

Ke-ulwazi oluzavezwa yilokhu kuhlolisisa luzasetshenziswa ukubumba amaqhinga kunye lenhlelo ezizaphathisa omama ukuba bamunyise abantwana njengenkuthazo abayiphiwayo ukuze abantwana abanengi kwele Zimbabwe bakhule bondlekile njalo bevikelekile emkhuhlaneni eminengi. Lolulwazi njalo luzaba ngamaseko esifundo esilandelayo esizacubungula ngalesisifundo sigqela izwe lonke lase Zimbabwe.

Okuzaphathwa mfihlo kulesisifundo

Ibizo lakho, lapho ohlala khona, lazo nje zonke impendulo ozazipha kulesisifundo kuza gcinwa kuyimfihlo. Kuzakwaziwa yimi kunye lalowo ongiholayo kulokhu kuhlolisisa kumbe ukucubungula kolwazi. Njalo ibizo lakho kalisoze lilotshwe ndawo kungwalo zalesisifundo njalo konke ozakusho akusoze kwaziwe ukuba kwakhulunywa nguwe loba ngubani ozaba lengxenywe kulesisifundo. Zonke izingwalo eziphathelele lalokhu kuhlolisisa (kumbe lesi sifundo) zizangcinwa endaweni efihlekileyo zifinyelelwa kuphela yimi lalowo ongiholayo kulesi sifundo.

Kungumlandu na ukuba ube lengxenywe kulesisifundo?

Amanadla okwenza isinqumo sokubalengxenywe loba ukungabi lengxenywe kulesisifundo akuwe kuphela. Nxa uthe wakhetha ukubalengxenywe kulesisifundo, konke kusemandleni akho njalo ulakho ukwala ukuba lengxenywe loba yisiphi isikhathi ungaphanga zizatho zokuba kungani usube lomqondo owahlukileyo. Njalo nxa uthe wakhetha ukuba lengxenywe, ukhululekile ukungaphenduli imibuzo ethile ozwa kusithi ungayiphenduli ngaphandle kokupha izingatho zokungaphenduli leyo mibuzo.

Nzuzo bani ozayithola nxa uthe wakhetha ukuba lengxenywe kulesisifundo?

Akulanzuzo oyitholayo ngokubalengxenywe kulesisifundo. Njalo awulahlekelwa yinzuzo ngokube lengxenywe ngaphandle kuphela kwesikhathi ozasichitha uphendula imibuzo engizakubuza yona. Ukuba lengxenywe kwakho kulesisifundo kule ndonsela enhle ekuzwisiseni lesi senzo esiqakathekileyo ekondliweni kwabantwana kanye le kubavikeleni emkhuhlaneni evame ukugcina ithethe izimpilo zabo.

Imvumo evela kuwe

Nxa uthe wakhetha ukuba lengxenywe kulesi sifundo, sizalobelana isivumelwano kuphetshana engizakupha lona. Lesi sivumelwano siyisitshengiselo njalo isiqiniseko sokuba kuyisifiso njalo lesinqumo sakho sakho ukuba lengxenywe kulesisifundo ngaphandle kokubanjwa ngamandla ukuba uphatheke kuso.

Imibuzo

Uma ungaba lemibuzo ethile loba ungafuna ukuzwisisa ngalesi sifundo ngemva kokuba sengihambile, ungangilobela ku: ndunx2007@gmail.com loba ukungishayela ucingo ku +263 774 378 408. Njalo ungalobela lowo ongifundisayo njalo ongiholayo kulesisifundo uqgihalwazi Brian Van Wyk kukheli le nombolo ezilandelayo: +27 82 804 9055 (mobile), or c/o School of Public Health of the University of the Western Cape, +27 959 2173 (office) or by email to bvanwyk@uwc.ac.za

APPENDIX 5

In-depth Interview Guide

This research study aims to understand perceptions and understanding women and health workers regarding exclusive breastfeeding.

Date:...../...../..... Place..... Start time.....End.....

Demographic information

Age: Marital status Number of children Breastfeeding: Breastfed in the past:

Understanding and experience with exclusive breastfeeding

Tell me about exclusive breastfeeding in your own understanding

Can you tell me about your own experience with breastfeeding?

What do you think about breastfeeding particularly exclusive breastfeeding?

How do you breastfed of have you breastfed your children?

How are decisions about to or not to breastfeed are made (how and by who)

Why did you choose to breastfeed?

Enabling factors

Tell me about factors that make the practice of exclusive breastfeeding easy to do in this community/locality

Tell me about people who important in influencing breastfeeding decisions

Where do you/have you received information about breastfeeding apart from what you have mentioned above?

Barriers to exclusive breastfeeding

What do you think prevents women in this locality from not breastfeeding their babies exclusively for the six months?

APPENDIX 6

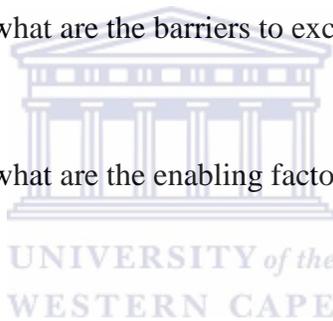
Semi structured questions for key Informants

Interview date:**Time: from.....to.....**

Place:..... Respondent ID (Pseudo name):

Interview setting:

1. Tell me about breastfeeding practices in this area/locality
2. From your experience, what are the barriers to exclusive breastfeeding in this locality?
3. From your experience, what are the enabling factors for exclusive breastfeeding in this locality?
4. If mothers were to breastfeed exclusively, what could be done?
5. From your experience, who influences breastfeeding decisions and practices?
6. Where do breastfeeding women go for support and/or counselling if they have breastfeeding problems?
7. Tell me about exclusive breastfeeding in your own understanding
8. What makes a mother to or not to breastfeed (breastfeeding predictors)



Appendix 7

Authorisation by Ministry of Health and Child Welfare to Conduct Interviews

