

## Assessment of weaning practices adopted by the mothers in urban Udaipur, Rajasthan

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■ **ABSTRACT** : The period of weaning is the one during which a child becomes accustomed to the change from a diet consisting solely of his or her mother's milk, to one totally devoid of it, may take a year or more and it is one of the most crucial period in a child's life. Weaning practices are influenced to a great extent by the socio-economic status, education, religion, knowledge, attitude and beliefs of mother about childcare. The present study was undertaken to assess weaning practices adopted by mothers in urban Udaipur, Rajasthan. Data on demography and socio-economic aspects were collected by interviewing total 50 lactating mothers randomly selected from three areas of Udaipur city. Weaning practices adopted by mothers shows that 30 per cent mothers did not feed colostrums to their children, it will effect nutritional status of children in later ages. 68 per cent mothers stop to feed milk because of insufficient milk, it indicates poor health status of mothers. In feeding pattern 16 per cent mothers did not sterilize bottles. Only 38 per cent mother sterilize bottle just after one feed. These improper practices will be harmful for child's health and hygiene. Supplementary food pattern shows that in semi-solid food 60 per cent mothers feed khichdi to their children. In ready to eat food 36 per cent mothers have given biscuit to their children. Assessment indicates that mothers have to be educated about the importance of breast feeding, proper time to start weaning, advice against indulging in harmful feeding practice.

■ **KEY WORDS** : Weaning Practices, Colostrum, Supplementary food, Breast feeding

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