Objective: Women's behavior during post-partum period is strongly influenced by cultural background. The purpose of current study is to explore the traditional practices among postnatal women in rural areas.

Methods: In a descriptive design, using randomized sampling method, 129 postnatal women attending primary health centers in rural areas of Qonbad Kavous in Northern Iran were involved in this study from Aug to Sep 2014. A structured questionnaire on socio-demographic and traditional practices including general, maternal, nutritional and neonatal behavior was administrated to the sample. Data was analyzed using descriptive analysis and chi-square test.

Results: The mean age of women was 26/84±7.12 years. The total number of cultural practices ranged from 12 to 35 with the mean being 27.15± 4.57. Neonatal behaviors was the most common type of cultural practice in this study with a mean of 7.40 ± 1.83. Results showed that younger women (less than 24 years old), women from Torkaman race and who living in nuclear family more practiced traditional behavior that older women, who came from other race and women who living in extendent family (p<0.05).

Discussion: The postnatal women had followed the traditional practice mostly young women from Torkaman race. Due to limited safety information on these practice, it is needed the health care providers enquiring about these practice and give adequate information to women during postnatal period.