

**KNOWLEDGE ATTITUDE AND PRACTICE OF MOTHERS WITH CHILDREN
AGED 6-12 MONTHS ON COMPLEMENTARY FEEDING AT THIKA LEVEL 5
HOSPITAL MCH CLINIC**

GRACE MUSYIMI

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ABSTRACT

Complementary feeding plays a major role in the health and nutrition of growing children. As the child grows, his nutrition demands are not met adequately by breastfeeding and hence a proper and a timely transition towards healthy complementary foods is a necessity. However, faulty feeding practices adversely affect the growth and the nutrition of children and the roots of the same lie in lack of proper knowledge regarding the practices. The objective of this study was to evaluate knowledge, attitude and practice of mothers to complementary feeding in Thika level 5 MCH clinic. The study adopted cross-sectional descriptive design. It was conducted in Thika hospital MCH Clinic and the respondents were mothers with children 6-12 months. A total of 148 mothers were selected. An interviewer administered questionnaire was used. Data was analyzed using the descriptive statistics with the help of Statistical Package for Social Scientists version 20. Quantitative data was summarized using descriptive statistics such as percentages and frequency. Qualitative data was summarized in narrative. The study established that mothers at Thika level 5 MCH clinic had knowledge gaps on various aspects of complementary feeding. Majority (51%) of the mothers believed that the best age to initiate complementary feeding was at the age of five months. Majority (55%) of the respondents indicated that they used boiling as their method of cooking. The study also established that there were gaps in the mothers' practice on CF as majority of them did not adhere to the recommended practice of CF as stipulated by the WHO on areas such as amount of food for, example (59%) of mothers did not give the right amount of food for children age 6-8 months and only 43% complimented their babies three times a day. The study recommends that nursing staff of Thika level 5 MCH clinic organize for training workshops or seminars on complementary feeding sub-topics and individual health education regularly to mothers. Further, the study recommends that the management of Thika level 5 MCH clinic establish a demonstration corner where the nurses can be able to demonstrate on acceptable feeding practices of complementary feeding to the mothers.