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Knowledge, attitude and practice of breastfeeding and weaning among mothers of children aged two years and below in a low socio-economic area in Khartoum locality, Sudan, 2020-2021

Rahma Abdelseed*University of Khartoum, Sudan***Background:**

Breastfeeding is the gold standard of infant and young child feeding and an essential factor for their health and overall well-being.

Objectives:

This study aims to assess the knowledge, attitude and practice of breastfeeding and weaning among mothers of children aged two years and below in a low socio-economic area in Khartoum locality to explore the effect of socio-demographic.

Methods and patients:

A community-based cross-sectional study was conducted on 196 mothers of children of 2 years of age and below. Mothers were selected from Soba station area using systematic random sampling.

Results:

Around 53% of participants had good knowledge on breastfeeding and weaning, and 60% of respondent had positive attitude towards breastfeeding and weaning. With regards to practice; breastfeeding initiation during the first hour was practiced by 94%, approximately 8% of participants had given pre-lacteal feed, colostrum feeding was done by 86.7%, around 22% of women fed their child from one side until the whole breast is emptied out, 41% of mothers practicing breastfeeding on demand, 45% mothers had practiced or were currently practicing exclusive breastfeeding, almost 29% started introducing complementary food after the age

of 6 month, and the most common types of complementary food introduced were boiled vegetables (94%). Socio-economic status significantly associated with poor knowledge were age below 25 years ($p=0.007$), primary education and below ($p=0.000$) and mothers working in marginal business ($p=0.008$). While negative attitude was significantly associated with primary school education and below ($p=0.04$) and income of $< \text{or } =10\,000$ Sudanese pounds per months ($p=0.05$). Mothers on marginal business jobs were more likely to have poor knowledge when compared to employed women ($OR=7.3$, $p=0.034$). Those of primary education and below were likely to have poor knowledge than those with education level of secondary school and above ($OR=4.8$, $p=0.000$). Whereas, those younger than 25 years were more likely to have poor knowledge than older mothers ($OR=2$, $p=0.026$). Mothers who delivered at home had lower knowledge levels as to those who gave birth in a health institute ($OR=2$, $p=0.019$).

Conclusion and recommendation:

There is a need for mass education campaigns to promote optimal breastfeeding and weaning practices coupled with counseling during antenatal period to timely tackle all misconceptions regarding breastfeeding and weaning. Especially among younger mothers, less educated and mothers working in marginal businesses

Biography:

Rahma Abdelseed, 6th year medical student in [University of Khartoum](#). She has attended many International Conferences and also writes various articles.

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