers in breast milk donation activities as donors or recipients after receiving education related to the breast milk donation program.

4. Study Instruments

The study instrument used to collect articles is Preferred Reporting Items for Systematic Reviews and Meta-Analysis Protocol for a Scoping Review (PRISMA-ScR). The selected articles were assessed using the Critical Appraisal Tools developed by the Joanna Briggs Institute (JBI), which are globally recognised and designed to evaluate the quality of research methodology and ensure the reliability and validity of evidence.

5. Data Analysis

Articles were selected through the database, eliminating duplicate articles, filtering through titles and abstracts following

eligibility criteria including free full text, excluding unsuitable article and generating article to be studied. The data obtained was combined using a data chart adopting the Joanna Briggs Institute which includes title, author, year, country, purpose, data collection method, research results.

RESULTS

Data mapping was conducted for 11 selected articles to identify key study elements, including research objectives, study design, sample size, and main findings. The search across four databases yielded a total of 1,695

articles: 489 from PubMed, 230 from ScienceDirect, 556 from ProQuest, and 420 from Wiley. Initial filtering using Mendeley identified 1,441 articles, which were then screened by title, resulting in the removal of 1,218 irrelevant articles and 254 duplicates. Subsequently, 156 articles were assessed against the inclusion criteria. Of these, 15 did not meet the population criteria and 28 had inappropriate study designs, and were therefore excluded. A total of 10 articles met all criteria and were included in this scoping review.

