

SUPPLEMENTARY MATERIALS

A. Research Instruments

I. Informed Consent for the Caregivers (English Version)

Adapted from the Nutrition-related KAP Model Questionnaires of the Food and Agriculture Organization [12]

Title of the Study: Knowledge, Attitudes, and Practices on Complementary Feeding of Caregivers with Children 6-23 months old in Brgy. Panicason, Naga City

Good day! I am Justine Aga, a student from the University of the Philippines Los Baños taking up Bachelor of Science in Nutrition. I am currently conducting a study about complementary feeding in which you can participate.

The objective of this study is to evaluate the knowledge, attitudes, and practices of caregivers with children 6-23 months old. The results of this study are beneficial in creating evidence-based nutrition interventions related to complementary feeding to consequently reduce the prevalence of undernutrition in your barangay.

This is not to evaluate or criticize you, so please do not feel pressured to give a specific response and do not feel shy if you do not know the answer to a question. I would like you to answer the questions honestly, telling me about what you know, how you feel, the way you live, and how you eat and prepare food.

The interview will take about 20 minutes. All the information that will be obtained will remain strictly confidential and your answers and name will never be revealed to anyone, except from the researcher. Also, you are not obliged to answer any question you do not want to, and you may stop the interview at any time.

Do you agree to participate in this interview? Yes, or no?

- Yes, I agree to participate in this interview.
- No, I do not agree to participate in this interview.

Name and Signature of the Respondent

Date

II. Socioeconomic and Demographic Questionnaire for Caregivers

Question		Response
1. Name and Code	What is your name?	
	<i>Insert respondent code</i>	----
2. Sex	<i>Insert the sex of the caregiver</i>	1 - Male 2 - Female
3. Relationship (Relasyon)	What is your relationship with the baby?	1 - Mother/Father 2 - Brother/Sister 3 - Grandparents) 4 - Aunt/Uncle 5- Other: _____
4. Caregiver's age	How old are you? <i>Probe if necessary: What is your age on your last birthday?</i> <i>If the information conflicts with the previous answer, determine which one is more accurate</i>	<i>Age in completed years</i> --
5. Highest Educational Attainment	What is your highest educational attainment?	1 - Elementary undergraduate 2 - Elementary graduate 3 - High school undergraduate 4 - High school graduate 5 - College undergraduate 6 - College graduate
6. Employment status	What is your current employment status?	1 - Special Occupations (AFP personnel) 2 - Officials of Government and Special Interest Organizations, Corporate Executives, Managers, Managing Proprietors, and Supervisors 3 - Professional 4 - Technicians and Associate Professionals 5 - Clerical Support Workers 6 - Service Workers and Shop and Market Sales Workers 7 - Farmers, Forestry Workers and Fisherman 8 - Craft and Related Trades Workers 9 - Plan and Machine Operators and Assemblers 10 - Elementary Occupation: Laborers & Unskilled Workers 11 - No occupation 12 - Pensioner 13 - Student

7. Monthly household income (based on the 2021 poverty threshold in the Philippines according to Philippine Statistics Authority (2021))	What is your estimated monthly household income?	1 - ≤ Php 12,000 2 - > Php 12,000
8. Household size	How many are you in your household?	1 - ≤ 3 2 - 4-5 3 - 6-7 4 - 8-9 5 - 10
10. Main source of drinking water	What is your main source of drinking water?	Piped water (waterworks system) 1 - Piped into dwelling 2 - Piped to yard/plot 3 - Public tap/standpipe 4 - Tube well or borehole Dug well 5 - Protected dug well 6 - Unprotected dug well Water from Spring 7 - Protected spring 8 - Unprotected spring Others 9 - Rainwater 10 - Tanker truck 11 - Cart with small tank 12 - Surface water (river, dam, etc.) 13 - Bottled/Mineral/filtered water
11. Water safety practices	Do you make your water safer to drink?	1 - No 2 - Yes 3 - NA (if bottled or filtered water)
	If YES, proceed to: How do you make your water safer to drink? If NO, proceed to Question #12.	4 - Boil 5 - Add bleach/chlorine 6 - Use water filter such as charcoal, ceramic, sand, etc. 7 - Use improvised filter such as cloth or sponge 8 - Solar disinfection 9 - Let it stand or settle 10 - NA (if bottled/filtered water)
12. Main source of water for cooking and washing hands	What is the main source of water the household use for cooking and washing?	Piped water (waterworks system) 1 - Piped into dwelling 2 - Piped to yard/plot 3 - Public tap/standpipe 4 - Tube well or borehole Dug well 5 - Protected dug well 6 - Unprotected dug well

