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APPENDIX - I

TOOL - 1

QUESTIONNAIRE TO ASSESS BREASTFEEDING KNOWLEDGE, PRACTICES & PROBLEMS OF PAROUS MOTHERS

SECTION 1 – Background information of the parous mothers

Instructions - The following questionnaire helps to identify the kind of breastfeeding support the mothers need. The answers you provide and the data we collect will only be used for the purposes of this study. All answers will be handled confidentially and any information gathered will be stored without using your name.

Note : The respondents are requested to please state the correct information.

Code No. :

Age :

1. Maternal Education

- a) No formal education
- b) Primary
- c) Secondary
- d) College/ University

2. Religion

- a) Hindu
- b) Muslim
- c) Sikh
- d) Christian
- e) Others

3. Working status

- a) Working (Specify)
- b) Non-working

4. Parity

- a) One
- b) Two
- c) Three
- d) More than three

5. Type of Family

- a) Nuclear
- b) Joint

6. Type of delivery

- a) Normal vaginal delivery
- b) Assisted delivery
- c) Caesarean section

7. Family support for breastfeeding

- a) Yes
- b) No

APPENDIX - II

TOOL - 2

Breastfeeding Knowledge of Postnatal Mothers

Instructions - The following multiple-choice questions help to assess the knowledge of postnatal mothers regarding breastfeeding. The answers you provide and the data we collect will only be used for the purposes of this study. All answers will be handled confidentially. Kindly read the questions and put a tick mark against the most appropriate answer from the options given. Please note it is important to respond to all questions. The respondents are requested to tick only one answer for each given question.

Q1. Besides protecting your child against disease, what is another advantage of breastfeeding?

- a) Breast milk is easier to digest than formula.
- b) Breast milk does not need to be prepared.
- c) Breast milk is free and readily available.
- d) All of the above.

Q2. How does breastfeeding help the mother?

- a) Breastfeeding helps you get back to your normal weight.
- b) Breastfeeding reduces risk for ovarian cancer.
- c) Breastfeeding increases bone strength.
- d) Both (a) and (b).

Q3. The benefit of skin-to-skin contact is:

- a) Increased pain
- b) Increased success of breastfeeding
- c) Disturbs sleep pattern of baby
- d) Increased crying

Q4. The first thick yellow milk produced by human breast needs to be:

- a) Discarded
- b) Offered to the baby
- c) Stored for later use
- d) Wiped off

Q5. How often you must offer your baby breast milk?

- a) 3 times a day
- b) 6 times a day
- c) 8-12 times a day
- d) 20 times a day

Q6. How can you tell if your baby is getting enough milk when breast feeding?

- a) Your baby has at least 6 wet diapers a day.
- b) Your baby has several bowel movements each day.
- c) Your baby readily gains weight.
- d) All of the above.

Q7. How long you should give only breastfeed to your baby?

- a) 1 month
- b) 3 months
- c) 6 months
- d) 12 months

Q8. Breastfeeding should be initiated within how many hours after normal delivery?

- a) Half-1 hour
- b) 2-4 hours
- c) 4-6 hours
- d) 6-8 hours

Q9. Breastfeeding should be initiated within how many hours after caesarean section?

- a) 1-2 hours
- b) 2-3 hours
- c) 3-4 hours
- d) 4-5 hours

Q10. What are the signs of good attachment?

- a) The baby taking all of the areola inside the mouth.
- b) Mouth wide open
- c) Baby's chin touching the breast
- d) All of the above

Q11. Which of the following will influence maternal milk production?

- a) Night time feeds
- b) Relaxed pain-free & confident mother
- c) Balanced diet
- d) All of the above

Q12. Baby should be placed in which position after feeding?

- a) Right side
- b) Left side
- c) Straight
- d) Placed on back

Answer Key

Q1. (d)

Q2. (d)

Q3. (b)

Q4. (b)

Q5. (c)

Q6. (d)

Q7. (c)

Q8. (a)

Q9. (a)

Q10. (d)

Q11. (d)

Q12. (a)

APPENDIX – III

TOOL - 3

Practices related to Breastfeeding of Postnatal Mothers

Instructions - The following questionnaire helps to measure the breastfeeding practices of the postnatal mothers. All answers will be handled confidentially. Kindly read the questions and put a tick mark against the most appropriate answer from the options given. Please note it is important to respond to all questions. There is no correct/wrong answer. Also please specify the reasons wherever applicable.

1. When did you initiate first breastfeeding?

a) Within 2 hours

b) 2-24 hours

c) >24 hours

(Reason for delay in feeding)

2. Did you feed your baby with colostrum?

a) Given

b) Not given

(Reason for not giving)

3. Are you breastfeeding your baby at present?

a) Yes

b) No

(If no, specify.....)

4. What is the feeding method adopted by you?

a) Only breastfeeding

b) Mixed method

c) Formula feeding

5. Are you taking any food that enhances breast milk production?

a) Yes

b) No

(If yes, specify)

APPENDIX – IV

TOOL - 4

Problems related to Breastfeeding of Postnatal Mothers

Instructions - The following questionnaire helps to measure the breastfeeding problems of the postnatal mothers. All answers will be handled confidentially. Kindly read the questions and put a tick mark either yes or no for each given item. Please note it is important to respond to all questions. There is no correct/wrong answer.

S.No.	Breastfeeding Problems	Yes (0)	No (1)
1.	Feeling tired or fatigue		
2.	Latching difficulties		
3.	Inadequate milk production		
4.	Breastfeeding too difficult/ time consuming		
5.	Sore nipple		
6.	Infant refusal to breastfeed		
7.	Breast engorgement		
8.	Mother-infant separation		
9.	Flat/inverted nipple		
10.	Poor maternal mood		
11.	Nipple infection		

APPENDIX - V

TOOL - 5

Background information of the primigravid mothers

Instructions - The following questionnaire helps to measure the specific background information of the primigravid mothers. The answers you provide and the data we collect will only be used for the purposes of this study. All answers will be handled confidentially and any information gathered will be stored without using your name.

Note : The respondents are requested to please state the correct information.

Code No. :

Age :

Maternal Education

- a) No formal education
- b) Primary
- c) Secondary
- d) College/ University

Religion

- a) Hindu
- b) Muslim

Occupation

- c) Working (Specify)
- d) Non-working

Type of Family

- a) Nuclear
- b) Joint

Type of delivery

- a) Normal
- a) Assisted
- b) LSCS

LMP..... EDDGestational age

APPENDIX – VI

TOOL - 6

The Breastfeeding Self-Efficacy Scale – Short Form (BSES-SF)

Instructions - The following Likert scale helps to measure the breastfeeding self-efficacy of the postnatal mothers. The respondents are requested to tick the most appropriate/ suitable option given against each statement. Please note that all items needs to be marked.

S.No.	STATEMENT	NOT AT ALL CONFIDENT 1	NOT REALLY CONFIDENT 2	SOMETIMES CONFIDENT 3	CONFIDENT 4	VERY CONFIDENT 5
1.	I believe I can always make sure that my baby is getting enough milk					
2.	I believe I can always breastfeed my baby, the same I do other challenging tasks					
3.	I believe I can always breastfeed my baby without the need to add formulated milk					
4.	I believe and I am always sure that my baby is sucking in the right method, over the period of breastfeeding					
5.	I believe I can always manage breastfeeding up to my satisfaction					
6.	I believe I can always breastfeed even when my baby was crying					
7.	I always want to breastfeed my baby					
8.	I am always satisfied with my breastfeeding					

	experience					
9.	I am always comfortable feeding my baby, even in the presence or in front of other family members					
10.	I can always accept the fact that breastfeeding process will take a long time					
11.	I can always fully breastfeed in the same breast, before switching to the second breast					
12.	I can always continue to breastfeed my baby without problems, at each feeding session					
13.	I can always manage to breastfeed every time my baby asks for milk					
14.	I am always able to recognize the time my baby is finished and satisfied with the breastfeeding session					

Scoring

14-28 – Poor breastfeeding self-efficacy

29-42 – Moderate breastfeeding self-efficacy

43-56 – Good breastfeeding self-efficacy

57-70 – Very good breastfeeding self-efficacy

APPENDIX – VII

TOOL - 7

Breastfeeding Practices of the Postnatal Mothers

Instructions - The following questionnaire helps to measure the breastfeeding practices of the postnatal mothers on the third day post partum. The answers you provide and the data we collect will only be used for the purposes of this study. All answers will be handled confidentially. Kindly read the questions and put a tick mark against the most appropriate answer from the options given. Please note it is important to respond to all questions. There is no correct/wrong answer. Also please specify the reasons wherever applicable.

Breastfeeding Practices on the Third Day Postpartum

1. Breastfeeding initiation

- Within 2 hours
- 2 – 24 hours
- > 24 hours

2. Colostrum feeding

- Yes
- No

3. Breastfeeding duration

- 3 – 5 min
- 5 – 10 min
- 10 – 15 min
- 15 – 20 min

4. Plan for exclusive breastfeeding

- Yes
- No
- Not sure

5. Feeding method

- Only breastfeeding
- Mixed feeding
- Only formula feeding

6. Use of galactogogues

- Yes
- No

7. Night time feeds

- Yes
- No

8. Breastfeeding frequency in 24 hours

- < 8 times
- > 8 times

9. Baby calm and relaxed after feeding

- Yes
- No

10. Suck/ Swallow sound heard

- Yes
- No

11. Urine wet diapers in 24 hours

- 1 - 2
- 3 - 4
- 5 - 6

12. Stool diapers in 24 hours

- 1 – 2
- 2 – 4

13. Comfortable breasts and nipples after each feed

- Yes
- No

Breastfeeding Practices at 6 Weeks Postpartum

1. Plan for exclusive breastfeeding

- Yes
- No
- Not sure

2. Feeding method

- Only breastfeeding
- Mixed feeding
- Only formula feeding

3. Breastfeeding frequency in 24 hours

- < 8 times
- > 8 times

4. Baby calm and relaxed after feeding

- Yes
- No

5. Suck/ Swallow sound heard

- Yes
- No

6. Urine wet diapers in 24 hours

- 1 - 2
- 3 – 4
- 5 – 6

7. Stool diapers in 24 hours

- 1 – 2
- 2 – 4

8. Comfortable breasts and nipples after each feed

- Yes
- No

Breastfeeding Practices at 6 Month Postpartum

1. Plan for breastfeeding continuity

- Yes
- No
- Not sure

2. Feeding method

- Only breastfeeding
- Mixed feeding
- Only formula feeding

3. Urine wet diapers in 24 hours

- 1 - 2
- 3 - 4
- 5 - 6

4. Stool diapers in 24 hours

- 1 - 2
- 2 - 4

5. Comfortable breasts and nipples after each feed

- Yes
- No

APPENDIX – VIII

TOOL - 8

Breastfeeding Practices of the Postnatal Mothers on Third Day Post Partum

Instructions - The following Bristol Breastfeeding Assessment Scale helps to measure the breastfeeding practices of the postnatal mothers on the third day post partum. All answers will be handled confidentially. Kindly read the questions and the observer must assign score against each given item as per correct observation. Please note it is important to respond to all items.

	Poor (0)	Moderate (1)	Good (2)	Score
Positioning Baby well supported. Tucked against mother's body. Lying on side or neck not twisted; nose to nipple. Mother confident in handling baby.	No or few elements achieved. Needs to be talked through positioning	Achieving some elements Some positioning advice still needed	Achieving all elements No positioning advice needed	
Attachment Positive rooting Wide mouth open Baby achieving quick latch with a good amount of breast tissue in mouth Baby stays attached with a good latch throughout feed	Baby unable to latch onto breast or achieves poor latch No/ few elements achieved Needs to be talked through attachment	Achieving some elements Some advice on attachment needed	Achieving all elements No advice on attachment needed	
Sucking Able to establish effective sucking pattern on both breasts (initial rapids sucks then slower sucks with pauses) Baby ends feed	No effective sucking; no sucking pattern	Some effective sucking No satisfactory sucking pattern On & off the breast	Effective sucking pattern achieved	
Swallowing Audible. Regular soft swallowing – no clicking	No swallowing heard, clicking noises	Occasional swallowing heard, some swallows noisy or clicking	Regular, audible, quiet swallowing	

APPENDIX – IX

TOOL - 9

Breastfeeding Outcomes of the Postnatal Mothers

Instructions - The following questionnaire helps to measure the breastfeeding outcomes of the postnatal mothers on the third day post partum, at 6 weeks and at 6 months. Kindly answer to the following questions asked by the researcher. Please note it is important to respond to all questions.

S.No.	Primary Outcomes	Day 3 Post partum	6 weeks Post partum	6 months Post partum
1.	Breastfeeding Status (a) Yes (b) No			
2.	Offering only breastfeeding (a) Yes (b) No			
3.	Continuity of breastfeeding up to 2 years (a) Yes (b) No			
	Secondary Outcomes			
4.	Did you face any difficulties in breastfeeding? (a) Yes (b) No Please specify which difficulty you encountered? <ul style="list-style-type: none"> - No or less breast milk production - Breast engorgement - Flat or inverted nipple - Nipple infection - Sore nipple - Latching difficulties - Sleepy baby - Insufficient infant weight gain - Constipation in infant - Breastfeeding too time consuming - Mother-infant separation - Infant refusal to breastfeed - Feeling tired or fatigue - Poor maternal mood 			

APPENDIX – X

TOOL - 10

Breastfeeding Experience of Postnatal Mothers

Instructions - The following questionnaire helps to explore the breastfeeding experiences of the postnatal mothers at 6 months. Kindly answer to the following questions asked by the researcher. All answers will be handled confidentially. Please note it is important to respond to all questions.

S.No.	Items	Answers
Q1.	How would you describe your breastfeeding experience?	<ul style="list-style-type: none">- Good- Satisfactory- Unsatisfactory
Q2.	How did you feel regarding breastfeeding your baby?	<ul style="list-style-type: none">- Positive- Negative- Neither positive nor negative
Q3.	How was your overall breastfeeding experience?	<ul style="list-style-type: none">- Happy- Peaceful- Satisfactory- Uncomfortable- Busy

APPENDIX - XI

LIST OF EXPERTS FOR TOOL VALIDATION

S.No.	EXPERT	DESIGNATION
1.	Dr. Latha Balasundaram	Lactation Consultant Fernandez Hospital, Hyderabad
2.	Dr. Sowjanya	Neonatologist & Lactation Consultant Fernandez Hospital, Hyderabad
3.	Dr. Mangal Wani	Obstetrician & Gynaecologist Lactation Consultant Pune
4.	Dr. Asma Sajid	Lactation Consultant Fernandez Hospital, Hyderabad
5.	Dr. Nilima Bhore	Dean Bharati Vidyapeeth College of Nursing Pune
6.	Dr. Anna A Byrom	Professor School of Community Health and Midwifery UCLan, United Kingdom
7.	Dr. Sneha Pitre	Associate Professor Pediatric Nursing RAK College of Nursing RAK Medical & Health Sciences University UAE
8.	Ms. Indie Kaur	Director Midwifery Fernandez Hospital, Hyderabad
9.	Mrs. Sheetal Samson	Senior Midwife Fernandez Hospital, Hyderabad
10.	Dr. Radha Reddy	Maternal Health Consultant at Fernandez Hospital Foundation

APPENDIX – XII
INTERVENTION – CBPP
COMPREHENSIVE BREASTFEEDING PROMOTION PROGRAM

Introduction

The CBPP was a multi-component program designed by the researcher. The aim of the program was to improve the breastfeeding self-efficacy, practices and outcomes of the primigravid mothers. It was designed to provide necessary information about breastfeeding to the primigravid mothers who were attending antenatal clinic from 28 to 34 weeks of gestation.

Purpose

The main purpose of this program was to make the primigravid mothers ready and confident in breastfeeding their newborns in the postnatal period. Thus, improving their breastfeeding practices and outcomes.

Objectives

The objectives of CBPP for the primigravid mothers were to:

1. To enhance their breastfeeding knowledge.
2. To improve the breastfeeding practices.
3. To improve the breastfeeding self-efficacy.
4. To minimize the occurrence of breastfeeding problems.
5. To improve the breastfeeding outcomes.

Venue

Saket Maternity Hospital, Allahabad

Method of Teaching

Lecture cum discussion, Demonstrations and Return demonstrations.

Audio-Visual Aids

Power-point, charts, flip charts, videos

Duration

The entire program was covered in two sessions of 1-2 weeks apart followed by one follow-up session. Each session lasted for about 20-30 minutes.

Group

Primigravid mothers who were in the gestational period of 28 to 34 weeks.

