**A SYSTEMETIC REVIEW ON PERCEPTION AND PRACTICE OF BREASTFEEDING AND WEANING AMONG THE MOTHER HAVING CHILDREN WITHIN 2 YEARS**

**ABSTRACT**

**Introduction -** Optimal nutrition during two years of life is crucial for the survival, healthy growth, and development of infants and young children.But there is lack of knowledge and perception among mother about breast feeding and weaning.The aim of this study was to describe the perception, practice and knowledge of breastfeedin and weaning among mother within children 2 years. To assess the factors that influence the breast feeding and weaning among mother and there family.**Methodlogy** - A systematic literature search was conducted by using internet database like - Pubmed, Google scholar and other source. For this systematic review, we published article between 2001 to 2023 from different regions of world. **Review of lterature-** 54Articles were eligible for this review. Previeous article like breastfeeding practice, duration, perception about breastfeeding and weaning, different kind of factor that influence breastfeeding and weaning, working and non- working women knowledge about breastfeeding and weaning. **Discussion –** This reviewed study through findings we investigate that is that knowledge or practice gap still there . Is mother still believe that colosrturm is not good fo health. Is they know about the timing of weaning and what kind of food they give their child. Are they continued breastbfeeding along with weaning. Are they know about exclusive breastfeeding. **Conclusion-**Therefore, it is concluded that there is a need for an education program to educate mother about the benefits and practice of breastfeeding and weaning to broaden their knowledge and alter their perspectives.

**Introduction-**

The word Nutrition is derived from ‘nutricus’ which means to ‘suckle at the breast’.The term ‘weaning’ comes from the word ‘wemian’ which means to accustom.(**B.Srilakshmi,2014**).The breast feeding practices adopted in terms of duration, frequency and exclusiveness of breast feeding and weaning have great impact on complete physical, mental and psycho-social development of the child. In case of perception it means to amount of infomation or awareness of the mothers about breastfeeding and weaning for their child.In our country thrive on breast milk alone up to 6 months of life for child development and growth. In other aspect, after 6 months increasing needs of calories and protein of growing children cannot be met by diminishing output of mother’s milk.Weaning, as the word indicates,is the proceess of transition from a purely milk based intake of the child(i.e.weaning away from) to a semi solid diet for the child.Weaning a baby from the breast is a big change for mothers as well as for babies.

Weaning begins from the moment supplementry food is started and continues till the child is taken off the breast completely.Solid food added to an infants diet is called beiskot. There is an increase in activities of enzymes at time of weaning. Through indian babies are given supplementary foods, either they are introduced very late or given adult form of diet.The supplementation is delayed in urban poor by 7-9 months and rural poor by 9-11 months.According to NNMB(2000-2001) survey about 43% of mothers started complementary feeding such as milk or biscuits in addition to the breastmilk during 4-6 months.

NEED OF THE STUDY

Optimal nutrition during two years of life is crucial for the survival, healthy growth, and development of infants and young children(**Soren et.al**.**2016**). Breast-feeding is one of the oldest practices recoommended by all religions(**Ahmed A et.al**. **2007**) and it is a most natural way of infant feeding to satisfy nutritional, metabolic,and psychological needs of the baby.The gradual introduction of energy rich semi-solid foods, known as the weaning process,is essential to meet the increased nutritional requirement during an infant’s first year(**Roslyn C, et.al.2010).** National Institute of Nutrition, Hydrabad, suggest that early introduction of supplements before six months of age is not associated with any benfecial effect on infant’s growth.Introdution of weaning food too late can lead to undernutrition and increased diarrhoeal morbidity. The child may be unwiling to accept new food and the child refuses to take new food, form of the food can be modified or should be mixed with the food child likes and should be tried again afterweek or so.In other point obesity, underweight, food allergy and choking is also a problem in weaning. The study reviewed whether the mother knows the dos and don'ts of breastfeeding and weaning. What they or their family think about the knowledge and practice of breastfeeding and weaning. Is early weaning good for the child's health or is the late introdution of

weaning not affected the child’s health According to the World Health Organization (WHO), it is recommended to feed infants exclusively with breast milk for the six months followed by the addition of compatible foods along with breastmilk after six months up to two years of age(**Khalil ahmadet.al.2018**).

SCOPE OF THE STUDY

The aimed of the study to describe the review of literarature about perception , knowledge and practice of breastfeeding and weaning among mothers having a baby within 2 years. So , through this review we know that is mother or their family educated about Knowledge and practice of breastfeeding and weanning or Globally is there is any improvment of the perceptition among the mother about breastfeeding and weanning .

**Methodology –**

A systematic literature search was conducted by using internet database like - Pubmed, Google scholar, articles by all combination of search it like breastfeeding practice, duration, perception about breastfeeding and weaning, different kind of factor that influence breastfeeding and weaning, working and non- working women knowledge about breastfeeding and weaning. studies were included for systematic review, which was published between 2001 to 2023 from different regions of world.

Data base searching pubmed, google scholar, the research gate ,and other sources

Data screened after duplication

13 Article excluded

54 Article included in the review

**Review Of Literature**

Breastfeeding and weaning are strongly connected with infant– mother mutual autonomy, and hence are good touchstones to examine the characteristics of the mother–child relationship. Comparison of the weaning practice gives a framework to understand characteristics of the mother–infant relationship.

