

ABSTRACT

The study was carried out in Kisugu Health Centre III, Makindye division in Kampala with an objective to assess factors influencing mothers on early weaning of babies. The study set some objectives so as to achieve the purpose of the research.

The objectives included: to determine the factors influencing mothers on early weaning of babies, to identify the attitude toward early weaning of babies, to determine the level of education of mothers who practice early weaning of babies, to identify the relationship between maternal age and the feeding practice of infants.

A descriptive cross-sectional study was used to collect data through qualitative and quantitative approach. A sample size of 130 mothers was determined using Kish and Leslie formula. Close ended and open ended questionnaires were used to collect data from the field.

The study found out that 61.5% of mothers who were employed weaned at less than 6 months and only a few who were employed practiced exclusive breastfeeding for six months. The study also revealed that 42.6% of the mothers who were single weaned their babies before six months. The study also found out that majority of the mothers who were HIV positive practiced early weaning due to fear of transmitting the infection to their babies.

The study concluded that much as the prevalence of mothers who practice exclusive breastfeeding is high, most mothers of Kisugu Health Center III reported that the encouraging factors to early weaning are; breast milk insufficiency, their health condition, insufficient Knowledge on the weaning process and poverty.

The study recommends that mothers should be given information on exclusive breastfeeding for six months without any supplements being given to the baby and its benefit to both the mother and the child during antenatal, postnatal care and when mothers bring their babies for immunization. This can encourage them to wean their babies at an appropriate age.