APPENDICES

Appendix 5.1: Items written on index cards, and respective questions

(1) Work: “How did work influence your choice of infant feeding?”
(2) School: “How did school influence your choice of infant feeding?”
(3) What you know about HIV: “How did your knowledge about HIV influence your choice of infant feeding?”
(4) Your health: “How did your health influence your choice of infant feeding?”
(5) Your baby’s health: “How did your baby’s health influence your choice of infant feeding?”
(6) People living with you: “How did the people living with you influence your choice of infant feeding?”
(7) Hospital’s view of breastfeeding: “How did the hospital’s view of breastfeeding influence your choice of infant feeding?”
(8) Counselors’ advice: “How your counselors advise you to feed your child?”
(9) Your partner’s knowledge of HIV: “How did your partner’s knowledge of HIV influence your choice of infant feeding?”
(10) Your family’s knowledge of HIV: “How did your partner’s knowledge of HIV influence your choice of infant feeding?”
(11) Your friends: “How did your friends influence your choice of infant feeding?”
(12) What you believe about formula feeding: “How did your beliefs about infant formula influence your choice of infant feeding?”
(13) What you believe about breastfeeding: “How did your beliefs about breastfeeding influence your choice of infant feeding?”
(14) Cost of formula feeding: “How did your beliefs about the cost of formula feeding influence your choice of infant feeding?”
(15) What you fed the children you already have: “How did the way you fed your previous children influence your choice of infant feeding?”
APPENDIX 6.1a: List of 34 newborn caregiving practices written on index cards
(English translation)

(1) give birth at home; (2) give birth in hospital (3) vaccinate baby; (4) boil razor used to cut cord; (5) tie cord with string or thread; (6) bury placenta; (7) wrap baby; (8) wrap baby with a khanga; (9) call baby to prayer; (10) apply soot on baby’s feet, palms and face; (11) apply kohl on baby’s forehead or eyes; (12) not wash baby; (13) wash baby with water; (14) wash baby with soap; (15) apply oil on baby’s skin; (16) apply olive oil on baby’s skin; (17) apply oil on baby’s fontanelle (18) massage baby with warm hands; (19) massage baby with coconut oil; (20) massage baby with oil that does not have a strong smell; (21) wash baby with soap that does not have a strong smell; (22) wash baby with Swahili medicine; (23) mix oil with Swahili medicine and apply on baby’s skin; (24) make baby to “pass the doorway” seven days after birth; (25) shave part of the baby’s hair and apply medicine to the shaven area; (26) make the baby inhale smoke from burning dried Swahili medicine; (27) give baby liquids using spoon; (28) give baby liquids using bottle; (29) give baby biscuits; (30) give baby powder milk; (31) give baby water; (32) give baby cow’s milk; (33) give baby porridge; (34) breastfeed baby.
Appendix 6.1b: List of 34 newborn caregiving practices written on index cards (Kiswahili)

Appendix 6.2a: List of 34 newborn caregiving practices written on index cards, and respective questions used to interview peri-urban Pemban women

(1) give birth at home: “in your own opinion, why do people around here give birth at home?”
(2) give birth in hospital: “in your own opinion, why do people around here give birth in hospital?”
(3) vaccinate baby: “in your own opinion, why do people around here vaccinate babies?”
(4) boil razor used to cut cord: “in your own opinion, why do people around here boil the razor used to cut the cord?”
(5) tie cord with string or thread: “in your own opinion, why do people around here tie the cord with string or thread?”
(6) bury placenta: “in your own opinion, why do people around here bury the placenta?”
(7) wrap baby: “in your own opinion, why do people around here wrap the baby?”
(8) wrap baby with a khanga: “in your own opinion, why do people around here wrap the baby with a khanga?”
(9) call baby to prayer: “in your own opinion, why do people around here call the baby to prayer?”
(10) apply soot on baby’s feet, palms and face: “in your own opinion, why do people around here apply soot on the baby’s feet, palms and face?”
(11) apply kohl on baby’s forehead or eyes: “in your own opinion, why do people around here apply kohl on the baby’s forehead or eyes?”
(12) not wash baby: “in your own opinion, why do people around here not wash the baby?”
(13) wash baby with water: “in your own opinion, why do people around here wash the baby with water?”
(14) wash baby with soap: “in your own opinion, why do people around here wash the baby with soap?”
(15) apply oil on baby’s skin: “in your own opinion, why do people around here apply oil on the baby’s skin?”
(16) apply olive oil on baby’s skin: “in your own opinion, why do people around here apply olive oil on the baby’s skin?”
(17) apply oil on baby’s fontanelle: “in your own opinion, why do people around here apply oil on the baby’s fontanelle?”
(18) massage baby with warm hands: “in your own opinion, why do people around here massage the baby with warm hands?”
(19) massage baby with coconut oil: “in your own opinion, why do people around here massage the baby with coconut oil?”
(20) massage baby with oil that does not have a strong smell: “in your own opinion, why do people around here massage the baby with oil that does not have a strong smell?”
(21) wash baby with soap that does not have a strong smell: “in your own opinion, why do people around here wash the baby with soap that does not have a strong smell?”

(22) wash baby with Swahili medicine: “in your own opinion, why do people around here wash the baby with Swahili medicine?”

(23) mix oil with Swahili medicine and apply on baby’s skin: “in your own opinion, why do people around here mix oil with Swahili medicine and apply it on the baby’s skin?”

(24) make baby to “pass the doorway” seven days after birth: “in your own opinion, why do people around here make the baby to “pass the doorway” seven days after birth?”

(25) shave part of the baby’s hair and apply medicine to the shaven area: “in your own opinion, why do people around here shave part of the baby’s hair and apply medicine to the shaven area?”

(26) make the baby inhale smoke from burning dried Swahili medicine: “in your own opinion, why do people around here make the baby inhale smoke from burning dried Swahili medicine?”

(27) give baby liquids using spoon: “in your own opinion, why do people around here give the baby liquids using spoon?”

(28) give baby liquids using bottle: “in your own opinion, why do people around here give the baby liquids using bottle?”

(29) give baby biscuits: “in your own opinion, why do people around here give the baby biscuits?”

(30) give baby powder milk: “in your own opinion, why do people around here give the baby powder milk?”

(31) give baby water: “in your own opinion, why do people around here give the baby water?”

(32) give baby cow’s milk: “in your own opinion, why do people around here give the baby cow’s milk?”

(33) give baby porridge: “in your own opinion, why do people around here give the baby porridge?”

(34) breastfeed baby: “in your own opinion, why do people around here breastfeed the baby?”
Appendix 6.2b: List of 34 newborn caregiving practices written on index cards, and respective questions used to interview peri-urban Pemban women

