

**Appendix 1 (as supplied by the authors): Questionnaire**

**The next few questions are about your experiences with those who helped you or gave you advice about breastfeeding.**

**20. Did you attend a breastfeeding class or prenatal class that covered breastfeeding before having your baby?**

- Yes  No

**If no, please skip to question 23.**

**21. Did you find this class helpful?**

- Yes  No

**22. Why or why not? (please tell us as much or as little as you would like. You may add extra pages if needed.)**

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23. If you can think of the most helpful breastfeeding help, support, or advice you have had with breastfeeding, who/what would be the source? Please pick only one.

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|--|---|
| <input type="radio"/> Family Doctor                    | <input type="radio"/> LaLecheLeague (volunteer/leader)              |
| <input type="radio"/> Obstetrician                     | <input type="radio"/> Friend  |
| <input type="radio"/> Maternity Doctor                 | <input type="radio"/> Partner (spouse/boyfriend/girlfriend)         |
| <input type="radio"/> Nurse in hospital                | <input type="radio"/> Relative (please specify): _____              |
| <input type="radio"/> Lactation consultant in hospital | <input type="radio"/> Other (please specify): _____                 |
| <input type="radio"/> Community lactation consultant   | <input type="radio"/> No one was helpful (please go to question 25) |

24. Please describe for us your most positive advice, help or support with breastfeeding. For example: Why was this person/source the most positive for you? What made it a positive experience? What stands out to you about the experience? Please use as much space as you need to tell us about your experience. You may wish to transfer the notes you've made in your Breastfeeding Journal here. Please attach as many extra pages as necessary.

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**25. If you can think of the least helpful (or the most negative) breastfeeding help, support, or advice you have had with breastfeeding, who/what would be the source? Please pick only one.**

- Family Doctor
- Obstetrician
- Maternity Doctor
- Nurse in hospital
- Lactation consultant in hospital
- Community lactation consultant
- LaLecheLeague (volunteer/leader)
- Friend
- Partner (spouse/boyfriend/girlfriend)
- Relative (please specify): \_\_\_\_\_
- Other (please specify): \_\_\_\_\_
- Everyone was helpful (please skip to question 44)

**26. Please describe for us your least helpful advice, help or support with breastfeeding. For example: Why was this person/source the least helpful for you? What made it a negative experience? What stands out to you about the experience? Please use as much space as you need to tell us about your experience. You may wish to transfer the notes you've made in your Breastfeeding Journal here. Please attach as many extra pages as needed.**

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27. Is there anything else you would like to share about your experiences with the advice, help or support you've received from breastfeeding? Please share as much or as little as you would like. Attach extra pages if needed.

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