This study aimed to describe and analyze the child rearing practices of mothers in Ilocos Norte and how such practices affect the health status of children whose ages are from zero to two years old.

Specifically, it aimed to describe the profile of mothers as to age, highest educational attainment, occupation, family income and type of family; to determine the extent of child rearing practices of mothers; to describe the profile of the respondents’ children as regards to height and weight and relate the profile of mothers to child rearing practices to health status of children ages 0-2 years old.

The study was basically a descriptive research utilizing correlational analysis. A total of 96 mother respondents whose ages ranged from 13-44 who are residing in coastal barangays of Ilocos Norte served as the sample in this study. Health status of physical growth and development is delimited to weight and height.

The selection of sample was made through random sampling. Questionnaire was used as the primary tool in gathering the needed data.

Profile of respondents was described using frequency and percentage. The relationship of variables was analyzed using Pearson product moment correlation technique where the variables were coded and quantified as internal measures, in accordance with the requirements of parametric tests. Test of hypotheses was evaluated at .05 alpha level.

Result showed that breast feeding babies and weaning them gradually with the use of ampalaya extract are more practiced by mothers. The use of vitamin supplements is also an advantage for the child’s growth and development.
To avoid bed wetting, mothers use thick clothes under babies; buttocks or make them use diapers at night. Mothers also see that their children minimize playing before going to bed.

Usually, children are brought to the doctor, nurse or midwife for medical consultation. Buying medicines over the counter is also a practice based on previous prescriptions given by their doctors on similar ailments.

Likewise, children are brought to the health center for complete immunizations.

Age of mother is negatively correlated with weaning and consultation. This indicates that the young ones employed more healthful practices.

The financial status of the family affected some child rearing practices such as consultation and immunization.

The education of the mother partly influenced her child rearing particularly in feeding, consultation and immunization.

The occupation of mother respondents largely influenced rest and sleep, consultation and immunization practices.

Mothers who are housewives devoted more time in providing definite schedule for sleep and sought consultation more frequently so that they have enough time to supervise their babies’ health needs especially during illnesses. Weaning is highly achieved through the support of a grandmother or a close aunt.

Extended family facilitated child rearing along aspect of rest and sleep.

Correlation between mother respondent’s profile and child rearing practices are significantly related likewise relationship between child rearing practices to health status of children is significant.

It is recommended that mothers’ classes be conducted more frequently in the different barangays most especially in coastal areas and the course or area should be focused on the practices embraced in this study. Mothers should be taught and trained particularly on proper feeding and weaning management.

The results of Operation Timbang conducted by the barangay nutrition scholars should be utilized with proper referral for any abnormal findings.
There must be intensified home visits, follow-ups with emphasis on correcting superstitious beliefs and undesirable child rearing practices.

The registered midwife should have a constant visit in coastal barangays to identify health problems and to disseminate information about available health resources and services.

A parallel study should be conducted by masteral student in nursing and other health-related fields regarding child rearing practices of mothers in relation to health status of children aged 0-2 years.