Medium of Teaching

Hindi

Intervention Schedule

S.No.	Features	Sessions	Duration	A.V. Aids
1.	Enhancing the breastfeeding knowledge	Session I The mothers were educated on the breastfeeding benefits to both mother and infant, WHO and UNICEF recommendations on breastfeeding – strategies and trends, skin to skin contact benefits, difference between formula and breast milk, importance of colostrums and nutrition of mother while breastfeeding.	20-30 min	PPT Charts
2.	Improving the breastfeeding self-efficacy, practices and problems	Session II Assessment of breasts, correct breastfeeding techniques, indicators of effective latch, and signs of ineffective latch, strategies to wake up the infant for breastfeeding, early feeding cues expression of breast milk and storage of breast milk.	20-30 min	Demonstrations Charts Flip charts
3.	Boosting the breastfeeding confidence of primigravid mothers	Session III Discussion about the importance of attachment or bonding between mother and newborn, barriers for early initiation of breastfeeding, promoting and protecting breastfeeding in first hour of life, problems of breastfeeding and some general queries of the mothers that may be frequently asked by them.	20-30 min	Demonstrations & Return demonstrations

TIME	SPECIFIC OBJECTIVES	CONTENT	A.V.AIDS	TEACHING-LEARNING ACTIVITIES	EVALUATION
5 min.	To explain the benefits of breastfeeding to the group.	<p style="text-align: center;"><u>BENEFITS OF BREASTFEEDING</u></p> <p>To Mother :</p> <ul style="list-style-type: none"> - Promotes mother and child bonding. - Helps to reduce the size of uterus. - Natural form of contraception. - Longstanding breastfeeding helps in reduction of excess weight of mother. - Reduces the risks of breast, ovarian and endometrial cancer in the mother. - Saves time and precious expenses need not be used for buying milk powder and health care. <p>To Baby :</p> <ul style="list-style-type: none"> - Best nutrition. - All ingredients are present in required quantity. - Reduces the incidence of coughs and colds, infections and 	Flipchart	The group will be able to learn about the benefits of breastfeeding.	State any two benefits of breastfeeding to both mother and baby.

2 min	To discuss the breastfeeding recommendations by WHO and UNICEF.	<p>diarrhoea.</p> <ul style="list-style-type: none"> - Protects the child from colic, asthma, eczema and allergies. - Essential for optimal physical, emotional and mental development of child. - Easily digestible, available at proper temperature and aseptic. - Breast milk contains various protective antibodies like IgA, IgG, IgM which protect from various bacterial and viral infections. - Contains Lactoferrin which inhibits Iron dependent bacteria in GIT. - Contains Lysozyme which protects against E-coli and Salmonella. <p style="text-align: center;"><u>WHO & UNICEF RECOMMENDATIONS ON BREASTFEEDING</u></p> <ul style="list-style-type: none"> - Help mothers to hold the baby in close skin to skin contact immediately after delivery to facilitate the baby to initiate breastfeeding in the 	Chart	The group will learn about the recommendations of WHO & UNICEF regarding breastfeeding.	
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<p>10 min</p>	<p>To explain about the importance of skin to skin contact to the group.</p>	<p>first hour of life.</p> <ul style="list-style-type: none"> - All infants should be exclusively breastfed for the first 6 months of life. - Breastfeeding should continue for up to 2 years of age or beyond. <p>STRATEGIES</p> <ul style="list-style-type: none"> - Place the baby on the mother's abdomen after delivery. - Skin to skin contact. - If left undisturbed, the infant will self-latch within 1 hour <p>BREASTFEEDING TREND</p> <ul style="list-style-type: none"> - Initiation of breastfeeding within 1 hour = 41.8% - Exclusive breastfeeding up to 6 months of age = 54.9% <p><u>SKIN-TO-SKIN CAUSES BREASTFEEDING</u></p> <ul style="list-style-type: none"> - 8 times more likely to breastfeed (Gomez, 1998). - Clear dose – response relationship between 	<p>Ppt & Video</p>	<p>The group will be able to learn about the benefits of skin to skin contact.</p>	
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		<p>skin-to-skin in the first 3 hours post birth & exclusive breastfeeding at discharge, 3 months and 6 months (Bramson, 2010).</p> <ul style="list-style-type: none"> - Engorgement is less. <p>The skin to skin contacts between mother and newborn immediately after birth favors the newborn's skin colonization by the mother's microbiota, facilitates the regulation of body temperature, maintains the blood glucose levels stable, and contributes to cardio-respiratory stability.</p> <p>It should be uninterrupted for at least 60 minutes. Initiation of breastfeeding is typically a direct consequence of uninterrupted skin to skin contact, as it is a natural behavior for most babies to slowly squirm or crawl toward the breast. Mothers may be supported to help the baby to the breast if required.</p> <p>SKIN-TO-SKIN INFANT BENEFITS</p> <ul style="list-style-type: none"> - Physiological stability <ul style="list-style-type: none"> – temperature, heart rate and oxygen saturation. - Blood glucose levels are higher. 			
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2 min	To discuss the importance of bonding/ attachment between mother and baby.	<ul style="list-style-type: none"> - Thermoregulation. - Decreased NICU admissions. - Decreased pain. - Reduces crying. - Better sleep and growth. - Colonization of newborn to maternal flora to protect against infections. - Bonding - Increased success of breastfeeding. <p>MATERNAL EFFECTS</p> <ul style="list-style-type: none"> - Increased maternal oxytocin – antagonizes the flight-fight effect. - Decreased maternal anxiety and stress. - Increases calmness. - Increases parenting behaviors. - Improved bonding and attachment. - Expulsion of placenta is shorter. 	Ppt	The group will be able to learn about the importance of attachment between mother and baby during initial hours of birth.	
5 min	To discuss the barriers faced by mothers for early initiation of breastfeeding.	<ul style="list-style-type: none"> - Reduces PPH. - Increased breastfeeding success. - When mother and baby are separated, this leads to toxic 	Chart	The group will be able to share and discuss the problems of early initiation of	

5 min	To demonstrate good latch on technique to the group.	<p><u>BARRIERS FOR EARLY INITIATION</u></p> <ul style="list-style-type: none"> - Myths and misconceptions - Family support - Routine formula supplementation - Hospital practices <p>Giving formula in the hospital doubles the risk of discontinuing breastfeeding</p> <p><i>Breastmilk is Liquid Gold</i></p> <p><u>COLOSTRUM</u></p> <ul style="list-style-type: none"> - Secretion begins at approximately 16 weeks of gestation. - High density, thick, almost gel-like, yellow colored (Beta-carotene). - First vaccine of baby. - Rich in antibodies. - Causes peristalsis and encourages early passing of bilirubin-laden meconium, reducing neonatal jaundice. - Helps to complete the maturation of intestines. - Rich in vitamin A and K. 	Ppt & Video	<p>The group will be able to learn about the correct breastfeeding technique for their babies.</p> <p>The group will be able to learn about the good latching technique through demonstration.</p>	Demonstrate how to breastfeed the baby in correct manner.
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<p>5 min</p>	<p>To discuss the strategies to wake a sleeping baby for the feed to the group.</p> <p>To discuss the recognition of early feeding cues demonstrated by the baby to the group.</p> <p>To discuss the diet of mother while breastfeeding the baby to the group.</p>	<p style="text-align: center;"><u>PROMOTING & PROTECTING BREASTFEEDING IN FIRST 48 HOURS</u></p> <ul style="list-style-type: none"> - Create a calm environment first. - Hold baby skin to skin - Good latch on - Breastfeeding positions - Keep baby awake while breastfeeding - Identify early feeding cues <p style="text-align: center;"><u>CORRECT BREASTFEEDING TECHNIQUE</u></p> <p>1) <i>Baby's Position :</i></p> <ul style="list-style-type: none"> - Turned towards the mother - Good skin to skin contact - Head and body in one line - Neck, back and buttocks well supported <p>2) <i>Mother's Position :</i></p> <ul style="list-style-type: none"> - Sitting comfortably 	<p>Video</p>	<p>The group will be able to learn about the correct technique of waking up a baby for feed.</p> <p>The group will gain knowledge about the early feeding cues of the baby.</p> <p>The group will be able to learn about the</p>	<p>Re-demonstrate the effective latch on technique.</p> <p>Demonstrate the strategies to wake a sleeping baby for the feed.</p> <p>Discuss how you will identify early feeding cues in a baby.</p> <p>How much extra calorie does a lactating</p>
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5 min	To discuss the queries of mothers regarding breastfeeding.	<p>misshaped nipple following feeding</p> <p>Clicking or smacking sounds during sucking may or may not indicate a problem – require further assessment.</p> <p>STRATEGIES TO WAKE THE INFANT</p> <ul style="list-style-type: none"> - Remove blankets - Remove clothes - Change infant’s diaper if soiled - Place infant skin to skin - Massage the infant’s back, abdomen, arms and legs <p>EARLY FEEDING CUES</p> <ul style="list-style-type: none"> - Restlessness - Rapid eye movements - Soft cooing or sighing sounds - Sucking movements - Sucking sounds - Hand to mouth movements - Crying is late feeding cue and may interfere with effective breastfeeding. 	video	The group will be able to discuss their general doubts regarding breastfeeding.	
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		<p style="text-align: center;"><u>NUTRITION OF MOTHER WHILE BREASTFEEDING</u></p> <ul style="list-style-type: none"> - Eat a well-balanced, varied diet. - Breastfeeding mothers burn 500+ calories daily. - Drink plenty of fluids. - Avoid or limit caffeinated drinks to 1-2 cups daily. - Avoid alcohol or limit to one serving. <p style="text-align: center;"><u>EXPRESSION OF MILK</u></p> <ul style="list-style-type: none"> - Initiate - Maintain - Increase <p style="text-align: center;"><u>REASONS FOR EXPRESSION</u></p> <ul style="list-style-type: none"> - To prevent or relieve breast engorgement. - To have milk available with caregiver. - To maintain or increase milk production. - To elicit the milk ejection reflex. - During breastfeeding to increase milk 			
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5 min	To discuss the problems faced by mother regarding breastfeeding.	<p>transfer in sleepy/preterm (Walker 2010)</p> <p>- More effective collection of colostrum in first 3 days of post-partum.</p> <p>METHODS OF EXPRESSION</p> <ol style="list-style-type: none"> 1) Manual 2) Mechanical <p><u>STORAGE OF EXPRESSED BREAST MILK</u></p> <p>Breast milk can be stored cleanly and safely at room temperature, in the fridge or in the freezer, depending on how soon you want to use it.</p> <p>Room temp. = 4-6 hours 4⁰C or colder = 3-5 days Freezer (-18⁰C) or colder = 6-9 months</p> <p>Previously frozen breast milk thawed in the refrigerator = 2 hours at room temperature. Upto 24 hours in freezer. Do not refreeze.</p> <p>HOW FREQUENTLY INFANT SHOULD BE</p>		The group will be able to understand the problems of breastfeeding.	
3 min					

	<p>To discuss about bottle feeding to the group.</p>	<p>BREASTFEEDING</p> <p>Up to 15 days :</p> <ul style="list-style-type: none"> - At least 10 times in 24 hours. - Pro-active feeding – Waking baby for feeds. - Recognize early feeding cues. - Demand feeding after breastfeeding gets established (after 1-2 weeks) <p>HOW MUCH MILK PER DAY?</p> <p>Baby’s age and stomach size determines in part how much milk is taken each feeding, which affects how many times per day a baby needs to breastfeed to thrive.</p> <ul style="list-style-type: none"> a) On the first day, on average a breastfeeding baby consumes about 30 ml/day. b) 1 week = 300-450 ml/day c) 1 month = 750-1000 ml/day d) Daily milk intake stays relatively stable from 1-6 months. 	<p>Ppt</p>	<p>The group will be able to learn about bottle-feeding and its consequences.</p>	<p>Is bottle feeding really required for your baby?</p>
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		<p>IS MILK REALLY LESS IN FIRST FEW DAYS?</p> <p>Yes – Colostrum – 30-90 ml</p> <p>WHY MILK IS LESS?</p> <p>Baby has extra fluids in the body which the baby has to lose. Large volumes of breastmilk in this period will overload the baby with fluids.</p> <p>WHICH MILK HAS MORE CALORIC VALUE?</p> <p>Colostrum = 65 Cal/100 ml</p> <p>Mature Milk = 67 Cal/100 ml</p> <p>Calories requirement of the baby per day – 100 Cal/Kg/Child</p> <p>IS BABY GETTING ENOUGH MILK</p> <ul style="list-style-type: none"> - Baby and mother calm - Adequate wet diapers - Bird seed stools - Baby is gaining weight - Confidence levels of mother <p><u>FOUR MYTHS OF BREASTFEEDING</u></p> <ul style="list-style-type: none"> - Lactating mothers should avoid some foodstuffs. - Mother should strictly 	Ppt		
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5 min	To discuss on enhancing the breast milk supply to the group.	<p>breastfeed in sitting position.</p> <ul style="list-style-type: none"> - Feed on both sides during one breastfeed. - If baby cries excessively, it implies that breast milk is insufficient. <p><u>PROBLEMS OF BREASTFEEDING</u></p> <ul style="list-style-type: none"> - No milk or less milk - How many times - Latching on difficulties - Positioning and holding the baby - Cracked nipple - Retracted nipple - Adequate milk or not <p>DO WE REALLY REQUIRE ANY DEVICE FOR BREASTFEEDING?</p> <p>Answer – NO</p> <p>WHEN TO USE BREAST PUMP?</p> <ul style="list-style-type: none"> - Separation from baby. - Not latching baby. - Increase milk production. - Re-lactation by 		The group will be able to learn about the ways to enhance breast milk for the baby.	
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		<p>birthing parents.</p> <ul style="list-style-type: none"> - Induced lactation by non-birthing parents. - Empty breasts that are too full. - Maintain milk production. - To donate. <p>SUPPLEMENT NEEDED – BUT WHY BOTTLE FEED?</p> <ul style="list-style-type: none"> - Bottle feeding is a commonly used method of supplementation, especially in the more affluent regions of the world. - Negatively impacts breastfeeding success in both full term and preterm infants. - Skilled and timely lactation support and counselling can ensure breastfeeding success, and reduce or eliminate the need for supplementation. - Unfortunately, evidence-based information and guidance is not available to many – resorting to bottle feeding. 			
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		<p>COMMON REASONS FOR BOTTLEFEEDING</p> <ul style="list-style-type: none"> - Latching difficulties - Flat nipples, sore nipples or mastitis - Low milk supply – real or perceived - Oral issues – Tongue tie Or Cleft - Weight loss, jaundice, hyoglycemia - Preterm, LBW, NICU – measure accurately. - Mother-illnesses, medications, addictions. - Rest to mother-only one bottle at night. - Mother baby separation. - Stress, post-partum depression. - Twins - Back to work - Breast refusal - Surrogacy or adoption - Older baby – trying to wean. <p>CONSEQUENCES OF BOTTLEFEEDING</p> <ul style="list-style-type: none"> - Nipple preference – 			
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		<p>shape, consistency.</p> <ul style="list-style-type: none"> - Flow preference – Breast refusal, fussing. - Expecting instant flow, gratification. - Overwhelming milk flow – may temporarily suspend breathing, may cough, sputter or choke during the feed-feeding distress. - Colic, regurgitation, constipation. - Excessive weight gain leading to obesity – does not self-regulate volume. - Interferes negatively with oral facial development. - Increased chances of GI infection due to hygiene issues and also otitis media. - Latex allergy. - Dental caries, misalignment of teeth, malocclusion, mouth breathing. - Reduction of maternal milk production. - May interfere with the mother’s ability to recognize feeding 			
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		<p>cues.</p> <p>ALTERNATIVES TO BOTTLE FEEDING</p> <ul style="list-style-type: none"> - Dropper - Syringe - Spoon - Paladai - Wati - Soft feeding cup <p>SELECTING AN ALTERNATIVE FEEDING METHOD</p> <ul style="list-style-type: none"> - Cost and availability - Ease of use and cleaning - Stress to the infant - Whether adequate milk volume can be fed in 20-30 min. - Whether anticipated use is short or long term - Maternal preference - Expertise of feeder - Whether the method enhances development of breastfeeding skills. 			
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		<p><u>WORK ON INCREASING THE MILK SUPPLY</u></p> <ul style="list-style-type: none"> - Frequent milk expression EMPTY BREAST – MORE MILK. - Start immediately after birth if mother baby separation. - Correct hand expression technique (best for colostrum). - Once baby accepts breast and starts emptying it pumping can be gradually discontinued. - Monitor infant’s output and growth – gradually reduce supplement. - Consider the use of galactogogues – Fenugreek, Metoclopramide or Domperidone can be helpful for increasing milk supply. <p>WHAT MOTHER CAN DO IF THE BABY IS NOT WITH HER?</p> <ul style="list-style-type: none"> - Express colostrum - Tempt the baby with few drops 			
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		<ul style="list-style-type: none">- Leave a soft cloth with her milk- Changing diapers- Involve herself more- She is the best caregiver- Baby belongs to her			
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APPENDIX – XIII
ETHICS COMMITTEE PERMISSION

Swami Rama Himalayan University
Research & Ph.D. Cell

SRHU/ Ph.D.Cell /Sup/2020-27

Date: 12/02/2020

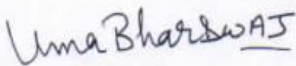
Ms. Neha Frederick
Enrollment No. SRHU19000837

Subject: Approval of synopsis and allotment of Supervisor for Ph.D.

