A Study on Parental Awareness of Nutritional Practices of Children visiting Healthcare Facilities

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ABSTRACT

The objective of the study is to determine breastfeeding patterns, formula feeding practices and weaning through a cross sectional study in the rural and urban areas of Sindh. With a sample size of 385 parents, simple random sampling was performed. A standard questionnaire by Motee et al was adopted. Statistical analyses were carried out with SPSS (version 20) and Correlation analysis and t-tests. 95.6% of mother’s breastfeed while 72.5 % mothers exclusively breastfeed their children. Bottle feeding (10.9%) after 6 months and weaning (35.6%) started around 4-6 months. Factors determining the feeding practices are maternal education, parity, place of residence and type of delivery.

Keywords: Breast feeding; weaning; education; urban; rural.