(1) Mtoto azaliwa nyumbani: “jee kwa maoni yako, ni kwasababu gani mtoto huzaliwa nyumbani?”
(2) Mtoto azaliwa hospitali: “jee kwa maoni yako, ni kwasababu gani mtoto huzaliwa hospitali?”
(3) Mtoto apewa chanjo: “jee kwa maoni yako, ni kwasababu gani mtoto hupewa chanjo?”
(4) Kiwembe cha kukatia ukovuti cha chemshwa: “jee kwa maoni yako, ni kwasababu gani kiwembe cha kukatia ukovuti cha chemshwa?”
(5) Ukovuti wafungwa na uzi: “jee kwa maoni yako, ni kwasababu gani ukovuti wafungwa na uzi?”
(6) Chango la uzazi lafukiwa : « jee kwa maoni yako, ni kwasababu gani chango la uzazi lafukiwa ? »
(7) Mtoto avungwavungwa : “jee kwa maoni yako, ni kwasababu gani mtoto avungwavungwa ? »
(8) Mtoto avungwavungwa kwa kanga: “jee kwa maoni yako, ni kwasababu gani mtoto avungwavungwa kwa kanga ? »
(9) Mtoto aadhiniwa : « jee kwa maoni yako, ni kwasababu gani mtoto aadhiniwa ? »
(10) Mtoto apakwa masizi kwenywe uso, nyayo na viganja : « jee kwa maoni yako, ni kwasababu gani mtoto apakwa masizi kwenywe uso, nyayo na viganja ? »
(11) Mtoto apakwa wanja kwenywe macho yake : « jee kwa maoni yako, ni kwasababu gani mtoto apakwa wanja kwenywe macho yake ? »
(12) Mtoto haoshwi : « jee kwa maoni yako, ni kwasababu gani mtoto haoshwi »
(13) Mtoto aoshwa kwa maji: « jee kwa maoni yako, ni kwasababu gani mtoto aoshwa kwa maji »
(14) Mtoto aoshwa kwa sabuni : « jee kwa maoni yako, ni kwasababu gani mtoto aoshwa kwa sabuni »
(15) Mtoto apakwa mafuta ya nazi : « jee kwa maoni yako, ni kwasababu gani mtoto apakwa mafuta ya nazi »
(16) Mtoto akandwa kwa mafuta ya halizeti : « jee kwa maoni yako, ni kwasababu gani mtoto akandwa kwa mafuta ya halizeti ? »
(17) Mtoto apakwa mafuta kwenywe utosi : « jee kwa maoni yako, ni kwasababu gani mtoto apakwa mafuta kwenywe utosi »
(18) Mtoto akandwa kwa moto : « jee kwa maoni yako, ni kwasababu gani mtoto akandwa kwa moto »
(19) Mtoto akandwa kwa mafuta ya nazi : « jee kwa maoni yako, ni kwasababu gani mtoto akandwa kwa mafuta ya nazi ? »
(20) Mtoto akandwa kwa mafuta isiyi kali kwake : « jee kwa maoni yako, ni kwasababu gani mtoto akandwa kwa mafuta isiyi kali kwake ? »
(21) Mtoto aoshwa kwa sabuni isiyi kali kwake: « jee kwa maoni yako, ni kwasababu gani mtoto aoshwa kwa sabuni isiyi kali kwake ? »
(22) Kutia dawa za kienyeji ndani ya maji ya kumwoshea mtoto: “jee kwa maoni yako, ni kwasababu gani kutia dawa za kienyeji ndani ya maji ya kumwoshea mtoto ? »

(23) Kutia dawa za kienyeji kwenye mafuta ya nazi na kupaka juu ya ngozi ya mtoto: « jee kwa maoni yako, ni kwasababu gani kutia dawa za kienyeji kwenye mafuta ya nazi na kupaka juu ya ngozi ya mtoto ? »

(24) Siku ya saba, mtoto apitishwa kizingitini: « jee kwa maoni yako, ni kwasababu gani siku ya saba, mtoto apitishwa kizingitini ? »


(26) Mtoto afukizwa: « jee kwa maoni yako, ni kwasababu gani mtoto afukizwa ? »

(27) Mtoto apewa vinywaji kwa kijiko: « jee kwa maoni yako, ni kwasababu gani mtoto apewa vinywaji kwa kijiko ? »

(28) Mtoto apewa vinywaji kwa chupa: « jee kwa maoni yako, ni kwasababu gani mtoto apewa vinywaji kwa chupa ? »

(29) Mtoto apewa biskuti: « jee kwa maoni yako, ni kwasababu gani mtoto apewa biskuti ? »

(30) Mtoto apewa maziwa ya kopo: « jee kwa maoni yako, ni kwasababu gani mtoto apewa maziwa ya kopo ? »

(31) Mtoto apewa maji: « jee kwa maoni yako, ni kwasababu gani mtoto apewa maji ? »

(32) Mtoto apewa maziwa ya ng’ombe: « jee kwa maoni yako, ni kwasababu gani mtoto apewa maziwa ya ng’ombe ? »

(33) Mtoto apewa uji: « jee kwa maoni yako, ni kwasababu gani mtoto apewa maziwa ya ng’ombe »

(34) Mtoto apewa maziwa ya mama: « jee kwa maoni yako, ni kwasababu gani mtoto apewa maziwa ya mama ? »
Appendix 6.3a: List of 16 food items commonly fed to newborns in Pemba, and the respective questions used to interview rural Pemban women (English)

I. There is one more thing I'd like to do in our visit today. I've been talking with people here in Pemba about the ways that babies are fed, and they have told me about the various different things that babies are given. I'd like to know more about these things so I asked someone to draw pictures of them, which makes it easier to discuss them. (Show the respondent the set of pictures and ask her what she understands when she sees each of the cards)

Card number 1 _____________________________________________
Card number 2 _______________________________________________
Card number 3 _____________________________________________
Card number 4 ______________________________________________
Card number 5 ______________________________________________
Card number 6 ______________________________________________
Card number 7 ____________________________________________
Card number 8 ______________________________________________
Card number 9 ______________________________________________
Card number 10 ____________________________________________
Card number 11 ____________________________________________
Card number 12 ____________________________________________
Card number 13 ____________________________________________
Card number 14 ____________________________________________
Card number 15 ____________________________________________
Card number 16 ____________________________________________
Card number 17 ____________________________________________

J: Please tell me if there is anything else you can add to this list: biscuits softened with tea, milk or water; clean water, water with glucose, gripe water, traditional (oral) medicine such as tonga, vichukio and kachiri, cow’s milk, powder milk, mother’s milk, dates, porridge made of corn flour, honey, shubili.

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

K. I am now going to ask you what are the reasons for the following, in your own view.
1. In your own view, what are the reasons for giving biscuits softened with tea, milk or water to babies?

_____________________________________________________________________

2. In your own view, what are the reasons for giving clean water to babies?

_____________________________________________________________________

3. In your own view, what are the reasons for giving water with glucose to babies?

_____________________________________________________________________
4. In your own view, what are the reasons for giving gripe water to babies?

5. In your own view, what are the reasons for giving traditional (oral) medicine such as *tonga*, *vichukio* and *kachiri* to babies?

6. In your own view, what are the reasons for giving cow’s milk to babies?

7. In your own view, what are the reasons for giving powder milk to babies? Such as lactogen or NIDO?

8. In your own view, what are the reasons for mother’s milk to babies?

9. In your own view, what are the reasons for giving dates to babies?

10. In your own view, what are the reasons for giving porridge made of corn flour to babies?

11. In your own view, for what are reasons do babies cry?

F. In your own view, for what are reasons does a mother’s milk go bad?
### Appendix 6.3b: List of 16 food items commonly fed to newborns in Pemba, and the respective questions used to interview rural Pemban women (Kiswahili)

I. Baada ya kuongea na baadhi ya akina mama hapa Pemba, kuna vinywaji na vilaji vilivyotajwa kuwa ni maalum kwa watoto wachanga katika jamii. Ona! Nina picha za vyakula na vinyaji vyote tulivyokuwa tunavizungumza hapa (mwonyeshe mama picha zilizochorwa kwenye kadi). Jee, ukiangalia picha hizi, unafahamu nini?

<table>
<thead>
<tr>
<th>Kadi nambari moja</th>
<th>Kadi nambari nane</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kadi nambari mbili</td>
<td>Kadi nambari kumi</td>
</tr>
<tr>
<td>Kadi nambari tatu</td>
<td>Kadi nambari kumi na moja</td>
</tr>
<tr>
<td>Kadi nambari nne</td>
<td>Kadi nambari kumi na mbili</td>
</tr>
<tr>
<td>Kadi nambari tano</td>
<td>Kadi nambari kumi na tatu</td>
</tr>
<tr>
<td>Kadi nambari sita</td>
<td>Kadi nambari kumi na nne</td>
</tr>
<tr>
<td>Kadi nambari saba</td>
<td></td>
</tr>
</tbody>
</table>

J. (Hivi vitasomwa kutoka orodha, kisha muulize mama): Jee, unaweza kuongeza baadhi katika orodha hii? (vikipatikana viengeze katika orodha)

<table>
<thead>
<tr>
<th>Biskuti iliyo changanyishwa na chai, maji</th>
<th>Maji wa mama</th>
</tr>
</thead>
<tbody>
<tr>
<td>au maziwa</td>
<td>Tender</td>
</tr>
<tr>
<td>Maji safi</td>
<td>Uji wa sembe</td>
</tr>
<tr>
<td>Maji yenye glucose</td>
<td></td>
</tr>
<tr>
<td>Gripe water</td>
<td></td>
</tr>
<tr>
<td>Dawa za kiasili (kama vile tonga, vichukio na kachiri)</td>
<td></td>
</tr>
<tr>
<td>Asali</td>
<td></td>
</tr>
<tr>
<td>Shubili</td>
<td></td>
</tr>
<tr>
<td>Maziwa ya ngombe</td>
<td></td>
</tr>
<tr>
<td>Maziwa ya unga (kama vile lactogen au Nido)</td>
<td></td>
</tr>
</tbody>
</table>

