

Additional file 5: Intervention fidelity by session (Facilitator logs)

Session	Number of logs received	Ease of delivery: Mean (SD) ^a	Participants engaged? Mean (SD) ^b	Any change to content?	Comments on timings	Notes about materials
AN1	9	3.83 (0.35)	3.83 (0.61)	2/5 groups reported minor changes to content: Group A: Modified timings to give increased time on one topic and to decrease another Group D: Omitted one section (attunement / name game); rearranged order (introduced nurturing programme before ice breaker)	4/5 groups reported feeling rushed due to starting late or having to complete paperwork: e.g., "Very rushed due to late start and paperwork at the beginning."	No problems with materials were reported
AN2	7	4.57 (0.53)	4.29 (0.49)	2/5 groups reported minor changes to content Group A: Changed order to aid 'flow' Group D: included section omitted from previous week; modified one section 'me & you' game Group E: <i>Put the flipcharts for changes in me + you in a different order</i>	4/4 groups reported timings worked well	2/5 groups reported some problems with too many hand-outs e.g. "It was fine but too many hand-outs - so parents were confused" 1 group reported confusion on cultural understanding. "... The only thing complicated was cultural understanding: people's different cultures and confusion on thoughts."
AN3	7	3.07 (1.02)	3.86 (0.69)	3/4 groups reported changes: Group A: edited content for key messages (vitamin D, breastfeeding) Group B: omitted 2 sections 'touch' and 'concerns about	4/4 groups reported this session was rushed. E.g. "Too much information for this session." "The session content was too	1/4 groups reported some problems with material: e.g. "I thought some of the material repeated itself." Otherwise materials were fine:

Session	Number of logs received	Ease of delivery: Mean (SD) ^a	Participants engaged? Mean (SD) ^b	Any change to content?	Comments on timings	Notes about materials
				infant feeding' Group D: omitted sections: Changing Places, Relaxation, Healthy Meal Challenge, Touch, Self-Esteem and Physical Activity	long - timings were an issue as discussions were cut short as we needed to cover other things"	e.g. "Easy to follow." "material was fine"
AN4	4	4.50 (0.58)	4.00 (0)	2/3 groups reported minor content changes: Group A: Edited some sections for key content Group D: Discussion shortened (nurturing ourselves, nurturing physical activity)	2/3 groups reported no problems with timings e.g., "Worked very well, more straightforward activities and was easier to deliver contents and keep to the time." 1 group reported a minor problem "Getting Started was difficult - late arriving and lots of chat..."	1/3 groups reported problems with hand-outs "Hand-outs may have too much information. Learners do not seem to be reading or giving positive information on them."
AN5	5	3.75 (0.50)	4.50 (0.71)	3/5 groups reported minor content changes 2 groups omitted one task (the '1' task: Groups B & D) Group A: reported minor changes to one activity (handling stress)	5/5 groups felt session was rushed e.g. "Timings were an issue as the session was yet another long one - so it was difficult to get all the information across"	2/5 groups reported no problems with material e.g., "fine" 2/5 groups reported that there was "too much material"
AN6	5	4.00 (0.71)	4.50 (0.58)	1/ 4 groups reported minor changes to content: Group D: omitted 'common complaints', edited 'empathy' section.	No problems with timings were reported e.g., "Really well - got through everything on time."	2/4 groups reported problems with materials e.g. "Quiz was complicated: could change the questions, relate it to the programme."

Session	Number of logs received	Ease of delivery: Mean (SD) ^a	Participants engaged? Mean (SD) ^b	Any change to content?	Comments on timings	Notes about materials
						“Material could have been shortened, more condensed.”
PN1	4	4.25 (0.96)	4.25 (0.50)	One group (D/E) omitted content due to late arrival of mums	2/3 Groups reported no problems with timings e.g. “worked well and fit it all in” 1 Group started late due to adverse weather conditions so struggled to fit all content in.	No groups reported problems with materials
PN2	5	3.60 (0.55)	4.00 (0.82)	2/4 groups reported minor changes to content Group B reported omitted one section (unnamed) Group A: omitted DVD clip, but and shortened discussion on ‘boundaries’	1/4 Groups reported no problems with timings 3/4 Groups reported problems with timings due to late arrivals E.G. “Took a long time to get started due to late arrivals etc.” Or amount of content e.g. “a lot to fit in”	2/4 groups expressed dissatisfaction with amount of content: e.g. “There was a lot of course content to deliver in one session... babies needs are priority to mother and too much information to take in.
PN3	4	3.50 (0.58)	4.25 (0.96)	2/4 groups reported minor changes to content: Groups A and D/E omitted ages and stages quiz, and feelings	2/4 Groups reported problems with timings due to late arrivals or entertaining babies e.g. “The timings were not good, trying to get all the information to parents around feeding baby, nappy changing, sickness was distracting mothers”	2/4 Groups reported problems with materials e.g. “too many hand-outs to look through” “Pedometer challenge was confusing. No answer for what prize will be, how steps are converted to miles.” “I have some confusion about serving sizes - 'what is a

Session	Number of logs received	Ease of delivery: Mean (SD) ^a	Participants engaged? Mean (SD) ^b	Any change to content?	Comments on timings	Notes about materials
						portion', 'when they are full'
PN4	2*	5.00 SD (0)	5.00 (SD 0)	1/2 groups reported minor changes to content Group B: Changed the way delivered family food section - didn't have flipcharts on wall, but just had discussion	No problems with timings were reported	No problems with materials were reported
PN5	2*	4.00 (SD 0)	5.00 (SD 0)	1 group reported minor change in content Group B: changed order of activities to suit needs of group	1 group reported being rushed due to late arriving families	One group reported that 'activities section' needs to be clearer

^a scored on a 1-5 scale where 1 – complicated / challenging to 5 – straight forward / easy

^b scored on a 1-5 scale where 1 – not at all to 5 – very receptive

NB: AN: Antenatal; PN: Postnatal. Only one log for postnatal session 6 was completed. This is not displayed.