In this prospective study in hong-kong where a cohort of 1417 mother-infant pairs was recruited from the obstetric units of four public hospitals in Hong Kong in the immediate post-partum period and followed prospectively for 12 months or until weaned. They used descriptive statistics to describe breastfeeding and weaning practices and multiple logistic regression to investigate the relationship between maternal characteristics and breastfeeding cessation. As result at 1 month, 3 months, 6 months and 12 months only 63%, 37.3%, 26.9%, and 12.5% of the infants respectively, were still receiving any breast milk; approximately one-half of breastfeeding mothers were exclusively breastfeeding. Younger mothers, those with a longer duration of residence in Hong Kong, and those returning to work postpartum were more likely to wean before 1 month **(Marie Tarrant et .al. 2010).** In 2011 a questionnaire study on weaning practice was conducted for 310 Japanese, 756 French, and 222 American mothers with 4- to 20-month-old infants. As a results French mothers expected and had accomplished weaning at an earlier age of the infant, compared to Japanese and American mothers. Received insufﬁciency of breast milk was the leading reason for the termination of breastfeeding for Japanese mothers at the earlier stages, whereas back to work was the more important reason for French mothers **(Koichi Negayama et .al. 2012).** In pakistan 2011, a cross-sectional study was carried out on 200 mother-infant pairs who visited the health care centers, exclusive breastfeeding was reported by about 54% of the mothers. Thirty-five percent of the mothers gave prelacteal feed, 14% discarded colostrum and 43% woke up their infant to feed if time had exceeded 2 hours. Majority of the females were aware of the advantages (92%) and the disadvantages (85 %) of breastfeeding **(Sumera Ali et.al. 2011).** In Ireland there is a another prospective, observational study aimed to assess compliance with the WHO recommendation and examine weaning practices, including the timing of weaning of infants, and to investigate the factors that predict weaning at \_<12 weeks. From an initial sample of 539 pregnant women recruited from the Coombe Women and Infants University Hospital, Dublin, 401 eligible mothers were followed up at 6 weeks and 6 months postpartum. Quantitative data were obtained on mothers’ weaning practices using semi-structured were prematurely weaned onto solid at <12 weeks with predictive factors after adjustment, including mothers’ antenatal breastfeed upto 6 months. one(22.6%)infants reporting that infants should be weaned onto solids at \_<12 weeks, formula feeding at 12 weeks and mothers’ reporting of the maternal grandmother as the principal source of advice on infant feeding. Mothers who weaned their infants at \_<12 weeks were more likely to engage in other sub-optimal weaning practices, including the addition of non-recommended condiments to their infants’ foods .(**Roslyn C. Tarrant et.al. 2011).** In 2005, southeast sweden, study conducted for Swedish infants to examine the Breastfeeding and introduction of solid foods. Out of 21700 invited infants, screening questionnaires were completed for 16070 infants after delivery. Parents to 11081 infants completed a follow-up questionnaire regarding breastfeeding and introduction of foods and 9849 handed in detailed food diaries at 1 year of age. The percentages of infants who were exclusively breast-fed at 3, 6 and 9 months of age were 78•4, 10•1 and 3•9, respectively.The corresponding percentages for partial breastfeeding were 87•8, 68•9 and 43•6. More than 90% of parents introduced the ﬁrst sample of solid food during months 4–6, as recommended. (**HildK.Brekke et. al. 2005).** In ajemr district,2012, to examine knowledge attitude and practices about breastfeeding and weaning among 60 urban(30) and rural(30) mothers having at least one child below 2 years of age, cross-sectional study occure by Structured interview through questionnaire.So as a result Rural mothers had poor knowledge about choice of milk for newborn, duration of exclusive and total breastfeeding. Only 20% rural mothers knew about correct age of weaning. Knowledge and practice scores of urban mothers were better than that of rural ones. The average knowledge score of urban mother in breast feeding and weaning was 61.6% and 64.0% respectively as compared to 45% and 44% respectively of rural mother. Attitude scores on breastfeeding among the groups were 81.8% which was better in rural mothers whereas attitude scores about weaning among the groups was average 50%. The average score 83.3% of breast feeding practices among urban mother was for more that of rural mother 58.3%. Again similar observation was made for weaning practices in which average score of urban mother (86.8%) was ahead of rural mother (68.0%) **(Divya Karnawat et. al. 2015**). In 4 smaill town of northeast brazil , a Longitudinal Study conducted for from January to August 1998, 364 mothers were interviewed at delivery to ascertain antenatal care; delivery room practices; and their intentions regarding breastfeeding, pacifiers, and introduction of water, teas, and other milk. Their perceptions of home support and the advantages of breastfeeding also were assessed.As result Mothers were positive toward breastfeeding, and 99% breastfed of birth was there in 52.78% mothers and 40% had an idea about the importance of colostrum. The meaning of Exclusive breastfeeding was known to 34.97% while almost 48% mothers initiated breastfeeding within half an hour of birth, 75% fed colostrum to their newborns, 61% were practicing exclusive breastfeeding for first 6 months and 90% were practicing night feeds. In appropriate attachment and positioning was observed in 55% of mothers Only 15% started weaning (supplementary feeding) after 6 months of baby’s age**(Anindita Maiti et. al. 2015).** In surat cross sectional study conducted among 200 women reveal that 70% of mothers were able to start breast feeding within first hour of life after normal delivery. Out of 26 complicated deliveries, 6 mothers were able to start breast feeding within 4 hours of life. The major reasons for delay in starting of breast feeding were uneasiness to mother and not having adequate breast milk. Exclusive breast feeding was practiced by 50% of the mothers for first six month of life. The common reason given by mother for not giving exclusive breast feeding were no knowledge of exclusive breast feeding (40%) and not having adequate breastmilk(35%).(**MargaretCookeet.al.2003).** The breastfeeding practices, beliefs, and attitudes of periurban South African lactating mothers with infants younger than 6 months. None of the mothers (n = 115, mean age 26 ± 6.3 years) reported exclusively breastfeeding their infants, with complementary breastfeeding being the most practiced (78%) feeding mode. Complementary foods were fed to 32% of infants by their first month of life. Perceived inadequate production of breast milk was the most common (90%) reason cited for adding foods and liquids to breastfeeds(**Lindiwe Sibeko,et. al.2005**). In odisha, a Observationa study(cross- sectional) was taken up to assess the knowledge, attitude and actual practices of breastfeeding in the mothers of children less than 2 years of age for 3 months Predesigned and pretested questionnaire were used to interview the mothers. The data were analyzed in percentile. Knowledge of initiation of breastfeeding within half an hour to one hour study emphasizes the need of breast feeding education programme regarding the duration of exclusive breast feeding and the age of weaning(**Nayak Sunil et. al.2010).** This descriptive study was carried out in the Neonatal Division, Department of Pediatrics at a tertiary care hospital in South India during April – July 2009. The data was collected from 100 postnatal mothers by trained interviewers using a structured proforma. The knowledge of the mothers was inadequate in areas of time of initiation of breastfeeding (92%), colostrum feeding (56%), duration of exclusive breastfeeding (38%), knowledge on expressed breastmilk (51%) and continuation of breastfeeding while baby is sick **(Maheswari Ekambaram,et.al.2010).** The study was conducted in four MCH centers in Assiut city during 2010. Direct interviews were done with 43 working mothers had children aged 4 to 24 months as well as seven FGDs. 69.8% of the mothers were at the age 30 years or less. All the studied mothers knew that the breastfeeding is the best nutritional source for the baby. The majority of the mothers had good knowledge about the advantages of breastfeeding for the child and the mother. 67.4% initiated breastfeeding within the first 30 minutes after delivery. The participants in general were less knowledgeable about exclusive breastfeeding practice(**Safaa A Mohamed Kotb et al.2012).** In Konaseema region Prospective study including 500 mothers with children between 6 to 24 months of age in KIMS, from December 2014 to November 2015. As a result, most of the mothers n307/500 (61.4%) started complementary feeding because of insufficient milk, 183/500 (36.6%) mothers started complementary feeding as they felt the child required more milk, 30/500 (6%) mothers started complementary feeding as the child was sick and not drinking milk**(Rajesh Kumar Sethi, et al.2017).