

KWAZULU-NATAL INITIATIVE FOR BREASTFEEDING SUPPORT:

In-depth interview guide Visit 3-6.

NB: Before beginning the interview, ***position*** the microphone near to interviewer and interviewee, ***turn it on and talk into the microphone*** the following information:

- *Area code*
- *Mother code*
- *Visit number (1-6)*

E.G. "This is (your name) I am conducting an interview in area 01 on mother 7 and it is visit number 3".

Feeding patterns:

1. How have things been going with feeding your baby since we last visited?

Probe:

- a. *Exclusive breast feeding/mixed feeding/formula feeding*
- b. *Have you given your baby any other fluids or formula milk? if so, why?*
- c. *Has the way you feed your baby changed since the baby was born?*
Explain.

2. Why do you choose to feed your baby this way?
3. Have you had any challenges with feeding?

Probes:

- a. *If so, what were those challenges?*
- b. *How did you resolve them?*

4. Who has given you advice on how to feed your baby? Discuss.

Probes:

- a. *What advice have you been given?*
- b. *Do you think their advice affects you? Explain*
- c. *What have you decided after hearing such advice?*
- d. *How do you feel about others reactions to your decisions regarding feeding of your baby?*
- e. *Is there anyone who is supportive of your decisions?*

5. Who do you choose to listen to in terms of advice?
6. How do you feed your baby if you have to go somewhere without him/her?

Probe:

- a. *Do you express milk/never leave her baby/ give her baby formula*

Exposure to health services:

7. Have you had a contact with the CCGs since you were pregnant?

Probe:

- a. How many times have you been visited?*
- b. Have they helped you with feeding advice in any way?*

8. In your last clinic visit what advice did the staff give you regarding feeding your baby?

Probe: Who was it that gave you that advice? Was it a nurse or nutritional advisor?

Social factors

9. What are the attitudes of family members and friends to the way you choose to feed your baby?

Probe:

- a. Who assists you financially*
- b. Does the father have a say in how the baby is fed, whether its breastfeeding or formula?*
- c. Ask about father's attitudes and paternal/maternal grandparents*
- d. Have you experienced any negatives responses from people about the way you feed your baby?*

10. Is there any place where you would not feel comfortable feeding your baby?

11. Is there anything else I should know about the way you feed your baby?

ONLY FOR THE FINAL INTERVIEW

To conclude our visits, I want you to think back on how you fed your baby over the past 6 months. Can you describe that journey and the choices you made on the way?

Probe:

- a. Is there anything you would change or wish you had rather done regarding the feeding of your baby?*
- b. How do you think your baby's health has been over the six months? Explain*
- c. Do you think breastfeeding affected your health and your body in any way?*