

## Abstract

Poor breast feeding and complementary feeding practices together with high rate of morbidity from infectious diseases

DUH WKH SULPH SUR[LDPWH FDXVHV RI PDOQXWULWLRQ LQ WKH ¿UVW WZR \HDUV RI TXDOLW\ FRPSOHPHQWU\ IRRG QRW WLPHO\ LQWURGXFLOJ FRPSOHPHQWU\ IRRG D FRQWDPLODWRQ RI IRRG DQG IHHGLQJ XWHQVLOV OHDGV WR PRUELGLW\ IURP LQIHFR RI WKLV VWXG\ LV WR DVVHVV PDWHUQDO QRZOHGJH \$WWLWXGH DQG 3UDFWLFH WR PRWKHUV RI XQGHU WZR \HDUV FKLOGUHQ &RPPXQLW\ EDVHG FURVV VHFWRUQDO VWXUDQGRV VDPLOLQJ WHFKQLTXH ZDV HPSOR\HG WR VHOHFW KRXXVKROGV 'DWD ZHDGPLQLVWHUHG TXHVWLRQQDLUHV DQG DQDO\]HG E\ XVLQJ 6366 YHUVLRQ VRIWZD E\ XVLQJ WH[W WDEOHV DQG FKDUVV \$PRQJ UHVSRRGHQWV RI PRWKHUV NQHZ WKH H[DFW WLPH WR LQLWLDWH FRPSOHPHQWU\ IRRG EXW RQO\ RI PRWKHUV VWL[ PRQWK 0DMRULW\ RI PRWKHUV KDG SRVLWLYH DWLWXGH ZKLOH WKH UHV RI FRPSOHPHQWU\ IHHGLQJ \$ERXW RI PRWKHUV ZHUH JLYHQ D FRPSOHPHQWU\ IHHG WKHLU FKLOGUHQ E\ XVLQJ KDG 7KH VWXG\ VKRZV WKDW PRUH WKDQ KDOI WLPHO\ LQLWLDWRQ RI FRPSOHPHQWU\ IHHGLQJ 'HVSLEH WKLV WKHUH LV D JUHD 7KHUHIRUH WKHUH LV D QHHG RI FRPPXQLW\ EDVHG FRPSOHPHQWU\ IHHGLQJ LQWHULQJ SRVLWLYH EHKDYLRUDO FKDQJH RQ WKH 3UDFWLFH RI FRPSOHPHQWU\ IRRG L

**Keywords:** Complementary feeding; Mothers; Knowledge; Attitude; Practice

## Introduction

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In this study 90% of the children with in each of these respective age group received complementary food as frequent or more than WHO recommendation [9].

## Strength and Limitations of the Study

### Strength of the study

Respondents included in the study were selected randomly to generate representative information for the study district and every effort was used to keep the quality of data in this study.

### Limitations of the study

Being cross sectional study design makes this study to share the drawbacks of other cross sectional studies (difficult to establish temporal relationship). The study used interview questionnaire therefore, social desirability bias may not be excluded.

## Conclusion and Recommendations

The study shows that despite universal breast feeding in this study population, WHO complementary feeding recommendation is not much practiced and complementary feeding practice in this study is sub optimal. More than half the respondents have good knowledge on timely initiation of complementary feeding despite this there is a great problem on the practice of complementary feeding. About 61% of mothers did not initiate complementary feeding at correct age, 38.8% and 29.4% of mothers feed their children by using bottle and their hand respectively.

Based on the study findings, the following recommendation should be forwarded. There is a need of community based complementary feeding intervention programme and promotion of timely initiation of complementary food as a part of a primary health strategy to decrease health risks and problems in the study area. For this purpose, various sector involvements are needed for strong health education. In addition, great attention should be given for the community by Woreda health office in collaboration with health extension worker on counselling of mothers about complementary feeding.

## Declarations

Authors' contribution: All authors equally participated in the design, data collection, analysis and writing of the manuscript. All authors read and approved the final manuscript.