All postnatal women screened (n = 287)

Postnatal women included (n = 225)

Mailed to multiparas (n = 106)
Returned = 73 (68.9%)

Mailed to primiparas (n = 119)
Returned = 55 (46.2%)

Total Returned = 128 (56.9%)

Exclusions: (n = 62)
- Declined (n = 13)
- Did not speak English (n = 1)
- Formula fed from birth (n = 9)
- Special Care Nursery (n = 30)
- Multiple Birth (n = 8)
- Preterm infants (<37 weeks) (n = 1)