Departmental Research Committee (DRC) held on 07/09/2019 has approved your synopsis.

In accordance with the recommendations made by the DRC, you are hereby allowed to proceed with research work in your subject area, in the Department of Nursing Science under the Dr. Lekha Vishwanath (Supervisor) on the duly approved title given hereunder:

“Effectiveness of a Comprehensive Breastfeeding Promotion Program on Breastfeeding Self-Efficacy, Practices and Outcomes among Primigravid Mothers – A Randomized Controlled Trial”


Dean Research
Research & Ph.D. Cell

Copy to: Dean/Principal/Director/ HOD
Supervisor/ Co-Supervisor

APPENDIX – XIV
PERMISSION LETTERS

To,
Medical Officer In-charge
Community Health Centre
Pratapgarh

22.02.2021

Sub : Letter seeking permission to conduct the Pilot Study.

Sir/ Madam,

This is to bring in to your kind notice that I, Neha Frederick, PhD Scholar in Nursing, am required to submit the study among primigravid mothers to Swami Rama Himalayan University, Dehradun, in partial fulfilment for the award of PhD Nursing degree.

Topic : "Effectiveness of a comprehensive breastfeeding promotion program on breastfeeding self-efficacy, practices and outcomes among primigravid mothers – A Randomized Controlled Trial."

I need your esteemed help and co-operation in order to conduct the study. I, therefore, humbly request you to kindly grant me permission to carry out pilot study in your esteemed institution. I would be highly obliged to you.

Thanking You

Yours sincerely

N. Frederick

Neha Frederick

PhD Scholar in Nursing

Himalayan College of Nursing

Swami Rama Himalayan University

Dehradun

allowed
22/02/2021
डा० मोहम्मद शबीब हैदर
अधीक्षक
सामु० स्वा० केन्द्र बाघराय
प्रतापगढ़

To,

02-08-2021

The Director

Saket Maternity & Nursing Home

Prayagraj, Uttar Pradesh

Sub : Request seeking permission to conduct PhD research study.

Respected Sir,

This is to bring in to your kind notice that I, Neha Frederick, am a PhD Scholar in Nursing, carrying out the study among primigravid mothers from Swami Rama Himalayan University, Dehradun, in partial fulfilment for the award of PhD Nursing degree.

Topic : "Effectiveness of a comprehensive breastfeeding promotion program on breastfeeding self-efficacy, practices and outcomes among primigravid mothers – A Randomized Controlled Trial"

I need your esteemed help and co-operation in order to conduct the study. I, therefore, humbly request you to kindly grant me permission to carry out the study in your esteemed institution. I would be highly obliged to you.

Thanking You

Yours sincerely

N. Frederick

Neha Frederick
PhD Scholar in Nursing
Himalayan College of Nursing
Swami Rama Himalayan University
Dehradun

Enclosures : - DRC approval from University to carry out the study, Dehradun, Uttarakhand

Received.
Shelw
2/8/21

To,

23-07-2021

The Director

Dr Rekha Srivastava Maternity Home

Prayagraj, Uttar Pradesh

Sub : Request seeking permission to conduct PhD research study.

Respected Sir,

This is to bring in to your kind notice that I, Neha Frederick, am a PhD Scholar in Nursing, carrying out the study among primigravid mothers from Swami Rama Himalayan University, Dehradun, in partial fulfilment for the award of PhD Nursing degree.

Topic : "Effectiveness of a comprehensive breastfeeding promotion program on breastfeeding self-efficacy, practices and outcomes among primigravid mothers – A Randomized Controlled Trial."

I need your esteemed help and co-operation in order to conduct the study. I, therefore, humbly request you to kindly grant me permission to carry out the study in your esteemed institution. I would be highly obliged to you.

Thanking You

Yours sincerely

N Frederick

Neha Frederick
PhD Scholar in Nursing
Himalayan College of Nursing
Swami Rama Himalayan University
Dehradun

Enclosures : - DRC approval from University to carry out the study, Dehradun, Uttarakhand

Permitted
Ans
23/7/21

23-07-2021

To,
The Director
Allahabad Nursing Home
Prayagraj, Uttar Pradesh

Sub : Request seeking permission to conduct PhD research study.

Respected Sir,

This is to bring in to your kind notice that I, Neha Frederick, am a PhD Scholar in Nursing, carrying out the study among primigravid mothers from Swami Rama Himalayan University, Dehradun, in partial fulfilment for the award of PhD Nursing degree.

Topic : "Effectiveness of a comprehensive breastfeeding promotion program on breastfeeding self-efficacy, practices and outcomes among primigravid mothers – A Randomized Controlled Trial."

I need your esteemed help and co-operation in order to conduct the study. I, therefore, humbly request you to kindly grant me permission to carry out the study in your esteemed institution. I would be highly obliged to you.

Thanking You

Yours sincerely

N. Frederick

Neha Frederick
PhD Scholar in Nursing
Himalayan College of Nursing
Swami Rama Himalayan University
Dehradun

Enclosures : - DRC approval from University to carry out the study, Dehradun, Uttarakhand

*Permitted -
Ashwal*

To,
The Director
Dr. Sharma Maternity Home
Prayagraj, Uttar Pradesh

Sub : Request seeking permission to conduct PhD research study.

Respected Sir,

This is to bring in to your kind notice that I, Neha Frederick, am a PhD Scholar in Nursing, carrying out the study among primigravid mothers from Swami Rama Himalayan University, Dehradun, in partial fulfilment for the award of PhD Nursing degree.

Topic : "Effectiveness of a comprehensive breastfeeding promotion program on breastfeeding self-efficacy, practices and outcomes among primigravid mothers – A Randomized Controlled Trial."

I need your esteemed help and co-operation in order to conduct the study. I, therefore, humbly request you to kindly grant me permission to carry out the study in your esteemed institution. I would be highly obliged to you.

Thanking You

Yours sincerely

N. Frederick

Neha Frederick
PhD Scholar in Nursing
Himalayan College of Nursing
Swami Rama Himalayan University
Dehradun

Enclosures : - DRC approval from University to carry out the study, Dehradun, Uttarakhand

*Permitted
Sangeeta*

Dr. SANGEETA SHARMA
M.B. (Obst. & Gynae.)
24, Muir Road,
Allahabad

Dr. SANGEETA SHARMA
M.B. (Obst. & Gynae.)



Cindy-Lee Dennis <cindylee.dennis@utoronto.ca>

To: neha joseph

Thu, 11 Aug, 2022 at 7:49 pm ☆

Dear Neha,

Thank you for your email. Yes you can use my BSES in your doctoral dissertation. If plan to do a psychometric publication with my BSES I would like to contribute as a co-author on the manuscript and assist with data analysis and interpretation. Please let me know your thoughts.

Warm regards

Cindy-Lee

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APPENDIX – XV

PATICIPANT INFORMATION SHEET – ENGLISH

Introduction

I am Ms. Neha Frederick, a PhD scholar of Himalayan College of Nursing. I am doing research on “Effectiveness of a Comprehensive Breastfeeding Promotion Program on Breastfeeding Self-efficacy, Practices and Outcomes among Primigravid mothers – A Randomized Controlled Trial.” I am going to give you information and invite you to be part of this research. Before you decide, you can talk to anyone you feel comfortable with about the research.

There may be some words that you do not understand. Please ask me to stop as we go through the information and I will take time to explain.

Purpose of the Research

Breastfeeding is a simple step of nurturing the newborns with its beneficial values to both mothers and newborns. However, we see that the rate of breastfeeding is declining globally. Through this research study I can assess the effectiveness of a comprehensive breastfeeding promotion program. It will help to improve primigravid mothers’ breastfeeding self-efficacy, practices and outcome.

Type of Research Intervention

The research involves interventions for the present study will be teaching cum demonstrations on comprehensive breastfeeding promotion program which includes benefits of breastfeeding, benefits of skin-to-skin contact, colostrum, barriers for early breastfeeding, correct breastfeeding techniques, early feeding cues, nutrition of lactating mother, breast milk expression, breastfeeding problems, formula feeding and myths about breast feeding.

Participant Selection in the Study

For phase I of the study, I am inviting the postnatal mothers attending the immunization clinics of four hospitals. For phase II of the study, I am inviting the primigravid mothers within the gestational period of 28-34 weeks through concealed randomization technique.

Voluntary Participation

Your participation in this research is entirely voluntarily. It is your choice whether to participate or not. You may change your mind later and stop participating even if you agreed earlier.

Duration

The intervention will start as soon as you will visit your doctor in the OPD and will be followed up till you deliver your baby, on third day of your delivery, at 6 weeks and after 6 months of your baby’s birth.

Benefits

I will explain about breastfeeding to you with the help of charts, power point presentation, videos and demonstrations which will help you to understand the process clearly and make you confident in breastfeeding your baby effectively.

Confidentiality

The information that we collect from this research project will be kept confidential. Information about you will be collected during the research will be put away and no one but the researchers will be able to see it. Any information about you will have a number on it instead of your name. Only the researchers will know what your number is and we will lock that information up with a lock and key. It will not be shared with or given to anyone except my research guide and co-guide.

APPENDIX – XVI

INFORMED CONSENT

Statement by the Participant

I have read the foregoing information, or it has been read to me. I have had the opportunity to ask questions about it and any questions that I have asked have been answered to my satisfaction. I consent voluntarily to participate as a participant in this research.

Name of Participant _____

Signature of Participant _____

Date _____

Day/Month/Year

Statement by the Researcher/ Person taking Consent

I have accurately read out the information sheet to the potential participant, and to the best of my ability made sure that the participant understands that the following will be done:

I confirm that the participant was given an opportunity to ask questions about the study, and all the questions asked by the participant have been answered correctly and to the best of my ability. I confirm that the individual has not been coerced into giving consent, and the consent has been given freely and voluntarily.

A copy of this ICF has been provided to the participant.

Print Name of Researcher/ Person taking the consent

Signature of Researcher/Person taking the consent

Date _____

Day/Month/Year

APPENDIX – XVII
PICTURES OF DATA COLLECTION & INTERVENTION
DELIVERY



APPENDIX – XVIII

PAPER PUBLICATION CERTIFICATE

SOMI- UCON E-CONFERENCE (CHANDIGARH CHAPTER)

THEME: RESPECTFUL MATERNITY CARE



CERTIFICATE



This is to certify that Dr./Mr./Mrs. **Neha Frederick** presented paper, titled "A cross-sectional study to assess the breastfeeding practices of parous mothers" in e-Conference on "**Respectful Maternity Care**" of Society of Midwives India (SOMI) Chandigarh chapter held on 29th - 30th March 2022, organized by University College of Nursing, a Constituent college of BFUHS, Faridkot.

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UCON, FARIDKOT

APPENDIX – XIX
PAPER PUBLICATION CERTIFICATE



APPENDIX – XXI

PAPER PUBLICATION

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RESEARCH ARTICLE

KNOWLEDGE REGARDING BREASTFEEDING - A CROSS-SECTIONAL SURVEY AMONG POSTPARTUM MOTHERS IN A NORTH INDIAN STATE

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Manuscript Info

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Key words:-

Knowledge, Breastfeeding, Postpartum Mothers

Abstract

Objective: To assess the level of knowledge regarding breastfeeding among postpartum mothers who attended immunization clinics in four maternity hospitals in Allahabad, Uttar Pradesh.

Design: Descriptive cross-sectional survey design.

Setting: Four maternity hospitals in Allahabad, Uttar Pradesh, India.

Participants: 400 postpartum mothers (up to 6 months)

Methods: The data was collected after obtaining University ethical clearance and administrative permissions from the four maternity hospitals in Allahabad, Uttar Pradesh, India. 400 postpartum mothers who attended the immunization clinics (up to 6 months) were approached through convenience sampling technique. The participants were explained about the purpose of the study. Based on the inclusion and exclusion criteria, the participants were selected. Informed consent was taken from the participants. The demographic data and breastfeeding related knowledge questionnaire was collected from the participants.

Results: Only [46(11.5%)] postpartum mothers had good breastfeeding knowledge, [255(63.7%)] had average knowledge and [99(24.8%)] mothers had poor breastfeeding knowledge. The mean knowledge score was 4.94±1.92 (maximum score = 12 with mean score % = 41.16).

Conclusions: Mothers' knowledge is a key factor for improving breastfeeding rates. The majority of the mothers attending immunization clinics were having insufficient knowledge regarding breastfeeding. This underlines the need for the involvement of health care professionals in educating mothers about breastfeeding.

Implications for Practice: While developing countries strive to increase institutional births, there is a growing demand for a healthy atmosphere for breastfeeding in health care facilities. Improving the knowledge of expecting mothers in the antenatal period itself can bring in a lot of change in practice of breastfeeding as breastfeeding knowledge is an important factor for improving breastfeeding outcomes. Antenatal counseling regarding breastfeeding, arrangement of child birth classes to couples, provision of guidance and support, are

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1280

some of the steps which can enhance confidence in mothers and can lead to successful establishment of breastfeeding.

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Introduction:-

Breastfeeding is well accepted as being beneficial to both newborns and mothers.¹ It has important and far-reaching consequences on children's cognition, behavior, and mental health in addition to being an essential source of nutrients for the infant.² The World Health Organization (WHO) recommends that breastfeeding begin as soon as possible after birth, preferably within one hour.³ Despite the World Health Organization's (WHO) and other international organizations continued recommendations to promote exclusive breastfeeding (EBF) for at least 6 months, the rate of EBF continues to fall in most countries.⁴

For both the mother and the infant, breastfeeding should be started as soon as possible. Colostrum, which is extremely nutritious and contains antibodies that shield the newborn from illnesses, is found in the initial breastfeeding. Regular breast milk production is made easier by early breastfeeding since it promotes the mother and child's attachment. Thus, it is advised that children be put to the breast as soon as possible after birth, preferably within an hour⁵ but it is found that only 45% of all babies globally are breastfed within one hour after birth.⁴ Only 41% of infants were breastfed in the first hour after delivery, and 87% of the newborns started breastfeeding within a day.⁵

As per NFHS-5, exclusive breastfeeding among children under six months increased from 55 percent in 2015-16 to 64 percent in 2019-21. Despite significant progress in some areas, exclusive breastfeeding is still uncommon in many parts of the developing world.⁵

In Uttar Pradesh, children under age 3 years who were breastfed within one hour of birth are only 23.9%. Similarly, children under age 6 months who were exclusively breastfed are only 59.7%.⁶

For newborns and young children to develop at their best, proper and adequate eating practices are essential. Breastfeeding has been identified by the World Health Organization and the United Nations Children's Fund as the only feeding method that should be used for enhanced baby survival and well health.^{7,8} One factor in the low EBF rate is the lack of information women have about the advantages of breastfeeding, as well as the lack of encouragement and support they receive from their loved ones or attending obstetricians.^{9,10}

Step 3 of the Baby Friendly Hospital Initiative's (BFHI) Ten Steps to Successful Breastfeeding discusses the necessity of informing all pregnant mothers on the advantages and management of breastfeeding.¹¹ As a result, multiple studies have revealed the importance of having a brief session during antenatal care visits to review breastfeeding benefits in order to boost breastfeeding rates among pregnant and postnatal mothers. According to Mattar et al., a single session of breastfeeding education and counseling during antenatal care visits may increase breastfeeding knowledge and practice over the first three months following birth.¹²

Different factors, such as mothers' attitudes and planning, which are influenced by their awareness and the help they get, shape the trend variation in breastfeeding practice. Therefore, the present study assesses the postpartum mothers' knowledge regarding breastfeeding and explores the different areas of their breastfeeding knowledge deficit so as to provide necessary support and motivation from the antenatal period.

Methods:-

Design –

A descriptive cross-sectional survey design was used for this study.

Study Setting & Population –

The study was conducted among postpartum mothers from four maternity hospitals in Allahabad, Uttar Pradesh, India from July to October 2021. The target study population was composed of postpartum mothers who had delivered live healthy baby at term. 100 mothers from each of the four maternity hospitals (n=400) were selected using convenience sampling technique.

