APPENDICES
APPENDIX - 1

INTERVIEW SCHEDULE

TITLE: "KNOWLEDGE AND ADOPTION OF WEANING PRACTICES AMONG RURAL AND URBAN WOMEN".

1. GENERAL INFORMATION:

1. Case Number : Date
2. Town/Village : Taluka Distt.: Akola
      : Ward :
3. Name of Mother : Age Years :
4. Religion : Caste
5. Name of Infant :
6. Age of Infant : Years Months
7. Sex : Male/Female

9. Information of family members:

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Name of Member</th>
<th>Relation with the Infant</th>
<th>Age</th>
<th>Sex</th>
<th>Education</th>
<th>Occupation</th>
<th>Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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<td>10.</td>
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</tr>
</tbody>
</table>
II. INFORMATION ABOUT INFANTS’ FOOD:

1. Details of Mother’s milk:

   (i) Do you feed the child? Yes / No

   (ii) If yes, did you start from the first day of delivery? Yes / No

   (iii) If no, when did you start the feeding? First / Second / Third day

   (iv) Do you discard the colostrum? Yes / No

   (v) Did you give any other food to the infant on the day of birth? Yes / No

       If yes, What?

       Honey/Glucose/Sugar water/plain water/Ghutti/Jaggery water/Any other.

   (vii) Do you feed the child at regular intervals? Yes / No

   (viii) Do you feed the child on demand? Yes / No

   (ix) How many feed a day: 1/2/3/5/6 . . . . .

   (x) What do you think how long mother’s milk is necessary for the infant? _______________ months.

2. Details of supplementary milk:

   (i) When you started giving milk other than mother’s milk? _______________ months.

   (ii) Which milk you prefer? Cow/Buffalow/Goat/Tinmed/Other

       Preference:
       Reason:

   (iii) How many times a day? 1/2/3/4/5/6
3. Details of Weaning:

Weaning foods:

(i) When you started weaning the infant? After_________months.

(ii) What was first fed other than milk?

(iii) What type of food is given? Veg. / Non/veg.

(iv) What are the sources of weaning foods? Fields / Poultry / Market.

Grains/Beans/Vegetables/
Fruits/Egg/Chicken/Milk.

(v) Do you prepare any special food at home? Yes / No

(vi) Do you purchase any ready made food from market? Yes / No

(vii) Ceremonies:
Whether any ceremony is performed to start Weaning foods? Yes/No.
If yes give details of ceremony:

4. Diet Survey:

One Day Diet of Infant:

i) Mother feedings frequency / quantity

ii) Supplementary milk frequency / quantity (ml)

iii) Weaning foods frequency / quantity (gms)
5. **Reasons for weaning:**

   (i) Whether weaning was started as it was felt necessary for infant?  
       Yes / No  
       If yes, for what reasons:  
       Infant’s age/ for proper growth/infant’s demand/ Doctor’s advise.

   (ii) Whether weaning was started as it was felt necessary for mother?  
        Yes / No  
        If yes, for what reasons?  
        Insufficient breast milk/ subsequent pregnancy/ employment of mother/ knowledge of weaning/ suffering from disease.

6. **Weaning Techniques:**

   (i) Have you adopted any technique to start weaning?  
       Yes / No  
       If yes, what technique was adopted?  
       1. Separation of mother and infant.  
       2. Gradual substitution of liquid To semi-solid and semi-solid to solid.  
       3. Keeping infant off breast by discouragement  
       4. No special technique.

7. **Consequences of Weaning:**

   (i) Is there any improvement in infants health due to weaning?  
       Yes / No  

   (ii) If yes, give details:  
       1. Developed palatability.  
       2. Become active.  
       3. Infant’s health improves.
(iii) If no, give details:
1. Loss of appetite.
2. Become lazy.
3. Infant’s health does not improve.

(iv) What do you feel which type of diseases are caused by weaning:
1. Diarrhoea.
2. Cold and cough.
3. Measles.
4. Jaundice.
5. Malnutrition

(v) What do you feel which disease affects weaning:
1. Diarrhoea.
2. Cold and cough.
3. Fever.
4. Jaundice.
5. Measles.

8. Constraints in weaning the child:

(i) On medical grounds:
Indigestion/physician advice/ infant Weakness/ pre-mature infant.

(ii) On other grounds:
1. Absence of knowledge.
2. Non-availability of weaning foods.
3. Non-availability of time.
4. Unacceptable by infant.
5. Old customs.
6. Advised by other.
7. Economic condition.