** An exploratory qualitative research using methodology of focus group discussions (FGD) was conducted on mothers of 6 months to 2 years of age children in urban slums of Lahore. Perceptions and practices of 1-6 hours.Caesarean section delivery, Sickness of the mother, and preterm or sick baby were the major reasons for delayed mothers regarding weaning foods were explored through 3 FGDs (n = 30) conducted in the Government dispensaries in 3 conveniently selected slum areas of Lahore. Themes from FGD showed that mothers perceptions were poor about the initiation time of weaning, types, quality, frequency and amount of weaning foods. Practice of initiation of weaning varied from 3rd month to 12th months. Despite of the economic concerns almost all mothers preferred instantly prepared foods available in the market. All mothers were not interested in preparing weaning foods at home. Most of the mothers experienced diarrhea in their infants quite frequently**.(Shafya Salim,et.al. 2016).** A convenient sample of 593 Emirati mothers who had infants up to 2 years of age was interviewed, almost all the mothers in the study had initiated breastfeeding (98%). The mean duration of breastfeeding was 8.6 months. Among the 593 infants in the study, 24.1% had complementary feeding, 25% of the infants were exclusively breastfed, and 49.4% were predominantly breastfed since birth. About 30% of the infants were given nonmilk fluids .The majority of the infants (83.5%) in the three areas received solid food before the age of 6 months. A variety of reasons were reported as perceived by mothers for terminating breastfeeding. The most common reasons were: new pregnancy (32.5%), insufficient milk supply(24.4%) and infant weaned itself (24.4%). seed drink (Yansun), grippe water and tea before 3 months of age..(**Hadia Radwan et.al.2013).** This was a cross-sectional study involving 682 mother-infant pairs with infants up to six months attending maternal and child health section of the government health clinics in Klang, Malaysia. Data were collected by face-to-face interviews using a pre-tested structured questionnaire over 4 months in 2006. Data on breastfeeding were based on practice in the previous one month period. The prevalence of exclusive breastfeeding among mothers with infants aged between one and six months was 43.1% (95% CI: 39.4, 46.8). In the multivariate model exclusive breastfeeding was positively associated with rural residence, Malay mothers, non-working and non-smoking mothers, multiparous mothers, term infants, mothers with husbands who support breastfeeding and mothers who practice bed-sharing. (**Kok Leong Tan et.al. 2011).** A Cross sectional study was carried out on 200 mothers of under1yearoldchildren among 143 mother-child persusing a combination of simple and systematic sampling methods. Interviewer administered questionnaire was used to obtain information on pattern of breastfeeding, weaning and weaning foods. As a results the ages of the mothers ranged from 13-41 years while the infants were aged 0-26 months. Breastfeeding was initiated by 83 mothers within 30 minutes of delivery and the main reason for delayed initiation of breastfeeding was the belief that colostrum was dirty 99(69.2%). Only 32 (22.3%) of the mothers commenced weaning before the age of 4 months mainly on pap made from millet.Out of the 143 respondents, only 46 (32.2%) practiced exclusive breast feeding**(A. S. Umaet.al.2013**). In Kumasi Metropolis of Ghana, random samplings were also used and sample size was 1000. Questionnaire was the research instrument used in this study. From the study findings, even though the respondents were well-informed about exclusive breastfeeding ,48% of professional working mothers were able to practice exclusive breastfeeding and 52% could not practice exclusive breastfeeding **(Janet Danso et.al.2014.).** In india a hospital based cross sectional study was conducted between January 2015 to December 2015 at department of pediatrics, Kamineni Academy of Medical Sciences and Research Center, Hyderabad. a pretested and pre-designed proforma was used to interview for patterns of breastfeeding. The results of the 1000 mothers, 41.5% initiated breastfeeding within 1 hour of delivery and 36.5% between attending the pediatric Out Patient Department, well baby clinic and immunization clinic at BPKIHS, Dharan. Mothers were interviewed using pre-designed questionnaire.All mothers knew that they had to breast feed their babies, but they did not have adequate knowledge about the appropriate way of breastfeeding. 10% knew that they have to initiate breast feeding within ½ hour of birth, 10% had idea on prelacteal feed, 25% had idea on importance of colostrums, 15% knew themeaning of exclusive breast feeding, and 15% of the mothers had idea on importance of night feeding. 41.5% mothers initiated breast feeding within ½ hour of birth, 33% mothers gave prelacteal feed, colostrum was fed by 95%, 15% were practicing exclusive breast feeding, 90% mothers were practicing night feeds, 15% mothers practiced feeding one side at a time, 60% mothers were practicing inappropriate attachment and positioning**,(RN Chaudhary et.al.2011).** The study was conducted among 50 mothers of Jhangad community to assess the knowledge regarding weaning practice on infant. Although the findings showed that most of the mothers had heard about weaning practice, only 76% mothers knew about ideal weaning time. There was a difference between the time for the initiation of weaning and selection of the food items. 92% used foods for weaning from local sources like rice and pulses (34%) because of its easy availability. A considerable number had a concept that proper weaning helps in overall growth and development of the child. 8% replied that it helps to prevent malnutrition.(**Dipty Subba et. al. 2014).** Hospital based cross sectional study was conducted at Ante-natal clinic of Krishna Hospital and Medical Research Center, Karad district Satara. Pre-tested structured proforma used to collect information from 590 married primi gravid mothers attending anti-natal clinic during study period by utilizing personal interview method socio-demographic frequency percentage distribution, knowledge scoreing and statistical association was analysed by using chi-square test.As a results: Out of 590 primi gravida mothers,59.66% showed fair quality of knowledge about breast feeding. knowledge about rooming in, family support for breast feeding& burping after breast feeding was 97.7%, 95.4% , 93.5% however weaning, colostrums feed, hazards of bottle feeding and prelactal food was 84%, 82.7%,75.5% and 54% respectively(**Mohite RV, et. all. 2012**). To identify and explore the perceptions and views that influence the feeding and weaning decisions of Emirati mother. A qualitative study using in depth interviews was undertaken with a convenience sample of 45 Emirati mothers who had infants aged between 6 months and 2 years. Participants were interviewed in the health centers in 3 cities in United Arab Emirates. Data were recorded through field notes and analyzed thematically using grounded theory analysis(**Hadia Radwan,et al.2016).** A study of 105 lactating mothers were interviewed than pretested Performa thus collected were analyzed. The study revealed that 44.7% infants were mostly on breastfeed. In 75.23% lactating mothers, breast milk was initially given as the first feed, weaning among 69 children started mostly between 4 to 6 months 83.30% of the lactating mothers were found to be in the age group of 20-30 years. 91.4% children were born in the hospitals with 79.83% mothers were educated up to high school. To assess the child health-related knowledge, attitudes and practices (KAP) of mothers of children less than 23 months of age in Jabalpur, India. Semi-structured surveys were conducted on 105 women with children less than 23 months of age. Interviews took place at the Paediatric Outdoor and lasted 30 minutes. Questions about knowledge of various health issues focused on etiology, signs and symptoms of illness, and treatment of common childhood illnesses. Practice questions were directed at treatment of the child and healthseeking behaviors of mothers when their child is ill as well as prophylactic measures taken by the mother for the child. Survey findings indicated that maternal KAP of common childhood illnesses is somewhat deficient. Antenatal care for mothers as well as vaccination and nutritional status of children have become just barely satisfactory(**R.Harnagle, et.al. 2013).** Mothers with children who were 9 months old and above who came to Bellur PHC for measles vaccination and booster doses of DPT and OPV were included in the study and the data was collected using a pre-tested, structured questionnaire. The study was done for five months from January 2010 To May 2010). Results were analyzed using Percentages, Chi Square test.As a results 28% of the mothers initiated breastfeeding within 60 minutes; prelacteal feeds used were cow’s milk, jaggery water and honey. Only 35% mothers fed their infants exclusively for the optimal duration of 6 months and 36% mothers weaned their infants prematurely**(Asif Khan et. al.2013).