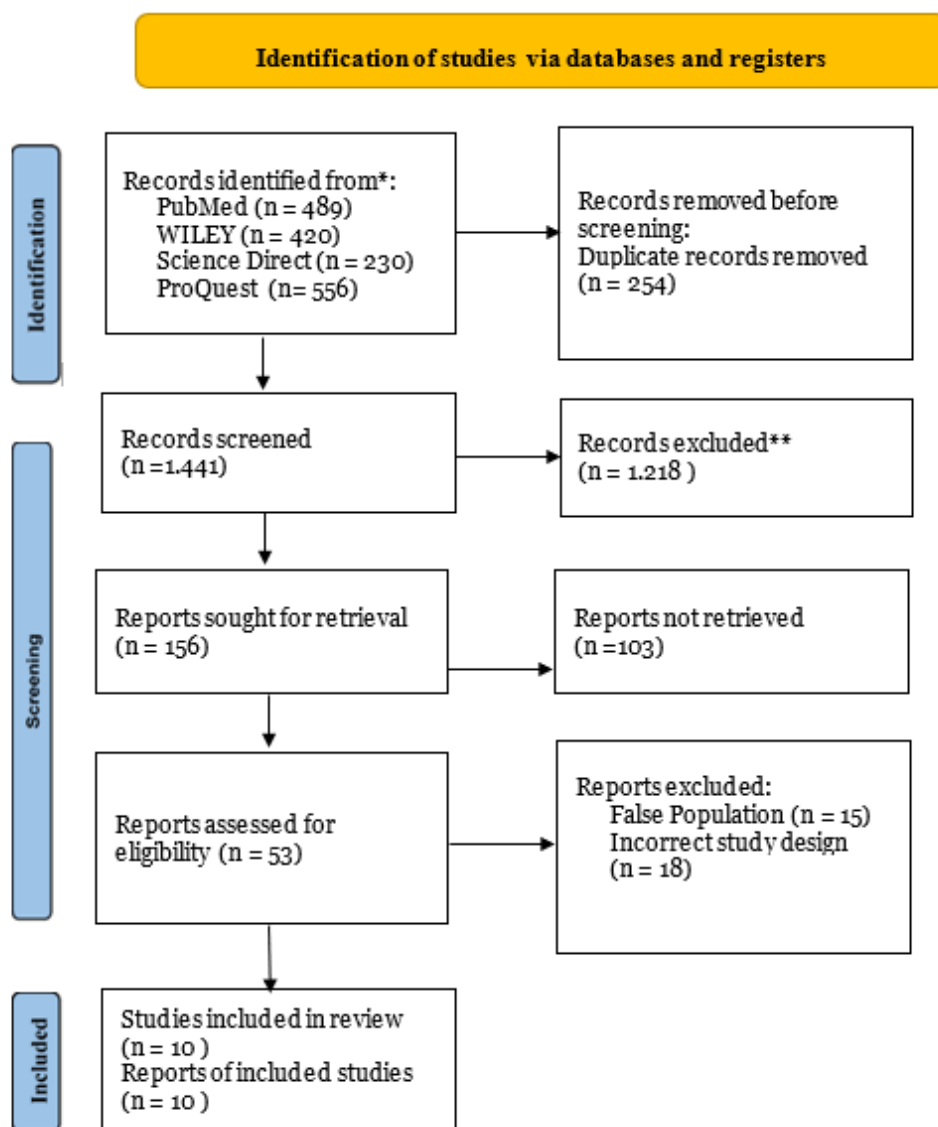


Figure 1. PRISMA-ScR Flow Diagram

Researchers use the PRISMA Flow Diagram to illustrate the article selection process. The PRISMA Flow Diagram is an evidence-based tool designed to improve transparency and consistency in reporting systematic reviews and meta-analyses. This diagram consists of a series of minimum reporting items that ensure clarity in documenting each stage of the selection process, including the number of

records identified, screened, excluded, and ultimately included. This tool is considered appropriate for the current study as it improves the quality of reporting in scientific publications (the 2020 PRISMA flow diagram for new systematic reviews, which includes searching databases, registers, and other sources) (Widiasih et al., 2020).

Tabel 2. Summary Studies in The Scoping Review: The Effect of Breast Milk Donor Education Programme in Increasing Breastfeeding Mothers' Participation

Title, Author, Year	Country	Research Methods	Population (P)	Concept (C)	Conteks (C)
Lhia: A Smart Chatbot for Breastfeeding Education and Recruitment of Human Milk Donors (Corrêa et al., 2023)	Brazil	Quantitative Quasi-experimental	Breastfeeding mothers in Brazil	Chatbot-based breast milk donor education	Recruitment and education for milk donor via digital platform
Improving milk donation behavior through an educational intervention based on the theory of planned behavior: study protocol of cluster randomized controlled trial (Shahbazi Sighaldehy et al., 2023)	Iran	Randomised controlled trial	Breastfeeding mothers in Iran	Educational intervention based on Theory of Planned Behavior	Motivation and behavior change toward becoming milk donors
Effectiveness of a human milk donation promotion program in a virtual group of mexican women (Valenzuela et al., 2024)	Mexico	Quantitative Quasi-experimental	Mexican women (potential donors)	Virtual breast milk donor promotion program	Social media-based support and recruitment into milk bank
Developing Sharing Breastmilk Program : Survey Communities toward Intention in Breastmilk Donor Practice (Wijayanti et al., 2023)	Indonesia	Quantitative, cross sectional	Mothers in Indonesia	Community-based sharing breastmilk education	Survey and workshop about breastmilk donation intentions
A Descriptive Study of the Attitudes, Perceptions, and Experiences of Human Milk Donation (Wambach et al., 2019)	United States of Amerika	Qualitative	Breastfeeding mothers in the US	Attitudes and perceptions of milk donation	Exploration of lived experiences and motivatios
Perceived facilitators and barriers towards acceptability of human milk sharing among mothers in Dhaka, Bangladesh (Faruqui et al., 2023)	Banglades h	Qualitative	Mothers in Dhaka Bangladesh	Culturally sensitive milk-sharing intervention	Acceptability and barriers from social and religious perspectives
The acceptability of a donor human milk bank and donated human milk among	Southern Afrika	Qualitative	Mothers In Limpopo, South Africa	Awareness raising on DHMB (Donor	Health education in antenatal clinics to

Title, Author, Year	Country	Research Methods	Population (P)	Concept (C)	Conteks (C)
mothers in Limpopo Province, South Africa (Mampane & Wolvaardt, 2024)				Human Milk Bank)	address cultural safety concerns
Perception of donor breast milk and determinants of its acceptability among mothers in a developing community: A cross-sectional multi-center study in south-east Nigeria (Iloh et al., 2018)	Nigeria	Quantitative, cross sectional	Mothers in Nigeria	Public education about donor milk	Acceptability of donor milk through awareness and collaboration
Challenges in implementation of mother milk banks in Rajasthan: A situational analysis (Mantri et al., 2021)	India	Qualitative	Mothers and healthcare providers in Rajasthan, India	Breatmilk donation advocacy and support infrastructure	Implementati on of breast milk banks and lactation counseling
Knowledge, opinions and attitudes of Polish women towards banking and donation of human breast milk (Smyk et al., 2021)	Polandia	Quantitative, cross sectional	Polish women of child-bearing age	Education on milk banking and donation	Role of health workers in shaping attitudes toward milk donation

The table presents the results of studies showing that increasing breastfeeding mothers' participation in breastmilk donor programmes is strongly influenced by educational strategies that are contextually designed and based on the needs of the population.

