

## 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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**Key words: Early-Child-Care-Development, Developmental-milestones, Age appropriate developmental Stimulation**

### Introduction

Early childhood is a period from conception to five years of age, and it is the most important development phase in life.

### Objective

To assess knowledge and reported practices of 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 Dehiwela MOH areas.

### Methods

A descriptive-cross-sectional study was conducted among 421 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(73.4%) 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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Presentation at the 5<sup>th</sup> biennial academic sessions of the Postgraduate institute of Medicine on 06 October 2016

Competing Interests: Authors have declared that no competing interests exist.