** The Bavarian Breastfeeding Study is a prospective cohort study of 3822 mothers who delivered in April 2005 in Bavaria, Germany. Breastfeeding duration and determinants such as socioeconomic status, attitudes towards breastfeeding, birth mode and breastfeeding problems were assessed by questionnaires 2–6 day after birth and 2, 4, 6, and 9 months after birth. The initial breastfeeding rate was 90%. After 4 months 61% still breastfed (any breastfeeding). In the multi variate analyses the main inﬂuencing factor reducing breastfeeding initiation was the partner’s negative attitude towards breastfeeding (OR 21•79; 95% CI 13•46, 35•27 )breastfeeding. Breastfeeding duration ,4 months was strongly associated with breastfeeding problems (OR 7•56; 95% CI 6•21, 9•19), smoking, lower education, partner’s negative attitude and Caesarean section. Since the attitude of family members is an important inﬂuencing factor on breastfeeding rates, breastfeeding promotion should also target the partners of pregnant women and the families of new born infants(**Martina Kohlhuber,et.al. 2008).** A cross-sectional descriptive study was carried out in the Shahdrah slums of Bahawalpur City after getting approval from the institutional review board of Quaid-e-Azam Medical College, Bahawalpur. The survey was conducted from April 10, 2017 to May 30, 2017. One hundred mothers of infants aging six months to one year of age were interviewed. Mothers filled a customized questionnaire, consisting of questions about logistic variables, breastfeeding, and weaning. The mean age of the women was 24+2 years. It was found that 74% (n=74) of the mothers had one to three children, 85% (n=85) of the mothers were breastfeeding their infants at the time of the study, 40% (n=40) of the mothers were illiterate, 16% (n=16) of the mothers had secondary education, and 87% (n=87) of the mothers were nonworking women. Out of 85 women who were breastfeeding, 95% (n=80) of the women were 18-23 years of age. We found that 57% (n=57) of the infants were six to nine months old and the remaining 43% (n=43) were up to 12 months of age. Regarding the initiation of breastfeeding, 60% of the females started soon after delivery, and 32% started within two to seven days. We found that 70% (9/13) of the working women and 87.4% (76/87) of the non-working women were breastfeeding. The study found that 92.3% (12/13) of the working women and 88.5% (77/87) of the non-working women were weaning**.(khalil ahmad, et al.2018).** The National Breastfeeding Survey 2001 was the first comprehensive study on breastfeeding conducted on a national level in Singapore. It aimed to establish the prevalence of breastfeeding among Chinese, Malay and Indian mothers and to identify factors influencing breastfeeding. A total of 2098 mothers were interviewed in this two-phase study, with the first interview conducted 2 months after delivery and the second interview 6 months after birth among mothers who were still breastfeeding at 2 months. Frequency distributions of breastfeeding prevalence and types of breastfeeding practices at different time intervals (from birth to 6 months) were produced. Multivariate logistic regression was carried out to construct a model with predictive information on factors which influence continued breastfeeding till 2 months and 6 months after delivery respectively. The study found that about 94.5% of the mothers attempted breastfeeding. At 1 month, 71.6% were still breastfeeding, 49.6% continued to do so at 2 months, and 29.8% persisted till 4 months. By 6 months, the breastfeeding prevalence rate fell to 21.1%. The results of this study show higher breastfeeding prevalence rates compared to past studies in Singapore(**L. L. Foo,et al. 2005**). 536 mothers of children aged upto 2 years were randomly selected from those attending the OPD. Relevant data were recorded in a proforma to be filled by interviewers. All the selected mothers were interviewed personally and information about their practice of breastfeeding and weaning was noted on a pretested proforma consisting of 37 items with subheading multiple choices in English. Out of the 536 mothers114were illiterates, 104 studied upto primary school, 166 upto class X, 152 were matriculate and above. 80.2% of the mothers initiated breastfeeding within one hour of birth and 64.3% of them continued exclusive breastfeeding till 6 months of age.It was seen that that mothers with higher education initiated breast feeding significantly earlier than that of mothers with lower education. The most common reason of early weaning was hungry/ crying baby whereas that of delayed weaning was ignorance of mothers. Exclusive breast feeding upto completed 6 months was seen in 65% of the mothers. It was seen that 73.9% continued breastfeeding beyond first 6 months(**Dr. NishantAgarwal et. al. 2017).** A cross sectional descriptive study was carried out among randomly selected postnatal mothers at Pediatric outpatient department at a tertiary care center. Data was collected through face-to-face interview using a structured questionnaire. As a results: Our findings revealed that a majority (88.5%) of the mothers were breast feeders. However, merely 27% of the mothers were exclusive breast feeders and only 36.9% initiated breast feeding within an hour. While mothers have good knowledge on breast feeding (12.05±1.74, M±SD), the average score of the Iowa Infant Feeding Scale (IIFAS) (58.77±4.74, M ±SD) indicate neutral attitudes toward breast feeding. Mothers those who were currently breast feeding (58.83 ± 4.74) had more positive attitudes than non- breastfeed mothers (45.21±5.22**)(Poreddi Vijayalakshmi, et .al. 2015).** In Andhra Pradesh , a total of 805 child–mother pairs were included using systematic random sampling. Age-specific feeding patterns were described using frequencies, proportions and survival analysis. Logistic regression was done with feeding practice as dependent and sociodemographic factors as independent variables. As results - Breastfeeding was universal in the study area. Only 22% of mothers initiated breastfeeding within one hour whereas 44% initiated it within three hours after delivery. The median duration of exclusive breastfeeding was 5.5 months. Pre-lacteal use was high (44.7%). Only 41% of infants were exclusively breastfed for 6 months and 58% of infants (6–11 months) received complementary feeding at 6–9 months of age. Timely initiation of breastfeeding and exclusive breastfeeding for 6 months was significantly more likely among mothers belonging to scheduled castes and scheduled tribes (OR 0.27, 95% CI 0.10–0.76 and OR 0.24, 95% CI 0.08–0.76). Timely initiation of complementary feeding was more likely among scheduled caste and scheduled tribe communities (OR 0.24, 95% CI 0.11–0.54) (**I.I. Meshram et. al. 2012 ).** In a study 93 mothers from low socioeconomic status families with at least 2 pre-school children were selected from villages in Aswan, Assiut, Dakahlia and North Sinai in Egypt. A structured open-ended questionnaire was used to obtain details of beliefs and practices regarding introduction of complementary food and weaning. Few mothers practiced introduction of complementary foods before age 3 months (10.8%). The majority of children from Aswan and Assuit were introduced to complementary food at 12-18 months. In Dakahlia and North Sinai, the majority were introduced to complementary food at 6-9 months. There were wide variation in foods given. No mother stopped breast-feeding before their child was 6 months of age. In Dakhalia and North Sinai the majority of mothers weaned the child at 18-24 months and most mothers in Assuit and Aswan weaned at 24-36 months. All the mothers weaned rather abruptly. It was concluded that to improve health and nutritional status of young children, mothers should be encouraged to breast-feed for not less than 24 months and to correct and improve complementary feeding practices**.( Hassanyn, et. al.2006** ). A Cross sectional study to assess the knowledge and weaning practices of mothers of infants in the Shah Di Khohi, Lahore for a period of 6 months 300 mothers were identified having infants aged 4 months to 1 year. One hundred mothers were selected by systematic random sampling that were interviewed and observed for weaning practices in the area of Shah Di Khohi, Lahore. Their education and socio-economic status was also recorded. Results showed that a total of 100 mothers of infants aged 4 months to 1 year were interviewed for weaning practices. 24% were house wives and 78% were working women. Those who Commercial formulae were used by 58% and 20% used home made foods for weaning. Working women (97%) started weaning at 6 months and 45% house wives started weaning at 4-6 months. 31% of the mothers gave weaning diet for improving growth while 27% gave it as a tradition. It was concluded that weaning practices were not adequate due to a number of reasons, including poverty, poor educational status of mother and lack of knowledge about how, when and what to give**.( Muhammed Khalil et.al.2005 ).**