		<p>Water from Spring 7 - Protected spring 8 - Unprotected spring</p> <p>Others 9 - Rainwater 10 - Tanker truck 11 - Cart with small tank 12 - Surface water (river, dam, etc.) 13 - Bottled/Mineral/filtered water</p>
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III. KAP Questionnaire: Feeding Young Children (6-23 months)

Explain to the participant: I am going to ask you some questions about the nutrition of infants aged from 6 to 23 months. Please let me know if you need me to clarify any of my questions. Is this clear?

Name of the baby: _____ Age: _____
Height (cm): _____ Weight (kg): _____

KNOWLEDGE

Question K.1: Initiation of Breastfeeding

- When is the best time for the mother to initiate breastfeeding to her child?
 - Within the first hour of childbirth
 - After one hour of childbirth
 - After one day of childbirth
 - Others, specify: _____
 - Don't know

<p>Preliminary analysis:</p> <ul style="list-style-type: none">• <i>Knows</i>• <i>Does not know</i>

Question K.2. Colostrum

- Have you heard about *colostrum*?
 - Yes → *proceed to follow-up question*
 - No → *proceed to K.3*
- What is colostrum and what is its source?
 - Colostrum is the milk secreted by the mother for the first few days after childbirth.
 - Colostrum is the thick and yellowish milk secreted by the mother that is difficult to be digested by the baby.
 - Colostrum is the milk from animals that is given to the baby after childbirth.
 - Others, specify: _____
 - Don't know

<p>Preliminary analysis:</p> <ul style="list-style-type: none">• <i>Knows</i>• <i>Does not know</i>

Question K.3. Recommended Length of Exclusive Breastfeeding

- How long should a baby receive nothing more than breastmilk?
 - 6 months or less
 - 6–11 months
 - 12–23 months
 - 24 months and more
 - Others, specify: _____
 - Don't know

<p>Preliminary analysis:</p> <ul style="list-style-type: none">• <i>Knows</i>• <i>Does not know</i>

Question K.4: Continued Breastfeeding

- How long is it recommended that a mother breastfeeds her child?
- *Probe if necessary: Until what age is it recommended that a mother continues breastfeeding?*

- 6 months or less
- 6–11 months
- 12–23 months
- 24 months and more
- Others, specify: _____
- Don't know

<p>Preliminary analysis:</p> <ul style="list-style-type: none">• <i>Knows</i>• <i>Does not know</i>

Question K.5: Age of start of complementary foods

- At what age should babies start eating foods in addition to breastmilk such as porridge, mashed vegetables, egg, etc.?
- _____

- Before six months
- At six months
- After six months
- Others, specify: _____
- Don't know

<p>Preliminary analysis:</p> <ul style="list-style-type: none">• <i>Knows</i>• <i>Does not know</i>

Question K.6: Reason for giving complementary foods at six months

- Why is it important to give foods in addition to breastmilk to babies from the age of six months?
- _____

- Breastmilk alone is not sufficient (enough)/cannot supply all the nutrients needed for growth/from six months, baby needs more food in addition to breastmilk
- The baby does not fill full with breastmilk only
- The baby wants to eat different food aside from breastmilk
- Others, specify: _____
- Don't know

<p>Preliminary analysis:</p> <ul style="list-style-type: none">• <i>Knows</i>• <i>Does not know</i>

Question K.7: Consistency of meals

- What consistency of porridge should be given to a baby?
-
-

- Porridge with thick consistency
- Porridge with thin consistency
- Others, specify: _____
- Don't know

