



# Infant Feeding in the Southwestern Public Health Region

An analysis of infants born between January 2018 and December 2020

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## Summary

This is the first analysis of infant feeding survey data that presents results for both Oxford and Elgin St. Thomas. The information in this report provides insight into infant feeding behaviours when babies are two months and six months of age. The data was collected through local infant feeding surveys and can be used to measure population health objectives aimed at increasing rates of breastfeeding in the community. Three years of data were analyzed and presented in this report (2018 – 2020), including data from the first year of the COVID-19 pandemic.

Mothers completing these surveys were more likely to be:

- College or university educated
- Married or living common-law
- Older (i.e., 25-34 years old)
- Living with a high household income
- First-time mothers

There were similarities in results between the two- and six-month timepoints. Whether mothers were exclusively providing breastmilk, or providing a combination of breastmilk and formula, they reported similar difficulties and concerns with breastfeeding. These included not having enough milk, pain (sore nipples/breasts) and difficulty latching. First-time mothers were more likely to report difficulties or concerns with feeding their baby, namely difficulty latching. In addition, the proportion of respondents reporting feeding their baby breastmilk exclusively was lower in 2020 compared to 2018 and 2019. This may be the result of a decrease in supports for new moms during the pandemic.

Over two-thirds of babies that had received at least some formula since birth first received formula at less than two weeks of age. Almost all participants had attempted to breastfeed or provide breastmilk to their baby at least once. This suggests that there is a need for early breastfeeding support.

While the total number of live births each year in the region remained fairly consistent between 2018 and 2020, the number of mothers consenting to participate in the survey has been decreasing. Due to these lower response rates and the skewed demographics mentioned above, the results presented in this report may not be generalizable to all new mothers living in the Southwestern Public Health region.

## Background

The Public Health Agency of Canada, Health Canada and the World Health Organization recommend that babies are fed only breastmilk from birth to 6 months of age and that breastfeeding continue for up to two years or more after introducing age-appropriate foods beginning at 6 months of age<sup>1</sup>. In addition to providing all the nutrients that a baby needs for healthy growth and development, breastfeeding also provides protection against several health conditions including ear and chest infections, stomach upset causing diarrhea and some childhood cancers, as well as reducing the risk of sudden infant death syndrome (SIDS)<sup>2</sup>. Breastfeeding also benefits mothers by reducing the risk of postpartum bleeding and type 2 diabetes, as well as breast and ovarian cancer<sup>2</sup>. It is important to recognize, however, that individual circumstances are unique and not all mothers may choose or be able to offer breastmilk.

Southwestern Public Health (SWPH) endeavours to increase the proportion of women that intend to breastfeed and are exclusively breastfeeding their baby from birth to six months of age. To help increase breastfeeding rates, SWPH offers residents free online pre-natal classes and one-on-one breastfeeding support with a Public Health Nurse.

In order to collect local data about infant feeding practices, a series of surveys are administered to consenting new mothers in SWPH. Different surveys are administered in Oxford and Elgin St. Thomas. While most questions and multiple-choice options are the same between sites, there are some differences between surveys. Where appropriate, responses for both sites were combined for analysis. Surveys are administered when the baby is 2 months, 6 months and 11/12 months (Elgin St. Thomas 11 months, Oxford 12 months)\*. The BFI Online database developed by Ericsson Analytics was created to hold data from these surveys.

This is the first report that presents survey results for Oxford and Elgin St. Thomas sites combined, where possible. Three years of data were analyzed and presented in this report (2018-2020), including data from the first year of the COVID-19 pandemic. In 2020, supports for pregnant, labouring and new mothers drastically changed and this report provides insights into the change in infant feeding practices that resulted that year.

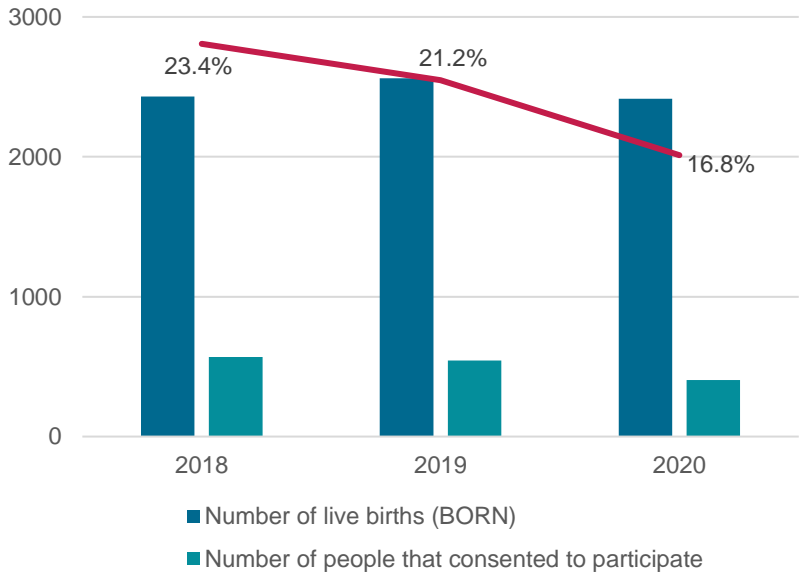
\*The 11/12 month timepoint results were excluded from this report because issues were discovered with the survey skip logic. More details can be found in the Technical Notes section.

# Results

## Response Rate and Demographics

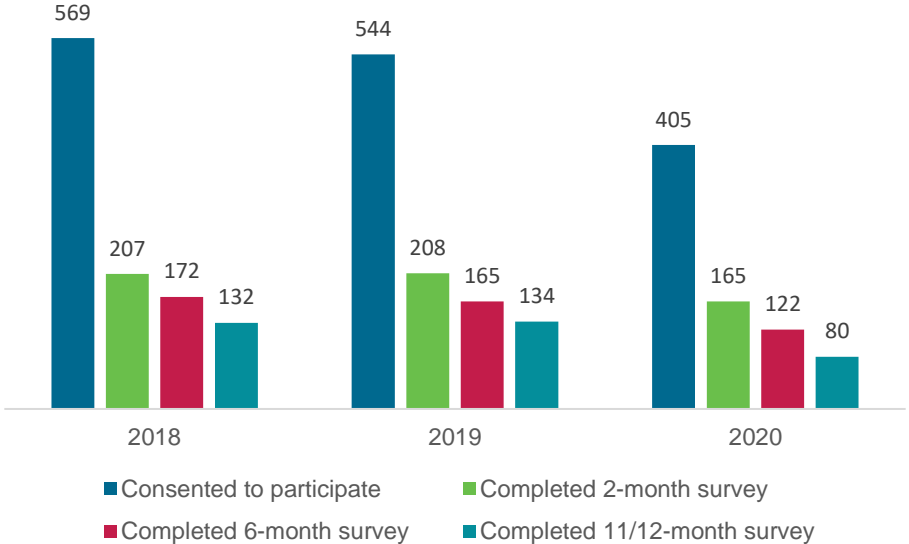
Between 2018 and 2020, there were approximately 2,500 live births per year in the SWPH region. The mothers of those children were recruited to participate in the infant feeding surveys (IFS)<sup>3</sup>. Overall, 569 women consented to participate in 2018 (consent rate of 23.4%), 544 in 2019 (consent rate of 21.2%) and 405 in 2020 (consent rate of 16.8%).

**The survey consent rate among the total number of women who gave birth has been decreasing over time.**



It is common for surveys that follow the same group of people over time (longitudinal) to experience loss to follow-up and the IFS surveys are no exception. Not all mothers that consent to participate in the surveys actually end up completing the surveys. Of the mothers that consented to participate, there was an average completion rate of 38% for the two-month survey.

**Each year, the biggest loss to follow-up occurred after mothers consented to be contacted about the survey.**

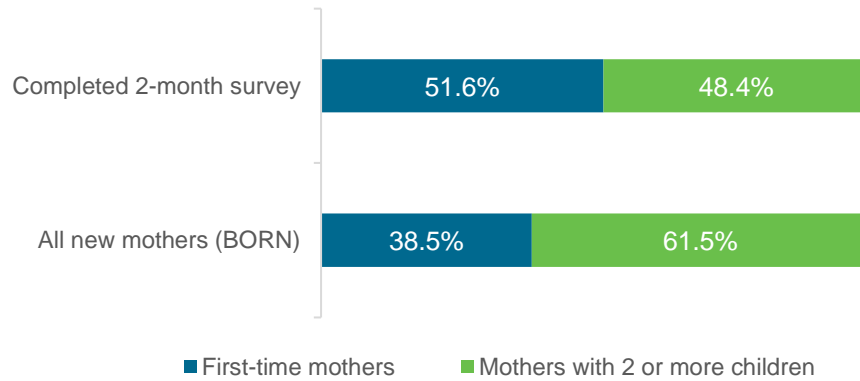


Of mothers that completed the two-month survey, most gave birth at Woodstock General Hospital (56%), St. Thomas Elgin General Hospital (33%) and London Health Sciences Centre (8%). Approximately 3% of respondents gave birth elsewhere. This representation differed from the birth locations of all new mothers living in the SWPH region over the same time period; 35% gave birth at Woodstock General Hospital, 26% gave birth at St. Thomas Elgin General Hospital and 24.5% gave birth at London Health Sciences Centre. This means that mothers that gave birth at Woodstock General Hospital were overrepresented in the survey data while mothers that gave birth at London Health Sciences Centre were underrepresented.

The majority of mothers who completed the two-month survey gave birth to one baby (i.e., singleton births; 99.3%), but there were four mothers who gave birth to twins. In the case of twins, the mother was asked to fill out the series of surveys twice (once for each baby) because feeding practices can differ by baby.

There were proportionately more first-time mothers who participated in the two-month IFS survey (51.6%) compared to women who gave birth in Oxford and Elgin St. Thomas (38.5%) between 2018 and 2020.

