

**Introduction:** CINI internationally known as Child In Need Institute a humanitarian organization promotes pregnancy weight gain through appropriate feeding and caring practices of lactating mothers, breastfeeding promotion and introducing semi-solid low-cost nutritious foods from six months onward in the child’s diet (in terms of improved food quantity, quality and frequency) and empowerment of women to choose for themselves and their children.

**Aim:** To assess the knowledge, attitude and practice toward exclusive breastfeeding among lactating mothers.

**Objective:** To identify the barrier against breastfeeding among those mothers.

**Methodology:**

**Study type:** Cross Sectional Study.

**Study area:** Urban slums of Central Kolkata like New Market, Sealdaha, Park Circus, Entally, Mullick Bazar.

**Sampling method:** Purposive sampling.

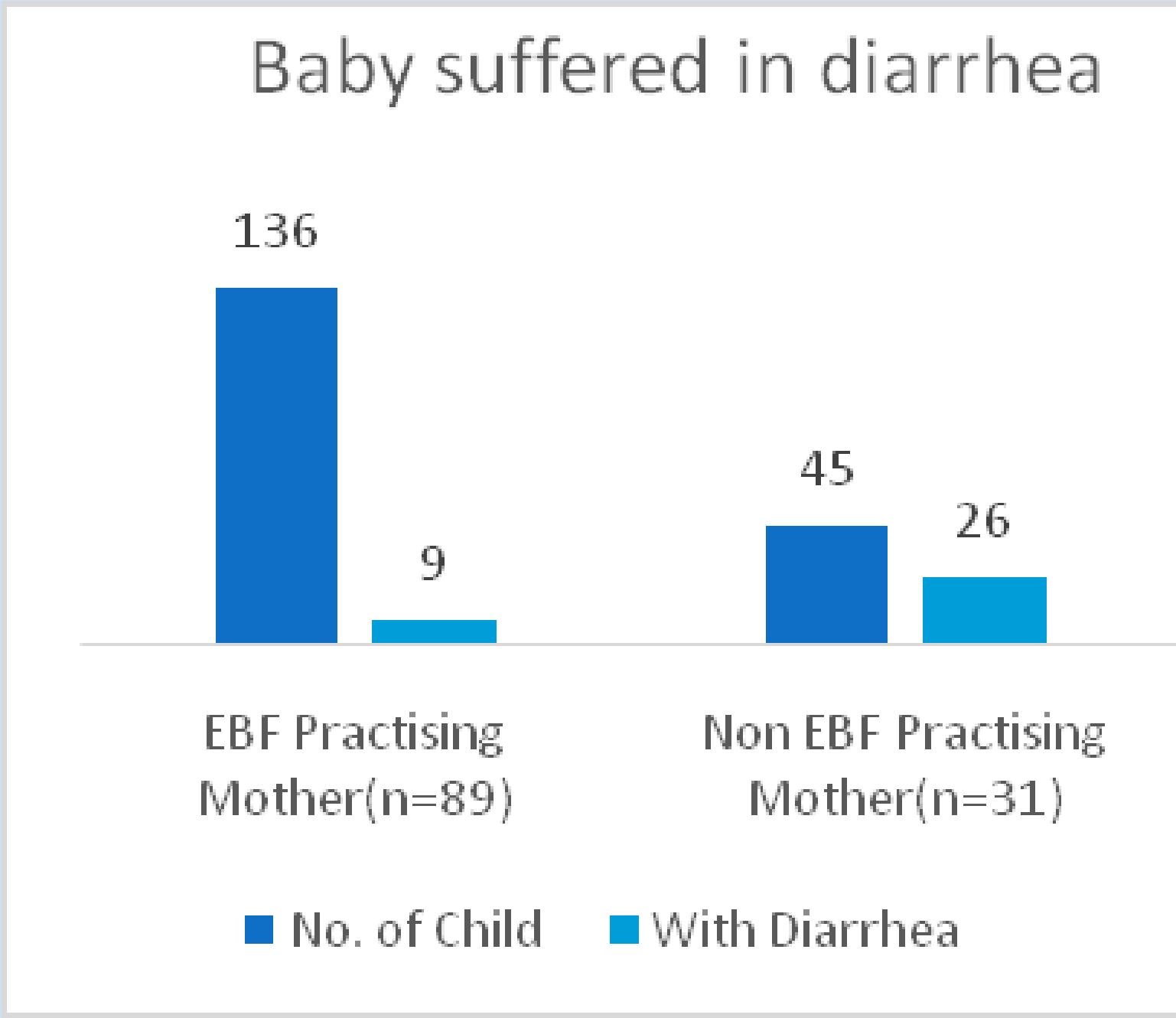