K. Jee, kwa maoni yako, ni kwasababu gani watoto hupewa vinywaji au vyakula hivi?
Biskuti iliyo changanyishwa na chai, maji au maziwa
Maji safi
Maji yenye glucose
Gripe water
Dawa za kiasili (kama vile tonga, vichukio na kachiri)
Asali
Shubili
Maziwa ya ngombe
Maziwa ya unga (kama vile lactogen au Nido)
Maziwa ya mama
Tende
Uji wa sembe
_________________
_________________
_________________
Appendix 7.1: Instructions for the pile sorting exercise used for literate mothers only, peri-urban and rural Pemban samples (English)

Prior to the pile sorting exercise, each card was marked with a number on the back to make it easier for us to record the results of the pile sort. Before giving the pack of cards to the respondent, we ensured that we had thoroughly shuffled the cards. Shuffling ensured that no two respondents received the cards in the same order. We gave the respondent the deck of cards and told her:

“Now we are going to conduct a small and interesting exercise with these cards. I’d like you to put them together into piles of things that are most similar. You can make only 4 piles. To better explain what I mean by grouping things together, let’s take an example. Suppose these cards included all the food in Pemba. If there were cards for different fish, for example, samaki wa msange and samaki wa ngongo, I might want to put these in one group because they are both “fish.” But if I decided to sort them based on how well I liked them and I like msange but not ngongo then I might put them into different piles. There are no right or wrong ways to sort, it all depends on how you personally want to do it.”

After piles are sorted, we recorded the card content in each group using the numbers written at the back of each card. Then for each group, we asked the respondent: “Why do these items belong together?”

Group 1:
Card content:

Why do these belong together?

Group 2:
Card content:

Why do these belong together?

Group 3:
Card content:

Why do these belong together?

Group 4:
Card content:

Why do these belong together?
Appendix 7.1b: Instructions for the pile sorting exercise used for literate mothers only, peri-urban and rural Pemban samples (Kiswahili)


Kundi la kwanza: ______________________________
Kundi la pili: ______________________________
Kundi la tatu: ______________________________
Kundi la nne: ______________________________

Kwa kila kikundi, muulize mama akueleze kwanini ameweka kadi hizi hivyo
Appendix 8.1a: Interview 1 (English)
The section below contains guidelines for administering interview 1. Please note that you are required to read out each question as it is written. Also, please read the questions according to the order in which they are presented, that is, question 1 is read before question 2, question 2 is read before question 3 and so on.

Mother’s name: _______________________
Interviewer’s name: ____________________
Father’s name: _______________________

Thank you for participating in this study.
A. I am first going to ask you questions about you and your family.
   1. What is your name? _________________________________
   2. How old are you? _________________________________ (years)
   3. What is your level of education? ___________________
   4. Are you (formally) employed? ______________________ (yes/no)
   5. What is your religion? _____________________________

B: I will now ask you about your plans for delivery.
   When do you intend to deliver?
   This month
   Next month
   Other, please specify ______________________________
   Where do you intend to deliver?
   In this house
   In my mother’s house
   In my grandmother’s house
   In the TBA’s house
   At the hospital
   Other, please specify ______________________________
   During delivery, will anyone assist you in giving birth?
   Yes (go to 3a)
   No
   Other, please specify ______________________________
   3a) Who will help you? (circle all that apply)
   Doctor or nurse
   Mkunga [traditional birth attendant]
   Family members
   Neighbors
   Other: please specify
   For the delivery itself, some people buy a kit that has equipment to use during the delivery. Will you use such a kit?
   Yes
C. I will now ask you about the baby’s father.
1. Do you live with this baby’s father?
Yes
No
Other, please specify
2. What is the baby’s father’s name?

What is the highest level of education he has achieved?
Is he (formally) employed?
Yes
No
Other, please specify
How many wives does he have?

D. Now I am going to ask you questions about the house you are living in now.
1. Who owns the house you are living in now?

2. How many people live in this house?

3. How are you related to the people living in this house?

4. What type of roof is this house made of?

5. What is your main source of light in this house?

6. How do you obtain water for the house?

7. How accessible is the water?

8. Do you have any form of transportation?

E. Now I would like to talk with you about what will happen after your baby is born. Let’s start with immediately after birth, on the first day. Can you describe the first things that you will do to take care of the baby right after he/she is born?
How soon after the baby is born will you start to breastfeed him?
__________________________________________________________

On that first day, besides putting the baby to the breast, is there anything else that will be given to the baby?

a. Yes (go to 3a)
b. No
Other, please specify __________________________________________

3a) What will you give the baby?

You've just talked about what will be done in the first day the baby is born, can you tell me what will happen over the next one week?
______________________________________________________________

Over the next one week, will the baby be put to the breast?

a. Yes (go to 5a)
b. No
Other, please specify __________________________________________

5a) How often will he be put to the breast?

Over the next one week, besides putting the baby to the breast, is there anything else that will be given to the baby?

a. Yes (go to 6a)
b. No
Other, please specify __________________________________________

6a) What will you give the baby?

After the baby is a week old, are there any other things you will do to take care of him that you didn't do in the first week?

a. Yes (go to 7a)
b. No
Other, please specify __________________________________________

7a) Please explain what you will do to take care of him

During postpartum seclusion, if the baby seems sickly or you think there might be something wrong, what will you do?

F. Now I am going to ask you what substances you believe babies should be given to drink during the first four weeks after they are born, anything you can think about.

G. Now I am going to ask you about all the liquids you intend to feed your baby when he is born.
1. Please tell me all that you intend to feed your baby, including breastmilk, water, fruit juice, anything.

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

(For each item mentioned, ask the mother):
Why will you give the infant this item? ____________________________
Who will give the infant this item? ____________________________
How much of this will your baby drink: just a taste, somewhat a lot or a lot?

H. Now I am going to ask you about all the foods you intend to feed your baby when he is born.
1. Please tell me all that you intend to feed your baby, anything.

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

(For each item mentioned, ask the mother):
Why will you give the infant this item? ____________________________
Who will give the infant this item? ____________________________
How much of this will your baby drink: just a taste, somewhat a lot or a lot?

[Tell the mother] Thank you very much, I appreciate your help, we were able to achieve what we had intended to achieve. I would like to meet with you for a second interview. When would you like me to come back?

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Record date and time for interview number 2:
Date: _________________________________________
Time: _________________________________________
Appendix 8.1b: Interview 1 (Kiswahili)


Jina lako mdodosaji (piga duara): Salma, Rehema, Fatuma, Lucy

Tarehe ya leo: ________________________________________________________

Jina la mama: ________________________________________________________

Ahsante mama kwa kushiriki kwako katika somo hili.

A. Kwanza nitakuuliza kuhusu wewe mwenyewe.
Unaumri gani? _____________________________ (miaka)
Unakiwango gani cha elimu? _____________________________ (amefika darasa gani?)
Jee, umeajiriwa kazi? _____________________________ (Ndio/hapana)
Nini dini yako? ____________________________________________

B. Sasa nitakuuliza kuhusu mipango yako wakati wa kujifungua.

Jee, unatarajia kujifungua mwezi gani?

Mwezi huu
Mwezi ujao
Jengine (tafadhal taja)___________________________________________

Unakusudia mtoto huyu atazaliwa lini?

Sasa nitakuuliza maswali kuhusu mipango yako wakati wa kuzaa. Unakusudia kujifungua wapi?

Nyumbani kwangu
Nyumbani kwa mama yangu
Nyumbani kwa bibi yangu
Nyumbani kwa mkungu wangu
Njiani kuelekea hospitali
Hospitali
Pengine
Wakati wa kujifungua, kuna mtu yeyote ambaye atakusaidia kuzaa?

Ndio (nenda 4a)
Hapana
Sijui
4a) Ndio: Nani atakusaidia
Daktari au muuguzi
Mkunga
Watu katika familia
Majirani

5. Kwa ajili ya kuzaa kwe kwenyewe, baadhi ya watu hununua seti yenye vifaa vya kuzalia. Jee wewe utatumia seti hiyo?
Ndio
Hapana
Sijui

Mtoto akishazaliwa, ni nani atakusaidia kumtunza?