Preliminary analysis:

- *Knows*
- *Does not know*

Question K.8: Reason for consistency of meals

- Why did you choose thin or thick consistency of porridge? - depending if thin or thick consistency was chosen by the participant
-
-

- Because porridge with thick consistency is more nutritious
- Because the baby can get full easily with thick porridge
- Thin consistency of porridge is better to avoid constipation
- Thin consistency of porridge is better to avoid choking
- Others, specify: _____
- Don't know

Preliminary analysis:

- *Knows*
- *Does not know*

Question K.9: Dietary diversity and ways of enriching porridge

In feeding a child, mothers usually prepare food such as porridge.

Which do you think are the foods or types of food can be added to rice porridge make it more nutritious?

By adding:

- Big chunks of animal-source foods such as meat, poultry, fish, liver/organ meat, eggs, etc.
- Water than milk
- Whole piece of pulses and nuts: flours of groundnut and other legumes (peas, beans, lentils, etc.), sunflower seed, peanuts, soybeans
- Mashed foods that are yellow, red, and orange in color such as carrot, squash, mango, papaya and other Vitamin-A-rich fruits
- Foods high in salt
- Others, specify: _____
- Don't know

Preliminary analysis:

- *Knows*
- *Does not know*

Question K.10: Responsive feeding

- What are the ways to encourage young children to eat?
-
-

- Draw the child's attention by making funny faces/play/laugh
- Scold the baby if he/she does not want to eat food
- Encourage the baby to eat even when he/she is full/satisfied
- Others, specify: _____
- Don't know

<p>Preliminary analysis:</p> <ul style="list-style-type: none">• <i>Knows</i>• <i>Does not know</i>

ATTITUDES

Question A.1: Initiation of Breastfeeding

- How good do you think it is to breastfeed the baby immediately after childbirth?
 - It is not good for the baby.
 - I am not sure.
 - It is good for the baby.
 - If not good:
Can you tell me the reasons why it is not good?
-
-

Question A.2: Colostrum

- How good do you think it is to give colostrum or the milk secreted by the mother for the first few days after child birth?
 - It is not good for the baby.
 - I am not sure.
 - It is good for the baby.
 - If not good:
Can you tell me the reasons why it is not good?
-
-

Question A.3: Exclusive Breastfeeding

Perceived benefits

- How good do you think that a baby receives nothing more than breastmilk within six months?
 - It is not good for the baby.
 - I am not sure.
 - It is good for the baby.
 - If not good:
Can you tell me the reasons why it is not good?
-
-

Perceived barriers

- How difficult is it for you to give your baby with breastmilk for six months?
 - It is not difficult for me.
 - So-so. Sometimes it is not easy and sometimes it is not difficult.
 - It is difficult for me.

- If difficult:
Can you tell me the reasons why it is difficult?

Question A.4: Continuing breastfeeding beyond six months

Perceived benefits

- How good do you think it is to continue breastfeeding beyond six months?
 - It is not good for the baby.
 - I am not sure.
 - It is good for the baby.
- If not good:
Can you tell me the reasons why it is not good?

Perceived barriers

- Gaano kahirap para sa iyo na ipagpatuloy ang pagpapasuso kay *baby* mahigit sa anim na buwan?
 - It is not difficult for me.
 - So-so. Sometimes it is not easy and sometimes it is not difficult.
 - It is difficult for me.
- If difficult:
Can you tell me the reasons why it is difficult?

Question A.5: Age of start of complementary foods

Perceived benefits

- How good do you think it is to give the baby with foods in addition to breastmilk, such as porridge, mashed vegetables, egg, etc., starting at the age of six months?
 - It is not good for the baby.
 - I am not sure.
 - It is good for the baby.
- If not good:
Can you tell me the reasons why it is not good?

Perceived barriers

- How difficult is it for you to give the baby with foods in addition to breastmilk after six months?
 - It is not difficult for me.
 - So-so. Sometimes it is not easy and sometimes it is not difficult.
 - It is difficult for me.
- If difficult:
Can you tell me the reasons why it is difficult?

