



## 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 Practice questionnaire who was made by researchers. Information were analyzed by descriptive- analytical test (ANOVA, 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.

Poster Presentation, N 42

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