***Interview Template/Questions for Parent Participant***

* Thank you for agreeing to speak with me about your baby’s home therapy exercises for CMT.
* If you feel that you need a break at any time, we can stop the audio-recording and return to it at a later time.
* The interview will take about 15 minutes and includes 3 sections for this first interview.
* There will be 2 more interviews of about 10-15 min over the next 2 months.
* Do you have any questions about the study before we begin?

**Section 1 -- 1st interview only.**

I have some background questions for you:

* 1. What is (Baby’s) current age?
  2. At what age did (Baby) get a diagnosis of CMT?
  3. At what age did (Baby) begin PT?
  4. How often is (Baby) getting PT?
  5. Is this your first child?

**Section 2 (15 min): Interview template**

We are going to talk about each of the (3) exercises/activities that you were prescribed by your physical therapist this month. “tummy time”, “head turning”, and “ear to shoulder”….are those the ones you are doing?

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise Name &/or Activity Description** | **Approximate length of time completed each time (minutes)** | **# days completed each week** | **Comments:**   * **Thoughts** * **Feelings** * **Barriers / difficulties / stress** * **Hand placement?** * **I did not do this one because…or I did this one more because…** * **Did your partner assist with these?**   + **If offers info – “tell me more about that”** |
| Tummy time |  |  |  |
| Ipsi-lateral flexion |
| Contralateral rotation |
| Other | * Did you feel like you were a part of the decision making process as it relates to these exercises? How so? * Do you feel that you are handling your baby in a way that's comfortable for her/him. * Do you feel confident in your ability to help baby move into different positions comfortably? * Can you tell when baby needs a break? How? (3 bullets —Palmer et al, 2019) * How are the baby’s feedings going? * How many times a day (an hour) does baby spit up? (Greve et al, 2022) * Is baby active? (Kahraman et al, 2021) * Have you felt a lump on baby’s neck? * How much help do you have at home? * What would you want new parents to know about this condition? What does it feel like to have a baby with this health condition? Any a-ha moments you’d like to share? * Thank you for your time. A member of the research team will contact you next month. | | |