

Appendix 1 (as supplied by the authors): Interview Guide

**Begin with introductions

**Give participants ample time to settle in and feel comfortable before starting the interview

**Ensure informed verbal and written consent is provided

**Complete demographic questionnaire

Information about the Grandmother

- Tell me a little bit about your yourself.
- How would you describe your relationship with your daughter/daughter-in-law/niece (Select appropriate term)?
 - Specifically, how would you describe your role in your family?
 - How do you think your daughter/daughter-in-law (select term) views you?
 - Do you think she follows your advice?
 - When would do choose to give advice?
 - When would you choose to refrain from giving advice?
- What is the ideal role of a grandmother from Six Nations?
- Tell me about your experience of being a grandmother.
 - What have been the good things?
 - What have been the difficult things?
 - Do you think it is different having a grand-son or a grand-daughter?
- Are you (or have you been) involved in caring for your grandchildren?
- What does optimal health mean to you?

Optimal health behaviours before pregnancy (trying to conceive)

- What do you think are important things for a mother-to-be to do when she is trying to get pregnant to make sure she and the baby are healthy?
- Anything she should avoid doing when trying to get pregnant? Anything she should start doing when trying to get pregnant?
- Should a mother-to-be make any changes to what she eats or drinks before she gets pregnant?
 - How do you know if she is getting enough adequate nutrition? What if she isn't?
 - What do you think about vitamin intake for mothers-to-be?
 - Any other special foods or drinks the mother should take while she is trying to conceive?
 - Any other special foods or drinks the mother should avoid while she is trying to conceive?
- In the case that she is not trying to conceive, are there certain things for women of reproductive age to always do?
- What advice did your mother give you?
- Do you give the same advice to your daughter/nieces, etc.?

Optimal health behaviours during pregnancy

- What do you think are important things for a mother to do while she is pregnant to make sure she and the baby are healthy?
- What do you think are the biggest health concerns for women when they are pregnant?
 - Do you think that women from your community have any unique health concerns when they are pregnant?
- What foods do you think a mother should eat when she is pregnant?
 - Are there any foods you think a mother-to-be should stay away from/avoid during her pregnancy?
 - Are there any other changes a mother should make to her diet when she is pregnant? e.g. how much should she be eating?
 - What do you think about a mother eating seafood when she is pregnant? (prompt for dairy unpasteurized dairy products, raw meat, raw eggs)
- Aside from food, what else should a pregnant woman do to keep healthy?
 - Any habits or practice she should avoid?
 - Any habits or practices she should adopt or continue?
 - What do you think is the most important thing to do?
- What advice did your mother give you about how to stay healthy during pregnancy?
- Do you give the same advice to your daughter/nieces, etc.?
- How did you learn what you know about what to do during pregnancy to stay healthy?

- Was that enough? Were there other ways you would have like to learn about this?
- Do you share your knowledge about prenatal health (or how to stay healthy during pregnancy) with others?
- Is it important to you to have these discussions and share this knowledge?
- As you watch women of your daughter's generation become mothers, how are they learning about how to stay healthy in pregnancy? Do you think this is enough? Is there anything you would like to see change?

Optimal health behaviours after giving birth

- What do you think are important things for a mother to do in the first 6 weeks after giving birth to make sure she and the baby are healthy? In the first year?
- What do you think are the biggest health problems for women after giving birth?
- Are there any particular problems that are faced by women in this community?
- Should a mother make any changes in the first 6 weeks after giving birth? If so, what?
- What other factors are important for mother and baby during this time?
- What do you think are the biggest health problems for babies?
 - Should a mother be paying attention to how much weight her baby gains in the first few months? What's too little? What's too much? What can she do to change that? How much weight should they gain in the first month?
 - Do you think weight gain should be different for boys and girls?
- What are other factors are important to ensure baby's overall health?
- What advice do you give your daughter about feeding in the first month? Does that change after a few months or a year?
- What advice do you give about sleeping?
- What advice did your mother give you about how to keep the baby and yourself healthy after giving birth?
- Do you give the same advice to your daughter/nieces, etc.?
- What advice did your mother give you about how to stay healthy after giving birth?
- Do you give the same advice to your daughter/nieces, etc.?
- How did you learn what you know about what to do after birth to stay healthy?
- Was that enough? Were there other ways you would have like to learn about this?
- Do you share your knowledge about postnatal health (or how to stay healthy after baby is born) with others?
- Is it important to you to have these discussions and share this knowledge?
- As you watch women of your daughter's generation become mothers, how are they learning about how to stay healthy after birth? Do you think this is enough? Is there anything you would like to see change?

Psychological Health (Antepartum and Postpartum)

- What emotions might a mother experience when she's pregnant?
- Do you think these emotions can affect the health of the baby? If she's feeling upset or anxious, what could she do?
- What emotions might a mother experience after the baby is born?
- Do you think these emotions can affect the health of the baby?
- What's the role of the father? Is there anything that the father can do that either promotes the health of mom and baby or harms it?

Health Knowledge and Literacy

- Where do you get most of your medical information?
 - Whose advice do you value the most?
- What do you think is the greatest health concern facing Canadians?
 - Why?
- What disease do you think claims the most lives amongst women in Canada?
 - Why?
 - Men? Why?
- What do you think is the greatest health problem facing people from your community?
 - Why?
- Do you think this health problem is different for people in your community?
 - Why?
- What do you think is the leading cause of death amongst people in your community?
 - Why?