



# The Breastfeeding Relationship Study 2022-2023

Washington State University College of Nursing is conducting a study to compare differences in **the breastfeeding relationship and maternal emotions** before and after mothers return to work among three groups of mothers who plan to: **(1) return to work outside of the home between 6-12 weeks, (2) return to work from home (e.g., telework) between 6-12 weeks, or (3) stay home full-time with their infants.**

We are seeking **breastfeeding mothers** who:

- Have started **direct breastfeeding** after childbirth
- Want to **continue to direct breastfeeding** at least once a day regardless of whether they plan to return to work or not
- Have a healthy full-term single baby
- **Are 3-4 weeks postpartum**
- **Are currently staying at home with your baby and have not returned to work, yet**
- Are older than 18 years
- Can speak, write, and read English
- **Are willing to be followed up at 12, 16, and 24 weeks**

Participating mothers will be asked to fill out a questionnaire. The initial questionnaire will take **15-20 minutes** to complete while the subsequent questionnaires will take 10-15 minutes.

We will send you a **\$10 Amazon gift card** after the completion of each questionnaire (**total of \$40**).

This study is made available through a grant from the Sigma Theta Tau International Honor Society of Nursing

This study has been certified as exempt from the need for review by the Washington State University Institutional Review Board.

To participate in the study, please scan the QR code or go to <https://redcap.spo.aws.wsu.edu/surveys/?s=C8XNTMCLJR7D7C3N>



If you have questions about this study, please contact Natsuko Wood, PhD, RN, the principal investigator at [natsuko.wood@wsu.edu](mailto:natsuko.wood@wsu.edu) or (509) 324-7397.

Your contributions to participating in our breastfeeding study are invaluable to help us better serve mothers to sustain their breastfeeding while working. Thank you.