# In-depth interview guides

## Prepartum interview

<table>
<thead>
<tr>
<th>1. Introduction</th>
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<tr>
<td>How are you doing, how is your pregnancy</td>
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<tr>
<th>2. Pregnancy and preparing for delivery</th>
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<tr>
<td>How is your health (physically, mentally) (to be cont. at no.12)</td>
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<tr>
<td>How do you perceive the midwives’ services</td>
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<td>How do you prepare for delivery (information, classes)</td>
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<td>Is this baby your partner’s first child as well?</td>
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<td>Where do you plan to give birth (at home, in clinic/hospital, other)</td>
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<td>Have you arranged maternity care (maternity care organisation, private care, other)</td>
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<td>Have you had any antenatal screenings</td>
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<td>Do you know whether it will be a boy or a girl</td>
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<td>Do you like to arrange things in detail, or are you coping well with sudden events</td>
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<th>3. The intention to breastfeed</th>
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<tr>
<td>You told your midwife that you intend to breastfeed. Can you explain why</td>
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<td>Can you explain in more detail</td>
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<td>Why do you feel like that</td>
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<tr>
<td>Did you gather information about it, what kind of information (to be cont. at no. 6)</td>
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<td>Do you understand women who intend to feed formula</td>
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<td>What could be their reasons to do so</td>
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<th>4. The moment of the decision</th>
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<tr>
<td>When did you know you want to breastfeed</td>
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<tr>
<td>Did you ever change your mind or had doubts in the course of your pregnancy</td>
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## 5. Social influences

What do people in your social environment think about breastfeeding (partner, relatives, friends, neighbours, colleagues)
Who knows about your intention
With whom did you talk about your intention
How did they respond
What do you think of the way breastfeeding is addressed in the media

## 6. Experiences of others in the social environment

Do you know anyone in your environment who just had a baby or not so long ago
Do you know how this baby is being fed
What do you think about that

## 7. Knowledge and information

What do you know about breastfeeding
Do you know what you yourself will have to do to practise breastfeeding
Did you gather information about breastfeeding
What kind of information, from where (education material, classes)
What do you think about breastfeeding classes
Did you get enough information
Are you going to get more (what kind, how)

## 8. Support

Will anybody assist you in breastfeeding
What support do you expect from health care professionals
What support do you expect from others (relatives, friends, others)

## 9. Breastfeeding duration

Do you know for how long you intend to breastfeed
What breastfeeding duration is comfortable in your opinion
10. Work

Do you work outside the house or at home  
What is your position  
What education or training did you have  
How many hours do you work  
Are you entitled to maternity leave  
Will you return to work after having your baby  
Does your partner work outside the house or at home  
What is your partner's position, education  
Have you started to think about arranging childcare, or are you going to  
How do you perceive your workload (physically, mentally)  
Did you discuss breastfeeding with your employer or colleagues  
Did you discuss expressing milk with your employer or colleagues  
Do you know whether you will be able to express milk at work (time, location)

11. Breastfeeding in the past

Were you breastfed yourself as a baby  
Was your partner breastfed as a baby  
Do you know how breastfeeding was addressed in your family when you were a child  
Do you have brothers or sisters and were they breastfed at the time  
What do you know about that  
Did your mother work when you were a baby

12. Family and socialisation

Are your parents still alive  
Do your parents or in-laws have any grandchildren already  
Where have you been born and where did you grow up  
What about your parents  
Your partner  
Are you or your partner religious  
If so, does that influence your way of life  
Were there any significant events in your family
### 13. Health

- How is your health (physically, mentally) (see also no. 1)
- Are there any genetic disorders or allergies among your or your partner’s relatives
- Is anybody smoking in or outside your house
- Are you taking any medication
- What do you think about your diet
- Are you taking alcoholic drinks
- Are you taking drugs

### 14. Self-efficacy and the need for control

- How do you cope with insecurity
- Do you like being in control and arranging things on your own
- How do you respond to stress
- Can you accept help easily
- How do you respond when things don’t work out the way you expected
- Do you usually succeed the way you want to