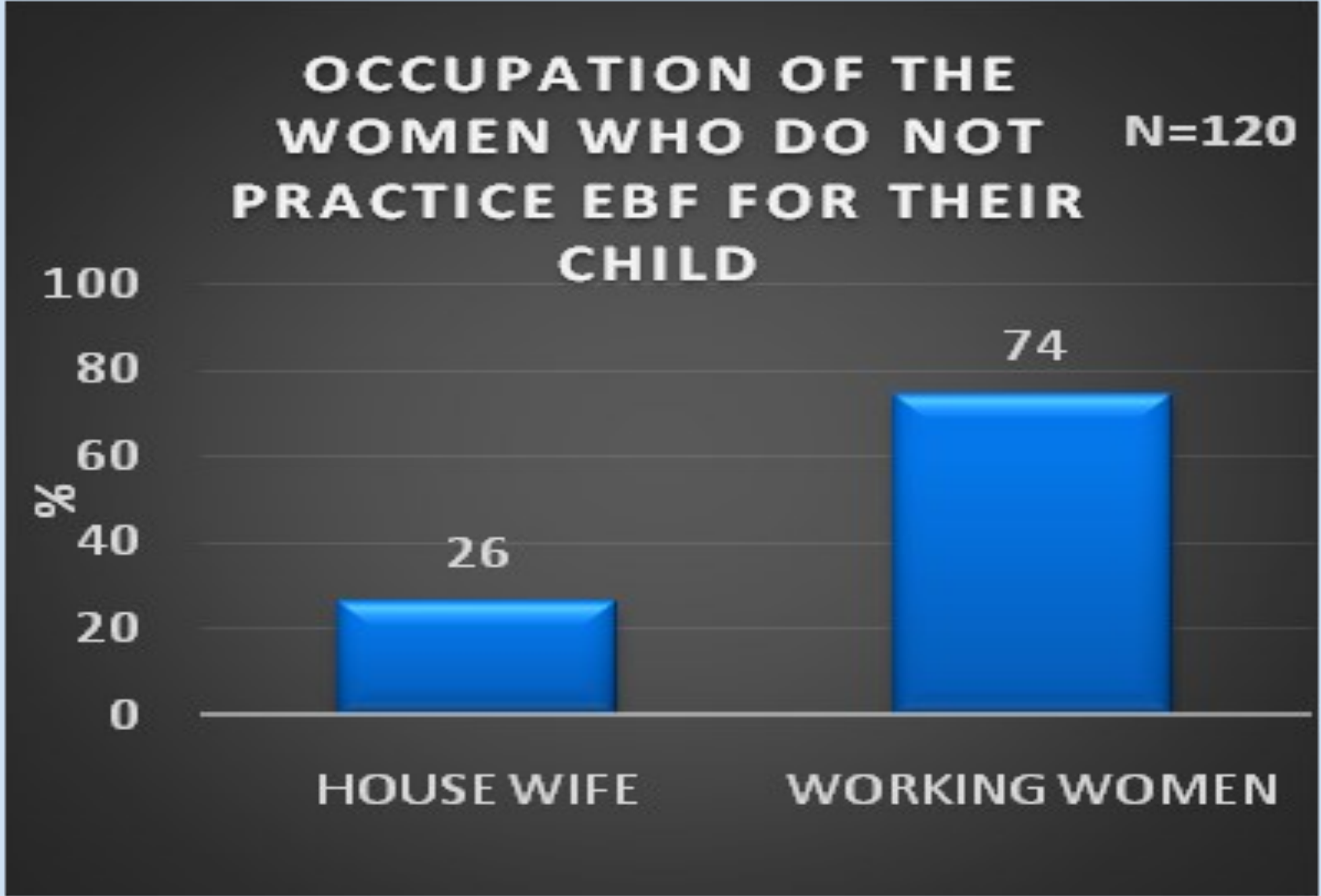
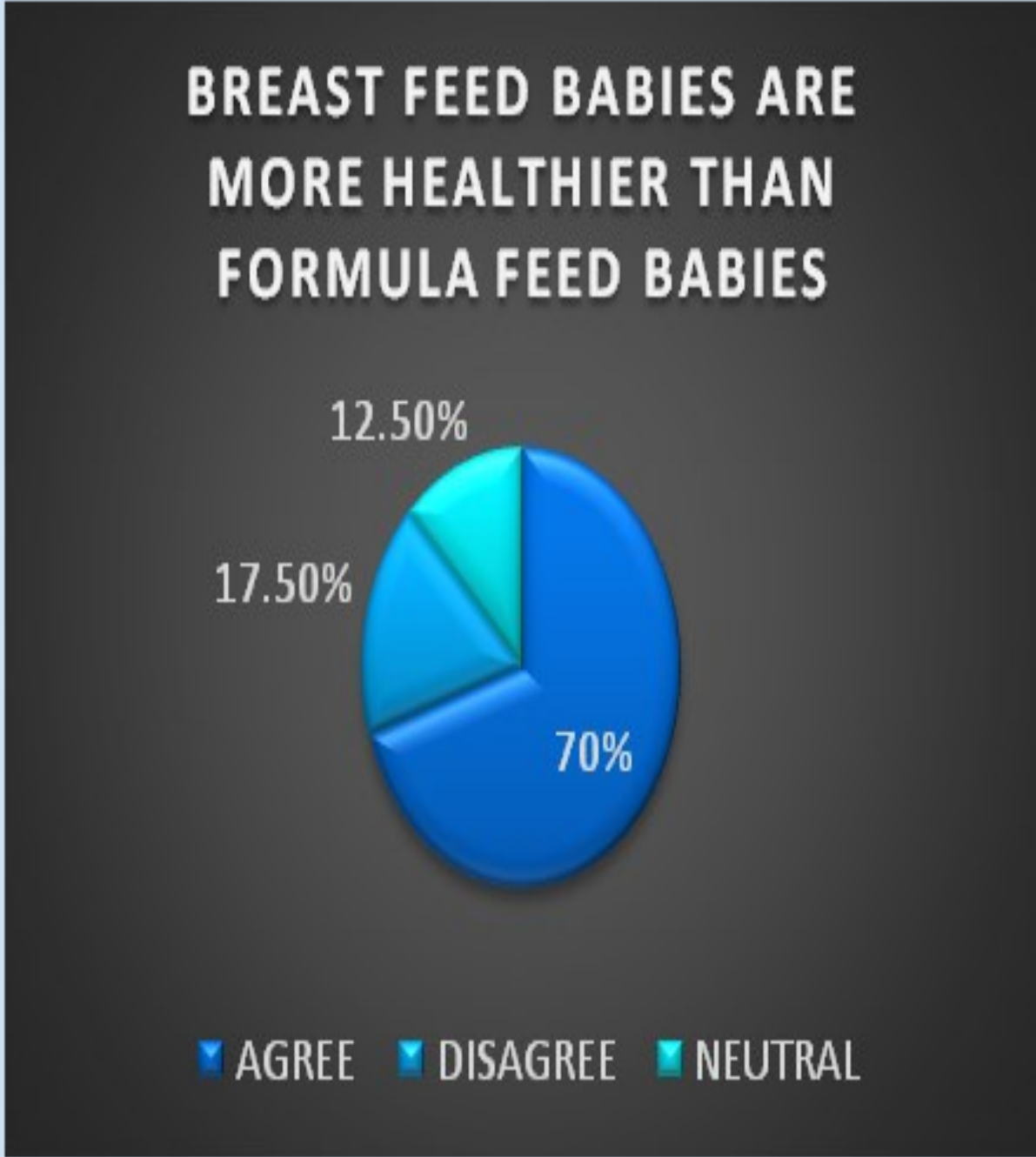
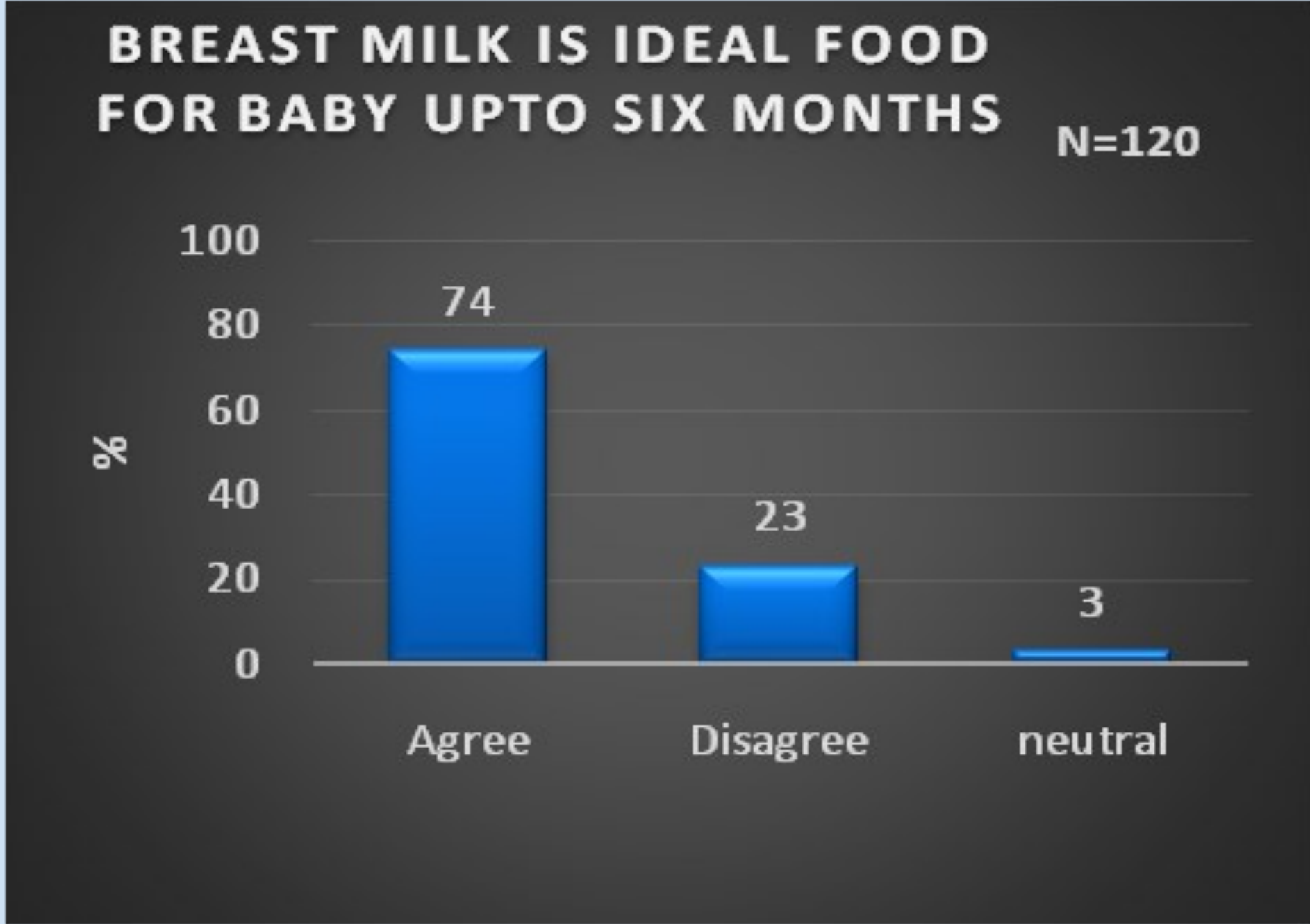
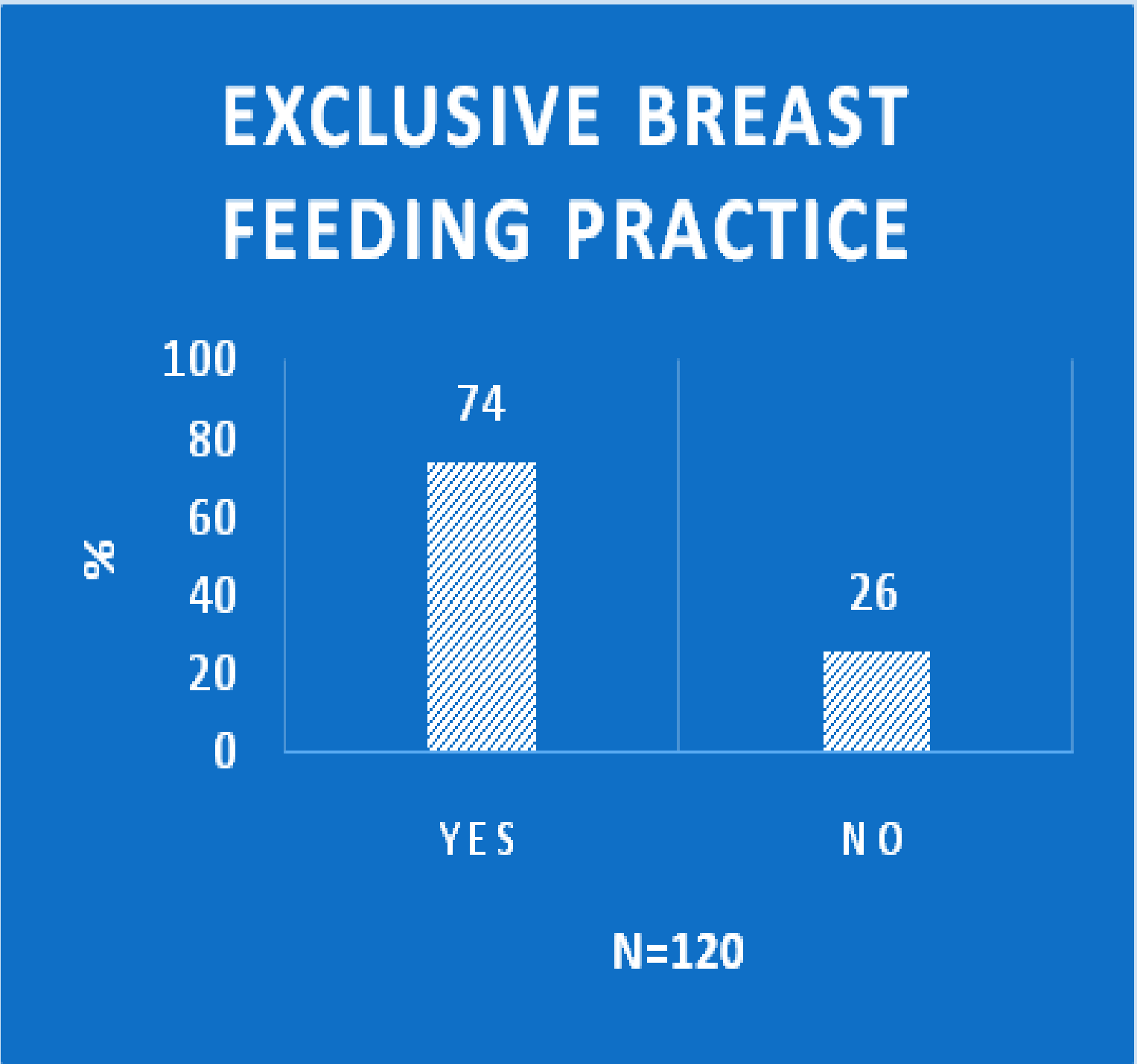
