

Table S1: Summary of main findings from the different data packages sorted under themes [DP1-6]

| | Key informant interviews with health workers in | | Focus group discussion among | | Cross-sectional surveys | |
|--|---|--|---|---|--|--|
| | public health clinics and hospitals [DP1] | HIV-clinics and NGO's working with HIV [DP2] | HIV-positive people from an HIV-clinic [DP3] | General population (community-based) [DP4] | General population (community-based) [DP5] | HIV-positive people from an HIV-clinic [DP6] |
| Context influencing infant feeding teaching | - improvised teaching | - often have extended counselling training | - poverty was a challenge | - poverty was a challenge | - minority had discussed infant feeding with health worker | - majority had discussed infant feeding with health worker |
| | - training varied | - pragmatic approaches | | | | |
| | - pragmatic approaches | | | | | |
| Feeding of severely ill children | - some extra teaching capacities to targeted individuals | - poverty was a challenge | - poverty was a challenge | - poverty, social structure within the families and psychological difficulties were challenging | - poverty was a challenge | - poverty was a challenge |
| | - poverty and knowledge reported as challenging | | | | - clear association with infant feeding practices and socio-economic status | - clear association with infant feeding practices and socio-economic status |
| Challenges related to breastfeeding | - health workers had to work against traditional beliefs | - health workers had to work against traditional beliefs | - HIV transmission during pregnancy often underlined | - a pregnancy was a common reason to stop breastfeeding | - exclusive breastfeeding often regarded as insufficient and practiced at a low rate | - exclusive breastfeeding often regarded as insufficient and practiced at a low rate |
| | - pragmatic options suggested for mothers not breastfeeding | - busy mothers often avoided breastfeeding | - busy mothers often avoided breastfeeding | - busy mothers often avoided breastfeeding | - mixed feeding common | - mixed feeding common |
| | - For HIV-positives, breastfeeding seen as 2. option | - For HIV-positives, breastfeeding seen as 2. option | - Mothers not breastfeeding were often suspected to be HIV-positive or accused of being irresponsible | - Mothers not breastfeeding were often suspected to be HIV-positive or accused of being irresponsible | | |

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| <i>The counselling process</i> | <ul style="list-style-type: none"> - variation in messages - some used interactive counselling strategy | <ul style="list-style-type: none"> - Many health workers put much effort into communication and a good, caring and empathic attitude - variation in messages | <ul style="list-style-type: none"> - positive feedback on health workers' counselling | <ul style="list-style-type: none"> - positive feedback on health workers' counselling | |
| <i>Simplification of messages</i> | <ul style="list-style-type: none"> - simplistic messages - exaggerated some perspectives | <ul style="list-style-type: none"> - simplistic messages - exaggerated some perspectives | | | |
| <i>HIV-infected mothers' disclosure and choice</i> | <ul style="list-style-type: none"> - HIV disclosure was a challenge | <ul style="list-style-type: none"> - HIV disclosure was a challenge - less stigma - mixed feeding seen as consequence of non-disclosure | <ul style="list-style-type: none"> - HIV disclosure was a challenge - many pay high price for HIV disclosure - many felt supported when disclosing HIV-status | <ul style="list-style-type: none"> - no differences in infant feeding practices seen between mothers having disclosed or not - many pay high price for HIV disclosure | |
| <i>Feasibility and capacity challenges</i> | <ul style="list-style-type: none"> - inadequate facilities, staffing & equipment - need for training and follow-up, e.g. refreshing courses - meeting their clients' complicated situations | <ul style="list-style-type: none"> - programs stopping abruptly - meeting their clients' complicated situations | <ul style="list-style-type: none"> - difficult choices - poverty - stigma | <ul style="list-style-type: none"> - poverty - difficult choices | <ul style="list-style-type: none"> - poverty - stigma |