## REFERENCES

- Abidoye, R.O; Nwachie AN; Ekanem EE. (2000). "A comparative study of the weaning practices and growth pattern in 3–24 month old infants fed formula and food in Nitel Health Centers and PHC's of Mushin Local Government area of Lagos, Nigeria". *Nutrition Research*. Vol. 20, No. 10, pp. 1377-1387
- ACC/SCN. (2004). Fifth Report on the World Nutrition Situation: Nutrition for Improved Development Outcomes. United Nations Administrative Committee on Coordination/Standing Committee on Nutrition, Geneva.
- <u>Aggarwal, A.</u>, Verma S, Faridi M, Dayachand. (2008). "Complementary feeding-reasons for inappropriateness in timing, quantity and consistency". *Indian J Pediatr*.Vol.75, No. 1, pp. 49-53.
- Allen, L.H; Gillespie S.R. (2001), "What Works? A Review of the Efficacy and Effectiveness of Nutrition Interventions", Nutrition Policy Paper No. 19. *UN Standing Committee on Nutrition, Geneva,* in collaboration with the Asian Development Bank, Manila

Anjalin, D., P V Blessy, P Sangeeta. (2009). "Effectiveness of planned teaching programmeon knowledge and attitude about complementary feeding amongmothers of infants". *The Nursing Journal*. Vol. 11.

Australas Medical Journal. (2011). "Study of complementary feeding practices Amongmothers of children aged six months to two years - A study from coastal south India.Vol. 4, No. 5. pp. 252–257.31.

Bartick, M., Reinhold, A. (2010). "The burden of suboptimal breastfeeding in the United States: a pediatric cost analysis". *Pediatrics*. Vol. **125, No.** 5, pp. 1048–56. doi:10.1542/peds.2009-1616. PMID 20368314

- Bhandari N; Sazawal S, Kashyap DK, Bhan MK. (1994). "Association between diarrheal duration and nutritional decline: Implications for an empirically validated definition of persistent diarrhea". *Indian Journal of Pediatrics*. Vol. 61, No. 5, pp. 559-566
- Bhandari, Nita (2001). "Use of multiple opportunities for improving feeding practices in under-twos within child health programmes". Vol. 26, No.1, pp. 328-336.
- Bhandari N; Sarmila M; Rajiv Bahl.(2004). "An Educational Intervention to Promote Appropriate Complementary Feeding Practices and Physical Growth in Infants and Young Children in Rural Haryana, India". *The American Society for Nutritional Sciences J. Nutr.* Vol.134, pp. 2342-2348.
- Bhatia, R; Jain U. (2015). "Knowledge, attitude, practices among mothers regarding complementary feeding." *International Journal Medical Science Public Health*. Vol. 3, No. 10, pp. 1251- 1253,2014
- Black, RE. (2003). "Where and why are 10 million children dying every year?" *Lancet* . Vol. 361, pp. 2226-2234.
- Burns, N., Grove, SK.(2007) Understanding Nursing research, Building an evidenced-practice. 4<sup>th</sup>ed. 1<sup>st</sup>Indian reprint. (New Delhi,) *Elsevier;* Vol. 41, pp.236-40,536-49.
- Cameron SL; Heath AL; Taylor RW.(2012). "Healthcare professionals' and mothers 'knowledge of attitudes to and experiences with Baby-Led Weaning: a content analysis study". *BMJ Open*. Vol. 2, No. 6, pp. 00154
- Cape W; Mieke F.(2007). "Breastfeeding, complementary feeding and nutritional status of 6 12-month-old infants in rural Kwa Zulu-Natal". (Clinical report). South African Journal of Clinical Nutrition.

