

Greetings,

You are being asked to participate in a research study conducted by the School of Criminal Justice at Michigan State University. This study, titled “Fed is best: Stigma, shame, and identity management among mothers regarding feeding decisions” is designed to explore your experiences with feeding your child/children and your attitudes/views and beliefs regarding feeding decisions. The information you provide will be used to examine the ways in which women make decisions on how to feed their babies, the experiences that they have regarding feeding, and the reactions from others regarding these decisions.

You will be asked to complete an interview with the researcher, either in person, via phone or Skype, or via email depending on your preference and comfort level. Should you choose phone or Skype, the interview will be audio recorded for transcription purposes. You are welcome to stop the recording at any time or you may request to not have your interview recorded. This interview should take no more than an hour to complete. There are no direct benefits for your participation in this study, though the information you provide will directly assist the researcher to gain insight into some of the important issues that mothers face.

There are minimal risks associated with participating in this study. The data collected by the researcher will not contain any identifying information or any link back to you or your participation in this study. Your privacy will be maintained. Your confidentiality will be protected to the maximum extent allowable by law. All responses will be treated confidentially.

The following steps will also be taken to ensure your confidentiality:

You will not be asked to provide identifying information such as dates of birth, street addresses. In addition, information that you provide will be aggregated in subsequent research reports and publications.

The electronic data collected for this study will be maintained for three years after the close of the project in the office of the Principal Investigator, Karen M. Holt, at 424 Baker Hall. Only the researcher and MSU HRPP will have access to the collected data.

Your involvement in this project is entirely voluntary, thus you may refuse to answer any questions and terminate the interview at any point without penalty or loss of benefits. You will not be treated any differently if you decide not to participate or if you stop once you have started.

If you have concerns or questions about this study, such as scientific issues, how to do any part of it, or to report an injury, please contact the researcher Dr. Karen Holt via email at holtkarl@msu.edu; postal mail 424 Baker Hall, East Lansing, MI 48823; phone 1-517-353-9563. Michigan State University wants to ensure that you are treated in a fair and respectful manner.

If you have questions or concerns about your role and rights as a research participant, would like to obtain information or offer input, or would like to register a complaint about this study, you may contact, anonymously if you wish, the Michigan State University's Human Research

Protection Program at 1-517-355-2180, Fax 1-517-432-4503, or e-mail irb@msu.edu or regular mail at 207 Olds Hall, MSU, East Lansing, MI 48824.

By reading, reviewing and agreeing to these policies you indicate your voluntary agreement to participate by beginning this study.

Thanks for your participation!

I. Demographic and personal information

Can you tell me a little about yourself?

How old are you?

What race/ethnicity are you?

What is your educational level?

What is your current occupation?

II. Pregnancy background information

How many total pregnancies have you had?

How many children do you have?

How old were you for each birth?

III. Pre-birth plans regarding feeding

Did you take any parenting classes?

If yes, was breastfeeding discussed?

Did you have plans for feeding?

What factors influenced your plans for feeding?

Were you breastfed or bottle fed?

Family attitudes toward feeding?

Spouse or significant other attitudes toward feeding?

IV. Birth information

For each birth:

Can you tell me about this pregnancy?

Did you have any complications?

Vaginal or cesarean?

Can you tell me about your birth experience? Positive or negative?

V. Hospital experience – first feeding

Can you describe the first time you fed your baby?

Did you have any issues while in the hospital trying to feed your baby?

Did you have the support or help of hospital staff?

Did you feel the staff was helpful and respectful of your choices?

Did you feel any pressure from staff to make certain decisions regarding feeding?

VI. Home experience – feeding

Once you returned home, how did feeding go?

Did you have any issues with feeding?

Did you have to alter your plans or choices?

VII. Reaction to self

Did you struggle with feeding?

If you struggled, when did you feel you reached a balance or rhythm?

Did you experience any guilt, sadness, anxiety, depression, sadness, etc. as a result of feeding?

If yes, how did you deal with these feelings?

Do you still feel them?

VIII. Reaction from others

Did you feel any guilt or pressure from family or friends regarding your feeding choices?

From spouse/significant others

From medical professionals?

From other moms?

From media?

If yes, how did you deal with this guilt or pressure?

IX. Views on feeding

Do you think that all women should be encouraged to try to breastfeed?

What are your views on nursing in public?

Extended breastfeeding?

When do you think it is okay to use formula to feed your baby?

What do you think about the idea of the “mommy wars” regarding breast versus bottle?

X. Additional thoughts or comments?