

**KNOWLEDGE AND ATTITUDE ON EXCLUSIVE BREASTFEEDING  
AMONG A SELECTED GROUP OF MALAYSIAN CHILD BEARING AGED  
WOMEN.**

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## KNOWLEDGE AND ATTITUDE ON EXCLUSIVE BREASTFEEDING

**Abstract:** For all infants breastfeeding is the globally recommended feeding method. Exclusive breastfeeding is giving breast-milk only and no other liquids as recommended by the World Health Organisation. A cross-sectional descriptive study using a quantitative design was conducted to identify the knowledge and find out the attitude towards exclusive breastfeeding among child bearing aged women in Taman Connaught, Cheras, Kuala Lumpur, Malaysia. Data was collected from 100 candidates. Self-administered, structured questionnaire was used focusing on socio-demographic, knowledge and attitude towards exclusive breastfeeding. Mean and standard deviation was used to categorize the level of knowledge and level of attitude of the respondents. For the level of knowledge the obtained mean score was 21.4500 and standard deviation was 3.52301. Campaigns and seminars should be done to teach and emphasize about the importance of exclusive breastfeeding.

**Keywords:** *breastfeeding, exclusive, attitude, knowledge, childbearing women*