**First-time mothers were overrepresented in the survey data.**

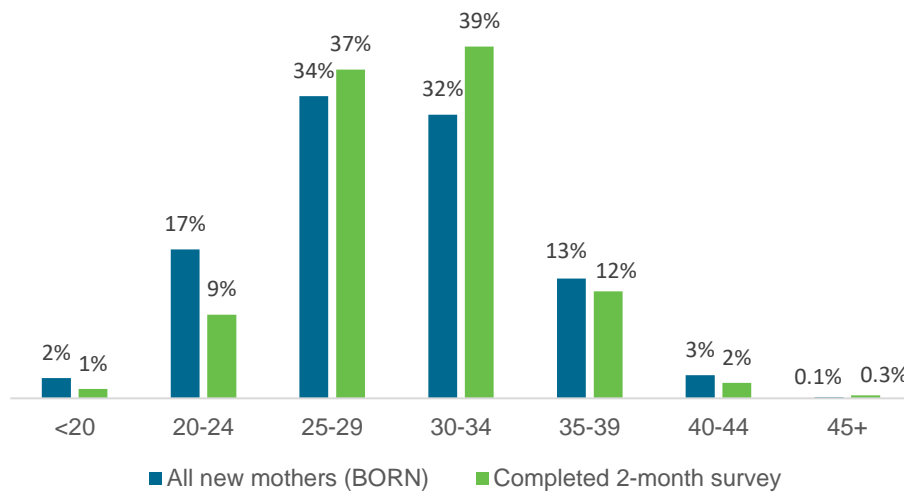


The vast majority of participants were married or living common-law (94%) and were highly educated; 81.5% of women that completed the survey had a college or university education.



There were differences in the distribution of maternal age between the survey population and the overall population of birthing women in Oxford and Elgin St. Thomas.

**Mothers aged 25-34 were overrepresented on the survey, while mothers aged 24 and under were underrepresented.**

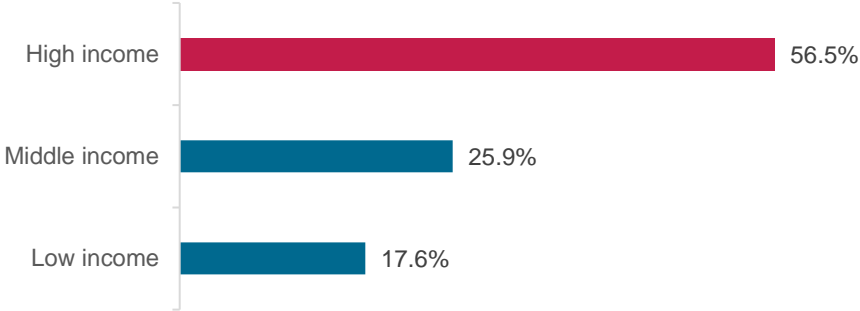




Household income, along with the number of individuals supported by this income, was collected from each participant. Participants were grouped into three income categories that align with previous survey reporting:

- **Low income:** household income is less than \$30,000 regardless of the number of people supported by it or is between \$30,000 and \$59,999 and supports three or more people.
- **Middle income:** household income is between \$30,000 and \$59,999 and supports two people or is between \$60,000 and \$89,999 and supports three or more people.
- **High income:** household income is between \$60,000 and \$89,999 and supports two people or \$90,000 or higher regardless of the number of people supported by it.

**Most two-month survey participants had a high household income.**



### Infant Feeding Behaviours

The Better Outcomes Registry & Network (BORN) Information System is the most comprehensive registry of births in hospitals and midwifery practice groups (MPG) across Ontario. Infant feeding data available through BORN includes intention to breastfeed (self-reported during pregnancy or at time of birth) and feeding at hospital or MPG, which captures how infants are being fed upon entry to PHU service.

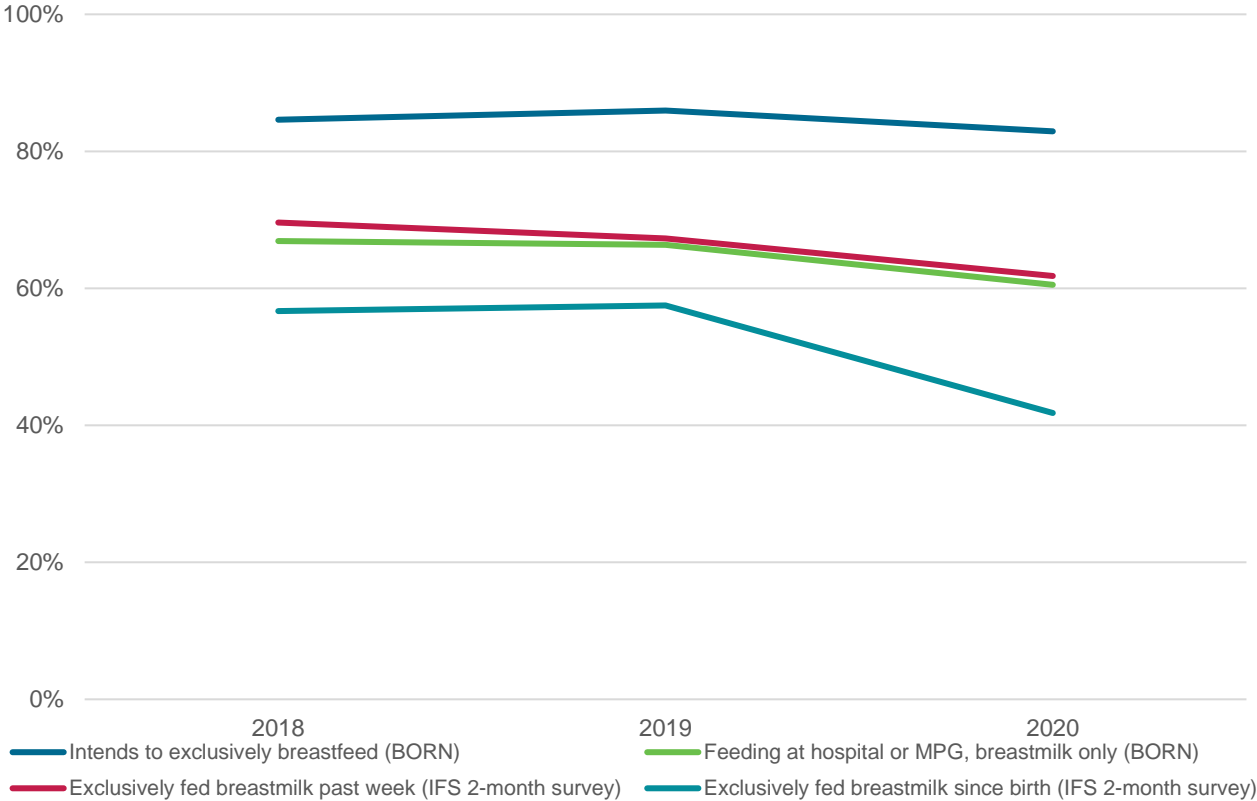
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**Exclusive breastfeeding** is a core indicator that is defined as the proportion of babies who, at a given point in time, were receiving human milk (including expressed milk and donor milk) and had not received formula or ‘other liquids’ and had not been introduced to solid foods. ‘Other liquids’ do not include vitamins or medications but does include things like water, sugar water or juice.

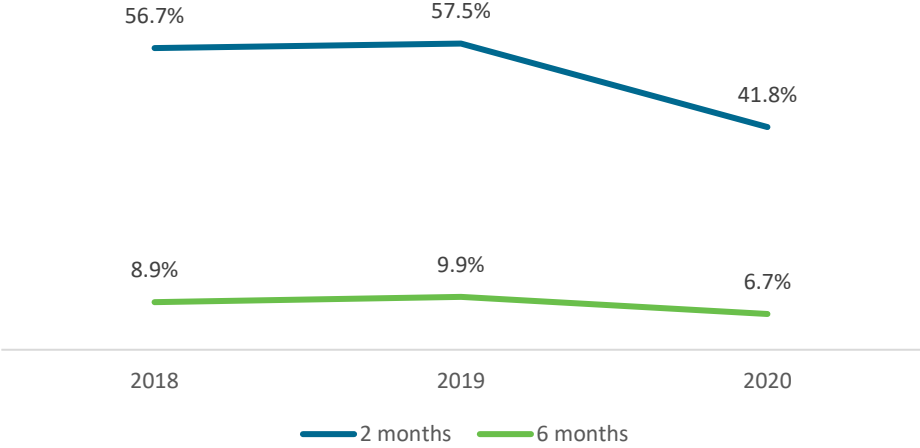
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On average, 84% of mothers intended to exclusively breastfeed their baby. Upon entry to service, an average of 65% of mothers had fed their baby breastmilk only. Results from the two-month IFS survey indicate that an average of 66% of respondents had exclusively fed their baby breastmilk over the past week but exclusive breastmilk since birth varied by year. While 57% and 58% of mothers exclusively fed breastmilk since birth in 2018 and 2019, respectively, that percentage dropped to 42% in 2020.

