

3. husband can help
4. other children in the family
5. unsuccessful at breastfeeding before
6. mother was bottle fed before (or family)
7. easier to make bottle
8. working , no time to breast feed
9. medical reasons : on medications / breast problems
10. health professional or hospital discouraged her from breastfeeding
11. can see how much baby is taking

Q4: Did anyone discuss feeding your baby with you during pregnancy?

1. Yes
2. No

Q5: If yes, who discussed feeding your baby with you?

1. Midwife
2. Obstetrician
3. GP
4. Nurse
5. Others

Q6: While you were pregnant with this baby, did you receive any information about the health benefits of breastfeeding?

1. Yes
2. No

Q7: If yes, where did you receive this information from?

1. Midwife
2. Obstetrician
3. GP
4. Nurse
5. Magazine /book /leaflet
6. TV /radio
7. Somewhere/someone else

Q8: what do you know about health benefits of breastfeeding for you as a mother:

1. helps to lose weight, get figure back, tone.
2. less risk of cancer (breasts , ovarian , cervix)
3. bonding with baby.
4. convenient / no bottle to make up
5. economic / free
6. prevents osteoporosis
7. contraceptive effect
8. prevents depression
9. relaxing, makes me feel good, helps me sleep
10. I don't know

Q9: what do you know about health benefits of breastfeeding for the baby :

1. I don't know

2. boosts immune system, prevent infections
3. prevent asthma, allergies.
4. prevent obesity, diabetes
5. bonding
6. prevent colic , easily absorbed
7. higher I.Q
8. baby grows better

Q10: If you had previous children, how did you feed them?

1. This is my first baby
2. Combination of breast and formula
3. Breast only
4. Formula only

Q11: If you would have another baby, how do you think you would feed that baby?

1. Breast
2. Formula
3. Combination of breast and formula

Q12: What kind of feeding did your baby receive for his/her first feed after birth?

1. Breast
2. Formula
3. Combination of breast and bottle

Q13: If you planned to and started breastfeeding, what were your reasons for stopping breastfeeding?

1. Busy lifestyle / other children.
2. Perceived insufficient milk supply/hungry baby.
3. Uncomfortable with feeding in public.
4. Problems associated with breastfeeding.
5. Returning to work.
6. Lack of support for breastfeeding / wanted partner to share feeding.

Q14: If you give your baby infant formula and breast milk, please tell us the main reason why you started to give your baby infant formula along with breast milk?

1. Wanted to wean baby off the breast.
2. Getting a break from breastfeeding.
3. Milk supply/hungry baby.
4. Busy lifestyle/other children
5. Night feeds.
6. To give other food.
7. To get baby accustomed to taking a bottle.
8. difficulties with strict to breastfeeding.

Q15: When your baby was six months old which of the following best describes his or her type of feeding :

1. Breast milk only (no other food or fluids)
2. Formula milk only (no other food or fluids)
5. Breast milk and solid food.
6. formula milk and solid food.

Q16: If you give your baby solids or spoon feeds, how old was your baby to the nearest number of months when you first gave solids foods to her / him

- a) before 4 months.
- b) 4 – <6 months..
- c) more than 6 months.

Q17: Did anybody show you how to prepare formula feeds during pregnancy or after your baby was born?

- 1. Yes
- 2. No

Q18: If yes, Who was this?

- 1. Nobody showed me how to prepare feeds
- 2. midwife
- 3. Nurse
- 4. Friend
- 5. Family member
- 6. Partner
- 7. Others

Q19: When making up formula feeds for your baby, do you usually

- 1. Make up one feed at a time as you need it
- 2. Make up several feeds at a time and store them
- 3. Only ever use ready to feed formula

Q20: When making up formula feeds for your baby, do you usually

- 1. Use water that has just boiled
- 2. Use water that has been left to cool for 30 minutes
- 3. Use water that has been left to cool for longer than 30 minutes
- 4. Use water from the tap
- 5. Use bottled water
- 6. Others

Q21: if you give formula milk along with breast milk, what is the frequency of giving formula milk?

- 1. Almost all feeds.
- 2. About half of all feeds.
- 3. one or two feed a day.
- 4. A few feeds a week , not every week.

Thank you for participating ..



08 February 2015
(19.04.1436H)

TO : **Dr. Hayfa Abdulhaleq Alhafdhi**
Joint Program of Family Medicine
Abha, Kingdom of Saudi Arabia

FROM : **Head of Research Ethics Committee (HA-06-B-001)**

RE : **Research Proposal Submitted for Review**

I am pleased to inform you that during the Research Ethics Committee 1st Meeting for the year 2015 today, 08 February 2015, your submitted research proposal entitled " **Infant feeding: Knowledge, attitude and practice of mothers in Abha, Saudi Arabia** " (REC # 2015-01-16) have been reviewed and **approved**.

We would like to remind you of the need to inform the Research Ethics Committee (REC) in cases of protocol amendments, change of recruitment materials, change of the consent form and reporting of any unexpected adverse events or unanticipated problem or termination of study. A notification of completion or final report of the study should also be submitted to the Research Ethics Committee (REC).

Your cooperation of this matter will be highly appreciated.

We wish you the best of luck.

Sincerely,

PROF. JAEED AL-GHAMDI, MD, FRCS, ABO, FICS, FACS
Head of the Research Ethics Committee
College of Medicine, King Khalid University
Abha, Kingdom of Saudi Arabia

الرقم : التاريخ : / / ١٤ هـ المرفقات :