

# Individual and Job-Related Variation in Infant Feeding Practices among Working Mothers

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**Objective:** To document working mothers' infant feeding practices and delineate factors that may shape infant feeding. **Methods:** Cross-sectional data were obtained from a community sample of working women with 8-month-old infants (n=199). **Results:** Nearly all working mothers used commercially prepared foods like infant cereals, fruits, and vegetables. Approximately one-fifth fed infants french fries, sweetened beverages, and sweetened desserts. Unhealthy infant feed-

ing was elevated among unmarried mothers, those with less education, and those with a nonstandard work schedule. **Conclusions:** Working mothers use commercially prepared foods for infant feeding. Socially disadvantaged working mothers' infant feeding may pose health and developmental risks.

**Key words:** infant feeding, maternal employment, work-family, infant health, nonstandard work schedules

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