_____________________________________________________________________
_____________________________________________________________________

Jee, unakusudia kuishi hapa Vitongoji wakati wa ujusi? (Ndio/hapana)

_____________________________________________________________________
_____________________________________________________________________

C. Sasa nitakuuliza kuhusu baba watoto wako.
Jee, unaishi pamoja na baba wa mtoto? _________________ (Ndio/hapana)
Baba wa mtoto ana umri gani? ____________________________ (miaka)
Baba wa mtoto amefika darasa la ngapi? ____________________________
Jee, baba wa mtoto amejiriwa kazi? ____________________________ (Ndio/hapana)
Jee, ananawake wangapi? ____________________________

D. Sasa nitakuuliza kuhusu nyumba unayoishi sasa.
Ni nani amemilika nyumba hii (Jee, nyumba hii ni ya nani)?________________
Mnaishi wangapi nyumbani humu?
Jee, unauhusiano gani na watu wa nyumba hii?

_____________________________________________________________________
_____________________________________________________________________

Jee, nyumba hii imeezekwa na nini? ____________________________
Jee, mnatumia taa za aina gani?
Jee, unatumia maji ya aina gani? ____________________________
Jee, maji yanapatikana vimi? ____________________________
Jee, mnamiliki japo kimoja kati ya hivi:
Piki piki ____________________________ b. Gari ____________________________ c. Frigi
E. Sasa nitakuuliza kuhusu mambo yatakayo fanyika mtoto akishazaliwa. Kwanza, nitakuuliza kuhusu vile utafanya mara tu mtoto akishazaliwa, **siku hiyo ya kwanza**. Jee, unaweza ukanielezea utafanya nini wewe (au jamii yako) mara tu mtoto akizaliwa?

(Ikiwa mama hakutaja kumyonesha mtoto kwa maziwa ya kifua, uliza): Jee, utangojea masaa mangapi au siku ngapi kabla kuanza kumpa mtoto maziwa ya kifua?

(Ikiwa mama hakutaja vinyaji vyovyote ambavyo atampatia mtoto mara tu mtoto akishazaliwa, uliza): Jee, kama nyongeza kwa maziwa ya kifua, utampa mtoto vinywaji vyengine?

Umenieleza vile unavyokusudia kumfanyia mtoto wako siku ya kwanza baada ya kujifungua. Jee, unaweza kunieleza vile utakavyofanya **wiki ya kwanza** baada ya kuzaliwa kwake?

(Ikiwa mama hakutaja kumyonesha mtoto kwa maziwa ya kifua, uliza): Jee, mtoto atapewa maziwa ya kifua wakati huu? Atapewa mara ngapi kila siku?

(Ikiwa mama hakutaja vinyaji vyovyote ambavyo atampatia mtoto, uliza): Jee, kama nyongeza kwa maziwa ya kifua, utampa mtoto vinywaji vyengine wakati huu?

Jee, mtoto akipata **umri wa kuzidisha wiki moja**, kuna mambo mengine ambayo atafanyiwa? Mambo ambayo hayakufanywa wiki ya kwanza?

Jee, wakati wa ujusi, bahati mbaya mtoto akionekana anatatizo, kwa mfano, mtoto akiwa na maradhi, utafanya nini?

F. Sasa nitakuuliza nini unafikiri watoto walishwe tangu kuzaliwa kwao mpaka wakiwa na umri wa kiasi cha wiki nne (yaani wakati wa ujusi). Jee, unafikiri watoto ambao hawajafka wiki nne wapewe nini kama kinyaji? Unaweza ukataja mfono wa dawa (za hospitali na za kiasili), vyakula, vinywaji, au chochote kile unachofikiria.
G. Sasa nataka kukuuliza vinywaji unakusudia kumpa mtoto wako ukisha mzaa na kabla mtoto kufika mwezi mmoja. Tafadhali nijulishe vinywaji vyote unavyo kusudia kumpa mtoto wako vikiwemo maziwa ya kifuwa, maji, matunda, juice, dawa za kiasili, chochote kile. Kwa kila kitachotajwa, muulize mama: Kwa nini utampa kitu hicho? Nani atampa kitu hicho? Kiasi gani mtoto atakunywa: muonjo, kiasi, kidogo, kingi?

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<tr>
<th>Kinywaji kitachonyewa</th>
<th>Kwanini atamda hicho?</th>
<th>Nani atampa kitu hicho?</th>
<th>Kiasi gani mtoto atakunywa: muonjo, kiasi, kidogo, kingi?</th>
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H. Sasa nataka kukuuliza nini unakusudia kumlisha mtoto wako ukisha mzaa na kabla mtoto kufika mwezi mmoja. Tafadhali nijulishe vyakula vyote unavyo kusudia kumpa mtoto wako vikiwemo kigali, matunda ya kuponda, mboga za kufunda, biskuti, chochote kile. Kwa kila kitachotajwa, muulize mama: Kwa nini utampa kitu hicho? Nani atampa kitu hicho? Kiasi gani mtoto atakunywa: muonjo, kiasi, kidogo, kingi?

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<thead>
<tr>
<th>Mlo</th>
<th>Kwanini atamda hicho?</th>
<th>Nani atampa kitu hicho?</th>
<th>Kiasi gani mtoto atakunywa: muonjo, kiasi, kidogo, kingi?</th>
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286
Appendix 8.2a: Interview 2 (English)
The section below contains guidelines for administering interview 2. Please note that you are required to read out each question as it is written. Also, please read the questions according to the order in which they are presented, that is, question 1 is read before question 2, question 2 is read before question 3 and so on.

Mother’s name: ______________________
Interviewer’s name: ______________________
Father’s name: ______________________

Thank you once again for participating in this study. In today’s interview, I will follow up on some of the things we talked about the last time we met, and there will also be some new questions.

A. First I'd like to find out how you are doing and how you are feeling.

1. How has your health been since I last visited?

_____________________________________________________________________
_____________________________________________________________________

2. Since I last visited, have you consulted anyone about your health?

a. Yes (go to 2a and 2b)
b. No
Other, please specify____________________________________________________

2a) Who did you consult?___________________________________________________

2b) What health problem did you have?_____________________________________

B. I will now ask you about your plans.

1. Has anything changed concerning your plans for where you are going to give birth?

a. Yes (go to 1a, 1b and 1c)
b. No
c. Other, please specify_________________________________________________

1a) Where do you intend to deliver? _________________________________________

1b) Who will help you deliver? _____________________________________________
C. Last time when we talked, you told me what you planned on feeding your baby when he is born. Today, I am going to conduct an interesting exercise with you. I am going to ask you to try making a few changes to the way in which you plan to feed your baby.

When a baby is born, the ideal is to begin breastfeeding immediately. This means that the baby should not be given honey, shubile or any other foods or liquids before he is breastfed.

After breastfeeding has begun, another ideal is for a baby to be breastfed exclusively, that means that, with the exception of breastmilk, the baby should not be given anything else to eat or drink, even water. Also, the baby should be fed as many times as he wants to, at night and during the day.

I have prepared a few recommendations for you feeding your baby. You are not obliged to make any of the changes. You can choose to try them, or you can choose not to. After you have given birth, I will come back and ask you whether you tried any of the recommendations, and if you did, what motivated you to try. If you did not, what constrained you from trying.

