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**Title: The effects of education on formula and bottle-feeding behaviors in Suckling mothers based on PRECEDE model**  
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**Abstract:** Introduction: Although there may be find a lot of interventional studies which has investigated the effects of education on suckling mothers regarding advantages of breast-feeding behavior, but very few studies in developing countries have examined whether mothers are conscious of the risks associated with formula and bottle-feeding on children. Knowing that Breast-feeding Index has decreased in Iran and feeding behaviors are not suitable and adequate in suckling mothers, we studied the effect of education based on PRECEDE Model on improving mothers’ breast-feeding behaviors in Yazd.

Material and Method: Cluster stage sampling was employed to recruit 60 pregnant mothers who had one month to the time of their delivery. Before and 3 months after implementing the educational program through group discussion, lectures and pamphlets, the self-prepared questionnaire, were completed by the respondents. Validity and reliability of the scales approved. SPSS software was used for data analysis.

Results: After implementing the educational program, mothers’ knowledge (38%) and attitude (12.3%) were significantly increased (P=0.001). 85% of the mothers fed their children with exclusively mother’s milk and 15% used both, breast-feeding and formula-feeding. The children, who were formula-fed, were breast-fed 4-5 times daily as well. Moreover, none of them were formula-fed from the time of birth and formula-feeding was used as a result of improper weight getting in these children.

Conclusion: In order to design effective educational programs, healthcare professionals should better understand the determinants of feeding behaviors in suckling mothers and develop stage-specific interventions, within which, promoting predisposing factors like knowledge and attitude are priorities of the program. The PRECEDE Model, as a basic model for programming, was found to be helpful in addressing the effects of education on formula and bottle-feeding behaviors and their predisposing factors in suckling mothers.

**Formula and bottle-feeding behaviors, Suckling mothers, PRECEDE model, Education**

**Presentation: Poster**