9. Sources of Information about Weaning:

Doctor. ( )
Nurse. ( )
Compounder. ( )
Anganwadi worker. ( )
Extension worker. ( )
Books and literature. ( )
T.V. ( )
Radio. ( )
Elderly person ( )
Relatives and friends. ( )
### 10. INFORMATION ABOUT WEANING FOODS USED.

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Liquid foods:</th>
<th>Type of Food.</th>
<th>Solid Foods:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Milk</td>
<td>Farex/Ceralac</td>
<td>Chapati</td>
</tr>
<tr>
<td>2.</td>
<td>Fruit juice.</td>
<td>Home-made mixes.</td>
<td>Khichadi</td>
</tr>
<tr>
<td>3.</td>
<td>Veg. soup.</td>
<td>Dalia.</td>
<td>Thuli</td>
</tr>
<tr>
<td>7.</td>
<td>Honey water.</td>
<td></td>
<td>Biscuit</td>
</tr>
<tr>
<td>8.</td>
<td>Ghutti.</td>
<td></td>
<td>Papad</td>
</tr>
<tr>
<td>9.</td>
<td>Sugar water.</td>
<td></td>
<td>Laddu</td>
</tr>
<tr>
<td>10.</td>
<td></td>
<td></td>
<td>Sweets</td>
</tr>
</tbody>
</table>
(III). "NUTRITIONAL ASSESSMENT":

1. Name of the infant : 
2. Age in month : 
3. Sex : Male/Female
5. Anthropometric Measurements:
   (i) Birth Weight : --------- kg.
   (ii) Present weight : --------- kg.
   (iii) Height : --------- cm.
   (iv) Head circumference : --------- cm.
   (v) Chest circumference : --------- cm.

(IV). HEALTH STATUS :

(a) Immunization Schedule:

<table>
<thead>
<tr>
<th>i)</th>
<th>Age</th>
<th>Vaccines / Doses</th>
<th>No.of Doses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0 - 3 months</td>
<td>B.C.G.</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>4 - 6 months</td>
<td>D.P.T. Polio</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>6 - 7 months</td>
<td>Polio iv</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>7 - 8 months</td>
<td>Polio v</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>8 - 9 months</td>
<td>Measles</td>
<td>1</td>
</tr>
<tr>
<td>6</td>
<td>Upto 15 months</td>
<td>M.M.R./ Measles</td>
<td>1</td>
</tr>
<tr>
<td>7</td>
<td>18 - 24 months</td>
<td>Booster</td>
<td>1</td>
</tr>
</tbody>
</table>
(b) Personal Hygiene:

1) Mouth - Clean / not clean.
2) Bath - Regular / irregular.
3) Hair - Clean / not clean.
4) Clothes - Clean / not clean.
5) Nails - Clean / not clean.
6) Nose - Clean / not clean.
7) Seasonal Infection - Yes / No.

(V). MOTHER'S REACTION TOWARDS WEANING

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Statement</th>
<th>Agree</th>
<th>Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Whether weaning is necessary.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Extension services should be extended to educate the women.</td>
<td></td>
<td></td>
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<tr>
<td>3.</td>
<td>Weaning foods to be supplied free of cost.</td>
<td></td>
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<tr>
<td>4.</td>
<td>Weaning foods be supplied at subsidized rates.</td>
<td></td>
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<tr>
<td>5.</td>
<td>Pamphlets and advertisements to encourage weaning foods.</td>
<td></td>
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<tr>
<td>6.</td>
<td>Mahila Mandal's, ICDS and other social group should make the people aware of weaning foods.</td>
<td></td>
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<tr>
<td>7.</td>
<td>Doctors should advise the concerned about weaning.</td>
<td></td>
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<tr>
<td>8.</td>
<td>In schools/college curriculum weaning education should be included.</td>
<td></td>
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</tbody>
</table>
VI. WEANING KNOWLEDGE AND ADOPTION SCALE FOR RURAL AND URBAN MOTHERS

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Dimension and Statement</th>
<th>Knowledge</th>
<th></th>
<th>Adoption</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Yes.</td>
<td>No.</td>
<td>Yes.</td>
<td>No.</td>
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<tr>
<td></td>
<td></td>
<td>(2)</td>
<td>(1)</td>
<td>(2)</td>
<td>(1)</td>
</tr>
</tbody>
</table>

I. Need:

1. Improper nourishment results in affecting physical/Social/mental and behavioural growth of infants adversely.

2. Ideal nourishment presents under nutrition/malnutrition.

3. Infancy is critical/vulnerable period in the life of an individual.

4. Infants are growing too fast to thrive on breast milk alone after 6 months of age and hence need for supplementary foods.

