

ABSTRACT

Feeding of infants and young children is important in determining the health, nutrition, survival, growth and development of the individual (WHO/UNICEF, 2012). Malnutrition causes 35% deaths among children under five years world wide every year (MOH, 2011). Less than 20% of infants in Africa are exclusively breast fed and complementary feeding is often in appropriate (WHO, 2002). In Uganda, malnutrition directly or indirectly contributes to 60% of child mortality making it the most critical factor in child hood mortality in Uganda (MOH, 2010).

The study was intended to determine the knowledge and practice towards infant and young child feeding among caretakers of children under 5 years in Magada Sub county, Namutumba District

Methodology This was a cross sectional study using questionnaires conducted between June to September 2014. The total number of participants in this study was 369 from Magada sub-county, Namutumba District. Questionnaires were used and the researcher assistants were ever available to clarify.

Major findings: It was found out that people regard breast feeding as very important. There was limited knowledge on complementary feeding. Majority understand the ideal practices of breast feeding and complementary feeding among infants and young children. The P-value was 0.00 lower than the constant α thus a significant relationship ($p \leq 0.05$) existed between social demographic character (education level) with both practice and knowledge. Following the ideal practices is however still a challenge due to the high poverty levels, age of the caregivers, low incomes and striving to work among others.

Conclusions and recommendations: Majority of mothers were related their facts with correct frequencies of more than 12 times for instance for EBF. The study recommends deliberate increase of awareness on composition of complementary feeds and the recommended times it should be administered as well as in what quantities by nutritional organizations including FANTA (Food and Nutritional Technical Assistance), WHO and Mwanamugimu Nutritional Unit Mulago.