Study Instrument –

A semi-structured questionnaire was designed which consisted of two parts - Section A included 8 items related to the demographic data of the postpartum mothers and section B included 12 knowledge based questions related to breastfeeding. Each correct answer was allotted one mark while wrong answer was given zero score and the total score was 12. Based on the score obtained, it is interpreted as Good Knowledge (9–12), Average Knowledge (4–8) and Poor Knowledge (0–3). Informed consent was taken from the participants before data collection.

Data Collection –

The data was collected after obtaining ethical clearance from the institution and administrative permission from the Medical Directors of each of the four maternity hospitals in Allahabad. Postpartum mothers who were attending the immunization clinics (up to 6 months postpartum) meeting the inclusion and exclusion criteria were approached. The inclusion criteria included those mothers who had delivered live healthy baby at term while those mothers who were suffering from conditions like pre-eclampsia, HIV etc that affects the breastfeeding outcomes, whose babies were diagnosed with fetal congenital anomalies like cleft lip and cleft palate and/or having any psychiatric illness were excluded from the study. Informed consent was taken from each participant after explaining the purpose of the study and ensuring their willingness to participate. Mothers' demographic data as well as breastfeeding knowledge was assessed using a semi-structured questionnaire.

Data Analysis –

The data was organized using the MS Excel software programme, coded, and analyzed using the Statistical Package for Social Sciences (SPSS) version 23. For numerical data, means and standard deviation (S.D.) were utilized, whereas for categorical data, percentages were employed. Chi-square test was conducted to assess the association between knowledge and selected demographic variables.

Results:-

The demographic characteristics of the postpartum mothers are given in Table 1.

Table 1:- Demographic data of the postpartum mothers n = 400.

S.No.	Demographic Data	Frequency (f)	Percentage (%)
1.	Age		
	(a) 22-28 yrs	266	77.4
	(b) 29-35 yrs	134	22.6
2.	Maternal Education		
	(a) No formal education	62	15.5
	(b) Primary	144	36.0
	(c) Secondary	127	31.8
	(d) College/ University	67	16.8
3.	Religion		
	(a) Hindu	339	84.8
	(b) Muslim	59	14.8
	(c) Sikh	1	0.3
	(d) Christian	1	0.3
	(e) Others	0	0
4.	Working status		
	(a) Working	76	19.0
	(b) Non-working	324	81.0
5.	Parity		
	(a) One	195	48.8
	(b) Two	173	43.3
	(c) Three	31	7.8
	(d) More than three	1	0.3

6.	Type of Family		
	(a) Nuclear	294	73.5
	(b) Joint	106	26.5
7.	Type of delivery		
	(a) Normal vaginal delivery	117	29.5
	(b) Assisted delivery	54	13.5
	(c) Caesarean section	229	57.3
8.	Family support for breastfeeding		
	(a) Yes	400	100
	(b) No	0	0

Table 1 show that majority of the postpartum mothers [266(77.4%)] were in the age group between 22 years and 28 years and most of them [144(36%)] had primary education. Majority of the mothers [339(84.8%)] were Hindu by religion and showed non-working status [324(81%)]. Among the subjects, [195(48.8%)] mothers were primigravida and had nuclear family [294(73.5%)]. All the mothers [400(100%)] reported good family support for breastfeeding.

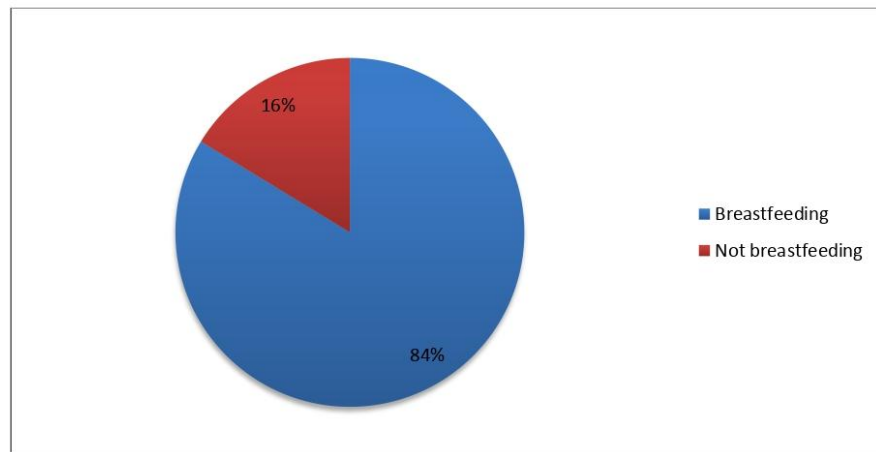


Figure 1:- Distribution of postpartum mothers based on their breastfeeding status (n=400).

Figure 1 show that majority of the mothers [377(84%)] were breastfeeding their babies while [63(16%)] mothers were not giving breastfeeds to their babies.

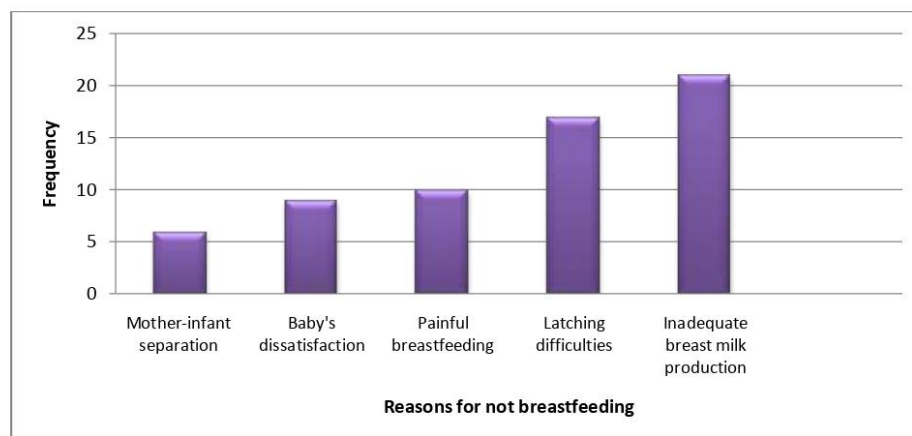


Figure 2:- Distribution of postpartum mothers based on their reasons for not breastfeeding their babies (n = 400)

Figure 2 depicts the common reasons given by the postpartum mothers for not breastfeeding their babies were mother-infant separation at the time of birth (6), baby's dissatisfaction of breast milk (9), painful breastfeeding experience (10), latching difficulty (17) and inadequate breast milk production (21).

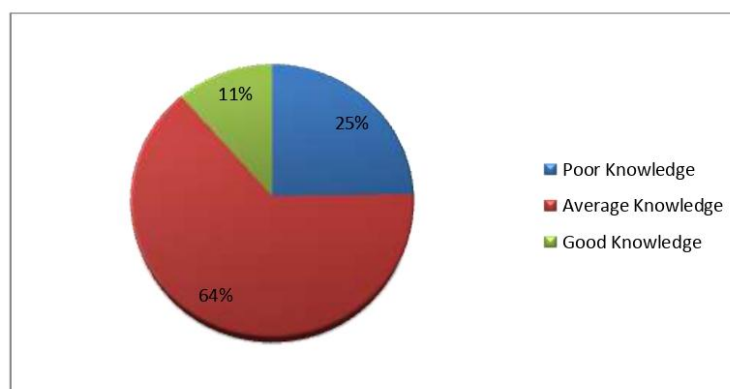


Figure 3:- Pie-diagram shows breastfeeding knowledge scores of postpartum mothers (n = 400).

The distribution of postpartum mothers based on their breastfeeding knowledge is depicted in Figure 3. The study results revealed that [99(24.8%)] mothers had poor knowledge, [266(63.7%)] mothers had average knowledge and only [46(11.5%)] mothers had good knowledge. The mean knowledge score obtained by the postpartum mothers was 4.94 with a standard deviation of 1.92 (maximum score=12).

The mean score of knowledge in different areas of breastfeeding is presented in Table 2.

Table 2:- Mean score of knowledge in different areas of breastfeeding n = 400.

S.No.	Domains of Breastfeeding	Maximum Score	Mean±S.D.	Mean score%
1.	Benefits of breastfeeding	4	2.16±0.74	54.0
2.	Breastfeeding initiation and duration	5	1.80±0.69	36.0

3.	Breastfeeding promotion and techniques	3	0.98±0.49	32.6
	TOTAL	12	4.94±1.92	41.16

From the above table, it is concluded that the least score of knowledge was identified for the section on breastfeeding promotion and techniques (0.98±0.49). The maximum score on knowledge was noted for the section benefits of breastfeeding (2.16±0.74).

Association between knowledge and selected demographic variables

Statistically significant correlations were found between breastfeeding knowledge and maternal education ($p=0.000$), working status ($p=0.000$) and parity ($p=0.012$). No association was noted between breastfeeding knowledge and other demographic variables.

The distribution of postpartum mothers based on awareness regarding specific aspects of breastfeeding is depicted in table 3.

Table 3:- Distribution of postpartum mothers based on awareness regarding specific aspects of breastfeeding (n=400).

S.No.	Items	Correct Response	
		f	%
1.	Advantages of breastfeeding	124	31.00
2.	Benefits of breastfeeding	80	20.00
3.	Benefits of skin to skin	349	87.25
4.	Importance of colostrums	311	77.75
5.	Breastfeeding frequency	166	41.50
6.	Breastfeeding adequacy	156	39.00
7.	Breastfeeding exclusivity	374	93.50
8.	Initiation of breastfeeding after normal delivery	21	5.25
9.	Initiation of breastfeeding after c-section	2	0.50
10.	Signs of good attachment	218	54.50
11.	Factors that influence breast milk production	140	35.00
12.	Positioning of baby after breastfeeding	33	8.25

From the above table, it is concluded that the postpartum mothers were least aware about initiation of breastfeeding after c-section [2(0.50%)], initiation of breastfeeding after normal delivery [21(5.25)] and positioning of baby after breastfeeding [33(8.25%)]. The mothers were highly aware about breastfeeding exclusivity [374(93.50%)].

Discussion:-

In terms of baby nutrition, exclusive breastfeeding is the gold standard. There are several factors that influence a mother's decision to breastfeed, including breastfeeding knowledge. In this study, it has been reported that out of 400 mothers' 24.8% mothers had poor knowledge, 63.7% average knowledge, and only 11.5% mothers had good knowledge regarding breastfeeding. A good degree of breastfeeding knowledge helps to prevent early exclusive breastfeeding discontinuation.

A study was done in Abu Dhabi by Ketbi et al assessing the knowledge, attitudes and practices of breastfeeding among women attending Primary Health Care Clinics. 344 mothers were selected and based on their breastfeeding experience with the last child, their breastfeeding knowledge, attitudes, and practices were assessed. Exclusive breastfeeding for 6 months was reported by only 46 mothers (16.9%, 95% CI 0.10, 0.17, n=272). 79 (28.7%, n=275) of the participants were breastfeeding and planning to continue after the child was ≥ 24 months. Working mothers, relatives living with them, having never previously breastfed exclusively, and being given ready-made liquid formula in the hospital were all linked to lower odds of exclusive breastfeeding. The most frequent work-related reason for discontinuing breastfeeding was insufficient maternity leave (24/89, 15%), followed by insufficient milk production (68/89, 76%).¹³

A study has been conducted by Stuebe and Bonuck who looked at the link between intention to exclusively breastfeed and the level of breastfeeding knowledge among 883 women. Findings shows that exclusive

breastfeeding, mixed feeding, and exclusive formula feeding intentions of the women were 45.9%, 46.1%, and 8.0%, respectively. It was concluded that the aim to exclusively breastfeed was directly associated to maternal knowledge about infant health benefits as well as comfort with breastfeeding in social contexts. Prenatal therapies that address these factors may increase the intention and duration of exclusive breastfeeding.¹⁴

This study also showed knowledge level of postpartum mothers in different areas of breastfeeding. The total knowledge score of different areas was 4.91 ± 2.78 . The least score of knowledge was identified for the section on breastfeeding initiation (0.05 ± 0.16). The maximum score on knowledge was noted for the section breastfeeding duration (1.74 ± 0.49). A study done by Shobo et al in public primary healthcare facilities (PHCs) in Northeast Nigeria adopted explanatory mixed method approach. The study included 393 mothers for the quantitative data and 27 mothers for the qualitative data of the study, respectively. The quantitative data shows that 39% of mothers did not breastfeed their newborns within 1 hour of birth. The qualitative data shows that 37% of mothers did not breastfeed within 1 hour of birth.¹⁵

A study was done by Srivastava S & Chaturvedi N in Behraich district of Uttar Pradesh, India. The researchers investigated the knowledge and compliance of early initiation of breastfeeding among mothers of children 0-24 months. Findings show that mother's knowledge level is average about infant and young child feeding components. 68.3% mothers have knowledge on initiation of breastfeeding within an hour of birth while 23.3% of mothers had initiated the breastfeeding within 6 hours after the birth of child. Thus, it is concluded that there is a noticeable deficiency in the application of knowledge into practice.¹⁶

The present study also focused on the maternal reasons for not offering breastfeeds to their infants and the common reasons stated by them were mother-infant separation at the time of birth, baby's dissatisfaction of breast milk, painful breastfeeding experience, latching difficulties and inadequate breast milk production. A study was done in Iran by Olang et al that focuses on the maternal reasons for discontinuing breastfeeding. Findings showed that only 5.3% of infants younger than six months old quit breastfeeding. The advice of doctors (54%) and not producing enough breast milk were the two most often mentioned reasons mothers gave for stopping exclusive breastfeeding (28%). In the other category of infants who were more than six months of age, only 11% of infants were not offered breastfeeding. Insufficient breast milk was the main cause of cessation at this age (45%). Infant illness (6%), return to work (3%) and maternal illness or medications (10%) were other infrequent causes.¹⁷

Conclusion:-

In a developing country like India, breastfeeding is done by the majority of mothers, with a high proportion of continuing breastfeeding beyond six months. Mothers, on the other hand, have a considerable gap in knowledge and appropriate breastfeeding behaviors. Breastfeeding mothers can be encouraged to breastfeed by obtaining good advice from health care professionals and arranging educational programs aimed at women with poor education and limited resources. Following suggestions may assist in promoting successful breastfeeding behavior:

1. Breastfeeding counseling should be encouraged to all health care personnel who work with mothers and young children.
2. At each visit, during the pregnancy and postpartum periods, a policy should be in place to review breastfeeding practices, problems of mothers and assessment of breastfeeding outcomes.
3. During these times, special workshops for women and family members should be held to share the knowledge and skills needed for effective breastfeeding.

Recommendations:-

1. A study can be done to assess the breastfeeding practices of postpartum mothers.
2. A study can be done to assess the effectiveness of planned teaching program on the level of breastfeeding knowledge among postpartum mothers.

Conflict of interest

We declare that we do not have any conflicts of interest.