In many developing countries, breastfed children have a lower nutritional status than those weaned from 12 months of age. Reverse causality, which is, earlier weaning of healthy and well-nourished children, is a possible explanation. Maternal reasons for early and late weaning were investigated in a cohort of 485 rural Senegalese children using structured interviews during two rounds at the ages of 18–28 and 23–33 months, respectively. Length, weight and height were assessed, and dates of weaning were monitored. Results showed the mean duration of breastfeeding was 24.1 months. Two-thirds of mothers of breastfed children under 2 stated that they would wean at the age of 2, while for breastfed children aged 2 years, a ‘tall and strong’ child was the most prevalent criterion. The main reasons for weaning prior to 2 years (N = 244) were that the child ate well from the family plate (60%), that the child was ‘tall and strong’ (46%) and maternal pregnancy (35%). The main reasons for weaning later than the age of 2 were: a ‘little, weak’ child (33%), food shortage (25%), illness of the child (24%) and refusal of family food (14%, N = 120). Children breastfed above the age of 2 because they were ‘small and weak’ had lower mean height-for-age and a greater prevalence of stunting than children breastfed late for other reasons (P < 0.0001). Concluded that the habit of postponing weaning of stunted children very likely explains why breastfed children have lower height-for-age than weaned children in this setting.( **Kirsten B Simondon. et.al.2001).** Reliance on full breastfeeding alone for a longer time could have deleterious nutritional and health implications at later stages of children’s lives. About 47% of children are weaned at age 6 months and more than 50% of children in India under 4 years are stunted. Study investigated the association between timing of weaning and stunting of children in India, using the data from National Family Health Survey, 1992–1993. Logistic analyses were employed on pooled data comprising one state each from six regions of India (N = 6285) with height status of children aged 2 years as the dependent variable. Timing of weaning was considered as the main control variable in the regression models. Results showed that Children weaned at age 6 months and after 6 months were more likely to be stunted at later age compared with those weaned before 6 months (P < 0.001). Stunting appeared to be considerably lower for children weaned at age 3 months and showed an upward trend thereafter. The effect of age at weaning on stunting attenuated but persisted with statistical significance after controlling for important demographic, health, social and region variables. The likelihood of stunting was 77% for children weaned at age >6 months who had not received full immunization in the first year and had lived in poor conditions. It was concluded that timing of weaning is significantly associated with stunting among children in India. The underlying causal associations between weaning behaviour and growth retardation need to be further examined by using longitudinal data**.( Sabu S Padmadas,et al. 2002).** A sample of 283 children and their 228 mothers living in a peri-urban district of Kathmandu participated in this study. The children’s height/length and weight were measured three times over 9 months. At each session, a demographic, child health and infant feeding survey was administered; between sessions, in-depth interviews were conducted with mothers regarding infant feeding practices. While a few of the infants under 2 months were receiving non-breast milk foods, at 3 months of age half of the sample had been introduced to non-breast milk foods and by 7 months all infants were eating non-breast milk foods. A comparison of growth indices and velocities between exclusively and partially breast-fed infants from birth to 7 months of age shows no evidence for a difference in nutritional status between the two groups. Although there are cultural rules about breast-feeding that vary by ethnic group, all mothers followed a feeding method that depended on their assessment of whether the child was getting enough breast milk. The conclusion is that exclusive breast-feeding up to 6 months may not be appropriate for all infants.( **Tina Moffat, et .al.2001).** The aim in here is to assess brastfeeding patteren, infant formula feeding patteren, and weaning introduction in mauritius and to investigate the factors that influence infant nutrition. So 500 mothers were interviewed using a questionaire which was designed to elicit information on infant feeding practices. Statistical analyse were done using SPSS, whereby chi-squre tests were used to evaluate relationships between different selected variables.The prevalence of breast feeding practice in Maritius has risen from 72% in 1991 to 94.3% as found in this study, while only 17.9% breastfed their children exclusively for the first 6 months, and the mean duration of EBF is 2.10 months. Complementary feedinting was more commonly intiated around 4-6 months(75.2%).Despite the fact that 60.6% of mothers intiate breastfeding and 26.1% of mothers are found to breastfed up to 2 years, the practice of EBF for 1st 6 months is low(17.9%) (**Ashmika Motee , et. al. 2013).** To assess the knowledge, attitude and practice of primipara mothers regarding breastfeeding, the study was conducted in Elite Mission Hospital, Thrissur among 50 primipara mothers who were breastfeeding their newborns. The sample was collected by nonprobability convenient sampling. The knowledge, attitude and practice were assessed by using breastfeeding knowledge questionnaire, IOWA infant feeding attitude scale and breast feeding practice checklist respectively. The study revealed that the knowledge of primipara mothers regarding breastfeeding was not adequate and that was reflected on their practice of breastfeeding. They had favourable to very favourable attitude towards breastfeeding. The primary care givers need to implement strategies to educate primimothers about breastfeeding to enhance good breastfeeding practice thereby reducing infant mortality and morbidity**.( Seena Girish, et. al. 2015).** This cross-sectional study involving working and non-working mothers was conducted from May 2015 to May 2016 at different hospitals of Karachi. Data was collected from women who had at least one child aged below 5years andwho had previously breastfed their child.Non-probability quota sampling technique was used.SPSS 20 was used for data analysis. 414 participants, 207(50%) were non-working while 207(50%) were working mothers. The overall mean age was 29.6±6.3 years. Moreover, 277(66.9%) mothers breastfed their youngest child and a significant difference was observed among the breastfeeding practices of working and non-working mothers(p<0.05).Bottlefeeding was adopted by 320(77.9%) mothers as an alternative method although 259(62.6%) mothers were aware about the harmful effects of bottle-feeding. .Home-made products were used for weaning by 389(94%)mother.( **Asif Khaliq et.al. 2017).** Retrospective reviews were conducted on the lactation records of 462 women employed by 5 corporations in order to describe and characterize their experiences. The lactation program included the employees' choice of (a) a class on the benefits of breastfeeding; (b) services of a certified lactation consultant (CLC); and (c) private room in the workplace with equipment for pumping. Results: Breastfeeding was initiated by 97.5% of the participants, with 57.8% continuing for at least 6 months. Of the 435 (94.2%) who returned to work after giving birth, 343 (78.9%) attempted pumping milk at work, and 336 (98%) were successful. They expressed milk in the workplace for a mean of 6.3 months (SD = 3.9, range 2 weeks to 21 months). The mean age of infants when the mothers stopped pumping at work was 9.1 months (SD = 4.1, range 1.9 to 25 months). Most of the women who pumped their milk at work were working full time (84.2%). The mean postnatal maternity leave was 2.8 months. The proportion of women who choose to pump at work was higher among women who were salaried than among those who were paid hourly wages (p < 0.01).**( Joan Ortiz et.al. 2004).