

Supplementary File S2: Interview Guide Example Questions

1. Initial Unstructured Interviews:

Opening Statement & Question

When it comes to direct breastfeeding for infants with heart disease, healthcare providers and researchers don't have a lot of information. When I say direct breastfeeding, I mean that your baby was fed directly from your breast, in any amount, for any length of time. We're hoping to learn from you about what your process was for achieving your direct breastfeeding goals, so that we can better support parents who want to directly breastfeed a baby with heart disease.

I'm wondering if you could start by telling me about your experience with developing a direct breastfeeding relationship with your child?

Questions Used to Explore Concepts

What all was involved in the process for you?

How did you begin to breastfeed your baby?

What influenced the process?

Were there any surprises? What were the happy times? Any big challenges?

Thinking back over your breastfeeding experience, what are some of the most important conversations or events that helped you achieve your feeding goals?

Closing Questions

Have you had a chance to tell me what you think is important about the experience of developing a direct breastfeeding relationship with your child?

What would you be sure to tell other parents who want to directly breastfeed their babies with heart disease?

2. Examples of Additional Questions Later Semi-structured Interviews:

Some parents have told me about having to advocate, or stand up for themselves or their baby, in regard to establishing direct breastfeeding. Do you relate? What was that process like? How did you advocate? What did you say? Why do you think you were able to advocate? How did it feel?

Some parents have talked about not wanting to be labeled as a difficult patient. Do you relate to that?

Did you feel like you had to protect the direct breastfeeding relationship? What did you do?

Did the healthcare team protect the relationship?

Some parents have talked about how there were things in the hospital that got in the way of directly breastfeeding. Others said there were things that set them up for success. Sometimes there's some of each. Can you tell me about your experience?

Some parents have talked about:

- How when they were able to directly breastfeed their baby, it gave them a sense of something normal in a situation that was often not normal
- Worrying about the baby not getting enough milk
- Trusting their gut
- Following the baby's lead
- Finding support on social media

Do you relate to this? What was your experience?