The study by Corrêa et al., (2023) from Brazil demonstrated the effectiveness of using an interactive chatbot called Lhia as a medium for digital breastmilk donor education and recruitment. The programme was developed to reach breastfeeding mothers in remote areas who have difficulty accessing in-person counselling services. The chatbot answered mothers' questions for 24 hours and extended the reach of the hospital's public policy on donor breast milk.

In Iran, Shahbazi Sighaldehy et al., (2023) implemented a Theory of Planned Behaviour (TPB)-based educational intervention. The results showed a significant increase in mothers' intention and behaviour to donate breastmilk. This theory-based

approach provided an in-depth understanding of the importance of forming positive attitudes, supportive social norms, and a sense of control over the act of donation.

Meanwhile, Valenzuela et al., (2024) evaluated breastmilk donor promotion through virtual social media groups in Mexico. Education was conducted within the online community, and out of 80 participants, 12 qualified as donors after a selection process by a local breast milk bank. These findings confirm the potential of social media as an effective tool to reach breastfeeding mothers and build a supportive community that encourages active participation.

Study Wijayanti (2023) in Indonesia developed a community education programme through mini-workshops. The study showed a significant increase in mothers' knowledge and intention to donate after the educational intervention. This community-based approach emphasised the importance

of direct information, social engagement and discussion in influencing mothers' attitudes and decisions.

A qualitative study by Wambach et al., (2019) in the United States took an in-depth look at breastmilk donors' motivations and perceptions, such as trust in milk banks, altruistic impulses and personal experiences of breastfeeding. The findings emphasise the importance of building trust and social support to strengthen mothers' decision to become donors.

From a cultural and religious perspective, study Faruqui et al., (2023) highlighted the factors that influence acceptance of breastmilk sharing practices in Dhaka, Bangladesh. Education was tailored to the socio-religious context, emphasising the importance of religious and community leaders' involvement in building a supportive understanding of breastmilk donation.

A similar issue was raised by Mampane & Wolvaardt, (2024) in South Africa, who examined the acceptability of breast milk banks and donor milk among pregnant women. Education was provided in the context of antenatal care and highlighted the need to address stigma, safety concerns and ignorance about the benefits of donor breast milk through culturally sensitive communication.

Iloh et al., (2018) in Nigeria found that the level of maternal knowledge about donor human milk was low, but the potential for acceptance was high when education was provided collaboratively by health workers, community leaders and government. This study emphasises the importance of systematic public education to increase mothers' participation in using or providing donor breastmilk.

In the context of the service system, Mantri et al., (2021) conducted a situational analysis of breast milk bank implementation

in India. Their findings highlighted the importance of increasing the number of lactation counsellors and training health care staff to support donor breastfeeding. Education here is structural and focussed on building the capacity of the health system.

Finally, the study by Smyk et al., (2021) in Poland explored the knowledge and attitudes of women of childbearing age towards donor breastmilk, and found that nurses and midwives were the most trusted sources of information. Therefore, education delivered by health professionals plays a key role in shaping the attitudes and decisions of potential donors.

DISCUSSION

Utilization of Planned Behavior Theory Intervention and Digital Technology for Breast Milk Donors

The use of chatbots is one of the innovations in improving education and recruitment of breast milk donors. A chatbot was developed called "Lhia" designed to provide information about the benefits of breast milk donation as well as the procedures required to become a donor. The chatbot proved to be effective in conveying precise information and answering frequently asked question by potential donors. Digital technology allows education to be done interactively, anytime and anywhere. The advantages of chatbot technology in breast milk donor education include its ability to reach more breastfeeding mothers at a relatively low cost. In addition, chatbot technology can overcome the geographical and time constraints that are often an obstacle in conventional education program. The discovery of this innovation shows that chatbots can build user trust through communication that is more responsive and relevant to the needs of breastfeeding mothers (Corrêa et al., 2023).

