

ABSTRACT.

Exclusive breastfeeding for six months is the most effective preventive intervention for ensuring child survival. However, uptake of exclusive breastfeeding remains a challenge. This study aimed at investigating factors that enable some mothers to practise exclusive breastfeeding for six months successfully. The study was conducted in Kangemi of Nairobi city county, Kenya. It utilized qualitative methods to elicit information from participants. These were focus group discussions, key informant interviews and case studies to explore on factors that enabled them to exclusively breastfeed for the recommended six months. Data were analysed using Atlas-Ti program. The study findings showed that, support from health care providers, community health workers and significant others like husband and mothers in-law promoted the practice of exclusive breastfeeding. Further, availability of the mother, modification of work pattern and self-determination were key to the success of exclusive breastfeeding.