

## Appendix

Table A1. Baseline balance tests

	Treatment						Control			Balance		
	T1			T2						T1 v C	T2 v C	T1 v T2
	N	Mean	SE	N	Mean	SE	N	Mean	SE			
<b>Panel A. Maternal characteristics</b>												
Age (years)	511	25.530	(6.54)	379	25.206	(6.44)	779	25.392	(6.53)	0.139	-0.186	0.325
Indigenous=1	510	1.000	(0.00)	379	0.997	(0.05)	776	0.999	(0.04)	0.001	-0.001	0.003
Married/in partnership=1	511	0.906	(0.29)	379	0.929	(0.26)	779	0.893	(0.31)	0.013	<b>0.035*</b>	-0.023
Pregnant=1	511	0.429	(0.50)	379	0.422	(0.49)	779	0.404	(0.49)	0.024	0.018	0.006
Can read=1	511	0.834	(0.37)	379	0.823	(0.38)	779	0.778	(0.42)	0.056	0.045	0.010
Can write=1	426	0.911	(0.29)	312	0.904	(0.30)	606	0.926	(0.26)	-0.015	-0.022	0.007
Works=1	509	0.098	(0.30)	373	0.110	(0.31)	776	0.097	(0.30)	0.002	0.013	-0.012
Primary education incomplete=1	511	0.440	(0.50)	379	0.449	(0.50)	779	0.453	(0.50)	-0.013	-0.005	-0.008
Primary education complete=1	511	0.458	(0.50)	379	0.446	(0.50)	779	0.420	(0.49)	0.038	0.026	0.012
Secondary education complete=1	511	0.102	(0.30)	379	0.092	(0.29)	779	0.116	(0.32)	-0.014	-0.023	0.009
Empowerment Index	429	0.350	(0.20)	312	0.318	(0.20)	649	0.351	(0.22)	-0.001	-0.033	<b>0.031**</b>
Rosenberg Score	509	20.163	(4.69)	378	20.423	(4.45)	772	20.000	(4.71)	0.163	0.423	-0.260
Grit Score	509	3.475	(0.66)	379	3.470	(0.68)	772	3.370	(0.69)	0.106	0.101	0.005
Knowledge Index	510	0.314	(0.10)	379	0.312	(0.10)	777	0.296	(0.10)	0.017	0.016	0.001

	Treatment						Control			Balance		
	T1			T2						T1 v C	T2 v C	T1 v T2
	N	Mean	SE	N	Mean	SE	N	Mean	SE			
<b>Panel B. Paternal characteristics</b>												
Age (years)	459	29.458	(8.05)	343	28.845	(7.70)	690	28.835	(7.84)	0.623	0.011	0.612
Indigenous=1	457	1.000	(0.00)	343	0.997	(0.05)	687	1.000	(0.00)	0.000	-0.003	0.003
Married/in partnership=1	459	1.000	(0.00)	344	0.997	(0.05)	691	0.999	(0.04)	0.001	-0.001	0.003
Can read=1	459	0.911	(0.29)	344	0.898	(0.30)	691	0.865	(0.34)	0.045	0.033	0.012
Works=1	459	0.904	(0.29)	343	0.863	(0.34)	691	0.851	(0.36)	<b>0.053*</b>	0.012	<b>0.041**</b>
Primary education incomplete=1	458	0.319	(0.47)	344	0.366	(0.48)	691	0.386	(0.49)	-0.068	-0.020	-0.048
Primary education complete=1	458	0.555	(0.50)	344	0.488	(0.50)	691	0.488	(0.50)	0.067	0.001	<b>0.066*</b>
Secondary education complete=1	458	0.114	(0.32)	344	0.142	(0.35)	691	0.114	(0.32)	-0.001	0.028	-0.029
<b>Panel C. Child characteristics</b>												
Male=1	330	0.533	(0.50)	252	0.484	(0.50)	507	0.505	(0.50)	0.028	-0.021	0.049
Not yet born=1	524	0.370	(0.48)	387	0.349	(0.48)	791	0.359	(0.48)	0.011	-0.010	0.021
Age (months) – including in utero	441	2.937	(5.80)	336	3.345	(6.18)	683	2.586	(5.32)	0.351	0.760	-0.409
Dad lives in house=1	324	0.873	(0.33)	249	0.892	(0.31)	499	0.870	(0.34)	0.004	0.022	-0.018
<b>Panel D. Household composition</b>												
Number of members	500	5.856	(2.87)	370	5.908	(2.74)	758	5.871	(2.86)	-0.015	0.037	-0.052
% males 0-5 years	500	0.126	(0.14)	370	0.134	(0.14)	758	0.118	(0.14)	0.008	<b>0.016*</b>	-0.009
% males 6-18 years	500	0.106	(0.14)	370	0.112	(0.14)	758	0.103	(0.13)	0.003	0.009	-0.005
% males 19-49 years	500	0.224	(0.11)	370	0.227	(0.11)	758	0.227	(0.12)	-0.003	-0.001	-0.003
% males > 50 years	500	0.029	(0.07)	370	0.024	(0.06)	758	0.027	(0.06)	0.003	-0.002	0.005
% females 0-5 years	500	0.122	(0.14)	370	0.116	(0.13)	758	0.119	(0.14)	0.003	-0.003	0.006
% females 6-18 years	500	0.128	(0.14)	370	0.133	(0.15)	758	0.125	(0.14)	0.003	0.008	-0.005
% females 19-49 years	500	0.237	(0.12)	370	0.225	(0.11)	758	0.243	(0.12)	-0.007	<b>-0.018*</b>	<b>0.012*</b>
% females > 50 years	500	0.023	(0.06)	370	0.023	(0.06)	758	0.030	(0.07)	<b>-0.007**</b>	<b>-0.007*</b>	0.000