The rapid development of information technology encourages the importance of

accurate and up-to-date information, namely social media. Social media has become a source of information that can be used to promote breast milk donor program. In virtual groups on social media, information can increase awareness and participation in the breast milk donor program (Valenzuela et al., 2024). Various social media platforms such as Facebook, Instagram and WhatsApp have been used to disseminate information, build communities and facilitate discussions about breast milk donation. Promotion through social media allows for rapid dissemination of information to a wide range of user. Health promotion strategies through digital media such as visual content, educational videos and testimonials from breastmilk donors and recipients can increase public trust and interest in breastmilk donation program, enabling increased participation and willingness of breastfeeding mothers to become donors (Valenzuela et al., 2024).

Application of Planned Behavior Theory as an intervention to develop a breast milk donor education program. Planned Behavior Theory intervention is designed to increase breastfeeding mothers' intention and interest in donating breastmilk, focusing on three main components: attitude towards behavior, subjective norms and behavioral control. One effective approach is to provide clear information about the benefits of breastmilk donation for the health of the recipient and donor babies. In addition, highlighting social support from family and community can increase subjective norms which in turn strengthen mothers' intention to participate a breast milk donor program. Interventions Planned Behavior Theory suggests that structured education can result in significant behavior change (Shahbazi Sighaldehy et al., 2023).

Community-based education plays an important role in increasing breast-

feeding mothers' participation in breastmilk donation program. Community involvement in education program can increase mothers' awareness and interest in donating breastmilk. Through this approach, breastfeeding mothers can share experiences of obtaining relevant information and build a sense of solidarity. Group discussion and training in the community provide a space for mothers to ask questions and understand more about breastmilk donation. The program strengthens the social support needed to overcome barriers to donating breastmilk and has the potential to create sustainable changes in breastmilk donation behavior (Wijayanti et al., 2023).

Factors Influencing the Willingness of Participation of Breastfeeding Mothers

Various factors can influence breastfeeding mothers' participation, one of which is social and cultural factors that have a significant impact on the willingness of breastfeeding mothers to participate in breast milk donor program. Cultural norms and traditional beliefs often influence mothers' views on donor breastmilk (Iloh et al., 2018). In some communities, breastmilk donation is still considered taboo due to concerns about kinship or religious beliefs. In addition, social support from family can increase a mother's willingness to participate in donating breastmilk. It is important to build a positive understanding of breastmilk donation through education campaigns that are sensitive to local cultures. Approaches that respect cultural and religious values can increase community acceptance of breast milk donation (Faruqui et al., 2023).

The various factors that prevent breastfeeding mothers from donating breastmilk require information that includes the donation process and supportive facilities. Lack of infrastructure such as breast milk banks and access to safe breast

milk storage facilities are the main barriers (Mantri et al., 2021) Other barriers include social stigma and lack of family support, which cause breastfeeding mothers to hesitate to donate their breastmilk. This is influenced by a lack of understanding about the benefits of breastmilk donation (Faruqui et al., 2023). Efforts are made to provide intensive education to overcome barriers and increase mothers' confidence in donating breast milk (Wambach et al., 2019).

Good knowledge about breastmilk donation is closely associated with positive attitudes towards acceptance and participation of breastfeeding mothers. Some mothers who know the benefits of breast milk donation are more likely to support breastmilk donor program than breastfeeding mothers who have less knowledge. A breastmilk donor program that is delivered with information about donor procedures, breastmilk quality standards will further increase mothers' confidence in the breastmilk donor program (Smyk et al., 2021). A perception or attitude that is often a barrier can be caused by a lack of information or there are myths circulating in the community regarding breastmilk donation. Efforts should be made to increase transparency and provide accurate information to mothers (donors and recipients). Education that highlights the benefits of breastmilk donation for the health of both mother and baby can help change the negative stigma (Magowan et al., 2020).

AUTHOR CONTRIBUTION

FAMS contributed to the conceptualization and design of the study, protocol development, literature search and selection, data extraction, thematic analysis, and drafting of the manuscript. M contributed to supervision, methodological guidance, validation of results, and critical revision of the

manuscript. A contributed to the development of the conceptual framework, critical analysis and interpretation of findings, and manuscript review. All authors read and approved the final version of the manuscript and agree to be accountable for all aspects of the work.

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Nil or none.

CONFLICT OF INTEREST

The authors declare that the study was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest

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