Question A.6: Self-confidence

- *How confident do you feel in preparing food for your child?*
 - I am not confident in preparing food
 - So-so. Sometimes I'm confident and sometimes I'm not
 - I am confident in preparing food
- If not confident:
Can you tell me the reasons why you do not feel confident?

Question A.7: Giving a diversity of food (foods from many food groups)

Perceived benefits

- How good do you think it is to give different types of food to your child each day?
 - It is not good for the baby.
 - I am not sure.
 - It is good for the baby.
- If not good:
Can you tell me the reasons why it is not good?

Perceived barriers

- How difficult is it for you to give different types of food to your child each day?
 - It is not difficult for me.
 - So-so. Sometimes it is not easy and sometimes it is not difficult.
 - It is difficult for me.
- If difficult:
Can you tell me the reasons why it is difficult?

Question A.8: Responsive Feeding/ Feeding Frequently

Perceived benefits

- How good do you think it is to feed your child several times each day?
 - It is not good for the baby.
 - I am not sure.
 - It is good for the baby.
- If not good:
Can you tell me the reasons why it is not good?

Perceived barriers

- How difficult is it for you to feed your child several times each day?
 - It is not difficult for me.
 - So-so. Sometimes it is not easy and sometimes it is not difficult.
 - It is difficult for me.
- If difficult:
Can you tell me the reasons why it is difficult?

PRACTICES

Question P.1: Initiation of Breastfeeding

- How long did you breastfeed baby (*name of baby*) with breastmilk after birth?
 - Within the first hour of childbirth
 - After one hour of childbirth
 - After one day of childbirth
 - The baby was not breastfed after birth
 - Others, specify: _____
- If the baby was not breastfed after birth:
How long did you give the baby (*name of baby*) with infant formula such as Lactum, Promil, Nido and Enfagrow after birth?
 - Within the first hour of childbirth
 - After one hour of childbirth

- After one day of childbirth
- Others, specify: _____

Question P.2: Length of Exclusive Breastfeeding

- How long did you breastfeed baby (name of the baby) with breastmilk only?
 - Less than 6 months
 - 6 months
 - Longer than 6 months
 - The baby was not breastfed with breastmilk.
- If the baby was not exclusively breastfed for 6 months:
How long did you exclusively give infant formula such as Lactum, Promil, Nido and Enfagrow to baby (*name of baby*)?
 - Less than 6 months
 - 6 months
 - Longer than 6 months

Question P.3: Continued breastfeeding

- Was (*name of the baby*) breastfed or did he or she consume breastmilk yesterday?
 - Yes
 - No
 - Don't know/No answer

Question P.4: Age of Start of Complementary Foods

- When did you introduce complementary foods to baby (name of the baby) such as porridge, mashed vegetables, egg, etc.?
 - Before six months of the baby
 - At the 6th month of the baby
 - After six months of the baby

Question P.5: Dietary Diversity

Now, I would like to ask you about (other) liquids or foods that (name of the baby) ate yesterday during the day or at night. I am interested in whether your child had the item even if it was combined with other foods.

For example, if (name of the baby) ate a rice porridge made with a mixed vegetable sauce, you should reply yes to any food I ask about that was an ingredient in the porridge or sauce.

Please do not include any food used in a small amount for seasoning or condiments (like chillies, spices, herbs or fish powder); I will ask you about those foods separately.

(Read the food lists. Underline the corresponding foods consumed and tick the column Yes or No depending on whether any food item of the list was consumed. Record the number of times when relevant (Group 3)).

