### Abstract
Mothers and children's health promotion and their tranquility is the main goals of breastfeeding. Exclusive breastfeeding to 6 months, continuum breastfeeding to 2 years, breastfeeding adherence to the first 12 months as the main feed, and use of the home food as the main feed at second 12 months were challenges facing breastfeeding women in Yasuj City. Knowledge and attitude concern the above problem were very weak. Current health education methods are including mainly interpersonal one-way communication and using brochure by chance. The goal of this study was to comparison of the effect of focus group discussion on knowledge and attitude with current methods of health education.

### Method
This field experimental study conducted to increase knowledge and attitude by focus group discussion. The intervention and nonexperimental members (258) were selected randomly and divided in two groups. The intervention group divided in 11 subgroups contains 12 members. Each subgroup trained by 4 sessions and duration of each session was 1.5 hours.

### Results
Mean of experimental group knowledge before and after the intervention was 23.2 and 45.3 respectively and for untrained group it was 28.7 and 33.5 respectively and the differences was significant (p<.0001). Mean of experimental group attitude before and after the intervention was 9.7 and 22.7 respectively and for untrained group it was 12.6 and 13.3 respectively however the differences was not significant.

### Discussion
As interpersonal two-way communication, combination of group members experience about breastfeeding and growth increase self-reliance among breastfeeding women, particularly young mothers, it is recommended to apply focus group as a method for achieving successful breastfeeding.

### Keywords
focus group, breastfeeding, pregnant women

### Presentation
Poster