** To investigate infant feeding practice during the first year of life in a group of white infants in Dunedin, New Zealand. A self- selected sample of 74 white mothers and their infants born in Dunedin, New Zealand , between october 1995 and may 1996 and it is a prospective study of infants from birth to 12 months of age. Regression analyses were performed to determine factors associated with successful breastfeeding initiation and duration.Among mothers, 88% (n=65) initiated breasfeeding, 42% (n=31) were exclusively breast feeding at 3 months , and 34%(n= 25%) were partially breastfeeding at 12 months. Intention to breastfeed increase the likelihood of successful breastfeeding intiation.Mothers who reported that they did not have enough breast milk tended to exclusively breastfeed for shorter period of time.Among infants, 45%(n=33) were given non milk foods before 4 months of age , and 69%(n=51) were given un modified cows milk as beverage before 12 months **( Anne-louise, et. al. 2002).** An exploratory qualitative investigation was done to determine the feeding and weaning practices, knowledge and attitudes towards nutrition of mothers/caregivers of children up to 2 years old attending baby clinics in the Moretele district (South Africa). Qualitative data collection on six relevant nutrition topics was done using focus group interviews. Trained moderators, using a pre-tested, structured interview schedule, interviewed participants in six age groups. Focus group interviews were taped, transcribed and translated. Content analysis produced systematic data descriptions and ethnography provided descriptive data. As results: Breast-feeding was the choice feed and bottle-feeding was only given when breast-feeding was impossible. Solid food was introduced early (at 2–3 months) and a mixed family diet at 7–9 months. Milk feeds were stopped completely from 18–24 months. Weaning diets were compromised due to poor food choices, preparation practices and limited variety. The participant’s nutrition knowledge regarding speciﬁc foods, their functions and recommended quantities was poor**.( R Kruger et. al. 2002 ).** A descriptive study with 52 mothers who were interviewed twice during the infants first 6 months of life. Mothers were recuruited from health care facilites in rural southeastern kentucky. Mothers participated in two structured interviews about feeding practice.As result, at birth 52% of mothers chose to use formula, 41.2% chose breastfeeding, and 8% were both breastfeeding and formula feeding.By 1 month, 71% of mothers were formula feeding and only 29% were breast feeding. At 4-6 months postpartum , 80% of mothers were formula feeding and 20% were breastfeeding.Almost all mothers began solid foods before the infants was 4 months old.Infants fed table foods including mashed potatoes and gravy.(**Barton, et.al. 2001).** The study was conducted in four villages of West Bengal State in India, represent in different levels of socioeconomic development, religion, and caste/tribe from September 1993 to April 1994. One hundred households with one woman respondent from each household were selected from each village. Both qualitative and quantitative methods were employed for data collection. A survey questionnaire was administered to 402 respondents and in-depth interviews were conducted with 30 women in the reproductive age group (13–49 years), and 12 case studies were documented with women belonging to different caste, religious, and tribal group. Initiation of breastfeeding was delayed after birth because of the belief that mother's milk is 'not ready' until two-to-three days postpartum. Generally, colostrum was discarded before putting the infant to the breast in the study villages. Breastfeeding lasted up to five years, and the majority of women in the sample introduced supplementary food before six months. Most infants in the study villages were given a prelacteal feed immediately after birth, only a small number of women (35) exclusively breastfed – after giving a prelacteal feed – until six months in the study villages**.(Mridula Bandyopadhyay,2001).** A cross-sectional study using a self-administered questionnaire was conducted among school teachers in Abha Female Educational District during the months of April to June, 2011. Breastfeeding KAP of participants who had at least one child aged five years or younger at the time of the study were assessed using a self-administered questionnaire, based on their experience with the last child. Results: A total of 384 women made up of 246 (61.1%) primary-, 89 (23.2%) intermediate- and 49 (12.8%) high-school teachers participated in the study. One hundred and nineteen participants (31%) started breastfeeding their children within one hour of delivery, while exclusive breastfeeding for 6 months was reported only by (8.3%) participants. Insufficient breast milk and work related problems were the main reasons given by 169 (44%) and 148 (38.5%) of participants, respectively, for stopping breastfeeding before two years. Only 33 participants(8.6%) had attended classes related to breastfeeding. However, 261 participants (68%) indicated the willingness to attend such classes, if available, in future pregnancies**.( Ali Mohamed Al-Binali 2012 ).** In a longitudinal study conducted in two Nairobi slums are used. The study used information on the first year of life of 4299 children born between September 2006 and January 2010. All women who gave birth during this period were interviewed on breastfeeding and complementary feeding practices at recruitment and this information was updated twice, at four-monthly intervals. Cox proportional hazard analysis was used to determine factors associated with cessation of breastfeeding in infancy and early introduction of complementary foods. As a results there was universal breastfeeding with almost all children (99%) having ever been breastfed. However, more than a third (37%) were not breastfed in the first hour following delivery, and 40% were given something to drink other than the mothers’ breast milk within 3 days after delivery. About 85% of infants were still breastfeeding by the end of the 11th month. Exclusive breastfeeding for the first six months was rare as only about 2% of infants were exclusively breastfed for six months. Factors associated with sub-optimal infant breastfeeding and feeding practices in these settings include child’s sex; perceived size at birth; mother’s marital status, ethnicity; education level; family planning (pregnancy desirability); health seeking behaviour (place of delivery) and; neighbourhood (slum of residence**).( Elizabeth W Kimani-Murage et. al. 2011).** This study was carried out to know breastfeeding and weaning practices among literate mothers living in rural area. The present community based crosssectional study was carried out in rural area of Perambalur taluk in Tamil Nadu state from January to June 2013. In a selected village, Siruvachur, all literate mothers having children between 0-2 years of age were interviewed. This study was conducted on 250 literate mothers. Results: Out of 250 mothers, the education of 138 (55.2%) mothers were below matriculation, and 112 (44.8%) above matriculation. Only 104 (41.6%) mothers initiated breastfeeding within one hour after delivery. Weaning was started before 6 months by 21.6% mothers. The present study revealed that mothers with above matriculation education gave more pre-lacteal feeding and lesser colostrum to babies as compared to lower education level mothers. The prevalence of exclusive breastfeeding upto 6 months of age was 79.2%, but lesser in mothers with education above matriculation. Breastfeeding more than 12 months period was continued by 7.2% mothers**.( Rahul H Dandekar, et. al. 2014 ).