

Introduction: Breastfeeding is the natural and traditional way in which mothers feed the new-born babies or infants on breast milk from their mothers, wet nurse or expressed milk to meet their nutritional needs (WHO, 1991). Breast feeding provides an infant with essential calories, vitamins, minerals, and other nutrients for optimal growth, health, and development. Breastfeeding is beneficial to both a mother and her infant and also offers an important opportunity for the pair to bond (Seemaetal, 2013) General objective: This study was intended to investigate the factors influencing breastfeeding among mothers of children aged two years and below in Nakigo sub-county Iganga district with specific insight on the knowledge attitude and practices towards breast feeding.

Methodology: The study was carried out on 113 participants in Nakigo sub-county Iganga district selected using a simple random and purposive sampling techniques. A descriptive cross section study design in which both qualitative and quantitative data was collected using a pre-tested questionnaire from the participants who were asked about their demographics, knowledge, attitudes, and practices associated with breast feeding among mothers of children aged two years and below. The data collected was analysed using SPSS and the results presented in narratives, tables and figures.

Results: Majority, 56 (49.6 %) of the respondent's age ranged from 26-35 years and most, 66 (58.4%) of them were married. Majority, 67 (59.3%) of the respondents said breast milk was the best food for the baby. The results also showed that, majority, 95 (84.1%) of the respondents said that breast feeding helps in mother and child bonding. The researcher also found out that majority, 84 (74.3%) of the respondents agreed that babies should not be breast fed on breast milk only for the first 6 months of life.

Conclusion: Findings agreed with what was suspected by the researcher as; breast milk was recommended as the best food for the baby by most, 59.3% of the respondents and majority, 79.6% of the respondents agreed that breastfeeding should start within 2 to 3 hours after delivery.

Recommendations: New-borns should be exclusively breast fed up to 6 months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond.