

ABSTRACT

Introduction:

Breastfeeding has so many benefits which are not widely known by some of the young mothers in Goma sub county and in Uganda countrywide but according those that were interviewed breastfeeding is something they all practiced with pleasure plus most of them had been taught well about breastfeeding. In many of the developing countries infants are introduced to others foods like water and other liquid which expose the infants to infection and increasing the morbidity and mortality rate of infants below the age of 6 months. In Goma sub county 8.7% of the mothers started giving their infants other foods before the age of 6 months. Estimations have been made that exclusive breastfeeding for the first six months of life could reduce infant mortality rate by a remarkable 13%. Globally, mothers ways of mixed feeding is a big public health concern which is being fought tirelessly in Uganda.

Objective:

The study was aimed at assessing the knowledge, attitude and practices young mothers have towards breastfeeding in Goma Sub County so as to know if the young mothers were also breastfeeding their infants well.

Method:

The study population was selected using cluster sampling and the size of who took part in the study was 138 young mothers below the age of 20 who were still breastfeeding their infants. Data was collected through administration of questionnaires and face to face interviews, the data collected was analyzed to get a certain percentage out of the 138 women who took part in the study. In the study mothers were interviewed using a questionnaire which was designed to elicit information on infant feeding practices and the knowledge on breastfeeding plus attitude young mothers have. Statistical analysis was done were percentages were used to established the relationship between breastfeeding, knowledge, attitude, and practices of the young mothers .

Results:

Complementary feeding was also be evaluated, which is more commonly initiated around 6 months (72%). Despite the fact that 100 of mothers initiate breastfeeding and 56.5% of mothers are found to breastfeed up to 2 years out of the 138 who took part in the study, the practice of EBF for the first 6 months is high (72.5%).82.6% know that breastfeed babies are always healthier and that it protects the baby form infant illness 79.6% ,plus the baby should always be breastfeed on colostrum immediately after birth, 69.6% Their attitude was not that greatly negative but some reported saying that they did not have sufficient breast milk. 95.7% of them said breastfeeding was much easier and the community encourages it (92.8%) , though some said that their breasts would surge if they breastfed for too long. most of the mothers said that they continued breastfeeding their babies not matter what happen and when the babies got sick they all increased the frequency and did not stop breastfeeding ,100% .

Conclusion:

Proper breastfeeding practices had a good effect on the mothers and baby,,s health as reported by the mothers. As some mothers understand the effects and importance of breastfeeding, others were less knowledgeable on the on the topic of breastfeeding plus some had different attitudes towards breast feeding for different reason which included some who feel shy to breastfeed in public (28.9%)