

# Infant feeding practices in eastern Uttar Pradesh

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Received: 05.07.2013; Revised: 28.10.2013; Accepted: 17.11.2013

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■ **ABSTRACT** : The practices of breast feeding and weaning prevailing in the community play a crucial role in deciding the health of a child. The present community based cross sectional study was conducted to study the prevailing practices of infant feeding. Being a traditional with low literacy level community, the comparison of prevailing practices according to the religion, caste and education was made to target the group with Information, Education and Communication (IEC) activity to bring out favourable practices for proper growth and development of the children. The finding suggested that 6-12 months was the usual practice of breast feeding and caste and education of mothers were not associated with it. Time of imitating top feed was 5 months in majority and cow milk was the most preferred one by more than 80 per cent mothers; statistical significance was seen by caste but not with the education. Time of initiation of semi solid was also 5 months in majority and caste was seen to be statistically associated. Rice and dal were the commonly practiced in semi solid. Education of mother was seen to be in practice of commercial food like cerelac also.

■ **KEY WORDS** : Breast feeding, Top feeding

■ **HOW TO CITE THIS PAPER** : Singh, Rubee and Singh, Anita (2013). Infant feeding practices in eastern Uttar Pradesh. *Asian J. Home Sci.*, 8 (2): 718-721.