### 15. Breastfeeding with others or in public

- What do you think about breastfeeding when there are other people present (in public, in restaurants, among visitors at home)
- How do you feel when you see a woman who is breastfeeding
- How do you think you will deal with it yourself

### 16. Summary and main reason

- At the start of the interview you explained your reasons to intend breastfeeding.
- What is the main reason
- Whom in your environment were most important in your decision
- Which circumstances were most important in your decision
- Are there any other things we did not discuss
17. Concluding remarks

Thank you very much for having this first interview
Where would you like to meet for the second interview (midwife clinic, at home, other)
I wish you all the best having your delivery

Postpartum interview

Introduction

Congratulations with the birth of your son/daughter. How are you and your child doing

1. Delivery and the first contact

How did you perceive giving birth to your child
Where did you give birth, was that how you had intended it
Who were at the delivery (professionals, relatives)
Were there any specific circumstances or complications
How was the first contact with your child
What was the first feeding of your child
What can you tell about the first time latching on
Was there any assistance while first latching on and after
When was hospital discharge (in case of clinical delivery)
Who were at home when you arrived at home (maternity assistant, relatives)

2. The first period (day 1 until day 8-10)

What can you tell about the feeding during the first few days and nights
How did you perceive the onset of milk production
Did you have maternity assistant services or other support (how many days, hours)
Was your husband or partner at home the first few days
### 3. The first period and at 4-6 weeks

- What can you tell about the feeding (daytime, at night)?
- How was the latching on?
- Which postures did you have while feeding?
- How did you perceive your milk production?
- How did you perceive your infant’s crying?
- Did your baby have stomach pain or any other pains?
- Did you notice how your child responded to the feeding?
- How did you perceive your baby's weight loss and growth?
- Did you use any scales?
- Did your baby have a pacifier (thumb)?
- Did you wake up your baby sometimes for feeding?
- Did you have visitors the first few days and after?
- Did you sleep or rest enough?
- How did you feel physically and mentally?

### 4. At 4-6 weeks

- What can you tell about the feeding now at 4-6 weeks?
- Do you feed on demand or according to a schedule?
- Do you get any support or assistance from others now?
- If having any, how do you respond to having visitors?
- How do you now perceive feeding when others are present?
- Did you hear anything from your workplace (employer, colleagues)?
- How do you anticipate returning to work?
- Did you practise expressing milk?
- Did the midwife (or other professional) visit you at 4-6 weeks?
- Did you and the midwife discuss birth control?
- Did you attend the baby clinic?
- Did you discuss your infant’s feeding at the baby clinic?
- Did they give you any specific advice?
### 5. Knowledge and information (see also prepartum interview guide)

- What do you know now about breastfeeding
- What do you know now about what you need to do yourself to practise breastfeeding
- Are you in doubt what to do sometimes
- What do you do then
- What kind of information is most useful in your opinion
- Are you going to get more information

### 6. Sociale influence and support (see also prepartum interview guide)

- How did you generally perceive the support or assistance (professionals, others)
- Did anybody express his or her opinion on the way you are feeding your child
- Which persons did you rely on most
- Which persons have (had) the most influence on the way you are feeding now

### 7. Self-efficacy and roles (see also prepartum interview guide)

- How do you perceive breastfeeding now
- Did you react the way you had expected
- Did you make a decision yourself at a certain moment
- Did anybody help you in your decision-making
- Are you satisfied concerning the way you are feeding now
- How do you feel about how you manage
- How do you perceive your different roles now (mother, woman, work, social life)
- Did anything change in the way you perceive your own breasts

### 8. Intention in retrospect (see also prepartum interview guide)

- How do you look back on the prepartum period
- How do you look back on your intentions
- Is there anything you know now which you didn’t know before
- How do you feel about that
- What would be your advice to other new mothers now
### 9. Summary and main reason

In the first interview you indicated that the main reason to intend to breastfeed was:

What do you think about that now
What was (has been) most influential on the way you are feeding now in your opinion
What are your expectations concerning feeding in the near future (weeks, months)
What is the most important reason for women to stop or continue breastfeeding in the first month after delivery

### Concluding remarks

Is there anything you like to add to this interview
Thank you very much for your participation