

Supplementary Data

Appendix SA1. Relevant Questions from the FiNaL Study Questionnaires

Infant Feeding Questionnaire - Prenatal

Social Experience with BF

Were you breastfed as a baby? Yes/No/Don't Know

Infant Feeding - Intent

Have you considered how you are going to feed your baby? Yes/No
If **Yes**, **when** did you decide?

- Before I was pregnant
- During this pregnancy

If **Yes**, do you think you **might change** your mind?

- Yes, I might change my mind
- No, my decision is made

Will you be breastfeeding your new baby?

- Yes, I have decided to breastfeed
- No, I have decided to formula feed
- Don't Know/Have not thought much about how I will feed my baby

Previous Infant Feeding Experience

These questions are about other children you may have.

Do you have other children? Yes/No

Have you ever breastfed? Yes/No



Knowledge of BF (Table) - Intent

Here are a set of statements about infant feeding. Please circle the answer that best shows what you think about each statement. On a scale of 1 to 5:

1=Strongly Disagree, 2=Disagree, 3=Neutral or No Opinion, 4=Agree, 5=Strongly Agree

	SD	D	N	A	SA
1 The benefits of breastfeeding last only as long as the baby is breastfed.	1	2	3	4	5
2 Formula feeding is more convenient than breastfeeding.	1	2	3	4	5
3 Breastfeeding increases mother infant bonding.	1	2	3	4	5
4 Breast milk is lacking in iron.	1	2	3	4	5
5 Formula fed babies are more likely to be overfed than breastfed babies.	1	2	3	4	5
6 Formula feeding is the better choice if the mother plans to go back to work.	1	2	3	4	5
7 Mothers who formula feed miss one of the great joys of motherhood.	1	2	3	4	5
8 Women should not breastfeed in public places such as restaurants.	1	2	3	4	5
9 Breastfed babies are healthier than formula fed babies.	1	2	3	4	5
10 Breastfed babies are more likely to be overfed than formula fed babies.	1	2	3	4	5
11 Fathers feel left out if a mother breast-feeds.	1	2	3	4	5
12 Breast milk is the ideal food for babies.	1	2	3	4	5
13 Breast milk is more easily digested than formula.	1	2	3	4	5
14 Formula is as healthy for an infant as breast milk.	1	2	3	4	5
15 Breastfeeding is more convenient than formula.	1	2	3	4	5
16 Breast milk is cheaper than formula.	1	2	3	4	5
17 A mother who occasionally drinks alcohol should not breastfeed her baby.	1	2	3	4	5

From Iowa Infant Feeding Attitude Scale (De La Mora et al. 1999)

Demographics

What is your **age** in years?

- < 18
- 18 – 25
- 26 – 34
- ≥ 35

What is your current **marital status**?

- Single
- Married
- Common Law
- Separated/Divorced

What is the highest **level of education** you have completed?

- Less than Grade 10
- Some high school
- Completed high school
- Some University or Trades College courses
- University or Trades College degree or diploma
- Post Graduate degree (e.g., Masters, PhD)

Considering all of the members of your household, what would you estimate the **total yearly income** to be?

- Less than \$10,000
- \$10,000–\$19,999
- \$20,000–\$29,999
- \$30,000–\$59,999
- \$60,000–\$80,000
- More than \$80,000
- Prefer not to say



Are you currently smoking? Yes/No

Please provide your postal code so we know in what region of the province you live.

Postal Code

Infant Feeding Questionnaire - Postnatal – Stage 1 (Up to 3 months)

What type of delivery did you have?

- Vaginal
 - Forceps
 - Vacuum extraction
 - Normal
- Cesarean
 - Elective (planned)
 - Emergency

Skin-to-Skin Contact (SSC)

Did you have skin-to-skin contact with your baby immediately after birth? (By **skin-to-skin** we mean you were holding the baby so that your bare skin was next to baby's bare skin.) Yes/No

If **No**, why not? _____

If **Yes**, how soon after birth was your baby laid skin-to-skin with you?

- Within 5 minutes
- Between 5 minutes and 1 hour
- Between 1 and 12 hours
- More than 12 hours later

If **Yes**, how long did baby stay skin-to-skin with you after the birth?

- Less than 1 hour
- Between 1 and 2 hours
- Over 2 hours

Infant Feeding in Hospital

If you breastfed your baby, was your baby fed any other fluids? Yes/No

If **Yes**, what other fluids were given to baby? _____

How many times or how often? _____

While in hospital, what was your first impression of breastfeeding?

- Excellent
- Good/No problems
- Some problems (Specify _____)
- Other (Specify _____)

Current Method of Infant Feeding

How are you currently feeding your baby?

- Totally breastfeeding
- Breastfeeding and Formula
- Formula Only



If Breastfeeding

Do you give your baby any **additional fluids besides breast milk**? Yes/No

If **Yes**, how old was your baby when you started feeding these fluids? _____

Has your baby ever had any **solid foods** such as cereal/fruits/vegetables/meats? Yes/No

If **Yes**, how old was your baby when you started feeding these solids? _____

If Breastfeeding Discontinued

How old was the baby when you stopped breastfeeding?

- One week or less
- 2 to 3 weeks
- 4 weeks old or older