Group	Food Lists	Hindi	Oo
Group 1: Grains, roots and tubers	Porridge, bread, rice, noodles or other foods made from grains		
	White potatoes, sweet potatoes, cassava or any other foods made from roots		
Group 2: Legumes and nuts	Any foods made from beans, peas, lentils, nuts or seeds		
Group 3: Dairy products	Infant formula, such as Lactum, Promil, Nido and Enfagrow		How many times? (<i>Ilang beses?</i>)

			—
	Milk, such as tinned, powdered or fresh animal milk like Cow's milk		How many times? (Ilang beses?) —
	Yogurt or drinking yogurt		How many times? (Ilang beses?) —
	Cheese or other dairy products		
Group 4: Flesh foods	Liver, kidney, heart or other organ meats		
	Any meat, such as beef, pork, lamb, goat, chicken or duck		
	Fresh or dried fish, shellfish or seafood		
	Snail, insects or other exotic foods		
Group 5: Eggs	Egg		
Group 6: Vitamin A, fruits, and vegetables	Pumpkin, carrots, squash or sweet potatoes that are yellow or orange inside		
	Any dark green vegetables such as kangkong, cabbage, pechay, and camote tops		
	Ripe mangoes (fresh or dried [not green]), ripe papayas (fresh or dried), melon, and other fruits that are red or orange in color		
Group 7: Other fruits and vegetables	Any other fruits or vegetables not mentioned		
Others (not included in counting for the dietary diversity score)	Any oil, fats, or butter or foods made with any of these		
	Any sugary foods, such as chocolates, sweets, candies, pastries, cakes or biscuits		
	Condiments for flavour, such as chillies, spices, herbs or fish powder		

- The baby does not consume any food other than breastmilk.

Preliminary analysis:
Number of food groups consumed
the previous day ____/7

Question P.6: Minimum meal frequency

- How many times did (name of the baby) eat foods, that is meals and snacks other than liquids yesterday?
 - Number of times ____
 - Don't know/no answer

Preliminary analysis (to do after the interview)
WHO (2008) recommendations for minimum meal frequency:

For breastfed children:

- 2-3 times for breastfed infants 6-8 months
- 3-4 times for breastfed infants 9-23 months

For non-breastfed children:

- 4 times for non-breast-fed children 6–24 months (including milk feeds, identified in question P2, Group 3)

From questions P.1, P.2 and P.3, determine if the child receives food the minimum number of times according to WHO recommendations:

- Less than recommended
- The minimum number of times each day (follows the recommendation)
- More than recommended

Question P.7: Minimum Acceptable Diet

- *If the baby is non-breastfed:*
Did baby (*name of baby*) drink milk such as infant formula, cow's milk, yogurt, etc. yesterday?
 - Yes
 - No

If yes:
How many times? _____
- To do after the interview: Did the baby reach the Minimum Acceptable Diet (MAD)?
 - Yes
 - No

Preliminary analysis (to do after the interview)

For breastfed children (6-23 months of age):

- Met the Minimum Meal Frequency for breastfed children during the previous day
- During the previous day and night, consumed meals consist of at least 5 food groups using the Minimum Dietary Diversity (MDD) indicator

For non-breastfed children (6-23 months of age):

- Met the Minimum Meal Frequency for non-breastfed children during the previous day
- During the previous day and night, consumed meals consist of at least 5 food groups using the Minimum Dietary Diversity (MDD) indicator
- Received at least two (2) milk feedings during the previous day

B. Analysis Results

Table 9. Knowledge on complementary feeding of caregivers with children 6-23 months old

VARIABLES	CHOICES	Respondents (n=60)	
		Frequency	Percentage
Question K.1: Initiation of Breastfeeding When is the best time for the mother to initiate breastfeeding to her child?	Within the first hour of childbirth	39	65.0
	After one hour of childbirth	18	30.0
	After one day of childbirth	0	0
	Others, specify	1	1.7
	Don't know	2	3.3
Question K.2. Colostrum Have you heard about <i>colostrum</i> ?	Yes	36	60.0
	No	24	40.0
What is colostrum and what is its source?	Colostrum is the milk secreted by the mother for the first few days after childbirth.	32	88.9
	Colostrum is the thick and yellowish milk secreted by the mother that is difficult to digest by the baby.	4	11.1
	Colostrum is the milk from animals that is given to the baby after childbirth.	0	0
	Others, specify	0	0
	Don't know	24	-
Question K.3. Recommended Length of Exclusive Breastfeeding How long should a baby receive nothing more than breastmilk?	Within 6 months	35	58.3
	7–11 months	5	8.3
	12–23 months	3	5
	24 months and more	8	13.3
	Others, specify	2	3.3