- ChantelleN. H., Dennis, D. (2006). "Maternal knowledge of nutrition, problem-solving abilities and the introduction of complementary foods into infants diet". *Child Development and Care*. Vol. 176, No. 7, pp. 693-705.
- Chessa, K; Lutter and Kathryn G. Dewey. (2003). "Proposed Nutrient Composition for Fortified complementary Foods". *Sciences Journal Nutrition*. Vol. 133, pp. 301
- Christina A. Nti\* (2011)," Dietary Diversity is Associated with Nutrient Intakes and Nutritional Status of Children in Ghana" *Asian Journal of Medical Sciences 2 (2011) 105-109*
- Cristina, M.G.M. (2004). "Complementary feeding, breastfeeding, child nutrition, diet, weaning." *Giugliani J Pediatr* (Rio J). Vol. 80, No. 5, pp. 131-141
- Cunningham, A.S.(1991). "Breastfeeding and health in the 1980s: A epidemiological review". *J Pediatr* Vol. 118, pp. 659-666.
- Dennis, CL. (2002). "Breastfeeding initiation and duration: a 1990-2000 literature review". *Journal of Obstetric Gynecology Neonatal Nursing*. Vol. 31, No.1, pp. 12-32.
- Dr. Ram HariChapagain (2012)."Knowledge and practices of mothers of infant andyoung child on complementary feeding";pp. 2-3
- Falco,M.(2010). "Study: lack of breastfeeding costs lives, billions of dollars".CNN.http://www.cnn.com/2010/Health/04/05/breastfeeding
- Fanaro, Silvia. (2007). "Complementary Feeding Practices in Preterm Infants: An Observational Study in a Cohort o Italian Infants". *Journal of Pediatric Gastroenterology & Nutrition:* Vol. 45, pp. 210-214;

- Ferguson EL; Elaine L; Darmon N; Fahmida U; Fitriyanti S; Harper TB.(2006). "Design of Optimal Food-Based Complementary Feeding Recommendations and Identification of Key Problem Nutrients" Using Goal Programming. American Society for Nutrition J. Nutr. Vol. 136, pp. 2399.
- Firdouse, Rana., Mohd. Shafee. (2013). "Knowledge, Attitude and Practices (KAP) of mothers regarding weaning in rural areas of Karimnagar, Andhra Pradesh, India". MRIMS Journal of Health Sciences. Vol. 1, No. 2, pp. 61-63.
- George B, Julia. (1990). Nursing Theories, the base for professional practice.3 rd ed. USA, Prince Hall International Inc.
- Ghosh, S., Shah, D. (2004). "Nutritional problems in urban slums". *Indian Pediatr Journal*. Vol. 41, pp. 682-96.
- Global Journal of Nutrition & Food Science (2018)" Maternal Knowledge on Complementary Feeding Practice and Nutritional Status of Children 6-23 Month" Glob J Nutri Food Sci. 1(2): GJNFS.MS.ID.000506.
- Government of Meghalaya and UNICEF.(2005). North East Consultation Meet Nutrition .Shillong (Meghalaya).
- Greiner, T. (1995). Sustained breastfeeding, complementation and care. Food and Nutrition. Vol. 16, pp. 313-319.
- Guldan, GS; Zeitlin MF;Beiser AS. (2000). "Maternal education child Malnutrition in Developing Countries: A Cross feeding practices in rural Bangladesh". Social Country Analysis. Vol. 111.
- Gyampoh S, Otoo GE, Aryeetey RN.(2014). Child feeding knowledge and practices amongwomen participating in growth monitoring and promotion in Accra, Ghana. BMC Pregnancy Childbirth.;14:180.

- Hart, Chantelle. (2006). "Maternal knowledge of nutrition, problem-solving abilities and the introduction of complementary foods into infants' diets." *Early Child Development and Care*. Vol. 176, No.7, pp. 693 705.
  - Hasnain S, Majrooh MA, Anjum R. (2013). Knowledge and practices of mothers for complementary feeding in babies visiting pediatrics outpatient department of Jinnah hospital, Lahore. Biomedical Journal. ;29:221–230.
  - Hill, LF. (1968). "A Salute to La Leche League International". *Journal Pediatr*; Vol.73, pp. 161-162.
- Hussein, AK. (2005). "Breastfeeding and complementary feeding practices in Tanzania". East African Journal Of Public Health. Vol. 2, No. 1
- Igah, S.A. (2008). "Target food sources for formulating complementary/ supplementfoods for weaning purposes- a review". *Journal of Pure and Applied Sciences*. Vol. 1, No.1, pp. 20 27.
- Indian Academy of Pediatrics Expert Group.(1995). "IAP policy on infant feeding". *Indian Pediatr*; Vol. 32, pp. 155-164.
- IOSR Journal of Nursing and Health Science (2017), "Complementary feeding and the nutritional status of children 6 to 23 months attending Kahawa PHC" (IOSR-JNHS e-ISSN: 2320–1959.p- ISSN: 2320–1940
- Islam MM; Munirul; Khatun M; Peerson JM. (2008). "Effects of energy density and feeding frequency of complementary foods on total daily energy intakes and consumption of breastmilk by healthy breastfed Bangladeshi children". *American Journal of Clinical Nutrition*. Vol. 88, No. 1, pp. 84-94.

- Italian Journal of Pediatrics (2015), **41**:36 doi:10.1186/s13052-015-0143-The electronic version of this article is the complete one and can be found online at: http://www.ijponline.net/content/41/1/36
- James, KF. (2010). "Canadian infants' nutrient intakes from complementary foods during the first year of life". *BMC Pediatrics*; 10:43doi:10.1186/1471-2431-10
- Jolly, N. (2010). "She would sit with me": mothers' experiences of individual peer support for exclusive breastfeeding in Uganda. *International Breastfeeding Journal*, 5:16 doi: 1186/1746-4358-5
- Julia, George B. (1990). *Nursing theories the base for professional practice*. 3<sup>rd</sup>ed USA: Prince-Hall international Inc:
- Kalanda, B F. (2006). "Breast and complementary feeding practices in relation to morbidity and growth in Malawian infants". European Journal of Clinical Nutrition. Vol. 60, pp.401–407.
- Kramer, MS. (2003). "Infant growth and health outcomes associated with 3 compared with 6 mo of exclusive breastfeeding". *Am J ClinNutr*. Vol. 78, pp. 291–5.
- Kramer, MS., Kakuma, R. (2004). The optimal duration of exclusive breast feeding. A systematic review. *Adv Exp Med Biology*. Vol. 554, pp. 63–77.
- Krebs, Nancy F.(2011). "Complementary feeding: a Global Network cluster randomized controlled trial" *BMC Pediatrics*, 11:4doi:1.1186/1471-2431-11-4
- Kruger, R., GJ. Gericke. (2003). A qualitative exploration of rural feeding and weaning practices, knowledge and attitudes on nutrition. *Public Health Nutrition*; Vol. 6, pp. 217-223. Cambridge University Press.

- Kulkarni, RN.(2004)."Breast feeding practices in an urban community of Kalamboli, Navi Mumbai". *Indian J Community Medicine*. Vol. 29, pp. 179-80.
- Kulkarni S, Kulkarni M; (2015). International Journal of Science and Research (IJSR) ISSN:78.96
- Kumar D; NK Goel; Poonam C; Mittal; Purnima Misra. (2006). "Influence of Infant-feeding Practices on Nutritional Status of Under-five Children". *Indian J Pediatr*; Vol. 73, No. 5, pp. 417-421
- Kumar, D. Agarwal, N. Swami, HM. (2006). "Socio-demographic correlates ofbreast-feeding in urban slums of Chandigarh". *Indian Journal Medicine Science*; Vol. 60, pp. 461-6.
- Kumari, Rachna. (2018)."An experimental study to assess the effectiveness of planned teaching programme on knowledge regarding weaning diet among mothers of under five in the selected village of district Gurdaspur". (Volume 4, Issue 2)
- Kumudha Aruldas. (2010); "Increasing appropriate complementary feeding in rural Uttar Pradesh". Vol. 56, Special Issue 2010
- Laanterä S; Pietila AM; Polkki T. (2010). "Knowledge of Breastfeeding among PregnantMothers and Fathers". *Journal of Perinatal & Neonatal Nursing*: Vol. 24, No. 4, pp. 320–329
- Lande, B. LF Andersen. (2003). "Infant feeding practices and associated factors in the first six months of life." The Norwegian Infant Nutrition Survey *ActaPaediatrica*, Vol. 92, No. 2, pp. 152 161
- Ladzani R, Steyn NP, Nel JH. (2000) An evaluation of effectiveness of nutrition Advisors in three rural areas of Northern province. SAJ ClinNutr.13(3);

