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Improve the understanding of mothers under 05years old children about the Early Childhood Care and Development (ECCD) in SriLanka.

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Early childhood is the most valuable and rapid period of development in human life and it is a critical stage of foundations and improvement for children's future wellbeing. The aim of the study was to investigate the opinions identified the determinants which affect to the poor ECCD practices among the mothers in Karuwalagashinna semi-urban village in Mihinthale medical health office area in Sri Lanka. This study is mixed method approach. We created two mothers groups with 32mothers of the under 05years old children. Data was collected from the discussions and using 05 questionnaires. We got the current knowledge and awareness about the ECCD practices of mothers through those methods. And they wrote two determinants web in each groups about the factors which affect to the ECCD practices. There were superficial determinants and hidden determinants according to the ice burgphenomena. Some of superficial determinants were poor knowledge of mothers, busy lifestyle, poor economic level, norms and believes in the society. Some of hidden determinants were lack of support from family members, media influence, instant food consumption and peers influence. Community based programs are successful in addressing the issues in the grass-root level through the health promotion process. Therefore, empowering the mothers is an effective way to improve the ECCD practices in communities.

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