	Don't know	7	11.7
Question K.4: Continued Breastfeeding	6 months or less	0	0
	6–11 months	6	10
How long is it recommended that a mother breastfeeds her child?	12–23 months	10	16.7
	24 months and more	42	70.0
	Others, specify	1	1.7
	Don't know	1	1.7
Question K.5: Age of start of complementary foods	Before six months	6	10.0
	At six months	36	60.0
At what age should babies start eating foods in addition to breastmilk such as porridge, mashed vegetables, egg, etc.?	After six months	17	28.3
	Others, specify	1	1.7
	Don't know	0	0
Question K.6: Reason for giving complementary foods at six months	Breastmilk alone is not sufficient (enough)/cannot supply all the nutrients needed for growth/from six months	23	38.3
	The baby does not fill full with breastmilk only	12	20.0
Why is it important to give food in addition to breastmilk to babies from the age of six months?	The baby wants to eat different food aside from breastmilk	24	40.0
	Others, specify	0	0
	Don't know	1	1.7
Question K.7: Consistency of meals	Porridge with thick consistency	28	46.7
	Porridge with thin consistency	28	46.7
What consistency of porridge should be given to a baby?	Others, specify	0	0
	Don't know	4	6.7
Question K.8: Reason for	Because porridge with thick consistency is more nutritious	12	20.0

consistency of meals	Because the baby can get full easily with thick porridge	16	26.7
Why did you choose thin or thick consistency of porridge?	Thin consistency of porridge is better to avoid constipation	14	23.3
	Thin consistency of porridge is better to avoid choking	12	20.0
	Others, specify	0	0
	Don't know	6	10.0
	Encourage the baby to eat even when he/she is full/satisfied	5	8.3
	Others, specify	2	3.3
	Don't know	0	0
Question K.9: Dietary diversity and ways of enriching porridge	Big chunks of animal-source foods such as meat, poultry, fish, liver/organ meat, eggs, etc.	1	1.7
Which do you think are the foods or types of food can be added to rice porridge make it more nutritious?	Water than milk	0	0
	Whole piece of pulses and nuts: flours of groundnut and other legumes (peas, beans, lentils, etc.), sunflower seed, peanuts, soybeans	2	3.3
	Mashed foods that are yellow, red, and orange in color such as carrot, squash, mango, papaya and other Vitamin-A-rich fruits	57	95.0
	Foods high in salt	0	0
	Others, specify	0	0
	Don't know	0	0
		Draw the child's attention by making funny faces/play/laugh	53
Question K.10: Responsive feeding	Scold the baby if he/she does not want to eat food	0	0
What are the ways to encourage young children to eat?	Encourage the baby to eat even when he/she is full/satisfied	5	8.3
	Others, specify	2	3.3
	Don't know	0	0

Table 10. Attitudes on complementary feeding of caregivers with children 6-23 months old

VARIABLE	CHOICES	Respondents (n=60)	
		Frequency	Percentage
Question A.1: Initiation of Breastfeeding How good do you think it is to breastfeed the baby immediately after childbirth?	It is not good for the baby	1	1.7
	I am not sure	1	1.7
	It is good for the baby	58	96.7
Question A.2: Colostrum How good do you think it is to give colostrum or the milk secreted by the mother for the first few days after childbirth?	It is not good for the baby	0	0
	I am not sure	0	0
	It is good for the baby	60	100.0
Question A.3: Exclusive Breastfeeding <i>Perceived benefits:</i> How good do you think that a baby receives nothing more than breastmilk within six months?	It is not good for the baby	2	3.3
	I am not sure	5	8.3
	It is good for the baby	53	88.3
<i>Perceived barriers:</i> How difficult is it for you to give your baby with breastmilk for six months?	It is not difficult for me.	38	63.3
	So-so. Sometimes it is not easy and sometimes it is not difficult.	7	11.7
	It is difficult for me.	15	25.0
Question A.4: Continuing breastfeeding beyond six months	It is not good for the baby	0	0
	I am not sure	3	5.0

