

Title: The relationship between the demographic features of mothers, birth spacing and nutrition mother's milk with growth of the children in the first year of life in the health centers of Tabriz

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Introduction: This study is a descriptive survey that investigates the relationship between the demographic features of mothers, birth spacing and nutrition with mother's milk growth of the children in the first year of life in the health centers of Tabriz. 314 children were selected through stratification sampling. All of them had taken part in monthly control regularly. So they had complete health history. Data were obtained through determined forms when were completed using their health history.

To demonstrate the relationships, the step-by-step regression was employed. The results indicated that the majority of mothers in 18-35 years old, intermediate level of education, housewives, parity of 2 or less. The majority of children were meals that were breast-fed during first six month of life, they started complementary nutrition between 0-5 months and they were breastfed for 12 months continually. The statistical regression showed that there is a meaningful relationship between.

1. Mother's level of education and child's growth (height) (P=0.0497).
2. Birth spacing and the child's growth (weight)(P=0.0042)
3. The continuity of breastfeeding and the child growth (height & head circumference)
4. The child's sex and his (her) growth (Height-weight-head circumference) in the first of life. On the basis of results of this study offers some suggestions for future investigations.

Key Words: demographic features, mothers, birth spacing, nutrition, mother's milk, growth of the children