

Appendix 2

Table 4. Information guide sheet for content (Accuracy and coverage)

Topics of infant feeding practices	
Scoring system: Correct advice (+1), Incorrect advice (-1), Not addressed (0)	
1. Encouraging and supporting breast feeding	Breastfeeding as the physiological norm**
	Protection and promotion of breastfeeding **
2. Initiating breastfeeding **	Breastfeeding education for parents**
	Physiology of breast milk and breastfeeding **
	The first breastfeed**
3. Establishing and maintaining breastfeeding**	Difficulty establishing breastfeeding **
	Factors affecting establishment of breastfeeding **
	Monitoring an infant's progress**
	Maternal nutrition **
4. Breastfeeding – Common problems and their management**	Maternal factors affecting breastfeeding **
	Infant factors affecting breastfeeding **
5. Expressing and storing breast milk	Expressing breast milk
	Feeding with expressed breast milk
	Storage of expressed breast milk
6. Breastfeeding in specific situations	Tobacco, alcohol and other drugs
7. Infant formula**	Preparing infant formula**
	Using infant formula **
	Special infant formula **
8. Introducing solids	When should solids foods be introduced **
	What foods should be introduced **
	Foods and beverages most suitable for infants or that should be used with care **
	Healthy foods in the first 12 months (continued exposure and opportunity to sample a wide variety of healthy foods)**

* Scoring was derived from [35]

** Infant Feeding Guidelines [16]