Can I read the recommendations to you?

a. Yes (Continue)
b. No
c. Other, please specify ________________________________

My first suggestion is not to give the baby any water to drink. People give the newborn water to drink because they believe he is thirsty. But you shouldn’t give the baby water when he is still very young. When the baby breastfeeds, he is satisfied, he has already got enough water, so there is no need to give him water, especially when he is so young. Have you understood this recommendation?

a. Yes (Continue)
b. No (explain the recommendation)
c. Other, please specify ________________________________

My second suggestion is not to give the baby feeds of milk, porridge, or other foods. People give the newborn feeds of milk or porridge because they think their milk is not enough and that the baby is still hungry. But you shouldn’t give the baby these feeds when he is still very young. When the baby breastfeeds, he is satisfied, he has already got enough to eat, so there is no need to give him these, especially when he is so young. Have you understood this recommendation?

a. Yes (Continue)
b. No (explain the recommendation)
c. Other, please specify ________________________________

My third suggestion is to feed the baby more frequently, at night and during the day
People think that the newborn should eat at the same time as adults eat. But you shouldn’t give the baby food only when you are eating. Compared to adults, babies have small stomachs and they cannot store a lot of food. That is why they need to be fed very frequently, even at night.

a. Yes (Continue)
b. No (explain the recommendation)
c. Other, please specify_____________________________________

My fourth suggestion is to begin breastfeeding the baby immediately after he is born, before 2 hours are over. Newborn babies are unable to keep themselves warm. For this reason, immediately after the baby is born, he needs to get warmth from his mother. During breastfeeding, the baby is close to his mother’s body, this allows him to get warmth. Also, the break down of the milk in the baby’s body releases heat, and allows the baby to keep warm.

a. Yes (Continue)
b. No (explain the recommendation)
c. Other, please specify_____________________________________

I have provided you with these 4 options, you can choose to try one, two or three for one week from when the time your baby is born. After your baby is born, in our last interview, I will ask you what your experience was while trying the recommendations.

The first recommendation is as follows: do not give the baby any water to drink. The second recommendation: do not give the baby feeds of milk, porridge, or other foods. The third recommendation: feed the baby more frequently, at night and during the day. The fourth recommendation: begin breastfeeding the baby immediately after he is born, before 2 hours are over. Which of these recommendations would you like to try?

Depending on the woman’s answer, for each recommendation, ask:
Why would you like to try this recommendation? [or why wouldn’t you like to try this recommendation?]

**Recommendation 1:** Why would you like to try this recommendation? [Or why wouldn’t you like to try this recommendation?]

**Recommendation 2:** Why would you like to try this recommendation? [Or why wouldn’t you like to try this recommendation?]

**Recommendation 3:** Why would you like to try this recommendation? [Or why wouldn’t you like to try this recommendation?]

**Recommendation 4:** Why would you like to try this recommendation? [Or why wouldn’t you like to try this recommendation?]
Thank you very much, I appreciate your help. I would like to meet with you for a third interview after you have delivered. How will we know that you have delivered? [Interviewer, if the woman doesn’t live very far away from your house, make arrangements to drop by every once in a while and also ask her to send someone to inform you once she has delivered. If the woman lives far away from your house, tell her you will drop by once a week to find out if she has delivered.
Appendix 8.2b: Interview 2 (Kiswahili)

Sehemu iliyopo chini ina mwongozo wa hojaji la pili (#2). Tafadhali, ilani, unatakiwa usome kila swala lilivyoandikwa.

Sehemu hii ina maswala kuhusu utunzaji wa mtoto katika familia. Maswali haya yalikuzwa kutumiwa kwa namna maalumu katika Pemba ili kuwafanyia urahisi na kufahamu kwa kila mama mzazi, tafadhali soma maswali kama yalivyoandikwa. Pia, soma maswali yanayotokana na agizo lililowakilisha, kama hivi, swala namba moja linasomwa kabla ya swala namba mbili, swala namba mbili linasomwa kabla ya swala namba tatu na kuendelea.

Jina la mama: ________________________________________________

Jina la baba: _________________________________________________

Ahsante sana kwa mara nyengine kwa kuhusika kwako katika mafunzo haya. Katika mahojiano ya leo, nitafatikia kwa baadhi ya mambo tuliyozungumza mara mwisho tulipokutana, na pia kutakuwa na maswala mapya.

**A. Kwanza, nitakuuliza kuhusu kuhusu halichoake.**

1. Vipi halichoake leo? Unajisikia aje?____________________________________

2. Jee, tangu tulipo achana, umemuona mtu yeyote kuhusu afya yako? Kama vile daktari kwa hospitali, daktari wa kienyeji, mkunga au mtu yeyote yule? (Ndiyo/Hapana)

Ikiwa mama amemuona mtu yeyote kuhusu halichoake, uliza : Ulimuona mtu huyu kwa sababu ya tatizo gani?____________________________________

**B. Sasa nitakuuliza kuhusu mipango yako.** Jee, tangu tulipo achana, kuna chochote kilichobadalika kuhusu mipango yako?

Kwa mfano, utajifungwa wapi? _______________________________________

Ni nani atakusaidia katika utajifungwa? ________________________________

Ni nani atakusaidia kumlea mtoto? ____________________________________

**C. Mara ya mwisho tulipokutana,** ulinieleza vyakula na vinywaji ambazo unakusudia kumpa mtoto wako akizaliwa. Leo, nitafanya zozei zuri pamoja na wewe. Nitakupa maelezo mazuri. Nitajaribu kukuelewehea ujaribu kubadilisha njia unavyokusudia kumlisha mtoto wako.
Njia pekee nzuri sana ya kumlisha mtoto wako akiwa hajafika miezi sita ni kumpa maziwa ya kifua moja kwa moja na tuu.

Hii inamaana baada ya maziwa ya kifua, mtoto asilishwe chochote kile chingine, hata maji asinyeshwe. Na pia mtoto anonyeshwe mara nyingi, kama anavyotaka. Yaani, kila anavyotaka kunyonya, usiku na mchana.


**Jee, naweza kukusoea rai hizo?** (Mhadiri, ikiwa mama amekubali, zisome)

<table>
<thead>
<tr>
<th>Rai yangu ya mwanzo ni: usimpe mtoto maji ya kunywa¹</th>
<th>Azma yake</th>
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</thead>
<tbody>
<tr>
<td>Watu huwapa watoto wachanga maji ya kunywa kwa sababu wanaamini kuwa watoto wanaaku. Basi usimpe mtoto maji, kwani mtoto anaenyonya maziwa ya kifua hasa anapokuwa bado mchanga huwa ametosheka na maji ya kutosha yaliyomo ndani ya maziwa.</td>
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</tbody>
</table>


¹ Huu ni mfano tu. Maelezo hasa yataelekezwa kutokana na kila mama
Nimekupa machaguo manne (4). (Ikiwa mama hajafahamu, muelezee kila rai)
Rai ya mwanzo: usimpe mtoto maji ya kunywa

Rai ya pili: Usimlishe mtoto maziwa mengine au uji, vyakula vyengine

Rai ya tatu: mnyonyeshe mtoto mara kwa mara, usiku na mchana

Rai ya nne: Punguza mara unazompa mtoto mchanga vinyawaji vyengine

Unaweza ukachagua kujaribu moja, mawili au matatu kwa wiki. Mara ijayo, nitakuuliza umebaini nini ulipokuwa ukibadili milo ya mtoto. Jee, umechagwa kutumia ipi?

Kwa kila rai, uliza mama: Kwanini umechagwa rai hii? (au: Kwanini hukuchagwa rai hii)

Rai ya mwanzo: usimpe mtoto maji ya kunywa
Kwanini umechagwa rai hii? (au: Kwanini hukuchagwa rai hii)

Rai ya pili: Usimlishe mtoto maziwa mengine au uji, vyakula vyengine
Kwanini umechagwa rai hii? (au: Kwanini hukuchagwa rai hii)

Rai ya tatu: mnyonyeshe mtoto mara kwa mara, usiku na mchana
Kwanini umechagwa rai hii? (au: Kwanini hukuchagwa rai hii)

Rai ya nne: Punguza mara unazompa mtoto mchanga vinyawaji vyengine
Kwanini umechagwa rai hii? (au: Kwanini hukuchagwa rai hii)

MSHUKURU MAMA KWA WAKATI HUU NA UMSUVYE LINI MAHOJIANO MENGINE (#3) YAMEPANGIWA. KUMBUKA, MAHOJIANO HAYA YATAFANYIKA KABLA WIKI MOJA KUPITA BAADA YA MAMA KUJIFUNGUA. FANYA MPANGO NA MAMA ILI UWEZE KUJULISHWA MARA TU MAMA AKIJIFUNGUA. Mhadiri, andika hapa vile utajijulisha kwamba mama kajifungua
Appendix 8.3a: Interview 3 (English)
The section below contains guidelines for administering interview 3. Please note that you are required to read out each question as it is written. Also, please read the questions according to the order in which they are presented, that is, question 1 is read before question 2, question 2 is read before question 3 and so on.

