



ABSTRACT

The objective of the study was to assess knowledge and practices on selected aspects of maternal health and newborn care among postpartum mothers attending Child Welfare Clinics in MOH area Kaduwela in Colombo district. This was a descriptive cross sectional study.

Information was collected from 422 postpartum mothers who attended Child Welfare Clinics at Kaduwela MOH area after four weeks of delivery. An interviewer administered questionnaire was used to collect data.

A significant proportion of study sample had poor knowledge on family planning and maternal danger signs. However, majority of study sample had decided on their future family planning. Although the majority of study sample had good knowledge on nutrition, their nutrition related practices during postpartum period need further improvements.

Majority of postpartum mothers had good knowledge on selected aspects of newborn care e.g. newborn danger signs, breast feeding, immunization and child psychosocial development. Furthermore, postpartum mothers in the study sample were well motivated on practices related to exclusive breastfeeding and psychosocial development of the baby.

It is recommended that issues related to maternal health e.g. reproductive health issues, nutrition during postpartum period and identification of maternal danger signs should be addressed more in the community level and existing maternal health services should be strengthen more on above aspects.