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Some of the current complementary feeding practices among mothers who have infants 4-9 months in the medical officer of health area Kuliyaipitiya
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The aim of this study was to assess the knowledge and current complementary feeding practices both in good health and in illnesses, among mothers who have infants in the age group of 4-9 months in the MOH area, Kuliyaipitiya. There was a statistically significant association between knowledge on complementary feeding and exclusive breast feeding practice. However, educational status appears to have no influence. The introduction of complementary feeding was not associated with either, educational status of the mother, or their knowledge on complementary feeding. Irrespective of the age of introduction, congee and soup appeared to be the most popular complementary food. Commercial preparation like, biscuits also showed to be popular. This study revealed certain deficiencies in the knowledge and complementary feeding practices among mothers. It needs greater health education and, to overcome these deficiencies better supervision to ensure the giving of correct massage. Regular in-service training of the field staff to update knowledge and skills and organized training for volunteer health workers is recommended to improve the IEC activities both in clinics and field. Training of curative staff to improve the health education of mothers on complementary feeding practices with especial emphasis on feeding during infection too is recommended.