

Supplementary Table 1. Comparison of Demographic Characteristics of Parents and Infants

Characteristics	Category	Control group	Intervention group	Total	P value
Mother					
Age, <i>n</i> (%)	<18	1 (1.28)	1 (1.28)	2 (2.56)	.799**
	18-35	31 (39.7)	29 (37.1)	60 (76.9)	
	>35	7 (17.95)	9 (23.08)	16 (20.5)	
Education, <i>n</i> (%)	Middle School	12 (30.77)	13 (33.33)	25 (64)	.877**
	High School	16 (41.03)	12 (30.77)	28 (35.9)	
	College and above	11 (28.1)	14 (35.8)	25 (64)	
Employment Status, <i>n</i> (%)	Working	16 (41.03)	15 (38.46)	31 (39.74)	
Father					
Education, <i>n</i> (%)	Middle School	10 (25.6)	12 (30.77)	22 (28.21)	.542**
	High School	13 (33.33)	14 (35.9)	27 (34.62)	
	College and above	16 (41.03)	13 (33.33)	29 (37.18)	
Pregnancy					
Planned pregnancy, <i>n</i> (%)		33 (84.62)	31 (79.49)	64 (82.05)	.555*
Number of pregnancies, <i>n</i> (%)	1	20 (51.28)	19 (48.72)	39 (50.0)	.495**
	2	7 (17.95)	11 (28.21)	18 (23.08)	
	3	9 (23.08)	5 (12.82)	14 (17.95)	
	>4	3 (7.69)	4 (10.26)	7 (8.97)	
Maternal diseases, <i>n</i> (%)	Yes	10 (25.64)	12 (30.77)	22 (28.21)	.615*
Infant					
Gestational age, <i>n</i> (%)	<28	5 (12.82)	3 (7.69)	8 (10.26)	.566**
	28-32	7 (17.95)	12 (30.77)	19 (24.36)	
	32-34	12 (30.77)	10 (25.64)	22 (28.21)	
	34-37	15 (38.46)	14 (35.9)	29 (37.18)	
Type of delivery, <i>n</i> (%)	Cesarean section	29 (74.36)	30 (76.92)	59 (75.64)	.792*
Gender, <i>n</i> (%)	Female	21 (51.22)	20 (48.78)	41 (47.67)	.821*

* Mann Whitney U; ** Kruskal Wallis.

Supplementary Table 2. Comparison of Scores Based on Question Categories Between Groups Before and After Training

Categories	Control group		Intervention group		P1*	P2*
	Pre ¹	Post ²	Pre ¹	Post ²		
Total	10.1 ± 3.06	12.59 ± 2.98	10.72 ± 2.33	15.51 ± 2.69	.469	< .001
Post-discharge baby feeding	2.41 ± 1.02	3.18 ± 1.19	2.44 ± 0.99	3.56 ± 0.97	.946	.148
Post-discharge premature baby follow-up	1.95 ± 0.72	2.18 ± 0.6	2.05 ± 0.46	2.49 ± 0.6	.688	.023
The definition of prematurity	1.13 ± 0.66	1.1 ± 0.64	1.21 ± 0.77	1.69 ± 0.52	.554	< .001
Monitoring the growth of the premature baby	.95 ± 0.69	.9 ± 0.64	1.13 ± 0.61	1.31 ± 0.66	.231	.007
Sleep health and safety of the premature baby	1.05 ± 0.76	1.15 ± 0.81	.79 ± 0.57	1.62 ± 0.54	.111	.010
Skincare and bathing	.36 ± 0.49	.41 ± 0.5	.54 ± 0.51	.79 ± 0.41	.113	.001
Baby's room and clothing	1.21 ± 0.7	1.41 ± 0.72	1.28 ± 0.65	1.64 ± 0.49	.647	.193
Issues that may be encountered in the first year	.31 ± 0.47	.54 ± 0.51	.46 ± 0.51	.72 ± 0.46	.165	.103
The importance of breast milk and storage conditions	.74 ± 0.44	.92 ± 0.27	.74 ± 0.44	.87 ± 0.34	.990	.458
Baby safety and car seat	.36 ± 0.49	.49 ± 0.51	.62 ± 0.49	.77 ± 0.43	.024	.010

* Mann Whitney U;

Supplementary Table 3. Intra-Group Sequential Comparison of Scores Based on Question Categories Between Groups Before and After Training

Categories	Control group		Intervention group		P1*	P2*
	Pre ¹	Post ²	Pre ¹	Post ²		
Total	10.1 ± 3.06	12.59 ± 2.98	10.72 ± 2.33	15.51 ± 2.69	< .001	< .001
Post-discharge baby feeding	2.41 ± 1.02	3.18 ± 1.19	2.44 ± 0.99	3.56 ± 0.97	< .001	< .001
Post-discharge premature baby follow-up	1.95 ± 0.72	2.18 ± 0.6	2.05 ± 0.46	2.49 ± 0.6	.046	< .001
The definition of prematurity	1.13 ± 0.66	1.1 ± 0.64	1.21 ± 0.77	1.69 ± 0.52	.705	.004
Monitoring the growth of the premature baby	0.95 ± 0.69	0.9 ± 0.64	1.13 ± 0.61	1.31 ± 0.66	.527	.297
Sleep health and safety of the premature baby	1.05 ± 0.76	1.15 ± 0.81	0.79 ± 0.57	1.62 ± 0.54	.366	< .001
Skincare and bathing	0.36 ± 0.49	0.41 ± 0.5	0.54 ± 0.51	0.79 ± 0.41	.317	.005
Baby's room and clothing	1.21 ± 0.7	1.41 ± 0.72	1.28 ± 0.65	1.64 ± 0.49	.011	< .001
Issues that may be encountered in the first year	0.31 ± 0.47	0.54 ± 0.51	0.46 ± 0.51	0.72 ± 0.46	.007	< .001
The importance of breast milk and storage conditions	0.74 ± 0.44	0.92 ± 0.27	0.74 ± 0.44	0.87 ± 0.34	.020	.005
Baby safety and car seat	0.36 ± 0.49	0.49 ± 0.51	.62 ± 0.490	0.77 ± 0.43	.025	.002

* Wilcoxon test.