

The study was carried out basing on the topic “Knowledge, Attitude and Practices on Breast feeding of Mothers in Kaptum Sub-County”. It aimed at assessing the knowledge of mothers on breast feeding in Kaptum Sub-County, establishing the attitude of mothers on breast feeding in Kaptum Sub-County and analyzing the practices of mothers on breast feeding in Kaptum Sub-County.

The study employed both quantitative and qualitative research designs where both questionnaires and interview guides were used to collect data from the field. All data was grouped and analyzed in a statistical way where by data was presented in tables showing frequencies and percentages.

The following results were obtaining basing on the study finding; Knowledge of mothers on breasting feeding; mothers are aware that breast feeding promotes bonding between mothers; breast feeding is the best nutritional source for a baby, breast feeding stops at a mean age of 8.7 months, most women start practicing mixed feeding at six month of age among others. Attitudes of mothers on breast feeding; a positive attitude towards BF stimulates a longer breast feeding, a positive Mothers attitude on EBF leads to a better attitude and better knowledge, mothers who use infant formula have a negative attitude towards EBF, a smaller family size has a positive influence on breast feeding, married women have the highest EBF than the single ones, mothers initiate breast feeding immediately after delivery, education can positively affect breast feeding. Mothers practice on breast feeding; breast feeding confidence among mothers can affect the practice, earlier breast feeding experience affects breast feeding practice, poor positioning of the baby during the practice affects it negatively and mothers who combine breast feeding and substitute feeding have a shorter lactation period.

The research recommends that There should be family support to the females to follow correct feeding practices of the children, proper nutrition of pregnant women and lactating mothers for good health of the baby, IEC activities, antenatal sensitization about feeding colostrum and exclusive breastfeeding and breastfeeding supporting groups should be formed at the peripheral level staff.