- Lepage P; Munyakazi C; Hennart P. (1981). "Breastfeeding and hospital mortality in children in Rwanda". *Lancet*; No.2, pp.12-13.
- Liaqat, P; Rizvi MA; Qayyum A; Ahmed H. (2007). "Association between complementary feeding practice and mothers education status in Islamabad". *Research Paper*.
- Liaqat Perveen; Mazhar Abbas; Abdul Qayyum; Hajra Ahmed; Nadia (2006). "Maternal Education and Complementary Feeding Pakistan". *Journal of Nutrition* Vol. 5, No. 6, pp. 563-568.
- Li L; Li S; Ali M; Ushijima. (2003). "Feeding practice of infants and their correlates in urban areas of Beijing, China". PubMed. U.S *National Library of Medicine*
- Malla, S., SM. Shrestha(2004). "Complementary Feeding Practices and its Impact on Nutritional Status of under Two Old Children in Urban Areas of the Kathmandu, Nepal". Journal of Nepal Health Research Council . Vol. 2.
- MeritaBerisha. (2018); "Knowledge, Attitudes and Practices of Mothers in Kosova about Complementary Feeding for Infant and Children 6-24 months." 71(1): 37–41
- Mohammed, ES (2014). *J Family Med Primary Care*. Vol. 3, No. 2, pp. 136-40. doi: 10.4103/2249-4863.137639.PMID:
- More UjwalaRamchandra. (2017)International Journal of Health Sciences and Research www.ijhsr.org ISSN: 2249-9571
- Naylor, A. (2000). Infant Feeding, and at the ACC/SCN working group on breastfeeding and complementary feeding. Statement circulated at Technical Consultation on, Washington.

- Nieswiadomy, RM. (2008). *Foundation of Nursing Research*.5th ed. New Delhi: Dorling Kindersley India) Pvt.Ltd; pp.400-12.
- Ogbo FA, Page A, Idoko J, Claudio F, Agho K.E. (2015) Trends in complementary feeding indicators in Nigeria Open. doi10.1136/bmjopen-2015-008467.
- Okolo SN.(1999). "Current breastfeeding knowledge, attitude, and practices of mothers in five rural communities in the Savannah region of Nigeria". *Nigeria Journal of Tropical Pediatrics* Vol. 45, No. 6, pp. 323-326.
- Olson, Beth H. (2010). "Health Professionals' Perspectives on the InfantFeeding Practices of Low Income Mothers". *Maternal and Child Health Journal*. Vol.14, No. 1, pp. 75-85.
- Parthasarathy, A. (2009). *IAP Textbook of Pediatrics*. Vol 1.4th ed. Jaypee Brothers Medical Publishers (P) Ltd. New Delhi. pp. 131-32
- Picciano, M. (2001)."Nutrient composition of human milk". *PediatrClin NorthAmVol.* 48, No.1, pp. 53–67.
- Polit, Denise F;Cheryl Tatano Beck (2006). *Text Book on Nursing Research*. 7<sup>th</sup>ed, New York: Lippicott
- Przyrembel, H. (2012). "Timing of introduction of complementary food: short-and long-term health consequences". *Ann NutrMetab*. Vol. 2, pp. 8-20
- Rama R; MN Ghosh; JB Saha; Chitra Chatterjee. (2006). "Breast feeding practices in the rural community of district Darjeeling, west Bengal". *Indian Journal of Community Medicine*. Vol. 25, No.2