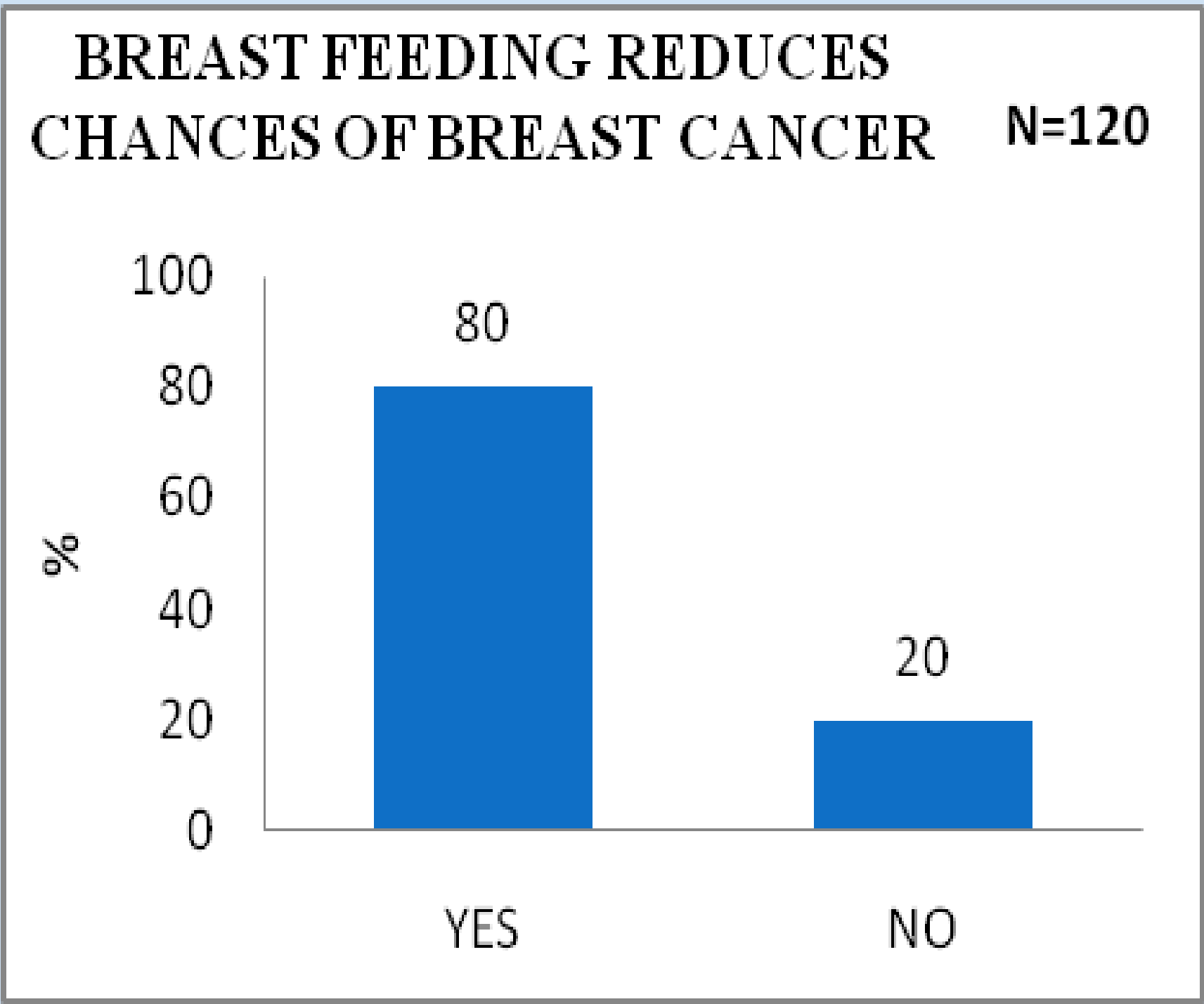
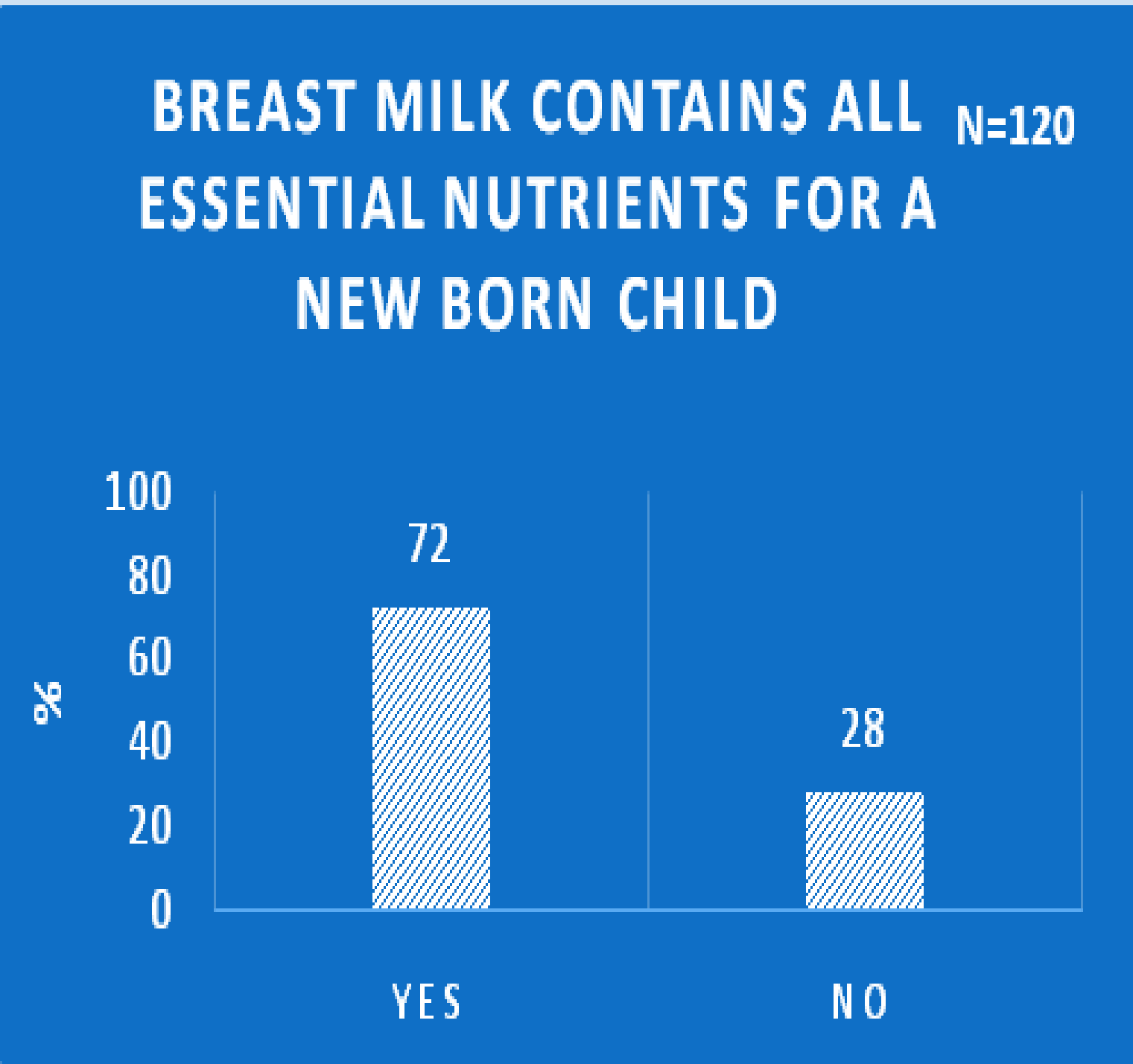
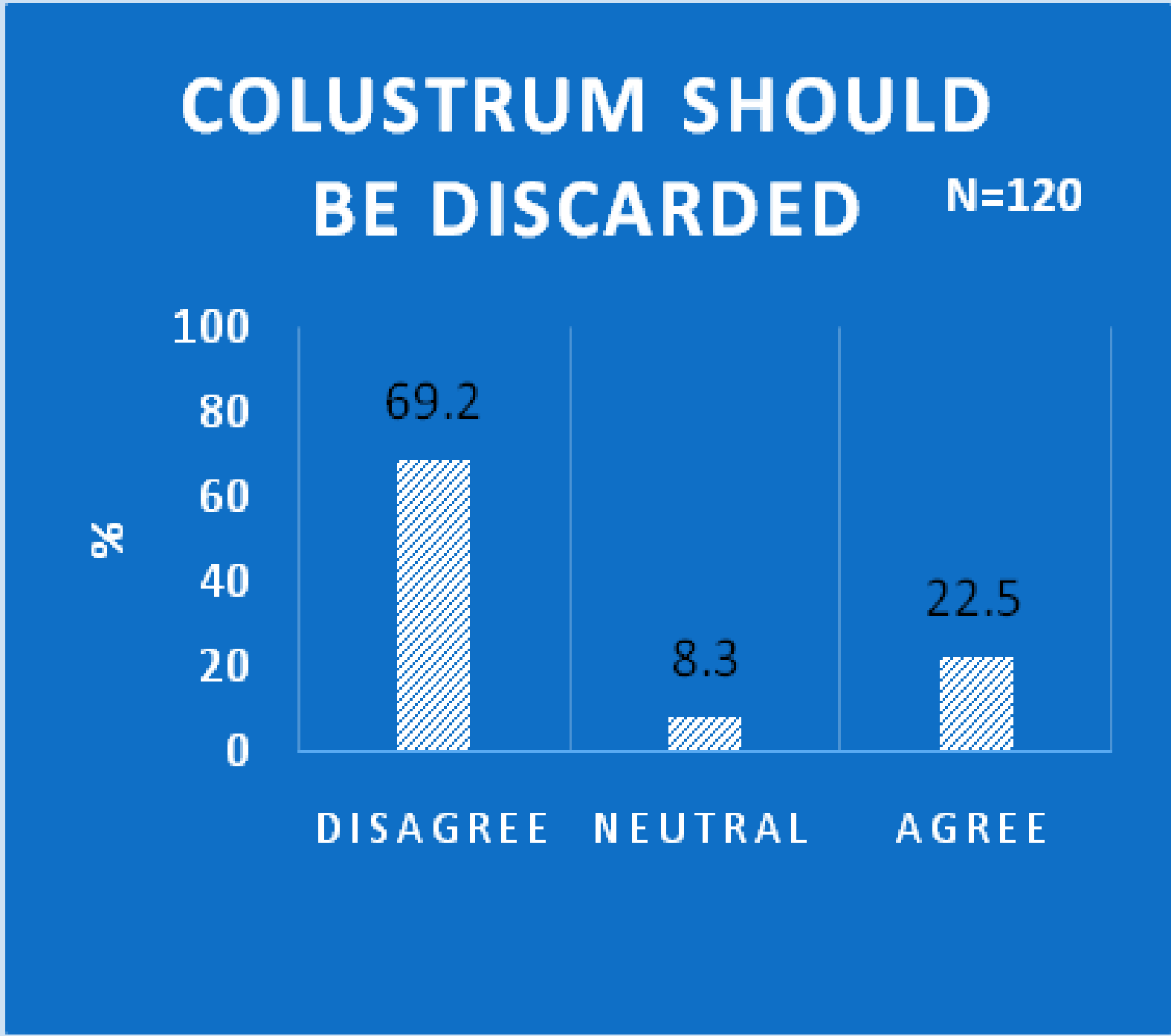
**Methods of data collection:** Primary