**The percentage of babies exclusively fed breastmilk since birth decreased in 2020.**

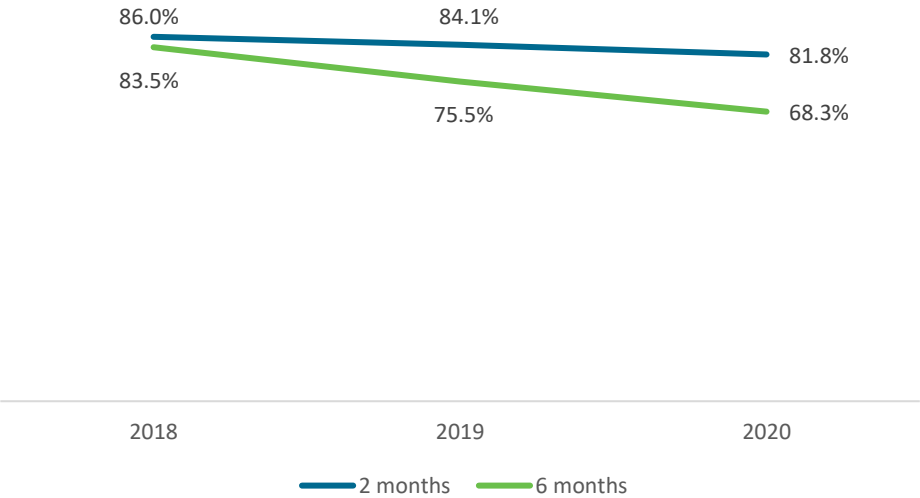


The percentage of **two-month-old** babies exclusively fed breastmilk since birth was lower in 2020 compared to 2018 and 2019.



**Any breastfeeding** is another core indicator that includes both exclusive and non-exclusive breastfeeding.

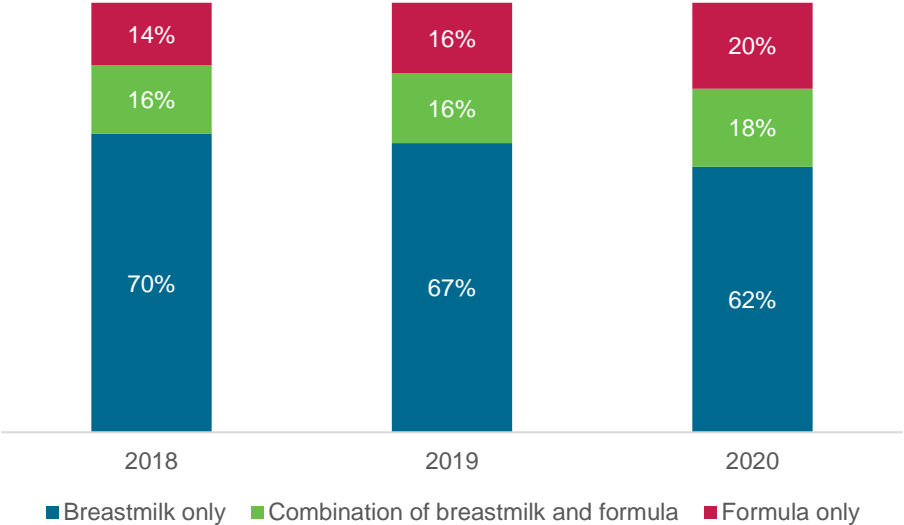
The percentage of babies receiving any breastmilk was lower in 2020 compared to 2018 and 2019.



## Two-month Survey Results

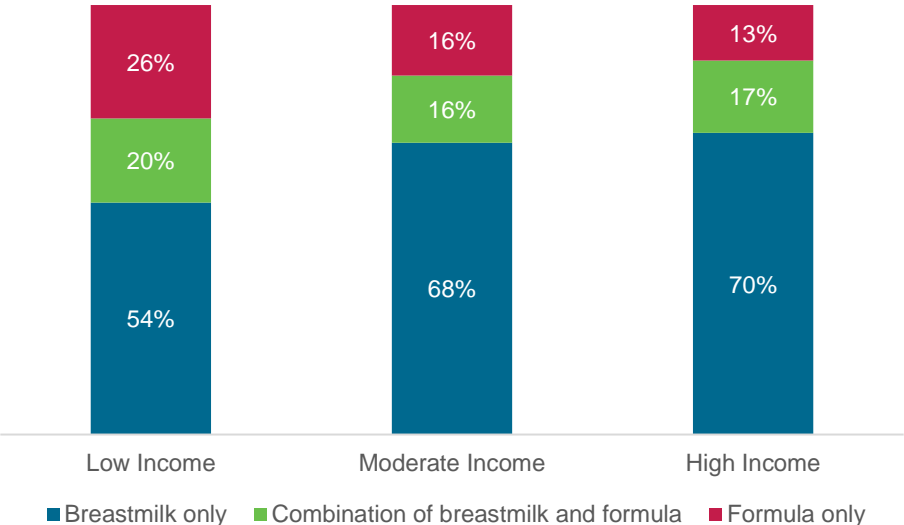
In the two-month IFS survey, participants were asked what they had fed their baby in the past week.

**The percentage of participants that fed their baby **breastmilk only** in the past week decreased from 2018 to 2020.**



Mothers from low-income households were less likely to have exclusively fed breastmilk to their baby compared to mothers from moderate and high-income households and were more likely to have provided formula only.

**Mothers from low-income households were less likely to have fed **breastmilk only** to their babies in the past week.**



Of mothers who exclusively formula fed the week prior to taking the survey, 89% had attempted to breastfeed or provide breastmilk to their baby at least once since birth. In Oxford, the most common reasons these respondents stopped breastfeeding were:

- Not enough milk (52.1%)
- Pain (sore nipples/breasts, biting) (31.3%)
- Baby unable to latch/not breastfeeding well/tongue tied (27.1%)

In Elgin St. Thomas, the most common reasons were:

- Not enough breastmilk (55%)
- Baby wasn't latching or wasn't latching well (42.1%)
- Sore nipples/breasts (26.3%)

Note that respondents were able to select more than one reason that they stopped breastfeeding, which is why the percentages above exceed 100% when totalled. First-time mothers were more likely to report difficulty with latching.

Of mothers whose baby had received both formula and breastmilk since birth, over two-thirds (69.1%) reported that their baby first received formula at less than two weeks of age. Of these, half (51%) reported that a health care professional (HCP) recommended that they give their baby formula and this HCP was most commonly reported to be a doctor or nurse in hospital. First-time moms were more likely to be recommended formula by a HCP (59.2%) compared to moms with more than 1 child (40.5%).

Mothers with babies who had received any formula since birth were asked to indicate the reason(s) why their baby was first given formula. In Oxford, the most common reasons were:

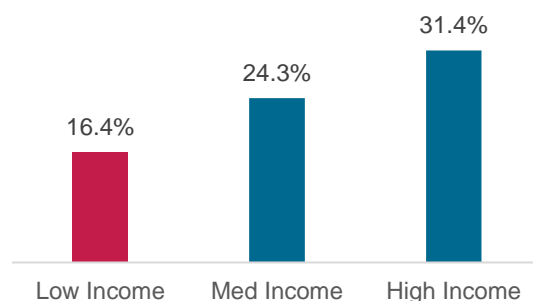
- Baby unable to latch/not breastfeeding well/tongue tied (32.7%)
- Not enough milk (31.5%)
- Baby hungry, fussy, colicky (24.2%)

In Elgin St. Thomas, the most common reasons were:

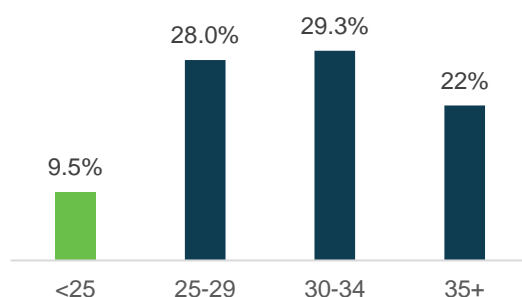
- I didn't have enough breastmilk (36.6%)
- Baby seemed hungry after breastfeeding (26.8%)
- Baby wasn't latching or wasn't latching well (19.7%)

Of mothers who had fed their baby at least some breastmilk in the past week, about one quarter (26.0%) said that returning to work or school was a factor in how long they planned to breastfeed or give breastmilk for. However, this answer varied based on income and age.

Mothers from **low-income households** were less likely to report that returning to work or school was a factor in how long they planned to breastfeed or give breastmilk.



Mothers **under age 25** were less likely to report that returning to work or school was a factor in how long they planned to breastfeed or give breastmilk.



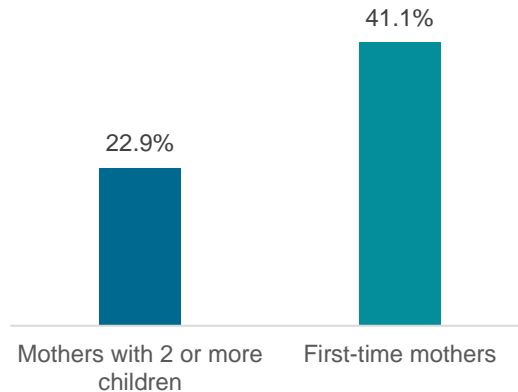
Approximately one-third of mothers (32.2%) who had fed their baby at least some breastmilk in the past week reported having difficulties or concerns with feeding their baby. In Oxford, the most common difficulties were:

- Baby unable to latch/not breastfeeding well/tongue tied (45.2%)
- Baby hungry, fussy, colicky (39.4%)
- Pain (sore nipples/breasts, biting) (37.5%)

In Elgin St.Thomas, the most common difficulties were:

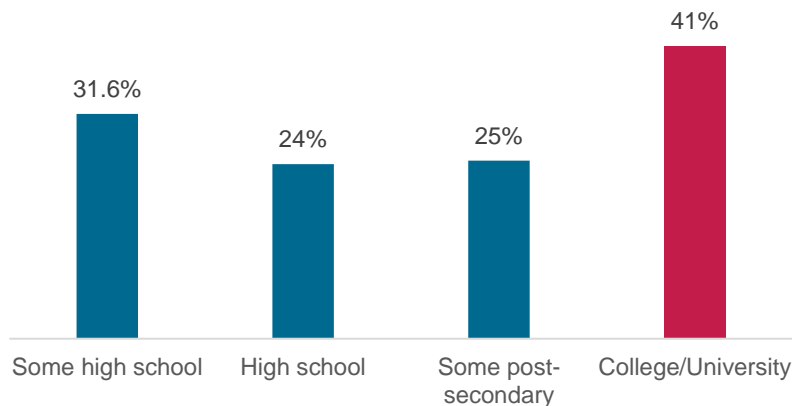
- Baby wasn't latching or wasn't latching well (72.7%)
- I was in pain -sore nipples (47.0%)
- Not enough breastmilk (28.8%)

**First-time mothers** were almost twice as likely to report difficulties or concerns with feeding their baby.



All survey participants were asked if they had used any programs or services to help with feeding their baby and 38.3% indicated that they had. First-time mothers were twice as likely to have accessed programs and services (51.5%) compared to mothers with more than one child (24.1%).