Ethical approval

The study was approved by Institutional Ethics Committee (Registration No.: ECR/483/Inst/UK/ 2013/RR-16, Dt. 23.8.2017)

Funding Source

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Master Data Sheet Phase 1

Background information

Group	Age	Education	Religion	Working Status	Family Type	Delivery Type
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Normal delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Assisted delivery
1	26-30 years	Secondary education	Hindu	Non-working	Nuclear	Assisted delivery

1	21-25 years	College/University	Muslim	Working	Joint	Caesarean section
1	21-25 years	College/University	Muslim	Working	Joint	Caesarean section
2	21-25 years	College/University	Hindu	Working	Joint	Normal delivery
2	21-25 years	College/University	Hindu	Working	Joint	Normal delivery
2	21-25 years	College/University	Hindu	Working	Joint	Normal delivery
2	21-25 years	College/University	Hindu	Working	Joint	Normal delivery
2	21-25 years	College/University	Hindu	Working	Joint	Normal delivery
2	21-25 years	College/University	Hindu	Working	Joint	Normal delivery
2	21-25 years	College/University	Hindu	Working	Joint	Normal delivery
2	21-25 years	College/University	Hindu	Working	Nuclear	Normal delivery
2	21-25 years	College/University	Hindu	Working	Nuclear	Normal delivery
2	21-25 years	College/University	Hindu	Working	Nuclear	Normal delivery
2	21-25 years	College/University	Hindu	Non-working	Nuclear	Normal delivery
2	21-25 years	College/University	Hindu	Non-working	Nuclear	Normal delivery
2	21-25 years	College/University	Hindu	Non-working	Nuclear	Normal delivery
2	21-25 years	College/University	Hindu	Non-working	Nuclear	Normal delivery
2	21-25 years	College/University	Hindu	Non-working	Nuclear	Normal delivery
2	21-25 years	College/University	Hindu	Non-working	Nuclear	Assisted delivery
2	21-25 years	College/University	Hindu	Non-working	Nuclear	Assisted delivery
2	21-25 years	College/University	Hindu	Non-working	Nuclear	Assisted delivery
2	21-25 years	College/University	Hindu	Non-working	Nuclear	Assisted delivery
2	21-25 years	College/University	Hindu	Non-working	Nuclear	Assisted delivery
2	21-25 years	College/University	Hindu	Non-working	Nuclear	Assisted delivery
2	21-25 years	College/University	Hindu	Non-working	Nuclear	Assisted delivery
2	21-25 years	Secondary education	Hindu	Non-working	Nuclear	Assisted delivery

Breastfeeding Knowledge

Q1	Q2	Q3	Q4	Q5
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased pain	Discarded	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily available.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased pain	Discarded	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Discarded	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased pain	Offered to the baby	6 times a day
All of the above	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily	Breastfeeding helps you get back to your normal	Increased success of breastfeeding	Offered to the baby	6 times a day

available.	weight			
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Discarded	6 times a day
Breast milk is free and readily available.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding increases bone strength	Increased success of breastfeeding	Discarded	6 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is easier to digest than formula	Both (1) and (2).	Increased success of breastfeeding	Discarded	8-12 times a day
Breast milk is free and readily available.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Discarded	6 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day

Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Both (1) and (2).	Increased pain	Discarded	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is easier to digest than formula	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is easier to digest than formula	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	22	Discarded	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day

All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased pain	Offered to the baby	6 times a day
Breast milk is easier to digest than formula	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	3 times a day

Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Discarded	6 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Discarded	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	8-12 times a day
Breast milk is easier to digest than formula	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is easier to digest than formula	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Discarded	6 times a day

All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	20 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	3 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk is easier to digest than	Breastfeeding helps you get back to your normal	Increased success of breastfeeding	Offered to the baby	8-12 times a day

formula	weight			
Breast milk is free and readily available.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	3 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is easier to digest than formula	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
All of the above	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day

Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	3 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased pain	Offered to the baby	6 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Stored for later use	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day

	weight			
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Discarded	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Stored for later use	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Discarded	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Stored for later use	6 times a day
Breast milk is free and readily available.	Both (1) and (2).	Disturbs sleep pattern of baby	Offered to the baby	6 times a day
All of the above	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Stored for later use	8-12 times a day

Breast milk is easier to digest than formula	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	3 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Offered to the baby	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day

All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk is easier to digest than formula	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Discarded	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding reduces risk for ovarian cancer.	Disturbs sleep pattern of baby	Stored for later use	6 times a day
Breast milk is easier to digest than formula	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day

All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Stored for later use	20 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	6 times a day

prepared.				
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	20 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Stored for later use	6 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is easier to digest than formula	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	3 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	3 times a day

Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Offered to the baby	20 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Stored for later use	20 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	20 times a day
Breast milk is easier to digest than formula	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	8-12 times a day

Breast milk is free and readily available.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Stored for later use	6 times a day
Breast milk does not need to be prepared.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Both (1) and (2).	Disturbs sleep pattern of baby	Stored for later use	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	20 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Offered to the baby	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
22	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Stored for later use	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	20 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Stored for later use	8-12 times a day
All of the above	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Offered to the baby	8-12 times a day

Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Discarded	8-12 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	8-12 times a day
All of the above	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	20 times a day
All of the above	Both (1) and (2).	Disturbs sleep pattern of baby	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Disturbs sleep pattern of baby	Offered to the baby	6 times a day
All of the above	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	20 times a day
All of the above	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	3 times a day

All of the above	Both (1) and (2).	Disturbs sleep pattern of baby	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Wiped off	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Stored for later use	20 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	3 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Offered to the baby	20 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Wiped off	20 times a day

Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Wiped off	20 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily available.	Both (1) and (2).	22	Offered to the baby	20 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day

available.				
Breast milk does not need to be prepared.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	20 times a day
All of the above	44	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding reduces risk for ovarian cancer.	Disturbs sleep pattern of baby	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	20 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily available.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Stored for later use	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Offered to the baby	20 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal	Increased success of breastfeeding	Offered to the baby	20 times a day

available.	weight			
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Stored for later use	6 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	20 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Both (1) and (2).	Increased success of breastfeeding	Stored for later use	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Disturbs sleep pattern of baby	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Stored for later use	6 times a day
All of the above	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Stored for later use	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily available.	Both (1) and (2).	Increased success of breastfeeding	Wiped off	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal	Increased success of breastfeeding	Stored for later use	20 times a day

	weight			
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	20 times a day
All of the above	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily available.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is free and readily available.	Breastfeeding reduces risk for ovarian cancer.	Disturbs sleep pattern of baby	Offered to the baby	20 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Stored for later use	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Offered to the baby	20 times a day
Breast milk is free and readily available.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Stored for later use	20 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	20 times a day
Breast milk does not need to be prepared.	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day

All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	20 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Discarded	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
All of the above	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Stored for later use	6 times a day
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Stored for later use	20 times a day
Breast milk does not need to be	Breastfeeding helps you get back to your normal	Increased success of breastfeeding	Stored for later use	20 times a day

prepared.	weight			
All of the above	Both (1) and (2).	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is free and readily available.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding reduces risk for ovarian cancer.	Increased success of breastfeeding	Stored for later use	8-12 times a day
Breast milk is free and readily available.	Breastfeeding reduces risk for ovarian cancer.	Disturbs sleep pattern of baby	Offered to the baby	20 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	6 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	20 times a day
Breast milk is easier to digest than formula	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk is easier to digest than formula	Breastfeeding increases bone strength	Disturbs sleep pattern of baby	Offered to the baby	20 times a day
Breast milk is easier to digest than formula	Breastfeeding increases bone strength	Increased success of breastfeeding	Offered to the baby	8-12 times a day
Breast milk does not need to be prepared.	Breastfeeding helps you get back to your normal weight	Increased success of breastfeeding	Stored for later use	8-12 times a day

Q6	Q7	Q8	Q9	Q10	Q11	Q12	SCORE	INTERPRETATION
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Mouth wide open	Night time feeds	Straight	3	Poor Knowledge
Your baby has several bowel movements each day.	3 months	4-6 hours	4-5 hours	The baby taking all of the areola inside the mouth	Night time feeds	Left side	1	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	2-3 hours	All of the above	All of the above	Straight	7	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	The baby taking all of the areola inside the mouth	Night time feeds	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	7	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	The baby taking all of the areola inside the mouth	All of the above	Left side	7	Fair Knowledge
Your baby readily gains weight.	12 months	4-6 hours	4-5 hours	The baby taking all of the areola inside the mouth	Night time feeds	Right side	1	Poor Knowledge
Your baby has at least 6 wet diapers a day	12 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Right side	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	3	Poor Knowledge
Your baby readily gains weight.	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Left side	8	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	Mouth wide open	Relaxed pain-free & confident mother	Left side	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	The baby taking all of the areola inside the mouth	Night time feeds	Left side	2	Poor Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Right side	8	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Mouth wide open	Night time feeds	Left side	5	Fair Knowledge

Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	Mouth wide open	Night time feeds	Right side	4	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	Mouth wide open	Night time feeds	Right side	5	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Straight	8	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	The baby taking all of the areola inside the mouth	Night time feeds	Right side	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	Mouth wide open	Night time feeds	Right side	5	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Right side	10	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	The baby taking all of the areola inside the mouth	Night time feeds	Left side	3	Poor Knowledge
Your baby readily gains weight.	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	Night time feeds	Straight	2	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	The baby taking all of the areola inside the mouth	Night time feeds	Left side	4	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	8	Good Knowledge
Your baby readily gains weight.	12 months	4-6 hours	4-5 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	2	Poor Knowledge
All of the above	6 months	2-4 hours	4-5 hours	The baby taking all of the areola inside the mouth	Night time feeds	Left side	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	Mouth wide open	Night time feeds	Left side	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	6	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	Half-1 hour	4-5 hours	All of the above	Balanced diet	Straight	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	Half-1 hour	1-2 hours	The baby taking all of the areola inside the mouth	Night time feeds	Left side	6	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	5	Fair Knowledge

Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	7	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	The baby taking all of the areola inside the mouth	Relaxed pain-free & confident mother	Right side	6	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Mouth wide open	Balanced diet	Right side	3	Poor Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	9	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Mouth wide open	Relaxed pain-free & confident mother	Right side	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	5	Fair Knowledge
All of the above	6 months	Half-1 hour	2-3 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	8	Good Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	Balanced diet	Right side	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Night time feeds	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	Balanced diet	Left side	5	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	7	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	All of the above	Left side	4	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Left side	7	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	The baby taking all of the areola inside the mouth	Night time feeds	Straight	4	Fair Knowledge

Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Right side	7	Fair Knowledge
Your baby readily gains weight.	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	Night time feeds	Left side	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Right side	6	Fair Knowledge
All of the above	6 months	Half-1 hour	2-3 hours	All of the above	All of the above	Right side	11	Good Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	7	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Straight	7	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	8	Good Knowledge
Your baby readily gains weight.	12 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Right side	8	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	Relaxed pain-free & confident mother	Left side	4	Fair Knowledge
All of the above	6 months	Half-1 hour	2-3 hours	All of the above	All of the above	Straight	9	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	Mouth wide open	All of the above	Left side	4	Fair Knowledge
Your baby readily gains weight.	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Balanced diet	Left side	3	Poor Knowledge
Your baby readily gains weight.	6 months	2-4 hours	3-4 hours	Mouth wide open	Balanced diet	Straight	3	Poor Knowledge
All of the above	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Balanced diet	Left side	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	6	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Balanced diet	Left side	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	Mouth wide open	All of the above	Straight	4	Fair Knowledge
Your baby has several bowel	6 months	4-6 hours	4-5 hours	The baby taking all of the areola	Night time feeds	Right side	3	Poor Knowledge

movements each day.				inside the mouth				
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Mouth wide open	All of the above	Straight	3	Poor Knowledge
All of the above	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	All of the above	Right side	7	Fair Knowledge
Your baby has at least 6 wet diapers a day	12 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	6	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	Night time feeds	Left side	2	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	Night time feeds	Right side	4	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Left side	6	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	Night time feeds	Left side	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	Half-1 hour	3-4 hours	The baby taking all of the areola inside the mouth	All of the above	Left side	7	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	All of the above	Left side	6	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Left side	8	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	Night time feeds	Left side	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	2-3 hours	The baby taking all of the areola inside the mouth	Night time feeds	Right side	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	All of the above	Left side	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Left side	5	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	7	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Left side	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Left side	7	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Left side	7	Fair Knowledge

Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Left side	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	Half-1 hour	2-3 hours	All of the above	All of the above	Left side	6	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Right side	8	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	22	3-4 hours	All of the above	Night time feeds	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Right side	6	Fair Knowledge
All of the above	6 months	Half-1 hour	3-4 hours	All of the above	All of the above	Left side	10	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Right side	6	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Left side	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Left side	4	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Left side	9	Good Knowledge
All of the above	6 months	4-6 hours	4-5 hours	The baby taking all of the areola inside the mouth	Night time feeds	Left side	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Left side	6	Fair Knowledge
All of the above	6 months	Half-1 hour	3-4 hours	All of the above	All of the above	Left side	10	Good Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Left side	8	Good Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Straight	6	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Relaxed pain-free & confident mother	Left side	2	Poor Knowledge
All of the above	6 months	2-4 hours	3-4 hours	Mouth wide open	Night time feeds	Straight	5	Fair Knowledge

Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	All of the above	Balanced diet	Straight	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	Mouth wide open	Balanced diet	Left side	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Left side	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Left side	4	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Left side	8	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Right side	5	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	8	Good Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	7	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Left side	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	All of the above	Balanced diet	Right side	6	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	All of the above	Left side	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	12 months	Half-1 hour	2-3 hours	Baby's chin touching the breast	All of the above	Left side	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Mouth wide open	Relaxed pain-free & confident mother	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	Mouth wide open	Relaxed pain-free & confident mother	Left side	4	Fair Knowledge

All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Right side	9	Good Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Balanced diet	Left side	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Left side	6	Fair Knowledge
Your baby readily gains weight.	6 months	2-4 hours	2-3 hours	Mouth wide open	Balanced diet	Left side	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	Mouth wide open	Night time feeds	Left side	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	2-3 hours	Baby's chin touching the breast	Balanced diet	Right side	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	Mouth wide open	Relaxed pain-free & confident mother	Left side	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Right side	8	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Left side	6	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Left side	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Left side	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Straight	6	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	7	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Left side	2	Poor Knowledge

Your baby has several bowel movements each day.	6 months	4-6 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Straight	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	All of the above	Left side	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Right side	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Balanced diet	Left side	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Night time feeds	Straight	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Straight	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Right side	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	Mouth wide open	Relaxed pain-free & confident mother	Left side	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Straight	2	Poor Knowledge
All of the above	6 months	2-4 hours	1-2 hours	All of the above	All of the above	Straight	9	Good Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	9	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Left side	4	Fair Knowledge

Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Left side	2	Poor Knowledge
Your baby readily gains weight.	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Straight	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Left side	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Left side	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Right side	7	Fair Knowledge
Your baby readily gains weight.	6 months	4-6 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Straight	3	Poor Knowledge
Your baby readily gains weight.	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Left side	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Straight	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	All of the above	Balanced diet	Straight	3	Poor Knowledge
34	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Left side	6	Fair Knowledge
Your baby readily gains weight.	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	Mouth wide open	All of the above	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	3 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Right side	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Straight	5	Fair Knowledge
Your baby readily gains weight.	6 months	2-4 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	5	Fair Knowledge

Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	Mouth wide open	Relaxed pain-free & confident mother	Left side	4	Fair Knowledge
Your baby readily gains weight.	6 months	4-6 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	2	Poor Knowledge
All of the above	6 months	Half-1 hour	3-4 hours	All of the above	All of the above	Straight	10	Good Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	All of the above	Straight	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	6	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	7	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	Night time feeds	Left side	3	Poor Knowledge
All of the above	6 months	2-4 hours	4-5 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	6	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	Mouth wide open	All of the above	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Straight	6	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Left side	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Mouth wide open	Balanced diet	Straight	2	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	Half-1 hour	2-3 hours	Baby's chin touching the breast	Balanced diet	Straight	3	Poor Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	7	Fair Knowledge
Your baby has several bowel movements each day.	6 months	Half-1 hour	1-2 hours	Mouth wide open	All of the above	Straight	6	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	Mouth wide open	All of the above	Straight	4	Fair Knowledge
Your baby has several bowel movements each day.	12 months	2-4 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Straight	0	Poor Knowledge

Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	Night time feeds	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	9	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	2-3 hours	All of the above	All of the above	Right side	10	Good Knowledge
All of the above	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Night time feeds	Straight	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	4-6 hours	4-5 hours	Mouth wide open	All of the above	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Straight	6	Fair Knowledge
All of the above	6 months	Half-1 hour	2-3 hours	All of the above	All of the above	Straight	9	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Straight	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	6	Fair Knowledge
All of the above	6 months	2-4 hours	2-3 hours	All of the above	All of the above	Straight	9	Good Knowledge
All of the above	6 months	2-4 hours	3-4 hours	Mouth wide open	Balanced diet	Straight	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Mouth wide open	Relaxed pain-free & confident mother	Straight	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Left side	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	Mouth wide open	All of the above	Straight	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Straight	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	3	Poor Knowledge
Your baby readily gains weight.	6 months	2-4 hours	3-4 hours	Mouth wide open	Balanced diet	Straight	3	Poor Knowledge

Your baby readily gains weight.	6 months	2-4 hours	3-4 hours	Mouth wide open	Balanced diet	Straight	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	Mouth wide open	Balanced diet	Straight	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Straight	3	Poor Knowledge
Your baby readily gains weight.	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	6	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	Balanced diet	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	Relaxed pain-free & confident mother	Straight	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	The baby taking all of the areola inside the mouth	Night time feeds	Straight	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	Half-1 hour	2-3 hours	All of the above	All of the above	Straight	6	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Balanced diet	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Relaxed pain-free & confident mother	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Straight	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Left side	3	Poor Knowledge

Your baby has several bowel movements each day.	6 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	Baby's chin touching the breast	Relaxed pain-free & confident mother	Straight	2	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	The baby taking all of the areola inside the mouth	Night time feeds	Straight	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	6-8 hours	3-4 hours	Baby's chin touching the breast	Balanced diet	Straight	3	Poor Knowledge
Your baby readily gains weight.	6 months	6-8 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Left side	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Straight	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	Relaxed pain-free & confident mother	Straight	3	Poor Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Left side	6	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Left side	7	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	All of the above	Straight	4	Fair Knowledge
Your baby readily gains weight.	6 months	2-4 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	All of the above	Balanced diet	Straight	3	Poor Knowledge
All of the above	6 months	Half-1 hour	3-4 hours	All of the above	All of the above	Straight	10	Good Knowledge
Your baby readily gains weight.	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	5	Fair Knowledge