** A cohort of babies was enrolled at birth for follow-up to 12 months of age. Weight, length, morbidity and feeding patterns were recorded at 4 weekly intervals from birth to 52 weeks. Results: Mean age at introduction of water was 2.5 months (range 0–11.8), complementary foods 3.4 months (range, 1.0– 10.7) and solids 4.5 months (range 1.2–13.8). Over 40% of infants had received complementary foods by 2 months and 65% by 3 months. The proportion of exclusively breast-fed infants, which included those receiving supplemental water, was 13% at 4 months, 6.3% at 5 months and 1.5% at 6 months. Infants with early complementary feeding had lower weight for age at 3 and 6 months (Po0.05), and at 9 months (P¼0.07) and at 2 months they were approximately 200g lighter. Early complementary feeding was significantly associated with increased risk for respiratory infection (Po0.05), and marginally increased risk for eye infection and episodes of malaria. Maternal illiteracy was associated with early complementary feeding (OR¼2.1, 95% CI 1.3, 3.2), while later complementary feeding was associated with reduced infant morbidity and improved growth**.( BF Kalanda, et. al. 2006).** The primary objective of this study was to describe and explain the factors influencing breastfeeding practices in Mysore city, and the secondary objective was to compare the breastfeeding practices of lactating mothers attending well baby clinic (A clinic run by pediatric specialist in good hospitals) with their selected personal variables. The study was conducted at selected hospitals of Mysore city from January 2009 to June 2009 for the period of six months. The study’S data was collected using the pre-tested questionnaire on breastfeeding practices. Asa results Our study shows 74.29% of the mothers initiated breastfeeding, more than 50% used pre-lacteal feeds, 36% had discarded the colostrum and the majority of mothers had followed hygienic practices while feeding their child**.( Jeetender Singh, et. al. 2012 ).** To assess the prevalence of exclusive breastfeeding practices and the factors influencing them among women in a rural area in Tamil Nadu. It is a cross-sectional study conducted in Attyampatti Panchyat Union, Salem district, Tamil Nadu, from March 2011–June 2011. All the 291 children in the age group of six months to two years in Attyampatti Panchayat Union were included in the study, irrespective of any sample. A results among the study population 52.6% were male children and 47.4% were females. Only 99 (34%) children were exclusively breastfed for six months. The majority of women (60.5%) initiated breastfeeding within half an hour after delivery. Various demographic factors like the education of the mother, type of delivery, type of family, occupation, number of children, monthly income, family size, age at marriage and religion had a direct influence on exclusive breastfeeding, which in turn influenced the weight of the baby and immune status of the child. Most of the mothers (44.7%) inferred that the main reason for giving bottle feed is because of inadequate breast milk secretion**.(Shankar Radhakrishnan, et. al. 2012).** A Cross sectional study design was conducted to assess complementary feeding practice of mothers to their young children in Hiwot Fana specialized hospital in January 2013. Systematic sampling method was used to select 200 mothers to child pair to assess their timely initiation of complementary feeding and associated factors. Data were collected by using semi-structured questionnaire for face to face interview method. A results the prevalence of timely initiate of complementary feeding was 60.5%. Nineteen percent of mothers were initiate complementary before 6 months. The reason for too early initiation of complementary feeding was lack of knowledge and perceive inadequate breast milk production by mothers 17(47.2%), 11(30.6%) respectively. Mothers have male child three times more likely timely initiate complementary feeding than female child (AOR 2.9,95% CI 1.2-7.3). This might be due to traditional gender norm that discriminate female feeding.( Agumasie Semahegn, et. al. 2014). ). A crosssectionl study , 380 convenient selected monthers having children in the age group of 1 to 2 years . It is a pre-designed and pre-tested semi structured questionnaire was used. The aimed of the study to assess the current practice related to infant feeding and identifies various factors influencing the feeding practice. It wasobserved that 70.5% mother initiated breastfeeding within one hour of birth followed by 16.3% mothers, who initiated breastfeeding within 1 to 6 hours while 7.2% mothers started breast feeding after 6 hours from birth and 6% of mothers initiated after 24 hours. Out of 380 mothers surveyed 267 (70.3%) gave exclusive breastfeeding to their infants for at least six months of age whereas 113 (29.7%) did not practice exclusive breastfeeding. Percentage of exclusive breast feeding for six or more months was found to be more among the mothers (77.7%) in the lower socioeconomic categoriesmajority of mothers (49.2%) introduced complementary feeding after completion of six months, 26.6% mothers introduced complementary feeding between six months and one year; while 10 % mothers introduced after one year. Amongst those mothers (139 numbers) who introduced complementary feeding later than six months, 70 (50.3%) mothers were ignorant about the actual time of initiation, 41 (29.5% ) mothers thought that the child could not digest solid food, while 28 (20.2%) mothers initiated late as advised by elders**.( Junaid M ,2018) .** It is a crossectional study to assess the prevalence and factors influencing infant and young child feeding practices among the rural mothers.Data from 247 children of age less than 2 years were collected. Selection of children was done by consecutivde sampling. 226 (91.5 %) were given colostrum and 163 (66%) were initiated breastfeeding within one hour after birth. In 0 to 6 months, 65 (26.3%) were predominantly breastfed and 25 (10.2%) were exclusively breastfed for 6 months**. (Liaquath Ali F et.al.2019).** The Exploratory study was conducted on 120 mothers of children from 6months to 2 yearof age regarding complementary feeding in selected rural areas of district Faridkot, Punjab. Questionnaire was prepared to assess the knowledge and practices among mothers of children from 6 months to 2 years of age regarding complementary feeding. Sampling technique was non - probability purposive sampling. The data was collected and analyzed by using SSPS version 20 by descriptive and inferential statistics Chi square value. The study had revealed that majority of mothers that was 72,5% had average knowledge,25% mothers had good knowledge and 2.5% mothers had poor knowledge. Maximum 50% of the mothers had unsatisfied practices and 49% mothers had satisfied practices. The mean and standard deviation of knowledge 19.46 and ±3.6 respectively and practices 16.4 and ±1.7 respectively**.( Kaur Rajwinder et.al. 2022).** The study was conducted to examine the traditional and complementary practices used by women to increase breast milk and wean their children from breastfeeding.: This is a descriptive and cross-sectional study. The population consisted of 254 mothers aged 20-45 lived in Cyprus. Mothers who had breastfed and stopped breastfeeding were included in the study. The data were collected by using an introductory information form prepared based on the literature, about breastfeeding and weaning process. Descriptive statistics were used to assess the data .As results: 64% of the participants started breastfeeding within the first hour of birth, 58% only breastfed for the first 6 months, and 16% breastfed for 24 months or more. Also women consumed mostly water and herbal tea (mostly fennel) and bulgur to increase breast milk. The infant’s age that reached weaning (37.8%), natural weaning (29.5%), and insufficient breast milk (22.8%) ranked the first three among the causes for weaning in the study. It was determined that the participants mostly weaned their children from breastfeeding gradually (58%), and trying to get the child used to by giving liquid and solid foods, using a bottle**.( Dilek Sarpkaya Güder et.al. 2023).** This study is to describe infant feeding practices and the factors affecting complementary feeding (CF) among mothers in Jazan City. An observational cross-sectional study was conducted among 400 mothers having children less than 24 months old, attending the well-baby clinics in Primary Health Care Centers (PHCCs) in Jazan City, Saudi Arabia. A structured questionnaire was used to collect data in a face-to-face interview.on the mother’s

