

Supplementary Table 1. Conceptual domains of the draft items and results of the analysis before items extraction.

Items	Conceptual domain	Faktor loading	Item-total score correlation (r)	Cronbach's alpha value when the item was deleted
1	I can tell if my baby is getting enough nutrition.	R: I,V; CF: c,f	0.470	0.387
2	I can start introducing solid foods after my baby completes their sixth month.	R: I,II,III,V; CF: a	0.456	0.383
3	I can give my baby appropriate foods in order.	R: I,III,IV,V; CF: a,b,c,d	0.562	0.495
4	I can feed my baby with a spoon.	R: V; CF: c,e	0.478	0.416
5	I can prepare suitable complementary food for my baby.	R: I,III,IV,V; CF: b,c,e	0.638	0.536
6	I can give my baby complementary foods at appropriate frequencies and in appropriate amounts.	R: I,V; CF: c,f	0.537	0.465
7	I can tell if my baby is tolerating the given food (by symptoms such as bloating, gas, rash, nausea, and vomiting).	R: I,V; CF: e,f	0.482	0.418
8	I can prepare fresh and clean food for my baby.	R: IV,V; CF: b,e	0.421	0.346
9	If my baby develops a rash, I might stop introducing the new food I started.	R: III,IV; CF: e,f	0.312	0.277
10	I can correctly choose the first foods to be given to my baby.	R: I,V; CF: a,b,e	0.570	0.486
11	I know which foods I should not give my baby until they are one year old.	R: I,V; CF: a,b,e	0.427	0.333
12	I can understand my baby's reactions to the supplementary food I give its from its behavior (liked, didn't like, licking movement, grimacing, turning its head, etc.).	R: I,V; CF: f	0.619	0.534
13	I can continue breastfeeding my baby while introducing solid foods.	R: I,III,V; CF: d	0.038	0.025
14	I can adjust the consistency of the food I give to my baby (puree, lumpy, finger food, etc.).	R: I,IV,V; CF: c	0.650	0.524

Cronbach Alpha 0.809

Eigenvalues 5.727

Explained variance (%) 28.635

KMO= 0.828 X2(190)= 1176.860; Bartlett Test (p)<0.001

R: Readiness [I: Cognitive readiness (knowledge and awareness), II: Affective readiness (attitudes and beliefs), III: Motivational readiness (intention and willingness), IV: Behavioral readiness (practical preparedness), V: Self-efficacy (perceived competence), VI: Contextual readiness (environmental and social support)]; CF: Complementary Feeding [a: Timing, b: Appropriate food choices (nutrient content and variety), c: Appropriate amount and consistency of nutrients, d: Continuing breastfeeding, e: Safety and hygiene, f: Responsive feeding].

Supplementary Table 1. Continued.					
	Items	Conceptual domain	Faktor loading	Item-total score correlation (r)	Cronbach's alpha value when the item was deleted
15	I can choose the food I give my baby based on its energy and nutritional value.	R: I,V; CF: b	0.484	0.369	0.801
16	I can organize my baby's feeding times.	R: I,IV,V; CF: a,f	0.580	0.449	0.798
17	I can prepare fruit puree or finger food for my baby from fresh fruits.	R: I,IV,V; CF: b,c,e	0.637	0.551	0.797
18	I can choose safe and healthy tools and equipment to use when preparing food for my baby.	R: I,II,III,IV,V,VI; CF: e	0.614	0.494	0.799
19	I can properly clean the tools and equipment I use to prepare my baby's food.	R: I,II,III,V,VI; CF: e	0.684	0.555	0.798
20	I can understand the clues about my baby's readiness to switch to solid foods (Such as sitting with support, grasping food, chewing and swallowing skills).	R: I,V; CF: a,d,e,f	0.647	0.570	0.793

Cronbach Alpha 0.809

Eigenvalues 5.727

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