Maternal Knowledge and Practice in Mashhad City about Breast-feeding in First 6-Month of Infant's Life

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Introduction:
Breastfeeding is an important principle in pediatric health. It decreases their mortality and protect them from diseases in the first 6-month of life. This study aimed to determined Maternal Knowledge and practice in Mashhad City about Breast-feeding in first 6-month of Infant's life.

Materials and Methods:
This Analytic study was conducted on 105 mothers who had a child between 6 to 12 months, and selected by the cluster sampling and simple random, completed the Knowledge and Practic questionnaire who was made by researchers. Information were analyzed by descriptive-analytical test (ANOWA, T-test, correlation) in spss software in version 11.5.

Results:
This findings showed that 72.4% of infants have had exclusive until end of the first 6-month breast-feeding. Average of maternal knowledge about exclusive breast-feeding was 19.818 + 4.545 of total score 28 and average of maternal practice was 7.106 + 2.338 of total score 12. Status of growth infants at 4.8% was very good and in 42.9% was good. There was a significant relationship between maternal practice about Breast-feeding and fathers' education, number of children, status of growth (P < 0.05). There was a significant relationship between maternal knowledge about Breast-feeding and area who lived there (P < 0.05) and also there was a direct and positive correlation between maternal knowledge and practice (P = 0.000, r = 0.212). There was a significant relationship and reverse between maternal practice and age of mothers (P = 0.007, r = -0.266).

Conclusion:
Maternal Knowledge and practice about breast-feeding infants is moderate. Planning is essential to target groups to promote breastfeeding in the first 6-month of infant's life.

Keywords: Knowledge, Practice, Exclusive, Infant.