

## ABSTRACT

This study examined the knowledge and practices regarding infant weaning amongst mothers in International Hospital Kampala. To attain the aim of this research, some research objectives were set and these included: to determine the level of knowledge of mothers regarding infant weaning; to examine the practices amongst mothers regarding infant weaning; and to establish a relationship between level of knowledge and practices among mothers regarding infant weaning in IHK.

In the research methodology, descriptive cross-sectional design was used; and breastfeeding mothers from pediatric ward, child center and immunization clinic in IHK formed the study population. Using the Fisher's formula, a sample size of 95 mothers was determined and random sampling based on convenience was used to sample respondents. An interviewer administered and semi-structured questionnaires were used to collect data from respondents. Data was analyzed using frequencies and percentages and this was done with the help of SPSS (16). Quality control measures were attained through validity and reliability of the research instruments.

The research findings indicated that 68.4 % of the mothers did not have sufficient knowledge regarding infant weaning; 59.6 % of the mothers had poor practices as per the recommendations on the Food Guidelines by WHO); and finally, this study found out that there is a positive and significant relationship between the knowledge of mothers and their practices regarding infant weaning. This relationship was supported by the ( $P < 0.001$  and sig. 0.000).

The study concluded that the level of knowledge of mothers regarding infant weaning was generally low; the mothers still had poor practices towards infant weaning; and there is a positive and significant relationship between knowledge and practices regarding infant weaning among mothers.

Cooperation among different stakeholders such as the Ministry of Health, NGOs, hospital administrators, and community members is encouraged so that breastfeeding mothers can get sufficient information regarding infant weaning and their weaning practices can match with the one recommended by the WHO.