

ABSTRAK

Breastmilk is the best food for babies. The coverage of exclusive breastfeeding in Indonesia is very low (only 15,3% from the target of 80%). In Surabaya, Sidotopo Wetan Health Center has the lowest coverage (29,18%). Giving early non-breastmilk feeding causes bad impacts for babies. The support from the family is the most important factor to prevent this practice. The purpose of this study is to determine the correlation between family support (informational, evaluation, instrumental, and emotional support) and the complementary feeding practice in Sidotopo Wetan Health Center.

This was a cross sectional study. The population was mothers who had aged 6-12 month old infants. We used proportional random sampling technique. The independent variables were the family supports (with 4 aspects) meanwhile the dependent variable was the early complementary feeding practice. Data were collected by interviews using questionnaire. Data analysis was done using Chi-Square/Fisher's Exact.

There were 340 in the population and 66 among them were used as samples. There was no correlation between family support ($p = 0.142$), instrumental support ($p = 0.520$), emotional support ($p = 0.117$) and the early complementary feeding practice. There were significant correlation between informational support ($p < 0.001$) and evaluation support ($p < 0.001$) and the early complementary feeding practice.

We conclude that only informational and evaluation support had correlation with the complementary feeding practice in Sidotopo Wetan Health Center. Enhancing those two supports may make the exclusive breastfeeding practice better.

Keywords: *Early complementary feeding, family support*