**Mothers with a college or university education** were most likely to access programs or services.



When asked which programs or services were used to help with feeding their baby, the most common responses in Oxford were:

- Public health home visiting (61.9%)
- Nurse in hospital (49.2%)
- Family/friend/partner (29.7%)

The most common responses in Elgin St.Thomas were:

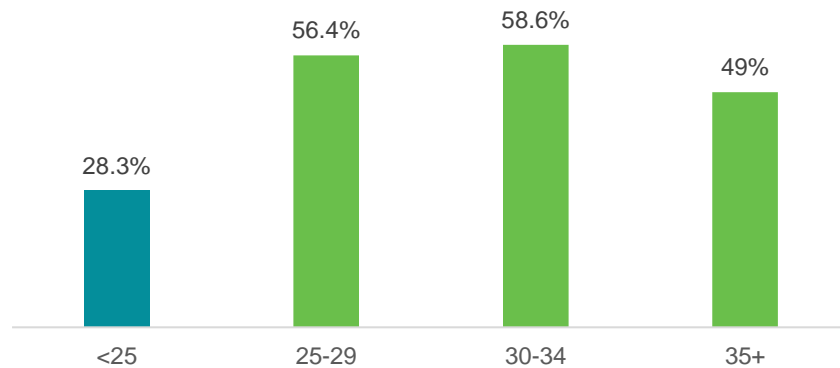
- Public Health Nurse (80.0%)
- Nurse in hospital (48.0%)

- Lactation consultant in the community (17%)

Participants that lived in Elgin St. Thomas were asked if they had **ever** participated in a prenatal and/or breastfeeding class that included information about breastfeeding, including in-person and online classes and half indicated that they had (51.7%).

Participants in Oxford were asked if they had participated in a class **in the last 5 years** and 54.4% responded that they had. Of participants who participated in a class, 76.9% indicated that it was provided through their local public health unit. Participants were more likely to have participated in a class if they were married, had a higher income or a college/university education.

**Survey participants under 25 years of age were least likely to have participated in a class.**



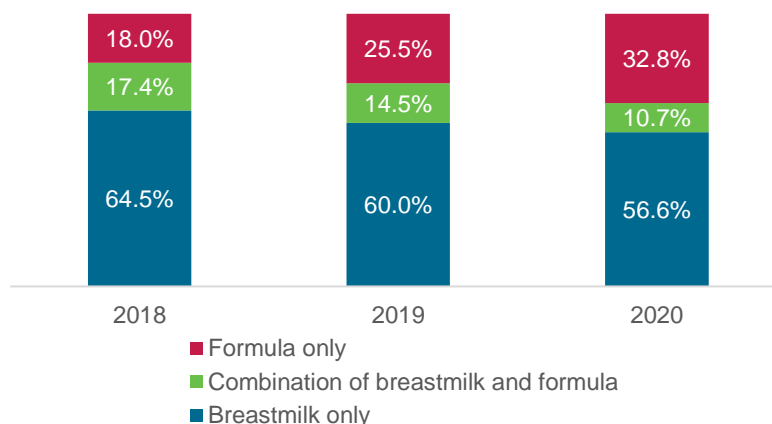
Finally, almost all participants were aware of their right to breastfeed in public (95.5%).



## Six-month Survey Results

At the six-month timepoint, participants were asked what they fed their baby in the past week. Combining all data from 2018-2020, most participants (60.8%) responded that their baby was fed breastmilk only, followed by formula only (24.6%). The remaining 14.6% of participants had fed their baby a combination of breastmilk and formula.

**The proportion of participants that fed their baby formula only in the past week increased from 2018 to 2020.**



Approximately half (47.8%) of mothers that reported formula feeding only reported that they had attempted to breastfeed or provide breastmilk at least once since the two-month survey. Among these respondents, there was a lot of variation in when they stopped breastfeeding, with between 3-4 months of age being the most common response (30.2%). The most common reason that breastfeeding was stopped in both Oxford and Elgin St.Thomas was that they did not have enough breastmilk.

Among mothers that indicated that their baby had received formula at least once since birth, over two-thirds (69.0%) responded that their baby was less than 2 months of age when they were first given formula. Of these, less than half (40.4%) reported that a HCP recommended that they give their baby formula and this HCP was most commonly a doctor or nurse in the hospital or community. These mothers were asked to indicate the reason(s) why their baby was first given formula. In Oxford, the most common reasons were:

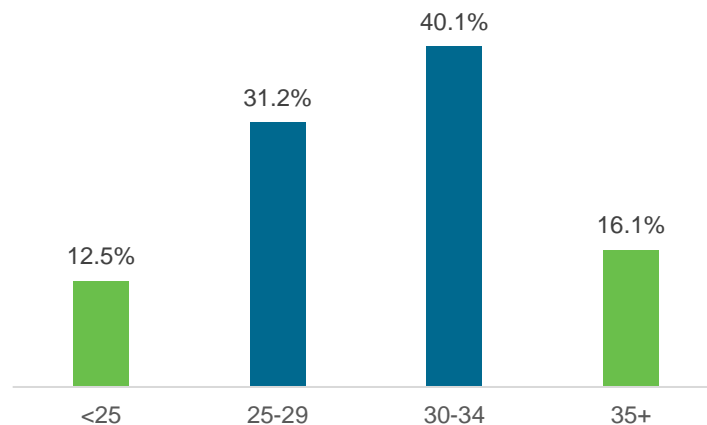
- Not enough milk (25.0%)
- Convenience (20.4%)
- Baby hungry, fussy, colicky (17.6%)

In Elgin St.Thomas, the most common reasons were:

- I didn't have enough breastmilk (46.3%)
- Baby seemed hungry after breastfeeding (39.0%)
- I was in pain (sore nipples/breasts, baby was biting, etc.) (14.6%)

Approximately one-third (31%) of mothers that reported feeding any breastmilk to their baby over the past week said that returning to work or school was a factor in how long they planned to breastfeed or give breastmilk.

**Participants under age 25 and those 35 or older were least likely to report that returning to work or school is a factor in how long they plan to breastfeed or give breastmilk.**



Participants who provided at least some breastmilk to their baby over the past week were asked if they had difficulties or concerns with feeding their baby since the two-month survey and if so, what those difficulties and concerns were. Approximately 1 in 10 respondents (11.2%) reported having difficulties or concerns when their baby was between 2 and 6 months of age. The most common difficulties or concerns in Oxford were:

- Not enough milk (46.9%)
- Baby unable to latch/not breastfeeding well/tongue tied (28.1%)
- Pain (sore nipples/breasts, biting) (28.1%)

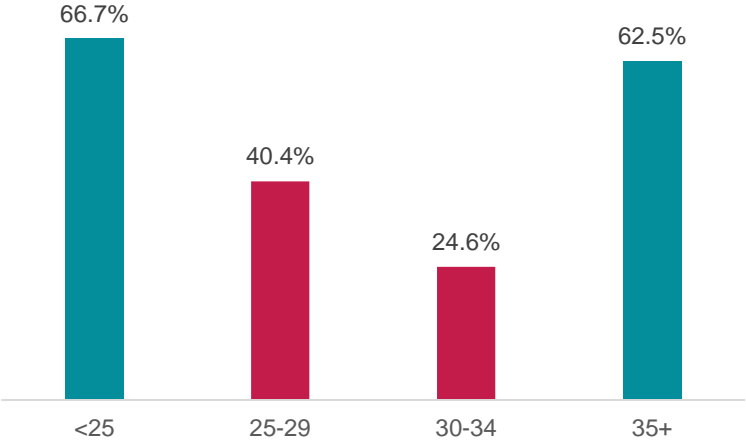
In Elgin St.Thomas, the most common difficulties or concerns were:

- I was in pain -sore nipples (53.3%)
- Baby wasn't latching or wasn't latching well (40.0%)
- Not enough breastmilk (33.3%)

Most of the participants (81.4%) were aware that their employer must consider their breastfeeding needs when they return to work.

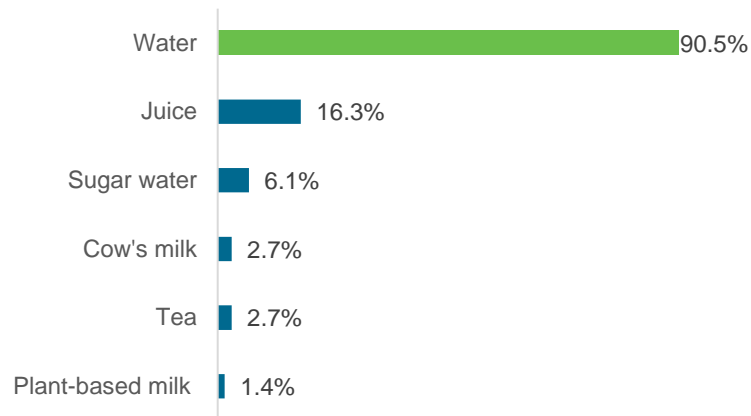
The following question was asked differently in Oxford compared to Elgin St.Thomas, so the results are presented separately. In Oxford, participants were asked if their baby had been given any liquids other than breastmilk or formula **since the last survey** and about one-third (29.4%) of respondents answered that their baby had been given other liquids. In Elgin St.Thomas, participants were asked if their baby had been given any liquids other than breastmilk or formula **since birth** and 37.8% of respondents answered yes.

