

**BREASTFEEDING PRACTICES AND RELATED FACTORS AMONG MOTHERS OF  
INFANTS AGED 6-12 MONTHS IN LATHA TOWNSHIP, YANGON, MYANMAR**

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**ABSTRACT**

This cross-sectional study assessed the percentage of breastfeeding practice and analyzed factors related to breastfeeding practices among mothers with children aged 6-12 months in Latha Township, Yangon Region, Myanmar. Data were collected from 135 mothers interviewed using structural questionnaires. The results showed that percentage of exclusive breastfeeding up to 6 months was 40.7%. Nearly all mothers (97.8%) initiated breast milk within one hour after delivery. The reason for not giving exclusive breastfeeding, up to 6 months, is cultural belief. 34.8% of mothers believed that the child would relieve thirst by giving water. This is the main barrier for exclusive breastfeeding practice. Another reason was due to return to work place (10.4%). Working mothers gave bottle feeding to their child. The age of the mother, education of mother and previous experience of breastfeeding were related to exclusive breastfeeding. More than half of the mothers (61.5%) had a low level of knowledge about exclusive breastfeeding practice. Most of the mothers (89.6%) had positive attitude towards exclusive breastfeeding practice. There was relationship between maternal knowledge and attitude and exclusive breastfeeding (p-value=0.000). The results showed that social support, ANC visit, ANC frequency, ANC place, place of delivery, mode of delivery, postnatal care, gender of child and the birth weight of child were associated with exclusive breastfeeding practice. Therefore health personnel should give detailed information about exclusive breastfeeding, such as advantages of exclusive breastfeeding to mother and infants and breastfeeding techniques to mothers in this area.

**KEY WORDS: BREASTFEEDING PRACTICES / LATHA TOWNSHIP/ MYANMAR**

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