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**H**IV/AIDS poses a great challenge on the fetus as they are exposed to the risk of infection during pregnancy and around the time of delivery. Mixed feeding has been identified as a problem that contributes to a high rate of Mother to Child Transmission (MCT). The problem of MCT gave rise to the initiation of the prevention of mother to child programme (PMTCT) which is a strategy to reduce HIV transmission to the baby and its success depends on adherence to exclusive feeding. Mothers are to make decisions on what infant feeding methods to practice once they are in the programme. A qualitative, explorative research approach was conducted among 32 mothers on PMTCT programme at Phedisong Clinic 4  
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