

## Abstract

Infants of African American breastfeeding mothers are at high risk of developing vitamin D deficiency rickets if not receiving vitamin D supplements. This thesis practicum provides insight into the attitudes, intentions, and behaviors of African American breastfeeding mothers regarding infant vitamin D supplementation. The Theory of Planned Behavior was used to guide the study's design, methods, and analysis. Individual, in-depth interviews were the principle method used to collect data. Most mothers were aware that vitamin D was beneficial for their child's health, and they identified health professionals as the primary sources of perceived social pressure in favor of infant vitamin D supplementation. However, mothers identified a variety of barriers to vitamin D administration, such as, cost and access issues. Knowledge gained in this study could be used to plan effective vitamin D educational campaigns and implementation strategies that would benefit African American breastfeeding mothers and their infants.