level of knowledge regarding proper infant feeding, 49% scored high, 41% scored medium, and 9.75% scored low. The mother’s educational level, working status, family income, and knowledge source played a significant role in the knowledge scores (p < 0.05 for all). Overall, 15.8% of the mothers never breastfed (BF) their children, 39.8% BF less than six months, 17.5% BF 6-12 months, and 27% BF over 12 months. Breastfeeding feeding (BF) duration is significantly associated with maternal literacy and family income (p = 0.006 for both). Overall, approximately one-third of the women (36.2%) started CF at six months or later, while 63.8% started CF at 4-6 months**.(** [**Aisha Awaf**](https://pubmed.ncbi.nlm.nih.gov/?term=Awaf%20A%5BAuthor%5D) **, et.al. 2023)**

**Discussion**

Breast feeding should be done on demand of the baby. Mother should breastfeed at least 6-8 times in 24 hours. Initiation of breastfeeding within one hour of birth, exclusive breastfeeding for the first 6 months of life and initiation of adequate complementary feeding prevents undernutrition and improves survival. The gradual introduction of solid foods, known as the ‘weaning process’ (or complementary feeding), is essential to provide for the increasing nutritional requirements during an infant's first year. The WHO recommends introduction of solids at 6 months along with continued breast feeding. Factors associated with sub-optimal infant breastfeeding and feeding practices in these settings include child’s sex; perceived size at birth; mother’s marital status, ethnicity; education level; family planning (pregnancy desirability); health seeking behaviour (place of delivery) and; neighbourhood (slum of residence).There is other Various demographic factors like the education of the mother, type of delivery, type of family, occupation, number of children, monthly income, family size, age at marriage and religion had a direct influence on exclusive breastfeeding, which in turn influenced the weight of the baby and immune status of the child. I found different type of journal paper in this systemetic review work on the practice and perception of breastfeeding and weaning among mothers having within 2 years. So, there is some postive and negative shown like – in pakistan 2011, a cross-sectional study occur where 54% of mothers gave her child exclusive breastfeeding but the Majority of the females were aware of the advantages (92%) and the disadvantages (85 %) of breastfeeding. In 2005, southeast sweden, study conducted for Swedish infants to examine the Breastfeeding and introduction of solid foods where the percentage of exclusive breast feeding is low and More than 90% of parents introduced the ﬁrst sample of solid food during months 4–6 and many paper show that there is many mother who start weaning at year of 3 months.There is other aspect , in ajemr district, 2012 , a cross-sectional study occure in urban and rural area where the breast feeding practices among urban is higher than rural area.In odisha, Only 15% started weaning (supplementary feeding) after 6 months of baby’s age.In all over the world there is some places where childs mother and their family belief that colostrurm is not good for health so, they discarded colostrum. As example in North Western Nigeria,out of the 143 mothers 83 mothers initiate breast feeding within 30 mintues of delivary beacause they belief that colostrum was dirty and also among 143 mothers , only 46 practiced exclusive breast feeding.Working mother is a important factor which depend on practice of breast feeding and weaning.Like in ghana and france , a questionire study occurs and the study findings is, mothers terminate the breast feeding quickly because they join their work.This review said that the reason for terminating the breast fed or delay in the staring breast feeding and intiating weaning was inadequate breast milk. Caesarean section delivery, Sickness of the mother, and preterm or sick baby were the major reasons for delayed initiation of breastfeeding.In some cases mothers postponed weaning because of poor child health .There another study say that percentage of exclusive breast feeding is low other than exclusive bottel feeding and huge number of mother supported partially breastfeeding.In some findings showed that breastfeeding and weaning practices were not adequate due to a number of reasons, including poverty, poor educational status of mother and lack of knowledge about how, when and what to give. Some of the paper also find that the mothers initiate the weaning before 6 month but as per WHO recommendation weaning start after 6 months. Weaning diets were compromised due to poor food choices, preparation practices and limited variety. The participant’s nutrition knowledge regarding speciﬁc foods, their functions and recommended quantities was poor. There a survey of infant-feeding and weaning practices of 566 mothers, systematically sampled from 15 rural villages, randomly selected in the district of Tumpat, Kelantan was carried out . As result ,Weaning started before 4 months of age in 28.3% of the children and after 6 months of age in 12.8% of the children.There is a study occure in lahore where , 58% mother use commercial milk and 20% mother use home made food for weaning. Also 39% of the mothers gave weaning diet for improving growth while 27% gave it as a tradition. In rural southeastern kentucky, Mothers participated in two structured interviews about feeding practice.As result, at birth 52% of mothers chose to use formula, 41.2% choose breastfeeding, and 8% were both breastfeeding and formula feeding.By 1 month, 71% of mothers were formula feeding and only 29% were breast feeding. At 4-6 months postpartum 80% of mothers were formula feeding and 20% were breastfeeding Most of the mothers inferred that the main reason for giving bottle feed is because of inadequate breast milk secretion.Almost perception of childs mother about this topic is also found that some of mother initiate a exclusive breastfeeding and weaning in proper manner with proper time and colostrum is a essential for her child , it is also understand the mother and her family fullysupport that.but in another way some mother perception is different about breastfeeding and weaning practice and some of the family also not support the breastfeeding and weaning because of some taboos.

**Conclusion**

Breastfeeding and weaning are strongly connected with infant– mother mutual autonomy, and hence are good touchstones to examine the characteristics of the mother–child relationship. the practice of breast-feeding is almost universal all over the world and Breast-feeding provides multiple nutritional, immunological, and psychological benefits to the infant in its first year of life.In systemetic review we shown that a decreasing trend between awareness and practice of breast feeding/infant weaning; suggesting that further improvement of health education is needed to reduce the lag between breast feeding awareness and practice. weaning are an important biological framework for child care. Weaning should be done timely, properly, safely and adequately in order to meet the nutritional requirement of a child after 6 months of age. In some case breastfeeding practice is invaluable, particularly among low socioeconomic group and the maternal knowledge about breast feeding was just satisfactory and there was a significant gap between actual and desired practices. Also there is different factor which increases this gap . Then we noticed as a  positive consequence of the review that the mother and their family fully support nursing and weaning practices.But that lack of knowledge and perception still there. Health care workers, especially nurses, Auxiliary Nurse Midwives (ANM), primary health centers, community health centers, emphasize the importance of early initiation of breastfeeding, EBF, and weaning practices. Therefore, it is concluded that there is a need for an education program to educate mother about the benefits and practice of breastfeeding and weaning to broaden their knowledge and alter their perspectives.

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