**In Elgin St.Thomas, mothers under age 25 and those 35 or older were most likely to report that their baby had been given any liquids other than breastmilk or formula since birth.**

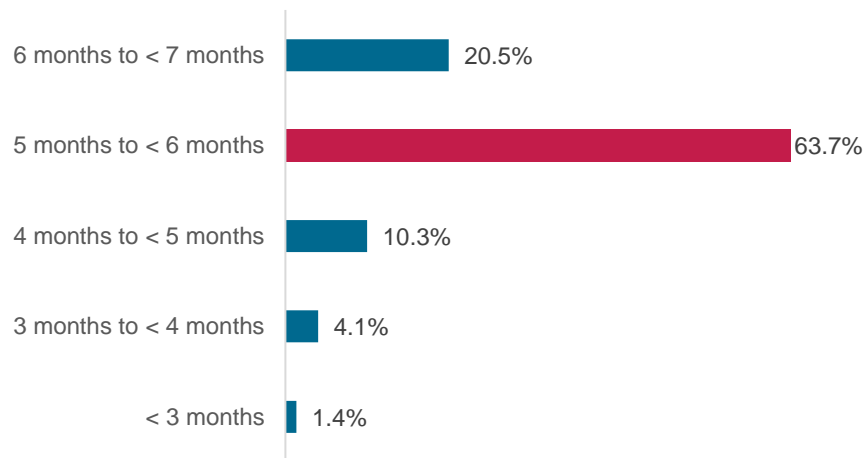


Respondents were asked to specify all liquids, other than breastmilk or formula, that had been given to their baby.

The most common liquid given to babies was **water**.

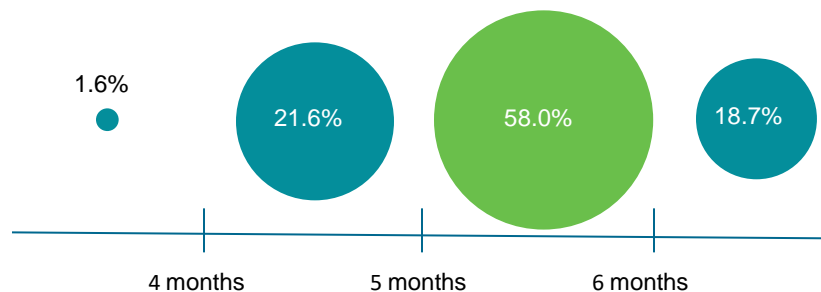


Most respondents reported that their baby was between **5 to <6 months of age** when they were first given liquids other than breastmilk or formula.

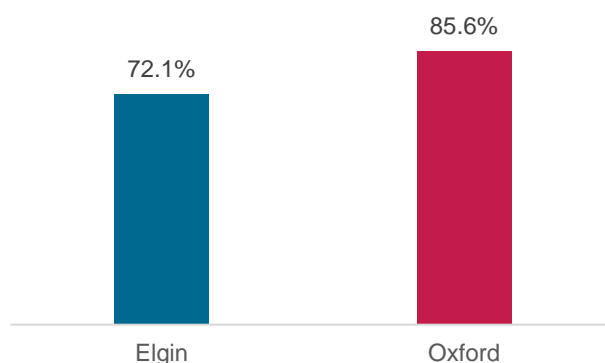


Participants were asked if their baby had ever been given any solid food since birth, such as meat, chicken, cereal, vegetables or fruit. The majority of respondents (82.6%) indicated that their baby had been given solid food.

More than half of babies were first given solids between **5 and 6 months of age**.



**Oxford respondents** were more likely to introduce solids before 6 months of age compared to Elgin St. Thomas respondents.



Of participants that had given their baby solid food, just over half (57.6%) reported that a HCP recommended that they give their baby solids at that time.

Mothers were asked to select all the reasons their baby was first given solids. The most common reasons in Oxford were:

- Felt like he/she was ready (86.4%)
- Baby wanted solids/baby-led weaning (52.9%)
- To sleep better (14.4%)

The most common reasons in Elgin St. Thomas were:

- I felt like he/she was ready (92.6%)
- My baby wanted solids (41.8%)
- I gave my older child solid food at this time (16.4%)

Only participants from Elgin St. Thomas were asked if their baby had any iron-rich foods like meat, iron-fortified infant cereal, tofu or lentils. Most participants responded that they had (80.8%).

## Recommendations

The following recommendations are based on the findings in this report:

- Significant efforts should be made to increase IFS survey consent rates and completion rates. In particular, efforts should be focused to increase recruitment of mothers:
  - With a high school education or less
  - Without partners
  - 24 years of age and younger
  - Living with a low or moderate household income
  - With more than one child
  - That gave birth at London Health Sciences Centre
- SWPH should continue to promote breastfeeding and support families with infant feeding through programs such as home visiting and prenatal classes. First-time mothers and mothers living with a low or moderate household income are more likely to need support.
- Breastfeeding support is most critical during the first 2 weeks after birth, as this is when formula is most likely to be introduced. Partnering with local hospitals can help support breastfeeding initiation and exclusivity when supplementation with formula is not medically indicated.

## References

1. Public Health Agency of Canada. Breastfeeding your baby [Internet]. Ottawa, ON; 2022. [cited 2023 June 21]. Available from: <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/stages-childhood/infancy-birth-two-years/breastfeeding-infant-nutrition.html>
2. Best Start by Health Nexus. Breastfeeding matters: an important guide for breastfeeding families [Internet]. Toronto, ON; 2020. [cited 2023 June 21]. Available from: [https://resources.beststart.org/wp-content/uploads/2017/01/B04-E\\_BF\\_matters\\_EN\\_2020.pdf](https://resources.beststart.org/wp-content/uploads/2017/01/B04-E_BF_matters_EN_2020.pdf)
3. BORN Information System (2018-2020), Date Extracted: October 17, 2022.

## Technical Notes

- Different infant feeding surveys were administered to participants that live in Oxford compared to participants living in Elgin St. Thomas. The surveys began being administered before the merger of these two health units. Most questions and answer options are identical between the two sites, however there are some differences. Where differences exist, data was analyzed and presented separately. For most questions, data was able to be combined and presented together. As of June 1<sup>st</sup>, 2023, the surveys were merged and all respondents will be asked the same questions moving forward.
- The first two questions of the survey at each time point are eligibility questions. Only respondents that report that they live in the SWPH region and that their baby is living with them can participate in the rest of the survey.
- This report presents the findings for all individual questions that were asked in the two-month and six-month surveys. Two-month questions were analyzed by year of infant's birth, income, maternal age, education, parity, relationship status and geography (i.e. Oxford vs. Elgin St. Thomas). Six-month questions were analyzed by year of infant's birth, maternal age and geography. If there was no significant difference between responses for any of these groups ( $p$ -value  $\geq 0.5$ ), data was presented as combined. Otherwise, data was presented separately, highlighting the significant difference.

- In addition to including the results from individual survey questions, the section of this report titled 'Infant Feeding Behaviours' also presents data that was calculated using IFS survey results in addition to data extracted from BORN. Exclusive and any breastfeeding since birth was calculated using code created by the LDCP which utilizes the responses from multiple survey questions. Data extracted from BORN includes:
  - **Intention to breastfeed**, which identifies whether the mother intends to feed her infant breast milk, regardless of the method of feeding. It is self-reported during pregnancy or at time of birth.
  - **Feeding at hospital or Midwifery Practice Group (MPG)**, which captures how infants are being fed upon entry to PHU service.
- "Don't know/can't recall" or "Prefer not to answer" responses were considered missing if together they made up less than 5% of the responses for that question. This assumes that the data is missing at random, which may not be the case.
- Survey results from the 11/12-month timepoint were not presented in this report upon the discovery of a skip logic error. This error resulted in some participants having to select responses that didn't necessarily reflect their experiences. Therefore, these results were considered inaccurate and not included in the report.
- Survey completion rules differed between the Oxford and Elgin surveys. Mothers who did not complete the survey at the two-month time point were considered discontinued in Elgin and were not contacted to complete the survey at the subsequent time points. However, in Oxford, mothers who did not complete the survey at the two-month time point were still contacted and given the opportunity to complete the six-month survey. In order to maximize the number of participants kept in the analysis, the data was analyzed cross-sectionally, not longitudinally. Therefore, each time point includes a different denominator.



## Appendix

Note: Question numbers for the surveys correspond with the LDCP data dictionary. For this reason, the questions for each survey begin at question 3 and question numbers are sometimes skipped (i.e., no question 5 or 6 appear on the two-month surveys).