5. In the events of inadequate milk for mothers side, provision of supplementary milk from six weeks onwards is necessary.

II. Importance:

1. Feeding practices during Infant stage are considered very important for better future.

2. To improve and ensure the well being of infant, knowledge regarding recommended weaning practices is necessary.

3. Inadequate food intake and superimposed infection led to poor nutritional status and therefore knowledge about weaning practices is of importance.
III. Concept:

1. Even at this stage of development mothers look to the concept of weaning with prejudice mind.

2. Concept of weaning in its true sense has not been taken by the mothers.

3. Understanding the concept of weaning is necessary for availing its benefits.

IV: Age:

1. Commencement of weaning is recommended when a child is in between 4-6 months of age.

2. Quality and Quantity of Infants food should match advancement of age.

V: Technique / Type of foods:

1. Shift in nature/ state of food to be done after at least 8 to 10 days.

2. Shift in type of weaning foods to be done after 2 or 3 months.

3. Infant needs mixtures of foods which are nutritious and concentrated in energy.

4. Fruits to be given mashed or in the form of juice.

5. Half-boiled egg to be introduced gradually.
6. Milk supplements to be given regularly.

7. Dark leafy vegetables to be given.

VI. Factors:

1. Age as a factor has its own influence on adoption of weaning practices.

2. Infant to be fed at regular intervals.

VII. Guidelines:

1. The growth of babies to be checked by weighing them every month regularly.

2. Foods to be prepared and handled hygienically.

3. Feeding infant suitably during illness to be continued.

4. More food than usual to be given after illness.

5. During diarrhoea, specified food and drink to be continued.

6. Home-made mixes to be preferred than ready-made foods.

7. Full diet without spices to be given after one year.

Note: Although in some of the statements more than one aspect appears to have been incorporated yet at the time of seeking responses one aspect was asked at one time.
VII. SOCIO ECONOMIC STATUS SCALE (RURAL)

1. Occupation:

<table>
<thead>
<tr>
<th>Father's Occupation</th>
<th>Mother occupation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Labour</td>
<td>1. Housewife</td>
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<tr>
<td>2. Caste occupation</td>
<td>2. Labour</td>
</tr>
<tr>
<td>4. Cultivation</td>
<td>4. Professional</td>
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<tr>
<td>5. Services</td>
<td>5. Business</td>
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</table>

2. Education:

<table>
<thead>
<tr>
<th>Father's Education</th>
<th>Mother's Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illiterate</td>
<td>Illiterate</td>
</tr>
<tr>
<td>Can read &amp; write only</td>
<td>Can read &amp; write only</td>
</tr>
<tr>
<td>Primary</td>
<td>Primary</td>
</tr>
<tr>
<td>Middle</td>
<td>Middle</td>
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<tr>
<td>High School</td>
<td>High School</td>
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<tr>
<td>Graduate</td>
<td>Graduate</td>
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<tr>
<td>Highly Educated</td>
<td>Highly Educated</td>
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3. Family:

<table>
<thead>
<tr>
<th>Type</th>
<th>- Single</th>
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<tbody>
<tr>
<td></td>
<td>Joint</td>
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<tr>
<td>Size</td>
<td>- Upto 5</td>
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<td>5 &amp; above.</td>
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4. Income: (Rs. per annum)

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<tr>
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<tr>
<td>Upto 6000/-</td>
<td>(1)</td>
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<td>6001/- 15000/-</td>
<td>(2)</td>
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<tr>
<td>15001/- 25000/-</td>
<td>(3)</td>
</tr>
<tr>
<td>25001/- 35000/-</td>
<td>(4)</td>
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<tr>
<td>above 35000/-</td>
<td>(5)</td>
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</table>
5. Social Participation:

Member of one organisation (1)
Member of more than one organisation (2)
Office holder. (3)
Wider public leader. (4)

6. Land:

Less than 1 acre: (1)
upto 5 acre. (2)
upto 10 acre. (3)
upto 15 acre. (4)
upto 20 acre. (5)
20 acres and above: (6)

7. Home:

Type of House:

Mixed house: (1)
Kaccha house: (2)
Pucca house: (3)
Constructed by stones: (4)

Lighting facilities:

Kerosene lamp with glass shed: (1)
Electricity: (4)

Ownership of house:

Rented house: (1)
Own House: (2)

8. Material Possession:

Moulded bouled plough (5)
Iron seed cum fertilizer with plastic. (1)
Iron colters. (1)
Fertilizer hoe (1)
Reaper. (2)
Sprayer. (2)
Duster. (1)
Storage iron bean (1)
9. Vehicles:
   Cycle: (1)
   Motor Cycle: (3)
   Tractor: (4)
   Electric Motor: (1)

