

Supporting information

S1 Table. Interview guide

Question	Probe
1. Can you describe how the COVID-19 pandemic affected you and your family?	<ol style="list-style-type: none">a. Describe how the COVID-19 pandemic affected your health.<ol style="list-style-type: none">i. Were there any differences between how your health was affected during your pregnancy and now?ii. How has the pandemic affected your baby's health?b. How did recommendations/restrictions for the pandemic shape your health decisions?<ol style="list-style-type: none">i. How has the pandemic affected your decisions for your baby's health or how you feed your baby?ii. How has the pandemic affected decisions you're making now, or decisions you're planning to make, for your baby's health or how you feed your baby?
2. Did your eating behaviors change during the pandemic?	<ol style="list-style-type: none">a. Did your food sources (where you purchase your food) change?b. In the COVID-19 survey, we asked if you have been eating more or less food. Has your response changed?c. How about the types of foods you eat? Are you eating more or less of certain types of foods?d. Have there been any changes in how you eat over time?
3. Can you describe how the pandemic changed your activity levels?	<ol style="list-style-type: none">a. What made it harder/easier to stay active during the pandemic?b. Have there been any changes in how active you are over time?
4. Can you describe how the pandemic affected your sleeping habits?	<ol style="list-style-type: none">a. Have there been any changes in how you sleep over time?
5. What emotions did you feel as you became more aware of COVID?	<ol style="list-style-type: none">a. Have there been any changes in your mood or stress over time?b. What were some factors in your life that made you feel stressed?c. Who or what helped you manage stress?
6. Can you explain how the pandemic affected your health care?	<ol style="list-style-type: none">a. Were the topics you and your health care providers discussed different during your appointments after public awareness about COVID-19 started to grow?b. Were any of your appointments converted from in-person appointments to virtual (telehealth/video), or were any canceled?c. Did the pandemic change your birth plan?d. How has the pandemic changed your baby's health care?
7. What sources did you go to know what precautions to take for COVID during and after pregnancy?	<ol style="list-style-type: none">a. Did you find this information helpful?
8. Is there anything else you want to share?	

S2 Table. Quantitative results for first-time mothers compared to mothers with children, and pregnant and postpartum mothers

Variable	n (%) or Mean (\pm SD)			
	First-time mothers n= 12	Mothers with children n= 9	Pregnant mothers n= 15	Postpartum mothers n= 6
No employment changes	8 (67)	5 (56)	9 (60)	4 (67)
Daycare/school closed	2 (17)	8 (89)	6 (40)	4 (67)
ANC/PNC format changed	9 (75)	4 (44)	11 (73)	2 (33)
No birth plan changes	6 (50)	7 (78)	10 (67)	3 (50)
Eating same amount	7 (58)	5 (56)	10 (67)	2 (33)*
Eating more	4 (33)	3 (33)	3 (20)	4 (67)
Eating more home cooked meals	8 (67)	7 (78)	11 (73)	4 (67)
Less physical activity	9 (75)	4 (44)	10 (67)	3 (50)
More screen-time	6 (50)	8 (89)	10 (67)	4 (67)
Sleeping same amount	7 (58)	7 (78)	12 (80)	2 (33)*
Sleeping less	2 (17)	2 (22)	0 (0)	4 (67)
Talk with friends/family same	5 (42)	4 (44)	6 (40)	3 (50)
Talk with medical provider same	6 (50)	6 (67)	10 (67)	2 (33)
Talk with medical provider more	2 (17)	1 (11)	2 (13)	1 (17)
Talk with medical provider less	2 (17)	2 (22)	3 (20)	1 (17)
Talk with mental health provider same	1 (8)	3 (33)	3 (20)	1 (17)
Talk with mental health provider more	0 (0)	1 (11)	0 (0)	1 (17)
COVID-19 had a negative impact	10 (83)	7 (78)	11 (73)	6 (100)
General stress	2.4 (\pm 0.2)	2.2 (\pm 0.4)	2.2 (\pm 0.2)	2.7 (\pm 0.5)
Change in stress level	0.8 (\pm 0.5)	1.6 (\pm 0.6)	1.0 (\pm 0.5)	1.5 (\pm 0.4)
Perceived stress	5.1 (\pm 0.7)	5.1 (\pm 1.3)	4.8 (\pm 0.8)	5.8 (\pm 1.4)
Acute stress	2.5 (\pm 0.2)	2.2 (\pm 0.2)	2.3 (\pm 0.1)	2.4 (\pm 0.3)
Concerns overall	2.3 (\pm 0.1)	2.2 (\pm 0.2)	2.3 (\pm 0.1)	2.3 (\pm 0.3)
Impact on your community	3.7 (\pm 0.3)	3.3 (\pm 0.4)	3.3 (\pm 0.3)	4.0 (\pm 0.4)
An elderly relative or family friend will get COVID-19	3.2 (\pm 0.3)	3.2 (\pm 0.4)	3.1 (\pm 0.2)	3.5 (\pm 0.6)
Worries overall	2.4 (\pm 0.2)	2.0 (\pm 0.2)	2.1 (\pm 0.2)	2.6 (\pm 0.3)
Being separated from my baby after delivery	3.2 (\pm 0.3)	2.4 (\pm 0.5)	2.7 (\pm 0.3)	3.4 (\pm 0.4)
Contracting the coronavirus and not being able to care for my baby	2.9 (\pm 0.4)	2.5 (\pm 0.4)	2.6 (\pm 0.3)	3.2 (\pm 0.6)
Changing my plans to breastfeed	1.8 (\pm 0.4)*	0.3 (\pm 0.2)	0.7 (\pm 0.3)	2.4 (\pm 0.6)*
Resilience	3.7 (\pm 0.2)	4.1 (\pm 0.3)	4.0 (\pm 0.2)	3.7 (\pm 0.4)

**p* value < 0.05