

Appendix. Questionnaire on factor affecting exclusive breastfeeding practices among working class women in osun state.

The aim of this study is to determine the factors affecting exclusive breastfeeding practices among working class women in Egbedore local government Oshogbo, Osun state. This study is carried out at the department of public health, Adeleke University, Ede Osun state.

Please kindly answer the questionnaire appropriately and with all sincerity. All information will be treated with confidentiality.

Section A: sociodemographic data

Please kindly tick [] in appropriate space provided.

1. Age:[in years]
2. Age of child in months
3. Religion: [i] Christianity [] [ii] Islam [] [iii] Traditional []
4. Ethnicity: [i] Yoruba [] [ii] Igbo [] [iii] Hausa [] [iv] Others []
5. Marital status: [i] Single [] [ii] Married [] [iii] Divorced [] [iv] Separated []
6. Number of Children:
7. Educational Status: [i] Primary [] [ii] Secondary [] [iii] Tertiary []
8. Where do you work:
9. Spouse's level of education: [i] Primary [] [ii] Secondary [] [iii] Tertiary []
[iv] None []
10. Employment status: [i] full time [] [ii] part-time []
11. What type of delivery do you undergo? [i] Assisted vaginal [] [ii] Caesarean section []

Section B: knowledge on exclusive breastfeeding

12. Have you ever heard of exclusive breastfeeding? [i] Yes [] [ii] No []
13. If YES, source of information? [i] Hospital [] [ii] Friends [] [iii] Family members []
[iv] Media []
14. Exclusive breastfeeding is? [i] Giving baby breast milk only [] [ii] Giving baby breast milk and water only [] [iii] Giving baby breast milk and pap []
15. WHO recommended that infant should be exclusive breastfeed for? [I] 6 weeks []
[ii] 3 months [] [iii] 4 months [] [iv] 6 months [] [v] 9 months [] [vi] Not sure []
16. Initiation of breastfeeding should be :[i] Within the first one month [] [ii] After 2 days []
[iii] Immediately after delivery []

17. What should be given to babies immediately after safe delivery: [i] Water [] [ii] Breast milk [] [iii] Formula []

18. What is the importance of the first yellowish breast milk

19. Benefits of exclusive breastfeeding:

[i] Giving the baby breast milk alone will not provide enough energy to the baby for the first 6 months of life.

[ii] Giving the baby breast milk alone for the first 6 months helps to prevent the baby from getting infections.

[iii] Giving the baby breast milk alone for the first 6 months helps to prevent diarrhea in babies.

[iv] Exclusive breastfeeding delay the growth of the child.

Section C: practice of exclusive breastfeeding

20. When did you initiate breastfeeding?

21. Do you lactate very well? [i] Yes [] [ii] No []

22. Do you extract breast milk for your baby? [i] Yes [] [ii] No []

23. Do you give only breast milk to your child for the first six month? [i] Yes [] [ii] No []

24. If no, for how long did you practice exclusive breastfeeding? [i] One month [] [ii]

Two months [] [iii] Three months [] [iv] Four months [] [v] Five months []

25. At what month did you introduce complementary feeding

26. Do you breastfeed your baby colostrum [i] Yes [] [ii] No []

27. How often did you breastfeed in a day? [i] Whenever the baby want it [] [ii] 4-6 times a day [] [iii] 6 times and above []

Section D: factors affecting / barriers to exclusive breastfeeding practices

28. How long is your maternity leave? [i] 1 month [] [ii] 2 months [] [iii] 3 months [] (iv) 4 months [] [v] 5 months [] [vi] 6 month []

29. Do you have crèche near your place of work? [i] Yes [] [ii] No []

30. If yes, do you have breast feeding break at work? [i] Yes [] [ii] No []

31. Do your husband and family support you to exclusively breastfeed? [i] Yes [] [ii] No []

32. Do you have any health condition that could hinder you from breastfeeding [i] Yes [] [ii] No []

33. Are you schooling with your work: [i] Yes [] [ii] No []