### Elgin St. Thomas Two-Month Survey Questions

3. Is your baby currently living with you?
  - Yes
  - No (end survey)
4. Are you currently living in Elgin County?
  - Yes
  - No (end survey)
7. In the past week, what have you fed your baby? By this, we mean what milk?
  - Breastmilk only: Baby is breastfeeding or receiving expressed breastmilk but NOT currently receiving any infant formula (go to question 8)
  - Combination of breastmilk and formula: Baby is breastfeeding or receiving expressed breastmilk AND is currently receiving infant formula (go to question 13)
  - Formula only: Baby is receiving infant formula but NOT currently breastfeeding or receiving expressed breastmilk (go to question 9)
8. Since birth, including any time spent in hospital, has your baby ever been given any formula?
  - Yes (go to question 13)
  - No (go to question 18)
  - Don't know/Can't recall (go to question 18)
  - Prefer not to answer (go to question 18)
9. Since birth, have you tried to breastfeed or provide breastmilk to your baby, even if only once?
  - Yes (go to question 10)
  - No (go to question 12)
  - Don't know/Can't recall (go to question 13)
  - Prefer not to answer (go to question 13)
10. How old was your baby when you stopped breastfeeding?
  - Less than 2 weeks
  - 2 weeks to less than 1 month
  - 1 month to less than 2 months

- 2 months to less than 3 months
- Don't know/can't recall
- Prefer not to answer

11. What were the reasons you stopped breastfeeding or giving breastmilk?  
(select all that apply)

- Baby wasn't latching or wasn't latching well
- Sore nipples/breasts
- Not enough breastmilk
- Health reasons -mom (surgery, medication, illness, etc.)
- Health reasons -baby (illness, etc.)
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

Go to question 13

12. What were the reasons why you did not breastfeed or give breastmilk to your baby?  
(select all that apply)

- Health reasons -mom (surgery, medication, illness, etc.)
- Health reasons -baby (illness, etc.)
- Negative breastfeeding experience with a previous baby
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

Go to question 15

13. Was your baby given formula in the hospital?

- Yes (go to question 15)
- No (go to question 14)
- Prefer not to answer (go to question 14)
- Don't know/Can't recall (go to question 14)

14. How old was your baby when he/she was first given formula?

- Less than 2 weeks
- 2 weeks to less than 1 month
- 1 month to less than 2 months
- 2 months to less than 3 months
- Don't know/can't recall
- Prefer not to answer

15. Did a health care professional recommend that you give your baby formula?

- Yes (go to question 16)
- No (go to question 17)
- Don't know/can't recall (go to question 17)
- Prefer not to answer (go to question 17)

16. What health care professional recommended that you give your baby formula?  
(select all that apply)

- Doctor in hospital (including obstetrician)
- Nurse in hospital
- Lactation consultant in hospital
- Midwife
- Family doctor/nurse practitioner
- Public Health Nurse
- Lactation consultant in the community
- Parenting Centre
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

17. What were the reasons your baby was first given formula?  
(select all that apply)

- I didn't have enough breastmilk
- Baby seemed hungry after breastfeeding
- Baby wasn't latching or wasn't latching well
- Health reasons -mom (surgery, medication, illness, etc.)
- Health reasons -baby (illness, etc.)
- I was in pain (sore nipples/breasts, baby was biting, etc.)
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

18. Is returning to work or school a factor in how long you plan to breastfeed or give breastmilk?

- Yes
- No
- Don't know/can't recall
- Prefer not to answer

19. How old will your child be when you plan to stop breastfeeding or giving breastmilk?

- 2 months to less than 3 months
- 3 months to less than 6 months
- 6 months to less than 9 months
- 9 months to less than 12 months
- 12 months to less than 18 months
- 18 months to less than 24 months
- 24 months or longer
- Other (TEXT BOX)
- Don't know
- Prefer not to answer

20. Have you had any difficulties or concerns with feeding your baby?

- Yes (go to question 21)
- No (go to question 22)
- Don't know/can't recall (go to question 22)
- Prefer not to answer (go to question 22)

21. What difficulties or concerns have you had with feeding your baby?

(select all that apply)

- Baby wasn't latching or wasn't latching well
- I was feeling stress, anxiety or depression
- I was in pain -sore nipples
- I was in pain -sore breasts, engorgement or mastitis
- Not enough breastmilk
- Baby not gaining weight well
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

22. Did you use any programs or services to help you with feeding your baby?

- Yes (go to question 23)
- No (go to question 25)
- Don't know/can't recall (go to question 25)
- Prefer not to answer (go to question 25)

23. Which programs or services did you use for help with feeding your baby?

(select all that apply)

- Doctor in hospital (including obstetrician)
- Nurse in hospital
- Lactation consultant in hospital
- Midwife
- Family doctor/nurse practitioner
- Public Health Nurse
- Lactation consultant in the community
- La Leche League
- Parenting Centre
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

25. Is this your first baby? (or babies if you had multiples)

- Yes (go to question 27)
- No (go to question 26)
- Prefer not to answer (go to question 27)

26. Have you ever breastfed or tried to breastfeed before?

- Yes
- No
- Prefer not to answer

27. Have you ever participated in a breastfeeding class and/or prenatal class that included information about breastfeeding? (includes in-person or online)

- Yes (go to question 28)
- No (go to question 29)
- Don't know/can't recall (go to question 29)
- Prefer not to answer (go to question 29)

28. Was this prenatal/breastfeeding class provided through Elgin St. Thomas Public Health?

- Yes
- No
- Don't know/can't recall
- Prefer not to answer

29. What is your marital status?

- Married
- Common law
- Divorced/Separated
- Single
- Widowed
- Other (TEXT BOX)
- Prefer not to answer

30. What is your highest level of education?

- Some high school
- High school diploma or equivalent
- Some post-secondary
- College/university
- Prefer not to answer

31. What was your total family income before taxes last year?

- Less than \$30,000
- \$30,000 - \$59,999
- \$60,000 - \$89,999
- \$90,000 - \$119,999
- \$120,000 - \$149,999
- \$150,000 or more
- Don't know/can't recall
- Prefer not to answer

32. How many people does this income support?

- Enter number of people (TEXT BOX)
33. Are you aware of your right to breastfeed in public?  
For more information on your rights please visit: <http://www.ohrc.on.ca/en/policy-preventing-discrimination-because-pregnancy-and-breastfeeding>
- Yes
  - No
  - Prefer not to answer

## Oxford Two-Month Survey Questions

3. Is your baby currently living with you?
- Yes
  - No (end survey)
4. Are you currently living in Oxford County?
- Yes
  - No (end survey)
7. In the past week, what have you fed your baby? By this, we mean what milk?
- Breastmilk only: Baby is breastfeeding or receiving expressed breastmilk but NOT currently receiving any infant formula (go to question 8)
  - Combination of breastmilk and formula: Baby is breastfeeding or receiving expressed breastmilk AND is currently receiving infant formula (go to question 13)
  - Formula only: Baby is receiving infant formula but NOT currently breastfeeding or receiving expressed breastmilk (go to question 9)
8. Since birth, including any time spent in hospital, has your baby ever been given any formula?
- Yes (go to question 14)
  - No (go to question 18)
  - Don't know/Can't recall (go to question 18)
  - Prefer not to answer (go to question 18)
9. Since birth, have you attempted to breastfeed or provide breastmilk to your baby, even if only once?
- Yes (go to question 10)
  - No (go to question 12)
  - Don't know/Can't recall (go to question 13)
  - Prefer not to answer (go to question 13)
10. How old was your baby in months when you stopped breastfeeding?
- Less than 2 weeks

- 2 weeks to less than 1 month
- 1 month to less than 1.5 months
- 1.5 months to less than 2 months
- 2 months to less than 2.5 months
- 2.5 months to less than 3 months
- Don't know/can't recall
- Prefer not to answer

11. What were the reasons you stopped breastfeeding or giving breastmilk?

(select all that apply)

- Baby unable to latch/not breastfeeding well/tongue tied
- Classic galactosemia, maple syrup urine disease, PKU
- Baby hungry, fussy, colicky
- Baby not gaining weight well
- Jaundice
- Low blood sugar
- Other health issues (TEXT BOX)
- Problems with expressing or delivering breastmilk (including pumping and lactation aids)
- Not enough milk
- Health reasons (surgery, medication, ill)
- Pain (sore nipples/breasts, biting)
- Maternal lifestyle (smoking, diet, alcohol)
- Previous experience
- Convenience
- Separation
- Encouraged by family/friend/partner
- Advice of a health care professional
- Don't know/can't recall
- Prefer not to answer
- Other (TEXT BOX)

Go to question 13

12. What were the reasons why you did not breastfeed or give breastmilk to your baby?

(select all that apply)

- Classic galactosemia, maple syrup urine disease, PKU
- Other health issues (TEXT BOX)
- Health reasons (surgery, medication, ill)
- Maternal lifestyle (smoking, diet, alcohol)
- Previous experience
- Convenience
- Separation
- Encouraged by family/friend/partner
- Advice of a health care professional
- Other (TEXT BOX)

- Don't know/can't recall
- Prefer not to answer

Go to question 25

13. Was your baby given formula in the hospital?

- Yes (go to question 15)
- No (go to question 14)
- Prefer not to answer (go to question 14)
- Don't know/Can't recall (go to question 14)

14. How old was your baby in months when he/she was first given formula?

- Less than 0.5 months
- 0.5 months to less than 1 month
- 1 month to less than 1.5 months
- 1.5 months to less than 2 months
- 2 months to less than 2.5 months
- 2.5 months to less than 3 months
- Don't know/can't recall
- Prefer not to answer

15. Did a health care professional recommend that you give your baby formula?

- Yes (go to question 16)
- No (go to question 17)
- Don't know/can't recall (go to question 17)
- Prefer not to answer (go to question 17)

16. What health care professional recommended that you give your baby formula?

(select all that apply)

- Doctor in hospital (including obstetrician)
- Nurse in hospital
- Lactation consultant in hospital
- Midwife in hospital
- Doctor in community
- Lactation consultant in community
- Nurse practitioner in community
- Public health nurse in community
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

17. What were the reasons your baby was first given formula?

(select all that apply)

- Baby unable to latch/not breastfeeding well/tongue tied
- Classic galactosemia, maple syrup urine disease, PKU
- Baby hungry, fussy, colicky



- Baby not gaining weight well
- Jaundice
- Low blood sugar
- Other health issues (TEXT BOX)
- Not enough milk
- Health reasons (surgery, medication, ill)
- Pain (sore nipples/breasts, biting)
- Maternal lifestyle (smoking, diet, alcohol)
- Previous experience
- Convenience
- Separation
- Encouraged by family/friend/partner
- Advice of a health care professional
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

18. Is returning to work or school a factor in how long you plan to breastfeed or give breastmilk?

- Yes
- No
- Don't know/can't recall
- Prefer not to answer

20. Have you had any difficulties or concerns with feeding your baby?

- Yes (go to question 21)
- No (go to question 22)
- Don't know/can't recall (go to question 22)
- Prefer not to answer (go to question 22)

