

**INFANT FEEDING PRACTICES OF CARETAKERS  
IN HLAINGTHARYAR TOWNSHIP, YANGON REGION  
MYANMAR**



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**ABSTRACT**

The purpose of this study was to determine the status of infant feeding practices of caretakers in Hlaingtharyar Township, Yangon Region, Myanmar. The study was a cross-sectional and population-based study. One-hundred and eighty caretakers from 20 clusters were interviewed by questionnaire. The chi-square test or Fisher's Exact test was used for determining significant associations of the independent variables with the dependent variables.

The results showed 23.3% of caretakers were good at overall knowledge related to infant feeding practices. Moreover, 63.9% of caretakers had good attitudes towards overall perceptions. However, 23.9% of caretakers received good encouragement. Among them, 13.4% of caretakers were good at six feeding practices. There were significant associations between family income and overall perceptions with infant feeding practices. Creation of income generation activities at home and minimum wage policy are recommended to improve family income. Health education on infant feeding practices and improving accessibility of printed and broadcast media are recommended to improve the knowledge, especially exclusive breast feeding knowledge, timely introduction of complementary feeding, diversity and iron-rich food, and frequency. Communication for development of proper infant feeding practices is recommended to improve the feeding practices, particularly minimum dietary diversity, timely introduction of solid, semi-solid, or soft foods, and to reduce bottle feeding.

**KEY WORDS: INFANT FEEDING KNOWLEDGE / PERCEPTIONS / CUES / INFANT FEEDING PRACTICES OF CARETAKERS**

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