

Abstract

Knowledge of developmental milestones and reported practices based on Early-Child-Care-Development concepts among mothers of eighteen-month old children attending immunization clinics in Colombo district

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Introduction
Early childhood is a period from conception to five years of age, and this has an important developmental place in life.

Objective
To assess knowledge and reported practices on age-appropriate developmental stimulations based on Early Child-Care-Development (ECCD) concepts among mothers of 18 month old children attending immunization clinics in Kolonnawa and Deniwela (D) areas.

Methods
A descriptive cross-sectional study was conducted among 424 mother-child pairs where the child's age is 18 months. An interviewer-administered questionnaire based on Center for Disease Control (CDC) developmental milestone assessment was used to collect data. Data was analyzed using SPSS version 17 package.

Results
Assessment of Knowledge of developmental milestones based on ECCD concepts was good among 306 (73.9%) of mothers. Majority of mothers (377 (91%) considered playing with toys is important for their child's development. They provided books, papers and crayon to scribble, bought toys and allowed eating with spoon and cup. Majority (304 (74.4%)) praised their child's positive action physically and most mothers (77%) looked for reasons for crying. Educated mothers, being married, Tamil ethnicity and extended-family were significantly associated with ECCD concepts ($p < 0.05$). Playing with toys, naming family members and objects, toys brought from shops and looking for reasons to cry were statistically significant ($p < 0.05$) among mothers with higher knowledge.

Conclusion
Majority of mothers reported age-appropriate developmental-stimulation practices except for few outdoor activities. Importance of outdoor activities should be emphasized.

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