	Treatment						Control			Balance		
	T1			T2						T1 v C	T2 v C	T1 v T2
	N	Mean	SE	N	Mean	SE	N	Mean	SE			
<b>Panel E. Income and assets</b>												
Monthly income (Quetzales)	487	1886.139	(1970.34)	360	1909.180	(1951.54)	733	1918.174	(2201.69)	-32.036	-8.994	-23.041
Wealth index	500	-0.111	(2.91)	370	-0.217	(2.75)	758	0.190	(3.10)	-0.300	-0.407	0.106
Number of rooms	500	2.088	(1.11)	370	2.070	(1.17)	758	2.193	(1.23)	-0.105	-0.122	0.018
Number of bedrooms	500	1.434	(1.06)	370	1.405	(1.12)	758	1.455	(1.15)	-0.021	-0.050	0.029
Television=1	500	0.488	(0.50)	370	0.497	(0.50)	758	0.516	(0.50)	-0.028	-0.019	-0.009
Cable=1	500	0.264	(0.44)	370	0.297	(0.46)	758	0.274	(0.45)	-0.010	0.023	<b>-0.033*</b>
Radio=1	500	0.376	(0.48)	370	0.389	(0.49)	758	0.413	(0.49)	-0.037	-0.024	-0.013
Landline=1	500	0.020	(0.14)	370	0.019	(0.14)	758	0.032	(0.18)	-0.012	-0.013	0.001
Cellphone=1	500	0.876	(0.33)	370	0.881	(0.32)	758	0.856	(0.35)	0.020	0.025	-0.005
Stove (gas or electric)=1	500	0.222	(0.42)	370	0.203	(0.40)	758	0.309	(0.46)	-0.087	-0.106	0.019
Refrigerator=1	500	0.192	(0.39)	370	0.203	(0.40)	758	0.236	(0.42)	-0.044	-0.033	-0.011
Washing machine=1	500	0.028	(0.17)	370	0.030	(0.17)	758	0.030	(0.17)	-0.002	-0.001	-0.002
Air conditioning=1	500	0.002	(0.04)	370	0.000	(0.00)	758	0.003	(0.05)	-0.001	-0.003	0.002
Sewing machine =1	500	0.026	(0.16)	370	0.024	(0.15)	758	0.025	(0.16)	0.001	-0.001	0.002
Computer or tablet=1	500	0.056	(0.23)	370	0.038	(0.19)	758	0.062	(0.24)	-0.006	-0.024	0.018
Car=1	500	0.066	(0.25)	370	0.054	(0.23)	758	0.073	(0.26)	-0.007	-0.019	0.012
Motorcycle=1	500	0.150	(0.36)	370	0.154	(0.36)	758	0.204	(0.40)	-0.054	-0.050	-0.004
Bicycle=1	500	0.126	(0.33)	370	0.135	(0.34)	758	0.169	(0.37)	-0.043	-0.034	-0.009
Power plant or solar panels=1	500	0.056	(0.23)	370	0.051	(0.22)	758	0.083	(0.28)	-0.027	-0.032	0.005