Thank you once again for participating in this study. A lot has happened since I last saw you! Congratulations on your new baby.

A. Let's start by talking about your new baby.

1. What is your baby's name?  
_______________________________________________

2. When was the baby born?  
_______________________________________________

3. How old is the baby? _________________________________(record number of days)

4. Is the baby a boy or a girl? ___________________________(girl, boy)

5. Was this baby a twin? ________________________________(yes, no)

B. I would now like to find out how you and your baby were taken care of immediately after birth. I will first ask about your experiences in giving birth.

1. Where did the birth take place?  
In this house  
In my mother’s house  
In my grandmother’s house  
In the TBA’s house  
At the hospital  
Other, please specify_____________________________________

2. Who assisted you in giving birth?  
Doctor or nurse  
Mkunga [traditional birth attendant]  
Family members  
Neighbors  
Other: please specify

3. For the delivery itself, some people buy a kit that has equipment to use during the delivery. Did you use such a kit?
a. Yes
b. No
c. Other, please specify_____________________________________

4. I would like to find out more about what happened to the baby when you were giving birth. Was anything done to help your baby come out?
a. Yes (go to 4a)
b. No
c. Other, please specify_____________________________________
4a) What was done to help your baby come out?
I was massaged
The baby was pulled
I was given an injection
I had a C-section
Other: please specify_____________________________________

5: Once the baby comes out, different things are used to cut the cord. Was anything used to cut your cord?
a. Yes (go to 5a)
b. No
c. Other, please specify_____________________________________
5a) What was used to cut your cord?
A knife
A razor blade
String
Other: please specify_____________________________________

6. Sometimes, after delivery, something is applied to the cord immediately after it is cut. Was anything applied to your cord after it was cut?
a. Yes (go to 6a)
b. No
c. Other, please specify_____________________________________
6a) What was applied to your cord after it was cut?
Coconut oil
Dettol
Dawa za mitishamba
Saliva
Other: please specify_____________________________________

7. Now I would like to find out what the baby looked like after it was born. Some babies look like they are injured after birth. Did you baby look like it was injured?
a. Yes (go to 7a)
b. No
c. Other, please specify_____________________________________
7a) What signs of injury did the baby show?
Bruises
Bleeding
Other: please specify

8. Some babies cry immediately after birth. Other babies do not cry. Did your baby cry?
a. Yes (go to 8a)
b. No
c. Other, please specify

8a) How did your baby cry?
It cried weakly
It cried normally
Other: please specify

9. Please describe anything you noticed about the baby when he/she was born?
_____________________________________________________________________
_____________________________________________________________________

10. Some babies are born with abnormalities in some parts of their bodies. Was your baby born with an abnormality?
a. Yes (go to 10a)
b. No
c. Other, please specify

10a) Which parts of your baby’s body had an abnormality? (interviewer circle all that apply)
head shape or size
eyes
ears
nose
mouth
arms
hands/fingers
back
genitalia
legs
feet/toes
other: please specify

11. Now I will ask you questions about your baby’s health. Has the baby had any problems since he was born?
a. Yes (go to 11a, 11b, 11c and 11d)
b. No
c. Other, please specify

11a) What problems have you noticed?

11b) In your own opinion, what do you think caused this?

11c) I would like you to describe any treatments that have been given to the baby. What treatments have been given to the baby?
Who decided that these treatments should be given?

When did the baby start receiving these treatments?

11d) Did you consult any healers outside of the household?
   a. Yes (continue)
   b. No
   c. Other, please specify

Who was the healer?

What did the healer suggest?

What did the healer do?

12. After delivery, was your baby washed with water?
   Yes (go to 12a and 12b)
   No
   I don’t know
   Other: please specify

12a) How much time after delivery was the baby washed with water? (circle the time)
   A few minutes   A few hours   A few days

12b) I would like to find out how the water that was used to wash the baby the first time was prepared. What temperature was the water?
   Warm
   Hot
   Cold
   Other: please specify

13. Now I would like to find out more about the clothes that were used to clothe baby the first time. What did you use to clothe the baby?
   I used a khanga
   I used knitted clothes that included a hat and socks
   Other: please specify

14. Some babies are called to prayer before they begin to be breastfed. Was your baby called to prayer?
   Yes (go to 14a)
   No
   I don’t know
   Other: please specify

14a) Who called the baby to prayer?
   Myself
   My husband
   The traditional birth attendant [mkunga]
   Other: please specify
15. Now I would like to find out about immunizations. Some babies are immunized after delivery. Since your baby was born, has he been immunized?
Yes (go to 15a)
No
I don’t know
Other: please specify__________________________________________

15a) How many times has he been immunized?

__________________________

16. Since your baby was born, have you done any of the following? (circle the appropriate answer)
Applied kohl around his eyes? (yes, no, not yet)
Applied soot on his face, under his feet and on his palms? (yes, no, not yet)
Performed a ceremony 7 days after the baby’s birth? (yes, no, not yet)
Taken the baby out of the house before 40 days are over (yes, no, not yet)
Mixed traditional medicine with the water used to wash the baby (yes, no, not yet)
Mixed dettol with the water used to wash the baby (yes, no, not yet)
Washed the baby with soap (yes, no, not yet)
Washed the baby with warm water (yes, no, not yet)
Wrapped the baby with a khanga (yes, no, not yet)
Massaged the baby with coconut oil (yes, no, not yet)
Mixed traditional medicine with the oil used to massage the baby (yes, no, not yet)
Applied oil on the baby’s fontanelle (yes, no, not yet)
Fumigated the baby (yes, no, not yet)
Shaved the baby’s hair (yes, no, not yet)
Named the baby (yes, no, not yet)
Circumcised the baby (yes, no, not yet)
Performed a ceremony to bless the baby (yes, no, not yet)
Tied traditional medicine wrapped in a cloth around the baby’s wrist (yes, no, not yet)

17. Now I would like to find out you took care of yourself when you were pregnant. Were you immunized when you were pregnant?
Yes (go to 19a)
No
I don’t know
Other: please specify__________________________________________

17a) How many times were you immunized?

__________________________

18. In whose house are you living in while in postpartum seclusion?
In my husband’s house
In my mother’s house
In my grandmother’s house
Other: please specify__________________________________________
C. I am now going to ask you questions about your other babies.

1. In addition to this baby, do you have any other babies?

   Yes (go to 1a and 1b)
   No
   I don’t know
   Other: please specify _____________________________________________

   1a) How many other babies do you have? _______________________________________

   1b) What rank is this baby? _______________________________________

2. Have any of your children died?

   Yes (go to 2a and 2b)
   No
   I don’t know
   Other: please specify _____________________________________________

   2a) How many of your children have died? _______________________________________

   2b) At what age did the children die. _______________________________________

D. Now I'd like to find out how you are doing since you delivered.

1. Since you delivered, have you been having any problems?

   Yes (go to 1a and 1b)
   No
   I don’t know
   Other: please specify _____________________________________________

   1a) What problems have you had? _______________________________________

   2b) Describe any treatments have you been given? ________________________________

E. Now I would like to find out how you have been feeding your baby.

1. Some people begin breastfeeding immediately after birth. Others wait for a few hours, a few days, or longer. How long after delivery did you begin breastfeeding?

   Immediately after birth
   A few hours after birth
   The day after birth
Other period: please specify______________________________________________

2. Since your baby was born, have you given him any of the following to eat or drink? (circle the appropriate answer)
Biscuits softened with tea, milk or water (yes, no, not yet)
Plain water (yes, no, not yet)
Water with glucose (yes, no, not yet)
F: Gripe water (yes, no, not yet)
Traditional (oral) medicine such as tonga, vichukio or kachiri (yes, no, not yet)
Honey (yes, no, not yet)
Shubili (yes, no, not yet)
Cow’s milk (yes, no, not yet)
Powder milk (yes, no, not yet)
Breast milk (yes, no, not yet)
Dates (yes, no, not yet)
Porridge made of corn flour (yes, no, not yet)

Have you given him anything else? (if yes: please specify______________________

F. Now I am going to ask you what your baby drank and ate yesterday, from morning to evening and at night.

1. From morning to evening and at night, did you baby drink anything yesterday?

Yes (go to 1a, 1b, 1c and 1d)
No
I don’t know
Other: please specify______________________________________________

<table>
<thead>
<tr>
<th>1a) What did the baby <strong>drink</strong>?</th>
<th>1b) Why was the infant given this item?</th>
<th>1c) Who gave the infant this item?</th>
<th>1d) What quantity did the infant consume: Just a taste, somewhat a lot or a lot?</th>
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2) From morning to evening and at night, did you baby eat anything yesterday?