10. Sources of information:
   Radio: (3)
   T.V.: (4)
   News Paper: (1)
   Farm magazines: (2)
   Agri. publications: (4)

11. Cross breed animal Possession:
   Pair of local bullock.
   1 pair/ 2 pair/ 3 pair.
   (1) (2) (3)
   Cross breed cow: (4)
   Poultry: (1)

12. Non-defaulters:
   Regular payer of the loan: Yes/ No (1)

13. Other Attributes:
   Seed Producers: (1)
   Progressive farmer: (2)
   Prize Winner at Village:
   Taluka and Distt. Level: (3)
   Member of the development organization: (4)
   Krishi Pandit: (5)
VIII. SOCIO ECONOMIC STATUS SCALE (URBAN)

1. Occupation: Father's:
   (A) Government servant:
   (a) Class I
       Gazetted Officer - 8
   (b) Class II
       Gazetted Officer - 6
   (c) Class III - 2
   (d) Class IV - 1
   Other:
   1. Unskilled labour - 1
   2. Skilled labour - 2

(B) Teacher:
   1. Primary school - 1
   2. Middle school - 2
   3. High school - 4
   4. College - 6
   5. University - 7
   6. M.D. - 7
   7. M.S. - 7
   1. Doctor(M.B.B.S.) - 5
   2. B.A. - 5
   3. M.B.A. - 4

(C) Profession:
   1. Doctor - 9
   2. Engineer - 6
   3. Advocate - 4
   4. C.A. - 6
   5. Big trader. - 4
   6. Big shopkeeper - 4

(D) 1. Small trader - 2
     2. Small private occupation - 2
     3. Manager - 3

2. Mother's Occupation:
   1. Teacher - 3
   2. Nurse - 2
   3. Clerk - 3
   4. Lecturer - 6
   5. Govt. Officer - 6
   6. Household duties - 0
   7. labour - 0
2. **Education**  
(Father's)  

<table>
<thead>
<tr>
<th>Level</th>
<th>Count</th>
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<tbody>
<tr>
<td>Illiterate</td>
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<tr>
<td>Primary</td>
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<tr>
<td>Secondary level</td>
<td>2</td>
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<tr>
<td>Jr. College level</td>
<td>3</td>
</tr>
<tr>
<td>Degree level</td>
<td>4</td>
</tr>
<tr>
<td>Post degree level</td>
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</tr>
<tr>
<td>Ph.D., D.Sc., D. Lit. etc.</td>
<td>6</td>
</tr>
</tbody>
</table>

(M.B.B.S., B.E., M.B.A., etc.)

3. **Family**

<table>
<thead>
<tr>
<th>Type</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
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<tr>
<td>Joint</td>
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</table>

<table>
<thead>
<tr>
<th>Size</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 5</td>
<td>1</td>
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<tr>
<td>5 and above</td>
<td>1</td>
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</tbody>
</table>

4. **Income**

<table>
<thead>
<tr>
<th>Income Range</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upto 10000/-</td>
<td>1</td>
</tr>
<tr>
<td>10001/- 20000/-</td>
<td>2</td>
</tr>
<tr>
<td>20001/- 30000/-</td>
<td>3</td>
</tr>
<tr>
<td>30001/- 40000/-</td>
<td>4</td>
</tr>
<tr>
<td>Above 40000/-</td>
<td>5</td>
</tr>
</tbody>
</table>

5. **Social Participation**

**Father's:**
1. Lion's club member: 1
2. Rotary club member: 1
3. Jaycees club member: 1
4. Officer's club: 1
5. Other: 1

**Mother's:**
1. Mahila Mandal: 1
2. Vanita Samaj: 1
3. Other: 1

6. **Land**

<table>
<thead>
<tr>
<th>Description</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 1 acre</td>
<td>1</td>
</tr>
<tr>
<td>Upto 5 acres</td>
<td>2</td>
</tr>
<tr>
<td>Upto 10 acres</td>
<td>3</td>
</tr>
<tr>
<td>Upto 15 acre</td>
<td>4</td>
</tr>
<tr>
<td>Upto 20 acre</td>
<td>5</td>
</tr>
<tr>
<td>20 acre and above</td>
<td>6</td>
</tr>
<tr>
<td>Land irrigated</td>
<td>Yes(1)/No.</td>
</tr>
</tbody>
</table>
7. House:

Type of house:
Mixed house. 1
Kuccha house. 2
Pucca house. 3
Constructed by stones. 4