All of the above	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Straight	6	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	Balanced diet	Straight	4	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Straight	6	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	All of the above	Balanced diet	Straight	2	Poor Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Straight	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	All of the above	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	Balanced diet	Straight	5	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	8	Good Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	Balanced diet	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	All of the above	Straight	6	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	All of the above	Left side	6	Fair Knowledge
Your baby readily gains weight.	6 months	2-4 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Left side	3	Poor Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Straight	7	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	9	Good Knowledge
All of the above	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Straight	3	Poor Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Straight	7	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Straight	5	Fair Knowledge

44	6 months	2-4 hours	4-5 hours	Mouth wide open	Night time feeds	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	6-8 hours	4-5 hours	All of the above	Night time feeds	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	7	Fair Knowledge
All of the above	6 months	6-8 hours	4-5 hours	Mouth wide open	Relaxed pain-free & confident mother	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Left side	5	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	The baby taking all of the areola inside the mouth	All of the above	Straight	5	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	8	Good Knowledge
Your baby readily gains weight.	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Straight	6	Fair Knowledge
Your baby readily gains weight.	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	Relaxed pain-free & confident mother	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	All of the above	Balanced diet	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	2-3 hours	Baby's chin touching the breast	Balanced diet	Left side	6	Fair Knowledge
Your baby has several bowel movements each day.	6 months	6-8 hours	4-5 hours	Baby's chin touching the breast	All of the above	Straight	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	4-6 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Left side	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	6-8 hours	3-4 hours	All of the above	Balanced diet	Straight	6	Fair Knowledge

Your baby has several bowel movements each day.	6 months	4-6 hours	4-5 hours	Mouth wide open	Night time feeds	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	6-8 hours	4-5 hours	All of the above	Balanced diet	Straight	4	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Straight	7	Fair Knowledge
Your baby readily gains weight.	3 months	Half-1 hour	4-5 hours	All of the above	Relaxed pain-free & confident mother	Straight	5	Fair Knowledge
All of the above	6 months	6-8 hours	4-5 hours	All of the above	Night time feeds	Straight	5	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Straight	3	Poor Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	7	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	6-8 hours	4-5 hours	Baby's chin touching the breast	All of the above	Straight	3	Poor Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	Balanced diet	Straight	6	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	9	Good Knowledge
All of the above	6 months	Half-1 hour	2-3 hours	Baby's chin touching the breast	All of the above	Left side	9	Good Knowledge
All of the above	6 months	6-8 hours	4-5 hours	Mouth wide open	All of the above	Straight	5	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Left side	8	Good Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Straight	7	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Straight	7	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Straight	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	Night time feeds	Straight	7	Fair Knowledge

Your baby has at least 6 wet diapers a day	6 months	6-8 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	4-6 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Straight	2	Poor Knowledge
All of the above	6 months	2-4 hours	3-4 hours	Mouth wide open	Night time feeds	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	All of the above	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	All of the above	Left side	4	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	Night time feeds	Straight	5	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	4	Fair Knowledge
Your baby readily gains weight.	6 months	6-8 hours	4-5 hours	All of the above	Night time feeds	Straight	4	Fair Knowledge
Your baby readily gains weight.	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Straight	8	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	6-8 hours	4-5 hours	The baby taking all of the areola inside the mouth	Relaxed pain-free & confident mother	Left side	4	Fair Knowledge
All of the above	6 months	6-8 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	5	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	5	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Straight	6	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	6-8 hours	4-5 hours	Baby's chin touching the breast	Relaxed pain-free & confident mother	Left side	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	4-6 hours	4-5 hours	All of the above	Balanced diet	Straight	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Straight	5	Fair Knowledge
Your baby readily gains weight.	6 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Left side	4	Fair Knowledge

All of the above	6 months	4-6 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	5	Fair Knowledge
Your baby readily gains weight.	6 months	6-8 hours	4-5 hours	Mouth wide open	Night time feeds	Straight	3	Poor Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	9	Good Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Balanced diet	Straight	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	4-6 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Straight	3	Poor Knowledge
Your baby readily gains weight.	6 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Straight	3	Poor Knowledge
Your baby readily gains weight.	6 months	2-4 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	Mouth wide open	All of the above	Straight	6	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	Balanced diet	Straight	6	Fair Knowledge
Your baby readily gains weight.	12 months	Half-1 hour	2-3 hours	Baby's chin touching the breast	Balanced diet	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Balanced diet	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	12 months	2-4 hours	3-4 hours	Mouth wide open	Relaxed pain-free & confident mother	Straight	1	Poor Knowledge
Your baby readily gains weight.	6 months	2-4 hours	3-4 hours	All of the above	Relaxed pain-free & confident mother	Left side	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	4-6 hours	4-5 hours	Mouth wide open	Night time feeds	Straight	4	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Straight	4	Fair Knowledge
All of the above	12 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	8	Good Knowledge
Your baby readily gains weight.	6 months	2-4 hours	3-4 hours	All of the above	Night time feeds	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Straight	3	Poor Knowledge
All of the above	12 months	2-4 hours	3-4 hours	All of the above	All of the above	Left side	8	Good Knowledge

Your baby readily gains weight.	6 months	4-6 hours	4-5 hours	Mouth wide open	All of the above	Straight	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	Mouth wide open	Night time feeds	Straight	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Straight	3	Poor Knowledge
Your baby readily gains weight.	12 months	4-6 hours	4-5 hours	All of the above	Balanced diet	Straight	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Straight	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	4-6 hours	4-5 hours	Baby's chin touching the breast	Night time feeds	Straight	4	Fair Knowledge
Your baby has several bowel movements each day.	12 months	22	3-4 hours	All of the above	Balanced diet	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	Relaxed pain-free & confident mother	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	7	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Straight	3	Poor Knowledge
Your baby has several bowel movements each day.	12 months	2-4 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Straight	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Straight	7	Fair Knowledge
All of the above	12 months	4-6 hours	4-5 hours	Mouth wide open	Relaxed pain-free & confident mother	Straight	3	Poor Knowledge
Your baby readily gains weight.	12 months	2-4 hours	4-5 hours	All of the above	Balanced diet	Straight	3	Poor Knowledge
All of the above	12 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	All of the above	Balanced diet	Straight	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	5	Fair Knowledge

All of the above	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	All of the above	Straight	7	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Left side	7	Fair Knowledge
Your baby has several bowel movements each day.	12 months	2-4 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Straight	2	Poor Knowledge
Your baby readily gains weight.	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Straight	4	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Straight	9	Good Knowledge
All of the above	6 months	6-8 hours	4-5 hours	All of the above	All of the above	Left side	8	Good Knowledge
All of the above	6 months	4-6 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Left side	4	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	Baby's chin touching the breast	All of the above	Straight	6	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Straight	8	Good Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Left side	5	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	Mouth wide open	All of the above	Straight	6	Fair Knowledge
Your baby readily gains weight.	6 months	4-6 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Left side	3	Poor Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Left side	7	Fair Knowledge
All of the above	6 months	6-8 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Straight	5	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Straight	3	Poor Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Straight	8	Good Knowledge
All of the above	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Balanced diet	Straight	5	Fair Knowledge
Your baby readily gains weight.	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	8	Good Knowledge
Your baby readily gains weight.	12 months	6-8 hours	3-4 hours	All of the above	Balanced diet	Straight	2	Poor Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Left side	7	Fair Knowledge
All of the above	6 months	6-8 hours	4-5 hours	Mouth wide open	Relaxed pain-free & confident	Straight	5	Fair Knowledge

					mother			
All of the above	6 months	6-8 hours	4-5 hours	Mouth wide open	Night time feeds	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	7	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	Mouth wide open	Night time feeds	Straight	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	All of the above	All of the above	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	Baby's chin touching the breast	Night time feeds	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Straight	8	Good Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	7	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	7	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	Mouth wide open	Night time feeds	Straight	5	Fair Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	2	Poor Knowledge
All of the above	6 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	9	Good Knowledge
Your baby has several bowel movements each day.	6 months	2-4 hours	4-5 hours	All of the above	Night time feeds	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	All of the above	All of the above	Placed on back	5	Fair Knowledge
All of the above	12 months	4-6 hours	4-5 hours	The baby taking all of the areola inside the mouth	Night time feeds	Straight	2	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	Half-1 hour	2-3 hours	All of the above	Balanced diet	Straight	7	Fair Knowledge
All of the above	6 months	2-4 hours	4-5 hours	Mouth wide open	Balanced diet	Straight	5	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	Baby's chin touching the breast	Balanced diet	Straight	5	Fair Knowledge
Your baby has several bowel movements each day.	12 months	2-4 hours	4-5 hours	All of the above	All of the above	Straight	4	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	Baby's chin touching the breast	Relaxed pain-free & confident mother	Straight	3	Poor Knowledge

All of the above	12 months	2-4 hours	4-5 hours	All of the above	Balanced diet	Straight	4	Fair Knowledge
All of the above	6 months	2-4 hours	3-4 hours	Mouth wide open	Balanced diet	Left side	5	Fair Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	Relaxed pain-free & confident mother	Straight	6	Fair Knowledge
All of the above	6 months	6-8 hours	4-5 hours	Mouth wide open	Night time feeds	Left side	4	Fair Knowledge
Your baby has at least 6 wet diapers a day	6 months	2-4 hours	4-5 hours	Mouth wide open	Night time feeds	Left side	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	12 months	4-6 hours	3-4 hours	Mouth wide open	Night time feeds	Left side	2	Poor Knowledge
Your baby has several bowel movements each day.	12 months	4-6 hours	4-5 hours	The baby taking all of the areola inside the mouth	Night time feeds	Straight	3	Poor Knowledge
Your baby has at least 6 wet diapers a day	6 months	4-6 hours	4-5 hours	Mouth wide open	Night time feeds	Left side	2	Poor Knowledge
All of the above	6 months	4-6 hours	4-5 hours	All of the above	Night time feeds	Straight	6	Fair Knowledge
All of the above	12 months	4-6 hours	4-5 hours	Baby's chin touching the breast	Balanced diet	Straight	3	Poor Knowledge

Practices related to breastfeeding

Initiation	Reason	Colostrum	Reason	Duration	BF currently	Reason	Feeding method	Galactogogues
Within 1 hour	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Doctor's Advice	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Pain	Not Given	Baby Separated	3 – 5 minutes	No	Baby separated	Only formula	NA
>24 hours	Pain	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	Cereals
2-24 hours	Baby Separated	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	Carom Seeds water & Laddu
>24 hours	Surgery	Not Given	Surgery	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Knowledge Deficiency	Not Given	Not Aware	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Baby Separated	Not Given	Not Aware	5-10 minutes	Yes	NA	Only breastfeeding	Carrom seeds water
2-24 hours	Surgery	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	No Production	3 – 5 minutes	No	Bottle feeding	Only formula	NA
>24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Not Given	Baby Separated	5-10 minutes	No	Only formula	Only formula	NA
>24 hours	Pain	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Mixed Method	88
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Milk and Ghee mixture
>24 hours	Surgery	Not Given	Surgery	10 - 15 minutes	Yes	NA	Mixed Method	Carrom seeds water
2-24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Given	NA	10 - 15 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Surgery	Not Given	Not Aware	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Baby Separated	Not Given	Baby Separated	3 – 5 minutes	No	Only formula	Only formula	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Laddu & cereals

2-24 hours	Nipple Problem	Not Given	No Production	3 – 5 minutes	No	Only formula	Only formula	NA
>24 hours	Surgery	Not Given	No Production	3 – 5 minutes	No	Only formula	Only formula	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	Only formula	Only formula	NA
2-24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Surgery	Given	NA	5-10 minutes	Yes	NA	Mixed Method	Carrom seeds water
2-24 hours	Surgery	Not Given	No Production	5-10 minutes	Yes	NA	Only formula	Cereals
2-24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Weakness	3 – 5 minutes	Yes	NA	Only breastfeeding	Laddu & cereals
2-24 hours	Weakness & No BM	Given	NA	3 – 5 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Given	NA	3 – 5 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Surgery	Given	NA	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	No	Baby separated	Only formula	NA
2-24 hours	Weakness & No BM	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	Laddu & cereals
>24 hours	Baby Separated	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	No Production	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Surgery	Not Given	No Production	10 - 15 minutes	Yes	NA	Only breastfeeding	Pumpkin
2-24 hours	Baby Separated	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	Cereals
>24 hours	Baby Separated	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	No	Breast engorgement	Only formula	NA
2-24 hours	Baby Separated	Given	NA	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	Carrom seeds water
2-24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Baby Separated	Not Given	Surgery	3 – 5 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Surgery	Not Given	No Production	3 – 5 minutes	No	No BM	Only formula	NA

>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	Cracked nipples	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	Breast engorgement	Only formula	NA
2-24 hours	Weakness & No BM	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Carrom seeds water
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Weakness & No BM	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Baby Separated	Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Green Vegetables
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Doctor's Advice	Not Given	Baby Separated	3 – 5 minutes	No	Baby separated	Mixed Method	NA
2-24 hours	Surgery	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	9	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain & Fever	Not Given	Pain	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain & Fever	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Pain	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Surgery	3 – 5 minutes	No	Inverted nipples	Only formula	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA

>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Weakness & No BM	Given	NA	3 – 5 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	Cereals
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Green Vegetables
2-24 hours	Weakness & No BM	Not Given	Baby Separated	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Baby Separated	Not Given	Pain	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Weakness & No BM	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Pain	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	No	Baby separated	Mixed Method	NA
2-24 hours	Surgery	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Not Given	Fever	10 - 15 minutes	Yes	NA	Mixed Method	Cereals
2-24 hours	Pain	Not Given	Pain	3 – 5 minutes	No	Breast engorgement	Only formula	NA
>24 hours	Weakness & No BM	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA

2-24 hours	Weakness & No BM	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Surgery	Not Given	Surgery	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Pain	Given	NA	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA

2-24 hours	Pain	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Surgery	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	Carom Seeds water & Laddu
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	No	No BM	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	Carrom seeds water
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	No	Only formula	Only formula	NA
2-24 hours	Pain	Given	NA	5-10 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Surgery	Not Given	Surgery	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA

2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	Carom Seeds water & Laddu
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Given	NA	5-10 minutes	Yes	NA	Mixed Method	Carrom seeds water
2-24 hours	Baby Separated	Given	NA	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	Carom Seeds water & Laddu
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Given	NA	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Not Given	Baby Separated	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Weakness & No BM	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Pain	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Milk and Ghee mixture
2-24 hours	Pain	Not Given	Pain	10 - 15 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Not Given	No Production	5-10 minutes	Yes	NA	Mixed Method	NA

>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	Carrom seeds water
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	No	No BM	Only formula	NA
2-24 hours	Pain & Fever	Not Given	Pain	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Pain	10 - 15 minutes	Yes	NA	Only breastfeeding	Carom Seeds water & Laddu
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Not Given	Pain	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Pain	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Pain	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Pain	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Green Vegetables
>24 hours	Surgery	Not Given	Weakness	5-10 minutes	Yes	NA	Mixed Method	Carrom seeds water
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Mixed Method	NA

2-24 hours	Knowledge Deficiency	Not Given	Weakness	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Mixed Method	NA
2-24 hours	Baby Separated	Given	NA	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Weakness & No BM	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	No	No BM	Only formula	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Given	NA	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Baby Separated	Not Given	Baby Separated	3 – 5 minutes	No	No BM	Only formula	NA
>24 hours	Baby Separated	Not Given	No Production	5-10 minutes	Yes	NA	Mixed Method	Cereals
2-24 hours	Surgery	Given	NA	15 - 20 minutes	Yes	NA	Only breastfeeding	Cereals
2-24 hours	Pain	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Weakness & No BM	Not Given	No Production	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Pain	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Carom Seeds water & Laddu
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Not Given	No Production	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	No Production	3 – 5 minutes	No	No BM	Only formula	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Given	NA	5-10 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	No	No BM	Only formula	NA

2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Not Given	No Production	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Green Vegetables
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	No	No BM	Only formula	NA
>24 hours	Surgery	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Not Given	Not Aware	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Pain	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Surgery	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	No Production	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Not Given	No Production	10 - 15 minutes	Yes	NA	Only breastfeeding	Cereals
2-24 hours	Baby Separated	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Baby Separated	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Weakness & No BM	Not Given	No Production	5-10 minutes	Yes	NA	Mixed Method	Cereals
2-24 hours	Weakness & No BM	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	Cereals