21. What difficulties or concerns have you had with feeding your baby?

(select all that apply)

- baby unable to latch/not breastfeeding well/tongue tied
- Baby hungry, fussy, colicky
- Baby not gaining weight well
- Low blood sugar
- Other health issues (TEXT BOX)
- Problems with expressing or delivering breastmilk (including pumping and lactation aids)
- Not enough milk
- Health reasons (surgery, medication, ill)
- Pain (sore nipples/breasts, biting)
- Maternal lifestyle (smoking, diet, alcohol)
- Separation
- Other (TEXT BOX)

- Don't know/can't recall
- Prefer not to answer

22. Did you use any programs or services to help you with feeding your baby?

- Yes (go to question 23)
- No (go to question 25)
- Don't know/can't recall (go to question 25)
- Prefer not to answer (go to question 25)

23. Which programs or services did you use for help with feeding your baby?

(select all that apply)

- Public health breastfeeding clinic
- Public health home visiting
- Facebook/Peer support group
- La Leche League
- Telehealth
- Private lactation consultant
- Hospital breastfeeding clinic
- Lactation consultant in hospital
- Nurse in hospital
- Family/friend/partner
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

25. Is this your first baby? (or babies in the event of multiples)

- Yes (go to question 27)
- No (go to question 26)
- Prefer not to answer (go to question 27)

26. Have you breastfed or tried to breastfeed before?

- Yes
- No
- Prefer not to answer

27. In the past 5 years, have you participated in a prenatal and/or breastfeeding class that included information about breastfeeding? (includes in-person or online)

- Yes (go to question 28)
- No (go to question 29)
- Don't know/can't recall (go to question 29)
- Prefer not to answer (go to question 29)

28. Was this prenatal/breastfeeding class provided through your local health unit?

- Yes
- No
- Don't know/can't recall

- Prefer not to answer
29. What is your marital status?
- Married/common law
  - Divorced/Separated
  - Single
  - Widowed
  - Other (TEXT BOX)
  - Prefer not to answer
30. What is your highest level of education?
- Some high school
  - High school or equivalent
  - Some post-secondary
  - College/university
  - Prefer not to answer
31. What was your total family income before taxes last year?
- Less than \$30,000
  - \$30,000 - \$59,999
  - \$60,000 - \$89,999
  - \$90,000 - \$119,999
  - \$120,000 - \$149,999
  - \$150,000 or more
  - Don't know/can't recall
  - Prefer not to answer
32. How many people does this income support?
- Enter number of people (TEXT BOX)
33. Are you aware of your right to breastfeed in public?  
For more information on your rights please visit: <http://www.ohrc.on.ca/en/policy-preventing-discrimination-because-pregnancy-and-breastfeeding>
- Yes
  - No
  - Prefer not to answer

### Elgin St. Thomas Six-Month Survey Questions

3. Is your baby currently living with you?
- Yes
  - No (end survey)
4. Are you currently living in Elgin County?

- Yes
  - No (end survey)
5. In the past week, what have you fed your baby? By this, we mean what milk?
- Breastmilk only: Baby is breastfeeding or receiving expressed breastmilk but NOT currently receiving any infant formula (go to question 6)
  - Combination of breastmilk and formula: Baby is breastfeeding or receiving expressed breastmilk AND is currently receiving infant formula (go to question 10)
  - Formula only: Baby is receiving infant formula but NOT currently breastfeeding or receiving expressed breastmilk (go to question 7)
6. Since birth, including any time spent in hospital, has your baby ever been given any formula?
- Yes (go to question 10)
  - No (go to question 14)
  - Don't know/Can't recall (go to question 14)
  - Prefer not to answer (go to question 14)
7. Since the last time we contacted you, which was when your baby was about 2 months old, have you tried to breastfeed or provide breastmilk to your baby, even if only once?
- Yes (go to question 8)
  - No (go to question 10)
  - Don't know/Can't recall (go to question 11)
  - Prefer not to answer (go to question 11)
8. How old was your baby in months when you stopped breastfeeding?
- 2 months to less than 3 months
  - 3 months to less than 4 months
  - 4 months to less than 5 months
  - 5 months to less than 6 months
  - 6 months to less than 7 months
  - Don't know/can't recall
  - Prefer not to answer
9. What were the reasons you stopped breastfeeding or giving breastmilk?  
(select all that apply)
- Baby wasn't latching or wasn't latching well
  - Sore nipples/breasts
  - Not enough breastmilk
  - Health reasons -mom (surgery, medication, illness, etc.)
  - Health reasons -baby (illness,etc.)
  - Other (TEXT BOX)
  - Don't know/can't recall
  - Prefer not to answer

Go to question 11

10. How old was your baby when they were first given formula?

- Less than 2 months (go to question 14)
- 2 months to less than 7 months (go to question 10a)
- Don't know/can't recall (go to question 11)
- Prefer not to answer (go to question 11)

10a. Please tell us your baby's age in months when they were first given formula.

- 2 months to less than 3 months
- 3 months to less than 4 months
- 4 months to less than 5 months
- 5 months to less than 6 months
- 6 months to less than 7 months
- Don't know/can't recall
- Prefer not to answer

11. Did a health care professional recommend that you give your baby formula?

- Yes (go to question 12)
- No (go to question 13)
- Don't know/can't recall (go to question 13)
- Prefer not to answer (go to question 13)

12. What health care professional recommended that you give your baby formula?  
(select all that apply)

- Doctor in hospital (including obstetrician)
- Nurse in hospital
- Lactation consultant in hospital
- Midwife
- Family doctor/nurse practitioner
- Public Health Nurse
- Lactation consultant in the community
- Parenting Centre
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

13. What were the reasons your baby was first given formula?

(select all that apply)

- I didn't have enough breastmilk
- Baby seemed hungry after breastfeeding
- Baby wasn't latching or wasn't latching well
- Health reasons -mom (surgery, medication, illness, etc.)
- Health reasons -baby (illness, etc.)
- I was in pain (sore nipples/breasts, baby was biting, etc.)

- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

14. Is returning to work or school a factor in how long you plan to breastfeed or give breastmilk?

- Yes
- No
- Don't know/can't recall
- Prefer not to answer

14a. Did you know that your employer must consider your breastfeeding needs when you return to work? For more information on your rights please visit:

<http://www.ohrc.on.ca/en/policy-preventing-discrimination-because-pregnancy-and-breastfeeding>

- Yes
- No
- Prefer not to answer

15. How old will your child be when you plan to stop breastfeeding or giving breastmilk?

- 2 months to less than 3 months
- 3 months to less than 6 months
- 6 months to less than 9 months
- 9 months to less than 12 months
- 12 months to less than 18 months
- 18 months to less than 24 months
- 24 months or longer
- Other (TEXT BOX)
- Don't know
- Prefer not to answer

16. Since the last survey, have you had any difficulties or concerns with feeding your baby?

- Yes (go to question 17)
- No (go to question 18)
- Don't know/can't recall (go to question 18)
- Prefer not to answer (go to question 18)

17. What difficulties or concerns have you had with feeding your baby?

(select all that apply)

- Baby wasn't latching or wasn't latching well
- I was feeling stress, anxiety or depression
- I was in pain -sore nipples
- I was in pain -sore breasts, engorgement or mastitis
- Not enough breastmilk
- Baby not gaining weight well
- Other (TEXT BOX)

- Don't know/can't recall
- Prefer not to answer

18. Did you use any programs or services to help you with feeding your baby?

- Yes (go to question 19)
- No (go to question 20)
- Don't know/can't recall (go to question 20)
- Prefer not to answer (go to question 20)

19. Which programs or services did you use for help with feeding your baby?

(select all that apply)

- Doctor in hospital (including obstetrician)
- Nurse in hospital
- Lactation consultant in hospital
- Midwife
- Family doctor/nurse practitioner
- Public Health Nurse
- Lactation consultant in the community
- La Leche League
- Parenting Centre
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

20. Since birth, has your baby ever been given any liquids other than breastmilk or formula, such as water, sugar water or juice? Other liquids DO NOT include vitamins or medications. If only vitamin drops of medications have been given to your baby, answer 'no' to this question.

- Yes (go to question 21)
- No (go to question 23)
- Don't know/can't recall (go to question 23)
- Prefer not to answer (go to question 23)

21. What liquids other than breastmilk or formula has your baby been given (do not include medication and vitamins)?

(select all that apply)

- Water
- Sugar water
- Juice
- Cow's milk
- Plant-based milk (e.g., almond, soy, rice, etc.)
- Tea
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

22. How old was your baby the first time they were given liquids other than breastmilk or formula?

- Less than 2 weeks
- 2 weeks to less than 1 month
- 1 month to less than 2 months
- 2 months to less than 3 months
- 3 months to less than 4 months
- 4 months to less than 5 months
- 5 months to less than 6 months
- 6 months to less than 7 months
- Don't know/can't recall
- Prefer not to answer

23. Since birth, has your baby ever been given any solid food such as meat, cereal, vegetables or fruit?

- Yes (go to question 24)
- No (go to question 28)
- Don't know/Can't recall (end survey)

24. How old was your baby the first time they were given any solid food, such as meat, cereal, vegetables or fruit?

- Less than 6 months (go to question 24a)
- 6 months or older (go to question 26)
- Don't know/can't recall (go to question 26)
- Prefer not to answer (go to question 26)

24a. Please tell us your baby's age the first time they were given solid food such as meat, cereal, vegetables or fruit.