<i>Perceived benefits:</i> How good do you think it is to continue breastfeeding beyond six months?	It is good for the baby	57	95.0
<i>Perceived barriers:</i> How difficult is it for you to continue breastfeeding beyond six months?	It is not difficult for me.	32	53.3
	So-so. Sometimes it is not easy and sometimes it is not difficult.	12	20.0
	It is difficult for me.	16	26.7
Question A.5: Age of start of complementary foods	It is not good for the baby	0	0
	I am not sure	0	0
<i>Perceived benefits:</i> How good do you think it is to give the baby food in addition to breastmilk, such as porridge, mashed vegetables, egg, etc., starting at the age of six months?	It is good for the baby	60	100.0
<i>Perceived barriers:</i> How difficult is it for you to give the baby food in addition to breastmilk after six months?	It is not difficult for me.	41	68.3
	So-so. Sometimes it is easy and sometimes it is not difficult.	17	28.3
	It is difficult for me.	2	3.3
Question A.6: Self-confidence How confident do you feel in preparing food for your child?	I am not confident in preparing food for my child	0	0
	So-so. Sometimes I'm confident and sometimes I'm not	11	18.3
	I am confident in preparing food for my child	49	81.7
Question A.7: Giving a diversity of food <i>Perceived benefits:</i> How good do you think it is to give different types of food to your child each day?	It is not good for the baby.	1	1.7
	I am not sure.	13	21.7
	It is good for the baby.	46	76.7
	It is not difficult for me.	30	50.0

<i>Perceived barriers:</i> How difficult is it for you to give different types of food to your child each day?	So-so. Sometimes it is not easy and sometimes it is not difficult.	12	20.0
	It is difficult for me.	18	30.0
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Question A.8: Responsive Feeding/ Feeding Frequently	It is not good for the baby.	1	1.7
	I am not sure.	7	11.7
	It is good for the baby.	52	86.7
<i>Perceived benefits:</i> How good do you think it is to feed your child several times each day?			
<hr/>			
<i>Perceived barriers:</i> How difficult is it for you to feed your child several times each day?	It is not difficult for me	33	55.0
	So-so. Sometimes it is not easy and sometimes it is not difficult.	15	25.0
	It is difficult for me.	12	20.0
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Table 11. Breastfeeding and complementary food practices of caregivers with children 6-23 months old

VARIABLE	CHOICES	Respondents (n=60)	
		Frequency	Percentage
Question P.1: Initiation of Breastfeeding How long did you breastfeed baby (<i>name of baby</i>) with breastmilk after birth?	Within the first hour of childbirth	51	85.0
	After one hour of childbirth	6	10.0
	After one day of childbirth	0	0
	The baby was not breastfed after birth	3	5.0
	Others, specify	0	0
<i>If the baby was not breastfed after birth:</i> How long did you give the baby (<i>name of baby</i>) with infant formula such as Lactum, Promil, Nido and Enfagrow after birth?	Within the first hour of childbirth	0	0
	After one hour of childbirth	2	66.7
	After one day of childbirth	1	33.3
	Others, specify	0	0
Question P.2: Length of Exclusive Breastfeeding How long did you breastfeed baby (<i>name of the baby</i>) with breastmilk only?	Less than 6 months	11	18.3
	6 months	24	40.0
	Longer than 6 months	10	16.7
	The baby was not breastfed with breastmilk.	15	25.0
<i>If the baby was not exclusively breastfed for 6 months:</i> How long did you exclusively give infant formula such as Lactum, Promil, Nido and Enfagrow to baby (<i>name of baby</i>)?	Less than 6 months	6	40.0
	6 months	7	46.7
	Longer than 6 months	2	13.3
Question P.3: Continued breastfeeding Was (<i>name of the baby</i>) breastfed or did he or she consume breastmilk yesterday?	Yes	45	75.0
	No	15	25.0
	Don't know	0	0

Question P.4: Age of Start of Complementary Foods			
When did you introduce complementary foods to baby (name of the baby) such as porridge, mashed vegetables, egg, etc.?	Before six months of the baby	12	20.0
	At the 6th month of the baby	34	56.7
	After six months of the baby	14	23.3