>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Baby Separated	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Green Vegetables
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Surgery	Not Given	No Production	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	15 - 20 minutes	Yes	NA	Only breastfeeding	Cereals
>24 hours	Surgery	Not Given	Not Aware	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Cereals
2-24 hours	Pain	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Not Given	Baby Separated	5-10 minutes	Yes	NA	Only breastfeeding	Carom Seeds water & Laddu
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Pain	Given	NA	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	Milk and Ghee mixture
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	No	No BM	Only formula	NA
2-24 hours	Pain	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	Cereals

2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Only breastfeeding	Milk and Ghee mixture
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Surgery	Not Given	Surgery	3 – 5 minutes	No	No BM	Only formula	NA
>24 hours	Surgery	Not Given	Surgery	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Laddu & cereals
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Given	NA	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	3 – 5 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Pain	Given	NA	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Weakness & No BM	Not Given	Baby Separated	5-10 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA

>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Weakness & No BM	Given	NA	5-10 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Cereals
2-24 hours	Baby Separated	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	Milk and Ghee mixture
2-24 hours	Baby Separated	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	Carom Seeds water & Laddu
2-24 hours	Pain	Not Given	No Production	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	15 - 20 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	Green Vegetables
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Surgery	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Pain	Not Given	Not Aware	10 - 15 minutes	Yes	NA	Only breastfeeding	NA

2-24 hours	Pain	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	Cereals
2-24 hours	Weakness & No BM	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Pain	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	Carrom seeds water
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Pain	Given	NA	5-10 minutes	Yes	NA	Mixed Method	Green Vegetables
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
>24 hours	Surgery	Not Given	Not Aware	10 - 15 minutes	Yes	NA	Only breastfeeding	NA

>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Pumpkin
>24 hours	Surgery	Not Given	Not Aware	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Pain	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	Cereals
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Carom Seeds water & Laddu
2-24 hours	Weakness & No BM	Given	NA	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Carom Seeds water & Laddu
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Pain	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	Cereals
>24 hours	Surgery	Not Given	Baby Separated	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Pain	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	15 - 20 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA

2-24 hours	Pain	Not Given	Weakness	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Pain	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Weakness & No BM	Not Given	Weakness	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Baby Separated	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Weakness	3 – 5 minutes	No	No BM	Only formula	Laddu & cereals
2-24 hours	Pain	Given	NA	15 - 20 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
>24 hours	Surgery	Not Given	No Production	3 – 5 minutes	No	No BM	Only formula	NA
2-24 hours	Pain	Given	NA	10 - 15 minutes	Yes	NA	Only breastfeeding	NA
2-24 hours	Pain	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	3 – 5 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	10 - 15 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Baby Separated	5-10 minutes	Yes	NA	Mixed Method	NA
>24 hours	Surgery	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	Carom Seeds water & Laddu
2-24 hours	Pain	Not Given	Not Aware	5-10 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Pain	Not Given	No Production	3 – 5 minutes	Yes	NA	Mixed Method	NA
2-24 hours	Baby Separated	Not Given	Not Aware	3 – 5 minutes	No	No BM	Only formula	NA

Problems related to Breastfeeding

Feeling tired	Latching difficulties	Inadequate breast mik	BF too time consuming	Sore nipple	Infant refusal to breastfeed		Engorgement	Separation	Nipple problems	Poor maternal mood
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	No	Yes	No	No	No	No	Yes	Yes
Yes	No	Yes	No	No	No	Yes	Yes	No	No	No
No	No	No	No	No	No	Yes	Yes	No	No	Yes
Yes	No	Yes	Yes	No	No	Yes	No	No	Yes	Yes
No	No	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	Yes	Yes	No	No	No	No	No	No	No
No	No	Yes	Yes	No	No	Yes	No	No	Yes	Yes
Yes	No	No	Yes	No	No	No	No	No	No	No
No	No	Yes	Yes	No	No	No	Yes	No	Yes	Yes
Yes	Yes	Yes	No	Yes	No	Yes	Yes	No	Yes	Yes
Yes	No	Yes	No	No	No	No	Yes	No	Yes	Yes
Yes	No	Yes	No	No	No	No	No	No	Yes	Yes
No	No	Yes	Yes	No	No	No	Yes	No	Yes	Yes
Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes
No	No	Yes	Yes	No	No	No	No	No	No	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	Yes	No	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	Yes	No	Yes	No	Yes	Yes	No	No	Yes
Yes	No	Yes	Yes	Yes	No	No	No	No	Yes	Yes
No	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes

Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	No	Yes	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	No	Yes	No	No	No	Yes	Yes
Yes	No	No	No	No	No	No	No	No	Yes	Yes
No	No	Yes	Yes	Yes	No	Yes	No	No	Yes	Yes
Yes	No	No	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	No	No	No	Yes	Yes	No	No	No
No	No	No	No	No	No	No	No	Yes	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No	No	No	No
No	No	No	No	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes
No	Yes	Yes	No	Yes	Yes	No	No	No	Yes	Yes
No	No	No	Yes	No	No	No	No	No	No	No
No	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes
No	No	Yes	No	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
No	Yes	Yes	Yes	No	Yes	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes

No	No	No	No	No	No	No	No	No	No	No
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	Yes	No	No	No	No	No	No	No	Yes
No	No	No	No	No	No	No	No	No	No	Yes
No	No	Yes	No	No	No	No	No	No	No	Yes
Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No	No	No	No
No	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	No	Yes	No	Yes	Yes	No	No	Yes
No	No	No	Yes	No	No	No	No	No	No	No
Yes	No	Yes	Yes	No	No	No	No	No	No	Yes
No	Yes	No	No	Yes	No	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No	No	No	No
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	No	No	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No	No	No	No
No	No	Yes	No	No	No	No	No	No	No	Yes
Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No	No	No	No
No	No	No	No	No	No	No	No	No	No	No
Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	Yes	No	No	No	No	No	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	No	Yes

No	No	Yes	No	No	No	Yes	No	No	Yes	Yes
Yes	Yes	Yes	No	No	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No	No	No	Yes
No	No	Yes	No	No	No	No	No	No	No	Yes
No	No	Yes	No	No	No	No	No	No	No	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	No	Yes
Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes
No	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No
No	No	No	No	No	No	No	No	No	No	No
Yes	No	Yes	Yes	No	No	No	No	No	No	Yes
No	Yes	Yes	No	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	No	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	No	Yes	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	No	No	No	No	No	No	No	Yes
Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes
No	No	No	No	No	No	No	No	No	No	No
No	No	Yes	No	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	No	Yes	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	No	No	Yes	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes

No	No	No	No	No	No	No	No	No	No	No
Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	Yes	No	No	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No	No	No	No
Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes	Yes
Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No	No	No	No
Yes	Yes	Yes	Yes	No	Yes	No	No	No	Yes	Yes
No	Yes	Yes	No	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No	No	No	No
Yes	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes
No	Yes	Yes	No	No	Yes	No	No	No	Yes	Yes
Yes	No	Yes	Yes	Yes	No	No	No	No	Yes	Yes
No	No	Yes	No	Yes	No	No	No	Yes	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	Yes	No	No	No	No	No	No	Yes	Yes
Yes	Yes	No	No	Yes	No	No	No	No	Yes	Yes

Yes	No	Yes	Yes	No	No	Yes	No	No	No	No
No	No	No	Yes	No	No	No	No	No	No	No
No	No	No	No	No	No	No	No	No	No	No
No	No	No	Yes	No	No	No	No	No	No	Yes
No	No	No	Yes	No	No	No	No	No	No	No
Yes	No	Yes	Yes	No	No	No	No	No	Yes	No
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
No	Yes	No	No	No	No	No	No	No	No	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	No	Yes	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes
No	Yes	Yes	No	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
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No	No	Yes	No	No	No	No	No	No	Yes	No
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No	No	No	No
Yes	No	Yes	Yes	No	No	No	No	No	No	Yes
No	Yes	Yes	No	No	No	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No	No	No	No
Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes
Yes	No	Yes	No	No	No	No	No	No	Yes	Yes

No	No	Yes	No	No	No	No	No	No	No	Yes
Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes
No	No	Yes	No	No	No	No	No	No	No	Yes
No	No	No	Yes	No	No	No	No	No	No	No
Yes	Yes	Yes	Yes	No	Yes	No	No	No	Yes	Yes
No	No	Yes	No	No	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No	No	No	No
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
No	No	Yes	No	No	No	No	No	No	No	Yes
Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	Yes	No	No	No	No	Yes	Yes
No	Yes	Yes	No	No	Yes	No	No	No	Yes	Yes
Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	No	No	No	No	No	No	Yes
Yes	Yes	Yes	No	No	No	No	No	Yes	Yes	Yes
No	No	Yes	No	No	No	No	No	No	Yes	Yes
No	No	Yes	No	No	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No	No	No	No
Yes	Yes	Yes	No	No	No	No	No	No	No	Yes
No	No	Yes	No	No	No	No	No	Yes	Yes	Yes
No	No	Yes	No	No	No	No	No	No	Yes	Yes
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Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes
No	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes
No	Yes	Yes	No	Yes	No	No	No	Yes	Yes	Yes
No	No	Yes	No	No	No	No	No	No	Yes	Yes
No	Yes	Yes	No	No	No	No	No	No	Yes	Yes

Master Data Sheet Phase 2

Group	Type of delivery	BFSE Score	Interpretation	Third Day	BF Practics Score	Positioning	Attachment	Sucking	Swallowing
1	Normal delivery	63	Very good BF Self-Efficacy	Good BF Practice	7	Good	Moderate	Good	Good
1	Normal delivery	64	Very good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Good	Moderate
2	Caesarean section	47	Good BF Self-Efficacy	Moderate BF Practice	4	Moderate	Poor	Moderate	Good
2	Normal delivery	28	Poor BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
1	Assisted delivery	61	Very good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Good	Moderate
1	Normal delivery	60	Very good BF Self-Efficacy	Good BF Practice	7	Moderate	Good	Good	Good
2	Caesarean section	46	Good BF Self-Efficacy	Poor BF Practice	1	Poor	Poor	Poor	Moderate
1	Normal delivery	60	Very good BF Self-Efficacy	Good BF Practice	7	Moderate	Good	Good	Good
2	Caesarean section	47	Good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
1	Caesarean section	60	Very good BF Self-Efficacy	Good BF Practice	6	Good	Good	Moderate	Moderate
2	Assisted delivery	27	Poor BF Self-Efficacy	Poor BF Practice	2	Poor	Poor	Moderate	Poor
1	Normal delivery	59	Very good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
1	Caesarean section	46	Good BF Self-Efficacy	Moderate BF Practice	4	Moderate	Moderate	Moderate	Moderate
1	Caesarean section	59	Very good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
1	Caesarean section	58	Very good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Moderate	Good
1	Normal delivery	57	Very good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Moderate	Good
1	Normal delivery	64	Very good BF Self-Efficacy	Good BF Practice	6	Good	Good	Moderate	Moderate
2	Assisted delivery	44	Good BF Self-Efficacy	Poor BF Practice	2	Poor	Poor	Moderate	Poor
2	Normal delivery	49	Good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
1	Caesarean section	60	Very good BF Self-Efficacy	Good BF Practice	6	Good	Good	Moderate	Moderate
1	Caesarean section	60	Very good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
2	Caesarean section	36	Moderate BF Self-Efficacy	Poor BF Practice	2	Poor	Moderate	Poor	Poor
1	Caesarean section	60	Very good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate

1	Caesarean section	63	Very good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Good	Moderate
1	Assisted delivery	64	Very good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
2	Normal delivery	47	Good BF Self-Efficacy	Poor BF Practice	2	Poor	Poor	Moderate	Poor
1	Caesarean section	53	Good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Good	Moderate
2	Caesarean section	40	Moderate BF Self-Efficacy	Moderate BF Practice	5	Good	Moderate	Moderate	Moderate
2	Caesarean section	44	Good BF Self-Efficacy	Good BF Practice	6	Good	Good	Moderate	Moderate
1	Assisted delivery	60	Very good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Moderate	Good
1	Normal delivery	61	Very good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Good	Moderate
2	Caesarean section	45	Good BF Self-Efficacy	Good BF Practice	6	Good	Good	Moderate	Moderate
1	Caesarean section	55	Good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Good	Moderate
2	Normal delivery	38	Moderate BF Self-Efficacy	Good BF Practice	6	Good	Good	Moderate	Moderate
1	Caesarean section	35	Moderate BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Good	Moderate
2	Normal delivery	22	Poor BF Self-Efficacy	Good BF Practice	7	Good	Good	Moderate	Good
1	Caesarean section	59	Very good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Good	Moderate
1	Normal delivery	55	Good BF Self-Efficacy	Good BF Practice	6	Moderate	Moderate	Good	Good
1	Caesarean section	59	Very good BF Self-Efficacy	Good BF Practice	7	Moderate	Good	Good	Good
2	Normal delivery	34	Moderate BF Self-Efficacy	Good BF Practice	6	Good	Good	Moderate	Moderate
2	Caesarean section	59	Very good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
1	Caesarean section	58	Very good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Moderate	Good
2	Normal delivery	41	Moderate BF Self-Efficacy	Good BF Practice	6	Good	Good	Moderate	Moderate
1	Normal delivery	60	Very good BF Self-Efficacy	Good BF Practice	6	Good	Moderate	Good	Moderate
1	Caesarean section	35	Moderate BF Self-Efficacy	Good BF Practice	6	Good	Moderate	Moderate	Good
2	Caesarean section	36	Moderate BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
2	Caesarean section	32	Moderate BF Self-Efficacy	Good BF Practice	6	Good	Good	Moderate	Moderate
2	Caesarean section	35	Moderate BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
1	Normal delivery	61	Very good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Good	Moderate

2	Caesarean section	45	Good BF Self-Efficacy	Moderate BF Practice	4	Moderate	Moderate	Moderate	Moderate
1	Assisted delivery	61	Very good BF Self-Efficacy	Moderate BF Practice	3	Moderate	Moderate	Moderate	Poor
2	Normal delivery	46	Good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Good	Moderate	Moderate
1	Caesarean section	62	Very good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
1	Caesarean section	60	Very good BF Self-Efficacy	Moderate BF Practice	3	Poor	Moderate	Moderate	Moderate
2	Normal delivery	58	Very good BF Self-Efficacy	Poor BF Practice	2	Poor	Poor	Moderate	Poor
2	Normal delivery	44	Good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Moderate	Good
2	Caesarean section	46	Good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
2	Assisted delivery	48	Good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Moderate	Good
2	Caesarean section	26	Poor BF Self-Efficacy	Poor BF Practice	2	Moderate	Poor	Poor	Moderate
1	Normal delivery	57	Very good BF Self-Efficacy	Good BF Practice	7	Moderate	Good	Good	Good
1	Caesarean section	55	Good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Good	Moderate
2	Assisted delivery	45	Good BF Self-Efficacy	Poor BF Practice	2	Poor	Moderate	Poor	Poor
2	Assisted delivery	29	Moderate BF Self-Efficacy	Poor BF Practice	2	Moderate	Poor	Moderate	Poor
1	Caesarean section	61	Very good BF Self-Efficacy	Moderate BF Practice	4	Moderate	Moderate	Moderate	Moderate
1	Caesarean section	58	Very good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
2	Assisted delivery	46	Good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Good	Moderate	Moderate
2	Normal delivery	50	Good BF Self-Efficacy	Poor BF Practice	1	Poor	Poor	Poor	Moderate
1	Normal delivery	57	Very good BF Self-Efficacy	Good BF Practice	7	Good	Good	Moderate	Good
2	Assisted delivery	55	Good BF Self-Efficacy	Poor BF Practice	1	Poor	Moderate	Poor	Poor
1	Normal delivery	58	Very good BF Self-Efficacy	Good BF Practice	6	Good	Good	Moderate	Moderate
2	Assisted delivery	47	Good BF Self-Efficacy	Moderate BF Practice	4	Moderate	Moderate	Moderate	Moderate
1	Normal delivery	56	Good BF Self-Efficacy	Moderate BF Practice	3	Moderate	Moderate	Moderate	Poor
1	Normal delivery	64	Very good BF Self-Efficacy	Good BF Practice	6	Moderate	Moderate	Poor	Poor
2	Caesarean section	47	Good BF Self-Efficacy	Moderate BF Practice	3	Moderate	Moderate	Moderate	Poor
2	Normal delivery	28	Poor BF Self-Efficacy	Poor BF Practice	2	Moderate	Poor	Poor	Moderate