Yes (go to 1a, 1b, 1c and 1d)
No
I don’t know
Other: please specify
1a) What did the baby **eat**?

1b) Why was the infant given this item?

1c) Who gave the infant this item?

1d) What quantity did the infant consume: Just a taste, somewhat a lot or a lot?

G. Last time when we talked, I prepared a few recommendations for you feeding your baby.

I asked you to try making a few recommendations to the way in which you feed your baby. I told you that you were not obliged to try any of the recommendations. You could choose to try them, or you could choose not to. In today’s interview, I want to ask you whether you tried any of the recommendations, and if you did, what motivated you to try. If you did not, I would like to know what made it difficult for you to try. Can I remind you about the recommendations you said you were going to try?

Yes (continue)

No

I don’t know

Other: please specify

The first recommendation was as follows: do not give the baby any water to drink. Did you try this recommendation?

Yes: why did you try it?

No: why didn’t you try it?

The second recommendation was as follows: do not give the baby feeds of milk, porridge, or other foods. Did you try this recommendation?

Yes: why did you try it?

No: why didn’t you try it?

The third recommendation was as follows: feed the baby more frequently, at night and during the day. Did you try this recommendation?

Yes: why did you try it?

No: why didn’t you try it?

The fourth recommendation was as follows: begin breastfeeding the baby immediately after he is born, before 2 hours are over. Did you try this recommendation?

Yes: why did you try it?

No: why didn’t you try it?

We are now about to come to the end of the three interviews. Thank you very much for the explanations you have given us. Here is the last question: In your own opinion,
if we would like to explain to other mothers that the best way of feeding an infant who is not yet 6 months old is to give him breastmilk, immediately after he is born and thereafter. This means that, with the exception of breastmilk, the baby should not be given anything else, he should not even be given water to drink. It also means that the baby should be breastfed many times, as often as he wants to, whenever he wants to breastfeed, day and night. How can we give other mothers about this information?

_____________________________________________________________________
_____________________________________________________________________

I have now come to the end of the three interviews. Thank you very much for having participated in this study. Are there any questions you would like to ask me?

_____________________________________________________________________
_____________________________________________________________________

Bye bye and thank you once again
Appendix 8.3b: Interview 3 (Kiswahili)

Jina la mama:

________________________________________________________________

Jina la baba:

________________________________________________________________

Ahsante kwa kushiriki kwako katika mafunzo haya. Leo, nitafatilia baadhi ya mambo tuliyoyazungumza mara ya mwisho tulipokutana, na pia kutakua na maswala mapya.

A. Hongera kwa kupata moto! Kwanza, nitakuuliza maswali kuhusu mtoto wako.

Mtoto wako anaitwaje?

________________________________________________________________

Mtoto wako alizaliwa lini?

________________________________________________________________

Mtoto wako anaumri gani ________________________________ (siku ngapi)

Jee, mtoto wako ni wa jinsia gani? _____________________________ (mtoto wa kike, mtoto wa kiume)

Jee, alizaliwa pacha? ___________________________________________ (ndio, hapana)

B. Sasa, ningependa kujua vipi ulivyoshughulikiwa wewe na mtoto wako mchanga mara tu baada ya kujifungua na wakati wa ujusi

Kwanza nitakuuliza maswali kuhusu kuzaa. Wewe ulizaa wapi?

Nyumbani kwangu  Nyumbani kwa mkungu wangu
Nyumbani kwa mama yangu  Njiani kuelekea hospitali
Nyumbani kwa bibi yangu  Hospitali
Wakati ulipojifungua, kuna mtu yeyote aliyekusaidia kuzaa?
Ndio (nenda 2a)
Hapana
Sijui
2a) Ndio: Nani aliyekusaidia
Daktari au muuguzi
Mkunga
Watu katika familia

Kwa ajili ya kuzaa kwenyewe, baadhi ya watu hununua seti yenye vifaa vya kuzalia. Jee wewe ulitumia seti hiyo?
Ndio
Hapana
Sijui
Ningependa kujua zaidi kuhusu kilichotokea kwa mtoto wakati ulipojifungua. Jee kuna kitu chochote kilichofanywa kusaidia mtoto kutoka?
Ndio (nenda 4a)
Hapana
Haijulikani
4a) Ni nini kilifanywa kusaidia mtoto kutoka?
Nilikandwa/nilibinywa
Mtoto alivutwa
Nilichomwa sindano
Nilipasuliwa (Caesar)

Mara tu mtoto akitoka vitu mbalimbali hutumiwa kukatia kovuti. Kuna kitu chochote kilichotumiwa kukatia kovuti lako?
Ndio (nenda 5a)
Hapana
Sijui
5a) Ndio: Ni nini kilitumika kukatia kovuti?
Kiwembe
Makasi
Kamba
Chengine: Kitaje
Kisu

Mara tu baada ya kumatwa, wakati mwengi kovuti hupakwa kitu fulani. Jee kovuti lako lilipakwa kitu chochote baada ya kumatwa?
Ndio (nenda 6a)
Hapana
Sijui
6a) Ndio: Ni kitu gani kilipakwa katika kovuti lako baada ya kumatwa?
Mafuta ya nazi
Dettol
Dawa za kiswahili
Mate
Udongo
Masizi
Jodine
Jengine: Tafadhali litaje

Ningependa kujua mtoto wako alivyokuwa baada ya kuzaliwa. Jee alionekana kama aliyeumia?
Ndio (nenda 7a)
Hapana
Sijui
7a) Ndio: mtoto alionyesha alama gani ya kuumia?
Michubuko
Kutoka damu
Jengine: Tafadhali litaje
Baadhi ya watoto hulia mara tu wanapoziwa. Watoto wengine hawalii. Jee mtoto wako alilia?
Ndio (nenda 8a)
Hapana, hakulia
Sijui
8a) Ndio: aliliaje?
Alilia kwa sauti dhaifu
Alilia kama kawaida
Jengine: tafadhali litaje.

Tafadhali nieleze chochote kile kilichojitokeza ulichokihisi kuhusu mtoto ulipojifungua mtoto huyu

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Baadhi ya watoto huzaliwa na ulemavu au kasoro katika baadhi ya sehemu zao za mwili. Jee mtoto wako alizaliwa na ulemavu/kasoro yoyote?
Ndio (nenda 9a)
Hapana
Sijui
10a) Ndio: ni sehemu gani ya mwili wa mtoto wako ilikuwa na ulemavu/kasoro?
(msaili pigia duara yote yanayofaa)
Umbile au kiasi cha kichwa
Macho
Masikio
Pua
Mdomo
Mikono
Mgongo
Sehemu zake za siri
Miguu
Viganja
Jengine: tafadhali litaje
11. Sasa ninataka kukuuliza kuhusu afya ya mtoto huyu. Mtoto amepata tatizo lolote tangu kuzaliwa?)
Ndio (nenda 11a, 11b, 11c na 11d) Hapana Sijui
11a) Ndio Amepata tatizo gani?___________________________________________
11b) Kwa maoni yako, nini ilisababisha tatizo hilo?___________________________________________________________
11c) Sasa ninataka unieleze dawa au matibabu yoyote ambayo mtoto amepatiwa Mtoto mepatiwa dawa gani?
11d) Mtoto alipelekwa kwa daktari yeyote?
Ndio (endelea) Hapana Sijui
Ikwa ndiyo, endelea: Daktari huyu alikuwa ni wa aina gani? Kwa mfano, alikuwa ni daktari wa kienyeji, wa hospitali au
Daktari huyu alisema vipi?
Daktari huyu alifanya nini?