Table 12. Dietary diversity of the caregivers' children aged 6-23 months old

GROUP AND FOOD LISTS	FOOD LIST	CHOICES	Respondents (n=60)	
			Frequency	Percentage
Group 1: Grains, roots, and tubers	Porridge, bread, rice, noodles or other foods made from grains	Yes	57	95.0
		No	3	5.0
	White potatoes, white yams, cassava or any other foods made from roots	Yes	22	36.7
		No	380	63.3
Group 2: Legumes and nuts	Any foods made from beans, peas, lentils, nuts, or seeds	Yes	12	20.0
		No	48	80.0
Group 3: Dairy products	Infant formula, such as Lactum, Promil, Nido, Enfagrow and etc.	Yes	13	21.7
		No	47	78.3
	Milk, such as tinned, powdered or fresh animal milk	Yes	27	45.0
		No	33	55.0
	Yogurt or drinking yogurt	Yes	5	8.3
		No	55	91.7
Cheese or other dairy products	Yes	3	5.0	

		No	57	95.0
Group 4: Flesh foods	Liver, kidney, heart or other organ meats	Yes	4	6.7
		No	56	93.3
	Any meat, such as beef, pork, lamb, goat, chicken or duck	Yes	23	38.3
		No	37	61.7
	Fresh or dried fish, shellfish or seafood	Yes	23	38.3
		No	37	61.7
	Grubs, snails or insects	Yes	0	0
		No	60	100.0
Group 5: Eggs	Eggs	Yes	41	68.3
		No	19	31.7
Group 6: Vitamin A fruits and vegetables	Pumpkin, carrots, squash or sweet potatoes that are yellow or orange inside	Yes	19	31.7
		No	41	68.3
	Any dark green vegetables such as kangkong, cabbage, pechay, and camote tops	Yes	33	55.0
		No	27	45.0
	Ripe mangoes (fresh or dried [not green]), ripe papayas (fresh or dried), melon, and other fruits	Yes	19	31.7
		No		

	that are red or orange in color	No	41	68.3
Group 7:	Any other fruits or vegetables not mentioned	Yes	24	40.0
Other fruits and vegetables		Banana	18	
		Guava	1	
		Grapes	4	
		Avocado	1	
		Passion fruit	1	
		No	36	60.0
Others	Any oil, fats, or butter or foods made with any of these	Yes	7	11.7
<i>(Not included in counting for the dietary diversity score)</i>		No	53	88.3
	Any sugary foods, such as chocolates, sweets, candies, pastries, cakes or biscuits	Yes	44	73.3
		No	16	26.7
	Condiments for flavour, such as chillies, spices, herbs or fish powder	Yes	17	28.3
		No	43	71.7

Table 13. Compliance of caregivers' children with the recommendations for dietary diversity

COMPLIANCE	Respondents (n=60)	
	Frequency	Percentage
Children who met the minimum dietary diversity score	49	81.7
Children who did not met the minimum dietary diversity score	11	18.3

Table 14. Compliance of caregivers with children 6-23 months old to the recommendations for minimum meal frequency

COMPLIANCE	Respondent (n=60)	
	Frequency	Percent
Breastfed children (6-8 months)		
Less than recommended	3	50.0
The minimum number of times each day (follows the recommendation)	2	33.3
More than recommended	1	16.7
Breastfed children (9-23 months)		
Less than recommended	10	25.6
The minimum number of times each day (follows the recommendation)	22	56.4
More than recommended	7	17.9
Non-breastfed children (6-23 months)		
Less than recommended	0	0
The minimum number of times each day (follows the recommendation)	3	20.0
More than recommended	12	80.0

Table 15. Compliance of caregivers with children 6-23 months old to the recommendations for minimum acceptable diet

COMPLIANCE	Respondents (n=60)	
	Frequency	Percent (%)
Breastfed children		
Yes	13	28.9
No	32	71.1
Non-breastfed children		
Yes	9	60.0
No	6	40.0