

This report presents a descriptive study that was carried out in Moroto district, Obstetrics and Gynecology department at Moroto regional referral hospital aimed at assessing knowledge, attitude and breast feeding practices among postnatal mothers. The general objective was to assess the level of knowledge, attitude and determine breast feeding practices among postnatal mothers. With a quantitative, cross sectional descriptive design approach, data was collected using structured, pretested questionnaires that were handed out to a total of 200 respondents selected by random sampling after giving their consent.

Data was analyzed using SPSS and results presented using bivariate tables. Despite the well-recognized exclusive breast feeding for first 6 months, and complimentary feeding for 24 months and beyond, to reduce infant mortality rate, adherence to this practice is not good in the developing countries. A majority of them were aged between 21-30 years of age than 15-20 years 108(54%), 62(31%) respectively. There were more Karamojongs, than Itesots, Acholis and other tribes 164(82%), 20(10%) and 16(8%) respectively.

Results showed that although most of the respondents 178(89%) had a very a good knowledge regarding how long a woman should breast feed a child, only 138(69%) of them admitted they can exclusively breast feed for 6 months, 22(11%) of them didn't know the importance of breast feeding while 26(13%) reported they cannot breast feed for 2 years. There was a positive attitude among respondents although some of them disagreed about breast feeding in public, reason being 'witches will make the child ill' and expressing milk due to cultural beliefs (12%, 97%) respectively.

Conclusion was based on the finding which showed that, there's good knowledge regarding breast feeding although, emphasis should be put on duration of breast feeding, the age in which solid foods should be introduced to infants. Negative attitude towards breast feeding in public and expressing breast milk should be addressed. Breast feeding helps children grow well and prevents infant and child morbidity mostly in children under 5 years of age.

Recommendation to the staff of Moroto regional referral hospital was to continue giving detailed information to mothers about benefits of breast feeding to both the mother and the infant. Poverty should addressed in this rural areas as well.