Baada ya kujifungua, mtoto alioshwa?
Ndio (nenda 12a) Hapana Sijui  
12a) Baada ya muda kiasi gani kupita? Dakika chache Saa siku wiki
Baadhi ya watoto wachanga husomewa adhana kabla ya kuanza kunyonya, jee mtoto wako alisomewa adhana?
Ndio (nenda 15a)
Hapana
Sijui
15a) Ndio: Ni nani aliyemwadhinia mtoto?
mimi mwenyewe
baba yake mtoto
mkungu
mtu mwengine: tafadhali mtaje
Baadhi ya watu huanza kunyonyesha mara tu baada ya kujifungua. Wengine husubiri kwa masaa machache, siku chache, au zaidi. Jee ulianza kunyonyesha baada ya muda gani ulipojifungua?
Sijaanza kunyonyesha
Nilianza mara tu baada ya kujifungua
Nilianza masaa machache baada ya kujifungua
Nilianza siku moja baada ya kujifungua
Muda mwengine: tafadhali utaje.
Kati ya hivi vifuatavyo kula au kunywa, jee umempa mtoto wako chochote? (Pigia duara yote yanayofaa)

Biskuti iliyo changanyishwa na chai, maji au maziwa (Ndio/Hapana/Bado)
Maji safi (Ndio/Hapana/Bado)
Maji yenye glucose (Ndio/Hapana/Bado)
Gripe water (Ndio/Hapana/Bado)
Dawa za kiasili (kama vile tonga, vichukio, kachiri au kweme) (Ndio/Hapana/Bado)
Asali (Ndio/Hapana/Bado)
Shubili (Ndio/Hapana/Bado)
Maziwa ya ngombe (Ndio/Hapana/Bado)
Maziwa ya unga (kama vile lactogen au Nido) (Ndio/Hapana/Bado)
Maziwa ya kifua (Ndio/Hapana/Bado)
Tende (Ndio/Hapana/Bado)
Uji wa sembe (Ndio/Hapana/Bado)
Chengine, tafadhali kitaje (vikipatikana viengeze katika orodha)

Sasa ningependa kujua kuhusu chanjo. Tokea kujifungua, jee mtoto wako kashapatiwa chanjo?
Ndio (nenda 168 na 18b)
Hapana
Sijui
18a) Kashapatiwa chanjo ngapi?
Moja
Mbili
Tatu
Nne
Tano
18b) Kashapatiwa chanjo wakati gani kati ya hizi zifuatazo?
Wakati wa kuzaliwa
Mwezi mmoja baada ya kuzaliwa
Miezi miwili baada ya kuzaliwa

Je umefanya yafuatayo tokea mtoto wako alipozaliwa (ndio, hapana, sijui, sifahamu)
Kupaka wanja kwenye macho yake
Kupaka masizi kwenye viganja, nyayo au uso wake
Siku ya saba, kumpitisha kizingitini
Kumtoa mtoto nje kabla ya kufika siku arubaini
Kutia dawa ndani ya maji ya kumwoshea mtoto
Kutia dettol ndani ya maji ya kumwoshea mtoto
Kumwosha kwa sabuni
Kumwosha kwa maji ya uvuguuvugu
Kumwosha mara mbili kila siku
Kumvungavunga kwa kanga
Kumkanda kwa mafuta ya nazi
Kumkanda kwa mafuta ya halizeti
Kumkanda kwa maji ya moto
Kutia dawa kwenye mafuta ya nazi na kupaka juu ya ngozi ya mtoto
Kupaka mafuta kwenye utosi
Kumfukiza
Kukata/kunyoa nywele zake
Kumpa jina
Kumtahiri
Kumchinjia mbuzi
Kumsomea dua (hakiki au hakika)
Kumfunga mvuje mkononi
Sasa ningependa kujua namna ulivyojishughulikia wakati ulipokuwa mjanzito. Jee ulipatiwa chanjo ulipokuwa mjanzito?
Ndio (nenda 20a)
Hapana
Sijui
20a) Ulipatiwa chanjo ngapi?
Moja
Mbili
Tatu
Nne
Tano
Wakati wa ujusi, unaishi kwa nyumba ya nani?
Kwako nyumbani
Kwa mama yako
Kwa bibi yako
Nyengine: Tafadhali itaje

C. Sasa nitakuuliza maswali kuhusu watoto wako wengine.

Ukimwacha mtoto huyu, jee, unawo watoto wengine?

Unawatoto wangapi zaidi?

Jee, huyu ni wangapi?

Jee, umepe kufiwa na mmoja katika watoto wako?

Wangapi miongoni wa watoto wako wamekufa?

Walikufa wakiwa na umri gani?

____________________________________________________________________

D. Sasa ninataka kukuuliza kuhusu hali yako tangu kujifungua kwako

Jee, vipi hali yako tangu kujifungua? (ikiwa kuna tatizo lolote, muulize mama anafanya nini ili kujitibu)

____________________________________________________________________

____________________________________________________________________

Tafadhali eleza matatizo yote uliyopata katika kujifungua mtoto huyu

____________________________________________________________________

____________________________________________________________________

F. Sasa nitakuuliza nini mtoto wako alikula jana, kutoka asubuhi mpaka jioni na usiku.

Tafadhali nijulishe mtoto wako **alikunywa** nini jana. Yakiwemo maziwa ya mama, maji, uji, juice, dawa za kienyeji au dawa za hospitali, chochote kile.

Kwa kila kinachotajwa, uliza: Kwanini mtoto alipewa hichi? Nani alimpa? Alipewa kiasi gani: alioonja tu, alikunywa kidogo tu au kingi?

<table>
<thead>
<tr>
<th>Kinywaji kilichonyewa</th>
<th>Kwanini mtoto alipewa hichi?</th>
<th>Nani alimpa?</th>
<th>Alipewa kiasi gani: alioonja tu, alikunywa kidogo tu au kingi?</th>
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309
Tafadhali nijulishe mtoto wako alikula nini jana. Kikiwemo kigali, matunda ya kuponda au mboga za kuponda, biskuti au chochote kile.

Kwa kila kinachotajwa, uliza: Kwanini mtoto alipewa hichi? Nani alimpa? Alipewa kiasi gani: alioonja tu, alikunywa kidogo tu au kingi?

<table>
<thead>
<tr>
<th>Mlo</th>
<th>Kwanini mtoto alipewa hichi?</th>
<th>Nani alimpa?</th>
<th>Kiasi alichokula: alioonja tu, alikunywa kidogo tu au kingi?</th>
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</table>

G. Mara ya mwisho tulipozungumza, nilikuomba ujaribu kufanya mabadiliko katika njia ulizokusudia kumlisha mtoto wako.


Jee, nikukumbushe ni magenzi gani ulisema utayajaribu? (mama akisema “ndio,” mkumbushe)

Rai ya mwanzo: usimpe mtoto maji ya kunywa. **Jee, ulijariibu rai hii?**

Ikiwa ndio: kwanini ulijariibu?
Ikiwa hapana: Kwanini hukujariibu?

Rai ya pili: Usimlishe mtoto maziwa mengine au uji, vyakula vyengine. **Jee, ulijariibu rai hii?**

Ikiwa ndio: kwanini ulijariibu?
Ikiwa hapana: Kwanini hukujariibu?

Rai ya tatu: mnyonyeshe mtoto mara kwa mara, usiku na mchana: **Jee, ulijariibu rai hii?**

Ikiwa ndio: kwanini ulijariibu?
Ikiwa hapana: Kwanini hukujariibu?

Rai ya nne: Punguza mara unazompa mtoto mchanga vinyawaji vyengine : **Jee, ulijariibu rai hii?**

Ikiwa ndio: kwanini ulijariibu?
Ikiwa hapana: Kwanini hukujariibu?

H. Asante sana kwa maelezo yako. Swali la mwisho ndilo hili : Jee, kwa maoni yako, tukitaka kuwaeleza mama kuwa njia pekee nzuri sana ya kumlisha mtoto akiwa hajafika miezi sita ni kumpa maziwa ya kifua moja kwa moja na tuu. Yaani, baada ya maziwa ya kifua, mtoto asilishwe chochote kile chingine, hata maji asinyeshwe. Na
pia mtoto anyonyeshwe mara nyingi, kama anavyotaka, kila anavyotaka kunyonya,
usiku na mchana. Tunawezaje kuwapa wanawake maelezo haya?

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Sasa, tumeimaliza mafunzo yetu yote. Ahsante sana kwa kushiriki kwako katika
mafunzo haya. Jee, kuna masuali yoyote ungependelea kuuliza?

Ikiwa hakuna: Kwaheri na ahsante sana
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