**Respondents:** Lactating Mothers.

**Sample size:** 120 Lactating Mothers.

**Tools of data collection :** A structured PAPI questionnaire was prepared to collect the data from households of the urban slums.

### Major Findings



**Limitation:**

- 1.Sample sizes were taken was small and the size might not represent the entire universe of the study.
- 2.There was scope for more in-depth probing of various components making the study more interesting.
- 3.Time constraints for various activities of the project.
- 4.Information bias: Information bias is where the caregivers tend to opt for answers they feel the investigator would like to hear, or answers that are pleasing.
- 5.Selection bias: Selection bias is due to use of non-random method selecting the sample.

**Recommendations:**

1. Focusing more on community meeting and feeding demonstration session can increase the level of practice. Thus the prevalence of low birth weight will decrease.
- 2.In some cases the awareness level is high but the practice level is very low. Hence counseling is required. Community meeting will be a good platform.
- 3.Some of the mothers have misconception regarding feeding their first breast milk (colostrum) after delivery to their child, hence awareness need to be increased.
- 4.Promotion of Safe hand washing practice before handling their baby.
5. Promoting exclusive breast feeding for mothers up to 6 moths of delivery should be a high priority.

**Conclusion:**

It was clear from the study that the knowledge regarding breast feeding and practice of the same was in poor condition. Moreover it is below the average level of country as well as state. So ,To improve community awareness, information, education and communication activities should be increased on mother and child health and ANC through community campaign.