- Rao, S;PM Swathi. (2011). "Study of complementary feeding practices among mothers of children aged six months to two years A study from coastal south India". *Australas Med J.* Vol. 4, No. 5, pp. 252-257.
- Rebhan, Barbara. (2009). "Infant Feeding Practices and Associated Factors Through the First 9 Months of Life in Bavaria, Germany". *Journal of Pediatric Gastroenterology and Nutrition*. Vol. 49, No. 4, pp. 467-473
- Rima, D. (1987). "A Social History of Infant Feeding". *Mothers and Medicine*. 1890-1950. Wisconsin: *University of Wisconsin Press*. pp.4.
- Riordan, JM. (1997). "The cost of not breastfeeding: a commentary". *J Hum Lact*. Vol.13, No. 2, pp. 93–97.
- Roy Sima; Aparajita Dasgupta; Bobby Pal.(2009). "Feeding Practices of children in an urban slum of Kolkata". *Indian Journal of Community Medicine*. Vol. 34, No. 4, pp 362-363.
- Ruby L. Wesley. (1994) Nursing Theories and Models. 2<sup>nd</sup> ed. Philadelphia:Spring house:
- Schiebinger, Londa. (1993). Nature's Body. Gender in the Making of Modern Science. Boston: *Beacon Press.* pp. 40-,68.
  - Schiess S;Grote V; Scaglioni S; Luque V; Martin F.(2010) ".Journal of Pediatric Gastroenterology & Nutrition. Vol. 50, No. 1, pp. 92–98
  - Singh, P K. (2005). "Short- Term Effect of Complementary FeedingFrequency on Total Ad Libitum Consumption in 6-10 month old breast fed Indian Infants".

    \*Journal of Pediatric Gastrenterology & Nutrition. Vol. 41, No. 4, pp. 422-425.
  - Srimathi, K. and C. R., Betty. (1999). "Infant Feeding Practices of Anglo American and Asian Indian American Mothers". *Journal of the American College of Nutrition*. Vol. 18, No. 3, pp. 279-286.

- Srivastava, N., A. Sandhu. (2006). "Infant And Child Feeding Index ".*Indian Journal Pediatr*. Vol. 73, No. 9, pp. 767-770.
- Subba, SH; Chandrashekar TS; Binu VS; Joshi HS; Rana. (2007). "Infant feeding practices of mothers in an urban area inNepal". *PubMed*.
- Taneja, D K., J P, Dadhich.(2003). "Lactation Management-Need for training in Indian Context". *Indian Journal of Community Medicine*; Vol.25, No.1
- Vaahtera, M (2007). "Breastfeeding and complementary feeding practices in rural Malawi". *ActaPædiatrica*, Volume 90 Issue 3, Pages 328 332. 2
- Wesky, Ruby L. (1994). *Nursing theories and models*. 2<sup>nd</sup> ed. Philadelphia: Spring house.
- Wojtyniak, BA. and Rowland MGM. (1988). "Breastfeeding, nutritional state and survival in rural Bangladesh". *Bangladesh Medical Journal*. 296: 879-882.
- World Health Organization (2001-3). "The Optimal Duration of Exclusive Breastfeeding". Report of an Expert Consultation. Geneva: WHO/UNICEF Global Strategy for Infant and Young Child Feeding.
- Yamashiro, Y.(2000)."Overview of complementary feeding (weaning) in countries of Asia". Vol. 106, No. 4.Pp. 1274.DOI.
- World Health Organization. Complementary feeding. [Accessed April 2016]