

ORIGINAL RESEARCH ARTICLE

DOI: 10.26727/NJRCM.2019.8.4.269-271

Year: 2019 Vol: 8 Issue: 4. Oct.-Dec. Page: 269-271

A Study On Breast Feeding Practices Among Lactating Mothers In Field Practice Areas Of Rural Health Training Centre, JNUIMSRC, Jaipur: A Cross Sectional Study

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Date of Submission : 25-10-2019

Date of online Publication : 14-12-2019

Date of Acceptance : 26-11-2019

Date of Print Publication : 31-12-2019

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ABSTRACT

Background: Breastfeeding is the best preventive intervention and has potential impact on child morbidity and mortality. In spite of these demonstrated benefit of breastfeeding, the duration and prevalence are still low in first six months of life. The objectives of the study were to estimate the prevalence of the practices of breast feeding among those mother who have children < 2 years of age and to study the significance of association of risk factors with breast feeding among mothers of rural health training centre of JNUIMSRC, Jaipur. **Methods:** A cross sectional study was conducted in field practice areas of rural health training centre, JNUIMSRC, Jaipur. 204 mothers having children between 0-2 years age group were included by Purposive sampling method. Pretested Predesigned questionnaire was used to collect data. **Results:** Majority of the mothers were in age group of 18-22 years, Illiterate mothers were 20.6%, Primary level of education 57.4%. Awareness regarding exclusive breastfeeding was more among literates than illiterates (p<0.05). Pre lacteal feeds were practiced among 30.9% of mothers before initiation of breast feeding. **Conclusions.** Exclusive breastfeeding upto 0-6 months was practiced by 26.9% of mothers.

Key Words: Breastfeeding, Colostrum, Mothers, Infants, Prelacteal feeds