Lightening facilities:
Kerosenes lamp with glass shed. 1

Electricity: 4

Ownership of home:
Rented house - 1
Own house - 2

8. Vehicles:

i. Cycle: 1.

ii. Two wheeler:
(a) Luna/Avanti/Spark/Hero Maestros - 2
(b) Bajaj Kawasaki/ Hero Honda/T.V.S./Suzuki - 3
(c) Narmada (150)/Alwan Pushpak/Vijay Super/ other - 4
(d) Yezdi/ Jawa/Other - 5
(e) Bullet: - 6

iii. Four Wheeler
a) Jeep - 7
b) Premier Padmini - 10
   Fiat/Ambassador/ Maruti.
c) Imported motor car: - 12

(9) Sources of Information:
1. Radio. 2
2. T.V. 3
3. Newspaper English/ Marathi. 1

10. Cross breed Animal Possession: (11) Non-default: Regular payer of the loan. 1

Pair of bullocks:
1 pair/ 2 pair/ 3 pair 1 2 3

Cross breed cow: 4
Poultry: 1
12. **Material facilities:**

(a) Refrigerator - 4  
(b) Black T.V. - 2  
(b) Radio gram - 4  
Pressure cooker - 2  
(c) Tape recorder - 2  
Gas - 2  
(d) Colour T.V. - 3  
Wooden Almirah - 1  
(e) V.C.R. - 5  
Ceiling fan - 2  
(f) Telephone - 5  
Table fan - 1  
(g) Washing machine - 6  
Sofa set - 2  
(h) Grinder - 3  
Radio, Transistor - 1  
(i) Mixer - 2  
Hair dryer - 3  
(j) Cooler - 3  
Camera - 2  
(k) Air-conditioner machine - 5  
Dinning table - 2  

(l) Room-heater - 1  

(m) Milksent - 5  
(n) Godrej Almirah - 6
APPENDIX - 2

I. WEANING KNOWLEDGE AND ADOPTION SCALE FOR RURAL AND URBAN MOTHERS

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Dimension and Statement</th>
<th>Knowledge Yes.</th>
<th>No. (2)</th>
<th>Adoption Yes.</th>
<th>No. (1)</th>
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I. Need:

1. Improper nourishment results in affecting physical/Social/mental and behavioural growth of infants adversely.

2. Ideal nourishment presents under nutrition/ malnutrition.

3. Infancy is critical/ Vulnerable period in the life of an individual.

4. Infants are growing too fast to thrive on breast milk alone after 6 months of age and hence need for supplementary foods.

5. In the events of inadequate milk for mothers side, provision of supplementary milk from six weeks onwards is necessary.

II. Importance:

1. Feeding practices during Infant stage are considered very important for better future.

2. To improve and ensure the well being of infant, knowledge regarding recommended weaning practices is necessary.

3. Inadequate food intake and superimposed infection led to poor nutritional status and therefore knowledge about weaning practices is of Importance.
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<th>Adoption</th>
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### III. Concept:
1. Even at this stage of development mothers look to the concept of weaning with prejudice mind.
2. Concept of weaning in its true sense has not been taken by the mothers.
3. Understanding the concept of weaning is necessary for availing its benefit.

### IV: Age:
1. Commencement of weaning is recommended when a child is in between 4-6 months of age.
2. Quality and Quantity of Infant food should match advancement of age.

### V: Technique / Type of foods:
1. Shift in nature/state of food to be done after at least 8 to 10 days.
2. Shift in type of weaning foods to be done after 2 or 3 months.
3. Infant needs mixtures of foods which are nutritious and concentrated in energy.
4. Fruits to be given mashed or in the form of juice.
5. Half-boiled egg to be introduced gradually.
6. Milk supplements to be given regularly.
7. Dark leafy vegetables to be given.
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<tr>
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<th>Knowledge</th>
<th>Adoption</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>therein under</td>
<td>Yes. No.</td>
<td>Yes. No.</td>
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</table>

VI. Factors:

1. Age as a factor has its own influence on adoption of weaning practices.

2. Infant to be fed at regular intervals.

VII. Guidelines:

1. The growth of babies to be checked by weighing them every month regularly.

2. Foods to be prepared and handled hygienically.

3. Feeding infant suitably during illness to be continued.

4. More food than usual to be given after illness.

5. During diarrhea, specified food and drink to be continued.

6. Home-made mixes to be preferred than ready-made foods.

7. Full diet without spices to be given after one year.

Note: Although in some of the statements more than one aspect appears to have been incorporated yet at the time of seeking responses one aspect was asked at one time.