BREASTFEEDING AND INTRODUCTION OF FOOD IN CHILDREN UNDER TWO YEARS IN REDENÇÃO, CEARÁ.


The World Health Organization (WHO) recommends exclusive breastfeeding until six months and its maintenance for up to two years. Thus, we sought to characterize the practice of breastfeeding and the introduction of food in 52 children attending the Family Health Strategy and the urban area of Redenção. The sample covers 41.3% of children under two years in the area of ascription. Data were obtained from household interviews, using a pre-coded questionnaire. The average age of the children was 14.2 months. 32 children (61.5%) were being breastfed and one had never been breastfed of children under 6 months, 2 (22.2%) were in exclusive breastfeeding, predominant breastfeeding in 1 (11.1%) and 6 breastfed (66.7%). The mean and median duration of exclusive breastfeeding was 60.7 (SD = 63.4) and 30 days respectively. It was observed that, with respect to the length of time of exclusive breastfeeding, 46.9% were less than 30 days old, 34.7% were more than 30 days, 14.3% were 120 days or more and only 4.1% were more than 180 days. As regards introduction of food, the following median times were obtained: Tea, 51 days; cow's milk fluid 120 days; flour thickeners, 120 days; yogurts, 155 days; beans, 180 days; Meat 180 days; vegetables, 180 days; cereals and tubers, 180 days; Fruits, 180 days; Soft drinks and / or artificially prepared solid refreshments 210 days and snacks 231 days). The results show the prevalence of exclusive breastfeeding and breastfeeding far from the WHO recommendations and the frequent early introduction of foods.