- Less than 1 month
- 1 month to less than 2 months
- 2 months to less than 3 months
- 3 months to less than 4 months
- 4 months to less than 5 months
- 5 months to less than 6 months
- Don't know/can't recall
- Prefer not to answer

25. Did a healthcare professional recommend that you give your baby solids then?

- Yes
- No
- Don't know/can't recall
- Prefer not to answer

26. What were the reasons your baby was first given solids?  
(select all that apply)

- I felt like he/she was ready



- Baby will gain more weight
- My baby wanted solids
- To help my baby sleep better
- I gave my older child solid food at this time
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

27. Has your baby had any iron-rich foods like meat, iron-fortified infant cereal, tofu or lentils?

- Yes
- No
- Don't know/can't recall
- Prefer not to answer

END SURVEY

28. How old will your baby be in months when you intend to introduce solid foods?

- 6 months to less than 7 months
- 7 months to less than 8 months
- 8 months to less than 9 months
- Other (TEXT BOX)
- No plans/don't know
- Prefer not to answer

### Oxford Six-Month Survey Questions

3. Is your baby currently living with you?

- Yes
- No (end survey)

4. Are you currently living in Oxford County?

- Yes
- No (end survey)

5. In the past week, what have you fed your baby? By this, we mean what milk?

- Breastmilk only: Baby is breastfeeding or receiving expressed breastmilk but NOT currently receiving any infant formula (go to question 6)
- Combination of breastmilk and formula: Baby is breastfeeding or receiving expressed breastmilk AND is currently receiving infant formula (go to question 10)
- Formula only: Baby is receiving infant formula but NOT currently breastfeeding or receiving expressed breastmilk (go to question 7)

6. Since birth, including any time spent in hospital, has your baby ever been given any formula?
- Yes (go to question 10)
  - No (go to question 14)
  - Don't know/Can't recall (go to question 14)
  - Prefer not to answer (go to question 14)
7. Since the last time we contacted you, which was when your baby was approximately 2 months old, have you attempted to breastfeed or provide breastmilk to your baby, even if only once?
- Yes (go to question 8)
  - No (go to question 10)
  - Don't know/Can't recall (go to question 11)
  - Prefer not to answer (go to question 11)
8. How old was your baby in months when you stopped breastfeeding?
- 2 months to less than 2.5 months
  - 2.5 months to less than 3 months
  - 3 months to less than 3.5 months
  - 3.5 months to less than 4 months
  - 4 months to less than 4.5 months
  - 4.5 months to less than 5 months
  - 5 months to less than 5.5 months
  - 5.5 months to less than 6 months
  - 6.5 months to less than 7 months
  - Don't know/can't recall
  - Prefer not to answer
9. What were the reasons you stopped breastfeeding or giving breastmilk?  
(select all that apply)
- Baby unable to latch/not breastfeeding well/tongue tied
  - Classic galactosemia, maple syrup urine disease, PKU
  - Baby hungry, fussy, colicky
  - Baby not gaining weight well
  - Jaundice
  - Low blood sugar
  - Other health issues (TEXT BOX)
  - Problems with expressing or delivering breastmilk (including pumping and lactation aids)
  - Not enough milk
  - Health reasons (surgery, medication, ill)
  - Pain (sore nipples/breasts, biting)
  - Maternal lifestyle (smoking, diet, alcohol)
  - Previous experience
  - Convenience

- Separation
- Encouraged by family/friend/partner
- Advice of a health care professional
- Don't know/can't recall
- Prefer not to answer
- Other (TEXT BOX)

Go to question 11

10. How old was your baby in months when they were first given formula?

- Less than 2 weeks
- 2 weeks to less than 1 month
- 1 month to less than 1.5 months
- 1.5 months to less than 2 months
- 2 months to less than 2.5 months
- 2.5 months to less than 3 months
- 3 months to less than 3.5 months
- 3.5 months to less than 4 months
- 4 months to less than 4.5 months
- 4.5 months to less than 5 months
- 5 months to less than 5.5 months
- 5.5 months to less than 6 months
- 6.5 months to less than 7 months
- Don't know/can't recall
- Prefer not to answer

11. Did a health care professional recommend that you give your baby formula?

- Yes (go to question 12)
- No (go to question 13)
- Don't know/can't recall (go to question 13)
- Prefer not to answer (go to question 13)

12. What health care professional recommended that you give your baby formula?

(select all that apply)

- Doctor in hospital (including obstetrician)
- Nurse in hospital
- Lactation consultant in hospital
- Midwife in hospital
- Doctor in community
- Lactation consultant in community
- Nurse practitioner in community
- Public health nurse in community
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

Go to question 14

13. What were the reasons your baby was first given formula?  
(select all that apply)

- Baby unable to latch/not breastfeeding well/tongue tied
- Classic galactosemia, maple syrup urine disease, PKU
- Baby hungry, fussy, colicky
- Baby not gaining weight well
- Jaundice
- Low blood sugar
- Other health issues (TEXT BOX)
- Not enough milk
- Health reasons (surgery, medication, ill)
- Pain (sore nipples/breasts, biting)
- Maternal lifestyle (smoking, diet, alcohol)
- Previous experience
- Convenience
- Separation
- Encouraged by family/friend/partner
- Advice of a health care professional
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

14. Is returning to work or school a factor in how long you plan to breastfeed or give breastmilk?

- Yes
- No
- Don't know/can't recall
- Prefer not to answer

14a. Are you aware that your employer must consider your breastfeeding needs when you return to work? For more information on your rights please visit:

<http://www.ohrc.on.ca/en/policy-preventing-discrimination-because-pregnancy-and-breastfeeding>

- Yes
- No
- Prefer not to answer

16. Since we last contacted you, have you had any difficulties or concerns with feeding your baby?

- Yes (go to question 17)
- No (go to question 18)
- Don't know/can't recall (go to question 18)
- Prefer not to answer (go to question 18)

17. What difficulties or concerns have you had with feeding your baby?

(select all that apply)

- Baby unable to latch/not breastfeeding well/tongue tied
- Baby hungry, fussy, colicky
- Baby not gaining weight well
- Low blood sugar
- Other health issues (TEXT BOX)
- Problems with expressing or delivering breastmilk (including pumping and lactation aids)
- Not enough milk
- Health reasons (surgery, medication, ill)
- Pain (sore nipples/breasts, biting)
- Maternal lifestyle (smoking, diet, alcohol)
- Separation
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

Go to question 20

18. Did you use any programs or services to help you with feeding your baby?

- Yes (go to question 19)
- No (go to question 20)
- Don't know/can't recall (go to question 20)
- Prefer not to answer (go to question 20)

19. Which services/programs have helped you with feeding your baby?

(select all that apply)

- Public health breastfeeding clinic
- Public health home visiting
- Facebook/Peer support group
- La Leche League
- Telehealth
- Private lactation consultant
- Hospital breastfeeding clinic
- Lactation consultant in hospital
- Nurse in hospital
- Family/friend/partner
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

20. Since the last survey, has your baby ever been given any liquids other than breastmilk or formula, such as water, sugar water or juice? Other liquids do not include vitamins or medications. If only vitamin drops of medications have been given to your baby, answer 'no' to this question.

- Yes (go to question 21)

- No (go to question 23)
- Don't know/can't recall (go to question 23)

21. What liquids other than breastmilk or formula has your baby been given?  
(select all that apply)

- Water
- Sugar water
- Juice
- Cow's milk
- Plant-based milk (e.g., almond, soy, rice, etc.)
- Tea
- Other (TEXT BOX)
- Don't know/can't recall
- Prefer not to answer

22. How old was your baby in months the first time they were given liquids other than breastmilk or formula?

- Less than 2 weeks
- 2 weeks to less than 1 month
- 1 month to less than 1.5 months
- 1.5 months to less than 2 months
- 2 months to less than 2.5 months
- 2.5 months to less than 3 months
- 3 months to less than 3.5 months
- 3.5 months to less than 4 months
- 4 months to less than 4.5 months
- 4.5 months to less than 5 months
- 5 months to less than 5.5 months
- 5.5 months to less than 6 months
- 6.5 months to less than 7 months
- Don't know/can't recall
- Prefer not to answer

23. Since birth, has your baby ever been given any solid food such as meat, chicken, cereal, vegetables, or fruit?

- Yes (go to question 24)
- No (go to question 28)
- Don't know/Can't recall (end survey)

24. How old was your baby, in months, the first time they were given any solid food, such as meat, chicken, cereal, vegetables, or fruit?

- Less than 2 weeks
- 2 weeks to less than 1 month
- 1 month to less than 1.5 months
- 1.5 months to less than 2 months

- 2 months to less than 2.5 months
- 2.5 months to less than 3 months
- 3 months to less than 3.5 months
- 3.5 months to less than 4 months
- 4 months to less than 4.5 months
- 4.5 months to less than 5 months
- 5 months to less than 5.5 months
- 5.5 months to less than 6 months
- 6.5 months to less than 7 months
- Don't know/can't recall
- Prefer not to answer

25. Did a healthcare professional recommend that you give your baby solids then?

- Yes
- No
- Don't know/can't recall
- Prefer not to answer

26. What were the reasons your baby was first given solids?

(select all that apply)

- Baby will gain more weight
- Baby had teeth
- Baby wanted solids/baby-led weaning
- To sleep better
- Reflux
- To avoid allergies
- Felt like he/she was ready
- Previous experience
- Other
- Don't know/can't recall
- Prefer not to answer

End survey

28. How old will your baby be in months when you intend to introduce solid foods?

- 6 months to less than 6.5 months
- 6.5 months to less than 7 months
- 7 months to less than 7.5 months
- 7.5 months to less than 8 months
- 8 months to less than 8.5 months
- 8.5 months to less than 9 months
- 9 months to less than 9.5 months
- 9.5 months to less than 10 months
- 10 months to less than 10.5 months
- 10.5 months to less than 11 months
- 11 months to less than 11.5 months

- 11.5 months to less than 12 months
- 1 year or older
- When baby gets teeth
- No plans/don't know
- Prefer not to answer