

ABSTRACT

Background information: Malnutrition related to inadequate CF is responsible for about 10 million annual deaths of under 5 children (UNICEF, 2012) despite of the effective intervention strategy for malnutrition of recommending introduction of complementary foods at 6 months with continued BF for 2 years or more made by WHO, 2010.

Aim of the study: This study intended to assess knowledge and practices of mothers towards complementary feeding practices of children aged 6 to 24 months in Kobwin parish, Kobwin sub county Ngora district.

Research methods: The study employed a cross-sectional study design and majorly quantitative data was collected. Analysis was conducted using univariate and bivariate procedures to determine variables that were statistically significant with complementary feeding among mothers.

Results: Results revealed that majority of mothers (62%) in the selected sample were knowledgeable on complementary feeding. Majority knew that complementary foods is introduced at six months and it was evident that 62% of babies received foods by 6 months although (41.0%) of the babies were introduced to complementary foods at 6 months. All the mothers (100%) knew that it was necessary to continue breastfeeding babies even after introducing complementary foods. Their practices were also good since majority of them washed their hands before feeding children and they stored baby's food safely.

Study Conclusions: The study concluded that mothers were knowledgeable and their practices were good.