2	Caesarean section	41	Moderate BF Self-Efficacy	Poor BF Practice	2	Poor	Moderate	Moderate	Poor
1	Assisted delivery	64	Very good BF Self-Efficacy	Poor BF Practice	2	Poor	Poor	Moderate	Moderate
1	Normal delivery	63	Very good BF Self-Efficacy	Moderate BF Practice	3	Moderate	Poor	Moderate	Moderate
2	Assisted delivery	36	Moderate BF Self-Efficacy	Poor BF Practice	1	Poor	Poor	Moderate	Poor
2	Normal delivery	57	Very good BF Self-Efficacy	Good BF Practice	6	Good	Good	Moderate	Moderate
1	Normal delivery	59	Very good BF Self-Efficacy	Good BF Practice	7	Good	Good	Moderate	Moderate
1	Caesarean section	50	Good BF Self-Efficacy	Good BF Practice	8	Good	Good	Moderate	Good
1	Caesarean section	60	Very good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Good	Moderate
1	Caesarean section	55	Good BF Self-Efficacy	Good BF Practice	1	Poor	Moderate	Poor	Poor
1	Normal delivery	50	Good BF Self-Efficacy	Good BF Practice	5	Moderate	Moderate	Good	Moderate
1	Normal delivery	57	Very good BF Self-Efficacy	Good BF Practice	7	Good	Moderate	Good	Good
2	Caesarean section	36	Moderate BF Self-Efficacy	Poor BF Practice	2	Moderate	Poor	Poor	Moderate
2	Caesarean section	55	Good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
2	Normal delivery	29	Moderate BF Self-Efficacy	Poor BF Practice	2	Poor	Poor	Moderate	Moderate
2	Caesarean section	55	Good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Good	Moderate
2	Caesarean section	41	Moderate BF Self-Efficacy	Moderate BF Practice	5	Moderate	Moderate	Good	Moderate
2	Caesarean section	27	Poor BF Self-Efficacy	Poor BF Practice	1	Poor	Poor	Moderate	Poor
2	Caesarean section	29	Moderate BF Self-Efficacy	Poor BF Practice	1	Poor	Poor	Moderate	Poor
1	Caesarean section	60	Very good BF Self-Efficacy	Moderate BF Practice	3	Poor	Moderate	Moderate	Moderate
1	Caesarean section	61	Very good BF Self-Efficacy	Poor BF Practice	2	Poor	Poor	Moderate	Moderate
2	Normal delivery	62	Very good BF Self-Efficacy	Good BF Practice	6	Moderate	Good	Good	Moderate
2	Normal delivery	48	Good BF Self-Efficacy	Moderate BF Practice	3	Moderate	Good	Moderate	Good
2	Caesarean section	44	Good BF Self-Efficacy	Moderate BF Practice	5	Moderate	Good	Good	Moderate
2	Assisted delivery	53	Good BF Self-Efficacy	Poor BF Practice	1	Moderate	Good	Moderate	Moderate
2	Caesarean section	40	Moderate BF Self-Efficacy	Poor BF Practice	2	Poor	Poor	Moderate	Moderate

Breastfeeding Practice 3 day

1	Within 2 hours	Yes	3-5 min	Yes	Only breast milk	Yes	Yes	<8 times	Yes	Yes	Yes	One-two	One-two
1	Within 2 hours	Yes	3-5 min	Yes	Only breast milk	No	Yes	<8 times	Yes	Yes	Yes	One-two	One-two
1	Within 2 hours	Yes	5-10 min	Yes	Only breast milk	Yes	Yes	<8 times	Yes	Yes	Yes	One-two	One-two
1	Within 2 hours	Yes	5-10 min	Yes	Only breast milk	No	Yes	<8 times	Yes	Yes	Yes	One-two	One-two
1	Within 2 hours	Yes	10-15 min	Yes	Only breast milk	No	Yes	>8 times	Yes	Yes	Yes	One-two	One-two
1	Within 2 hours	Yes	10-15 min	Yes	Only breast milk	No	Yes	>8 times	Yes	Yes	Yes	One-two	One-two
1	Within 2 hours	Yes	10-15 min	Yes	Only breast milk	Yes	Yes	>8 times	Yes	Yes	Yes	One-two	One-two
1	Within 2 hours	Yes	10-15 min	Yes	Only breast milk	Yes	Yes	>8 times	Yes	Yes	Yes	One-two	One-two
1	Within 2 hours	Yes	10-15 min	Yes	Only breast milk	No	Yes	>8 times	Yes	Yes	Yes	One-two	One-two
1	Within 2 hours	Yes	10-15 min	Yes	Only breast milk	No	Yes	>8 times	Yes	Yes	Yes	One-two	One-two
1	Within 2 hours	Yes	10-15 min	Yes	Only breast milk	Yes	No	>8 times	Yes	Yes	Yes	One-two	One-two
1	Within 2 hours	Yes	10-15 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	One-two	One-two
1	Within 2 hours	Yes	10-15 min	Yes	Only breast milk	Yes	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	10-15 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-	One-two

	hours		min		milk							four	
1	Within 2 hours	Yes	10-15 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	10-15 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	15-20 min	Yes	Only breast milk	Yes	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	15-20 min	Yes	Only breast milk	Yes	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two

1	Within 2 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	Within 2 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	2-24 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	2-24 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	One-two
1	2-24 hours	Yes	15-20 min	Yes	Only breast milk	Yes	No	>8 times	Yes	Yes	Yes	five-six	One-two
1	2-24 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	five-six	One-two
1	2-24 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	five-six	One-two
1	2-24 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	No	five-six	One-two
1	2-24 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	No	No	five-six	One-two
1	2-24 hours	Yes	15-20 min	Yes	Only breast milk	Yes	No	>8 times	Yes	No	No	five-six	One-two
1	2-24 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	No	No	five-six	One-two
1	2-24 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	No	No	five-six	One-two
1	2-24 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	No	No	five-six	three-four
1	2-24 hours	Yes	15-20 min	Yes	Only breast	No	No	>8 times	Yes	No	No	five-six	three-

			min		milk								four
1	2-24 hours	Yes	15-20 min	Yes	Only breast milk	No	No	>8 times	Yes	No	No	five-six	three-four
1	2-24 hours	Yes	15-20 min	Yes	Mixed method	No	No	>8 times	No	No	No	five-six	three-four
1	2-24 hours	Yes	15-20 min	Yes	Mixed method	No	No	>8 times	No	No	No	five-six	three-four
1	2-24 hours	Yes	15-20 min	Yes	Only formula	No	No	>8 times	No	No	No	five-six	three-four
1	2-24 hours	Yes	15-20 min	Yes	Only formula	No	No	>8 times	No	No	No	five-six	three-four
1	2-24 hours	No	15-20 min	Not sure	Only formula	Yes	No	>8 times	No	No	No	five-six	three-four
1	>24 hours	No	15-20 min	Not sure	Only formula	No	No	>8 times	No	No	No	five-six	three-four
2	Within 2 hours	Yes	3-5 min	Yes	Only breast milk	Yes	Yes	<8 times	Yes	Yes	Yes	one-two	one-two
2	Within 2 hours	Yes	3-5 min	Yes	Only breast milk	No	Yes	<8 times	Yes	Yes	Yes	one-two	one-two
2	Within 2 hours	Yes	3-5 min	Yes	Only breast milk	No	Yes	<8 times	Yes	Yes	Yes	one-two	one-two
2	Within 2 hours	Yes	3-5 min	Yes	Only breast milk	No	Yes	<8 times	Yes	Yes	Yes	one-two	one-two
2	2-24 hours	Yes	3-5 min	Yes	Only breast milk	No	Yes	<8 times	Yes	Yes	Yes	one-two	one-two
2	2-24 hours	Yes	3-5 min	Yes	Only breast milk	Yes	Yes	<8 times	Yes	Yes	Yes	one-two	one-two

2	2-24 hours	Yes	3-5 min	Yes	Only breast milk	No	Yes	<8 times	Yes	Yes	Yes	one-two	one-two
2	2-24 hours	Yes	3-5 min	Yes	Only breast milk	No	Yes	<8 times	Yes	Yes	Yes	one-two	one-two
2	2-24 hours	Yes	3-5 min	Yes	Only breast milk	No	Yes	<8 times	Yes	Yes	Yes	one-two	one-two
2	2-24 hours	Yes	3-5 min	Yes	Only breast milk	No	Yes	>8 times	Yes	Yes	Yes	one-two	one-two
2	2-24 hours	Yes	3-5 min	Yes	Only breast milk	Yes	Yes	>8 times	Yes	Yes	Yes	three-four	one-two
2	2-24 hours	Yes	3-5 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	one-two
2	2-24 hours	Yes	3-5 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	one-two
2	2-24 hours	Yes	3-5 min	Yes	Only breast milk	Yes	No	>8 times	Yes	Yes	Yes	three-four	one-two
2	2-24 hours	Yes	3-5 min	Yes	Only breast milk	No	No	>8 times	Yes	Yes	Yes	three-four	one-two
2	2-24 hours	Yes	3-5 min	Yes	Only breast milk	Yes	No	>8 times	Yes	Yes	Yes	three-four	one-two
2	2-24 hours	Yes	5-10 min	Yes	Only breast milk	No	No	>8 times	Yes	No	Yes	three-four	one-two
2	2-24 hours	Yes	5-10 min	Yes	Mixed method	No	No	>8 times	Yes	No	Yes	three-four	one-two
2	2-24 hours	Yes	5-10 min	Yes	Mixed method	No	No	>8 times	Yes	No	Yes	three-four	one-two
2	2-24 hours	Yes	5-10 min	Yes	Mixed method	No	No	>8 times	Yes	No	Yes	three-	one-two

												four	
2	2-24 hours	Yes	5-10 min	Yes	Mixed method	No	No	>8 times	Yes	No	Yes	three-four	one-two
2	2-24 hours	Yes	5-10 min	Yes	Mixed method	Yes	No	>8 times	Yes	No	Yes	three-four	one-two
2	2-24 hours	Yes	5-10 min	Yes	Mixed method	No	No	>8 times	Yes	No	Yes	three-four	one-two
2	2-24 hours	Yes	5-10 min	Yes	Mixed method	Yes	No	>8 times	Yes	No	Yes	three-four	one-two
2	2-24 hours	Yes	5-10 min	Yes	Mixed method	No	No	>8 times	Yes	No	Yes	three-four	one-two
2	2-24 hours	Yes	5-10 min	Yes	Mixed method	No	No	>8 times	Yes	No	Yes	three-four	one-two
2	2-24 hours	Yes	10-15 min	Yes	Mixed method	Yes	No	>8 times	Yes	No	Yes	three-four	one-two
2	2-24 hours	Yes	10-15 min	Not sure	Mixed method	No	No	>8 times	Yes	No	Yes	three-four	one-two
2	2-24 hours	Yes	10-15 min	No	Mixed method	No	No	>8 times	Yes	No	Yes	three-four	one-two
2	2-24 hours	Yes	10-15 min	Not sure	Mixed method	Yes	No	>8 times	Yes	No	No	three-four	one-two
2	2-24 hours	Yes	10-15 min	Not sure	Mixed method	No	No	>8 times	Yes	No	No	three-four	one-two
2	2-24 hours	Yes	10-15 min	Not sure	Mixed method	No	No	>8 times	Yes	No	No	five-six	one-two
2	2-24 hours	Yes	10-15 min	Not sure	Mixed method	No	No	>8 times	Yes	No	No	five-six	one-two
2	2-24 hours	No	10-15 min	Not sure	Mixed method	No	No	>8 times	Yes	No	No	five-six	one-two

2	2-24 hours	No	10-15 min	Not sure	Only formula	No	No	>8 times	Yes	No	No	five-six	one-two
2	2-24 hours	No	10-15 min	Not sure	Only formula	No	No	>8 times	Yes	No	No	five-six	one-two
2	2-24 hours	No	10-15 min	Not sure	Only formula	No	No	>8 times	Yes	No	No	five-six	one-two
2	2-24 hours	No	10-15 min	Not sure	Only formula	No	No	>8 times	Yes	No	No	five-six	one-two
2	2-24 hours	No	10-15 min	Not sure	Only formula	No	No	>8 times	Yes	No	No	five-six	one-two
2	2-24 hours	No	10-15 min	Not sure	Only formula	No	No	>8 times	Yes	No	No	five-six	three-four
2	>24 hours	No	10-15 min	Not sure	Only formula	No	No	>8 times	Yes	No	No	five-six	three-four
2	>24 hours	No	10-15 min	Not sure	Only formula	No	No	>8 times	Yes	No	No	five-six	three-four
2	>24 hours	No	10-15 min	Not sure	Only formula	No	No	>8 times	No	No	No	five-six	three-four
2	>24 hours	No	10-15 min	Not sure	Only formula	No	No	>8 times	No	No	No	five-six	three-four
2	>24 hours	No	10-15 min	Not sure	Only formula	Yes	No	>8 times	No	No	No	five-six	three-four
2	>24 hours	No	10-15 min	Not sure	Only formula	No	No	>8 times	No	No	No	five-six	three-four
2	>24 hours	No	15-20 min	Not sure	Only formula	Yes	No	>8 times	No	No	No	five-six	three-four

1	Yes	Only breast milk	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Only breast milk	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Only breast milk	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Only breast milk	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Only breast milk	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Only breast milk	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Only breast milk	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Only breast milk	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Only breast milk	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Only breast milk	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Only breast milk	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Mixed method	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Mixed method	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Mixed method	>8 times	Yes	Yes	Yes	five-six	one-two
1	Yes	Mixed method	>8 times	Yes	Yes	No	five-six	one-two
1	Yes	Mixed method	>8 times	Yes	Yes	No	five-six	one-two
1	Not sure	Mixed method	>8 times	Yes	Yes	No	five-six	three-four
1	Not sure	Mixed method	>8 times	Yes	No	No	five-six	three-four
1	Not sure	Only formula	>8 times	No	No	No	five-six	three-four
1	Not sure	Only formula	>8 times	No	No	No	five-six	three-four
1	Not sure	Only formula	>8 times	No	No	No	more than six	three-four
1	Not sure	Only formula	>8 times	No	No	No	more than six	three-four
2	Yes	Only breast milk	<8 times	Yes	Yes	Yes	three-four	one-two
2	Yes	Only breast milk	<8 times	Yes	Yes	Yes	three-four	one-two
2	Yes	Only breast milk	>8 times	Yes	Yes	Yes	three-four	one-two
2	Yes	Only breast milk	>8 times	Yes	Yes	Yes	three-four	one-two
2	Yes	Only breast milk	>8 times	Yes	Yes	Yes	three-four	one-two
2	Yes	Only breast milk	>8 times	Yes	Yes	Yes	more than six	one-two
2	Yes	Only breast milk	>8 times	Yes	Yes	Yes	more than six	one-two
2	Yes	Only breast milk	>8 times	Yes	Yes	Yes	more than six	one-two
2	Yes	Only breast milk	>8 times	Yes	Yes	Yes	more than six	one-two

1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only breast milk	Yes	five-six	one-two
1	Only formula	Yes	five-six	one-two
1	Only formula	Yes	three-four	one-two
1	Only formula	Yes	three-four	one-two
1	Only formula	No	three-four	one-two
1	Only formula	No	three-four	one-two
1	Only formula	No	more than six	three-four
1	Only formula	No	more than six	three-four
1	Only formula	No	more than six	three-four

Experimental	Good	Positive	Peaceful
Experimental	Good	Positive	Peaceful
Experimental	Good	Positive	Peaceful
Experimental	Good	Positive	Peaceful
Experimental	Good	Positive	Peaceful
Experimental	Good	Positive	Peaceful
Experimental	Good	Positive	Peaceful
Experimental	Good	Positive	Peaceful
Experimental	Good	Positive	Satisfactory
Experimental	Good	Positive	Satisfactory
Experimental	Good	Positive	Satisfactory
Experimental	Good	Positive	Satisfactory
Experimental	Good	Positive	Satisfactory
Experimental	Good	Positive	Satisfactory
Experimental	Satisfactory	Positive	Satisfactory
Experimental	Satisfactory	Positive	Satisfactory
Experimental	Satisfactory	Positive	Satisfactory
Experimental	Satisfactory	Positive	Satisfactory
Experimental	Unsatisfactory	Neither positive nor negative	Satisfactory
Experimental	Unsatisfactory	Neither positive nor negative	Satisfactory
Experimental	Unsatisfactory	Neither positive nor negative	Satisfactory
Experimental	Unsatisfactory	Neither positive nor negative	Uncomfortable
Experimental	Unsatisfactory	Negative	Busy
Experimental	Unsatisfactory	Negative	Busy
Experimental	Unsatisfactory	Negative	Busy
Experimental	Unsatisfactory	Negative	Busy

Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Happy
Control	Good	Positive	Peaceful
Control	Good	Positive	Peaceful
Control	Good	Positive	Peaceful
Control	Good	Positive	Peaceful
Control	Good	Positive	Peaceful
Control	Good	Positive	Peaceful
Control	Good	Positive	Satisfactory
Control	Good	Positive	Satisfactory
Control	Good	Positive	Satisfactory
Control	Good	Positive	Satisfactory