	Treatment						Control			Balance		
	T1			T2						T1 v C	T2 v C	T1 v T2
	N	Mean	SE	N	Mean	SE	N	Mean	SE			
<b>Panel F. Household characteristics</b>												
<i>Type of home</i>												
House	500	0.984	(0.13)	370	0.973	(0.16)	758	0.953	(0.21)	0.031	0.020	<b>0.011**</b>
Other	500	0.016	(0.13)	370	0.027	(0.16)	758	0.047	(0.21)	-0.031	-0.020	<b>-0.011**</b>
<i>Tenancy</i>												
Owned	500	0.742	(0.44)	370	0.762	(0.43)	758	0.736	(0.44)	0.006	0.026	-0.020
Rented	500	0.064	(0.24)	370	0.049	(0.22)	758	0.057	(0.23)	0.007	-0.008	0.015
Other (given/borrowed/squatting)	500	0.194	(0.40)	370	0.189	(0.39)	758	0.207	(0.41)	-0.013	-0.018	0.005
<b>Panel G. Lighting and fuel</b>												
<i>Type of lighting</i>												
Public electricity (DEORSA)	500	0.728	(0.45)	370	0.738	(0.44)	758	0.739	(0.44)	-0.011	-0.001	-0.010
Candles	500	0.136	(0.34)	370	0.127	(0.33)	758	0.102	(0.30)	0.034	0.025	0.009
Solar panels	500	0.062	(0.24)	370	0.073	(0.26)	758	0.096	(0.30)	-0.034	-0.023	-0.011
Other	500	0.074	(0.26)	370	0.062	(0.24)	758	0.063	(0.24)	0.011	-0.001	0.012
<i>Type of fuel</i>												
Propane gas	500	0.182	(0.39)	370	0.143	(0.35)	758	0.247	(0.43)	-0.065	-0.103	0.039
Wood	500	0.818	(0.39)	370	0.857	(0.35)	758	0.753	(0.43)	0.065	0.103	-0.039

	Treatment						Control			Balance		
	T1			T2						T1 v C	T2 v C	T1 v T2
	N	Mean	SE	N	Mean	SE	N	Mean	SE			
<b>Panel H. Materials</b>												
<i>Exterior walls</i>												
Cinder block, brick, stone, concrete	500	0.374	(0.48)	370	0.368	(0.48)	758	0.332	(0.47)	0.042	0.035	0.006
Wood	500	0.266	(0.44)	370	0.265	(0.44)	758	0.204	(0.40)	0.062	0.060	0.001
Adobe	500	0.276	(0.45)	370	0.281	(0.45)	758	0.348	(0.48)	-0.072	-0.067	-0.005
Other	500	0.078	(0.27)	370	0.078	(0.27)	758	0.104	(0.31)	-0.026	-0.026	-0.000
<i>Roof</i>												
Clay tile	500	0.172	(0.38)	370	0.178	(0.38)	758	0.234	(0.42)	-0.062	-0.055	-0.006
Metal	500	0.768	(0.42)	370	0.743	(0.44)	758	0.679	(0.47)	0.089	0.064	0.025
Other	500	0.060	(0.24)	370	0.078	(0.27)	758	0.087	(0.28)	-0.027	-0.009	-0.018
<i>Floor</i>												
Concrete, cement	500	0.436	(0.50)	370	0.422	(0.49)	758	0.422	(0.49)	0.014	-0.001	0.014
Dirt	500	0.486	(0.50)	370	0.524	(0.50)	758	0.492	(0.50)	-0.006	0.032	-0.038
Other	500	0.078	(0.27)	370	0.054	(0.23)	758	0.086	(0.28)	-0.008	-0.032	0.024

	Treatment						Control			Balance		
	T1			T2						T1 v C	T2 v C	T1 v T2
	N	Mean	SE	N	Mean	SE	N	Mean	SE			
<b>Panel I. Water and sanitation</b>												
<i>Bathroom type</i>												
Cesspit or latrine	500	0.638	(0.48)	370	0.654	(0.48)	758	0.625	(0.48)	0.013	0.029	-0.016
Toilet connected to sewer	500	0.236	(0.43)	370	0.205	(0.40)	758	0.249	(0.43)	-0.013	-0.044	<b>0.031**</b>
Toilet connected to septic tank	500	0.088	(0.28)	370	0.114	(0.32)	758	0.087	(0.28)	0.001	0.026	<b>-0.026**</b>
No bathroom	500	0.038	(0.19)	370	0.027	(0.16)	758	0.038	(0.19)	-0.000	-0.011	0.011
<i>Bathroom use</i>												
Exclusive	481	0.805	(0.40)	360	0.772	(0.42)	731	0.807	(0.39)	-0.003	-0.035	0.032
Shared	481	0.195	(0.40)	360	0.228	(0.42)	731	0.193	(0.39)	0.003	0.035	-0.032
<i>Trash disposal</i>												
Public garbage truck	500	0.166	(0.37)	370	0.146	(0.35)	758	0.175	(0.38)	-0.009	-0.030	0.020
Burns	500	0.636	(0.48)	370	0.622	(0.49)	758	0.619	(0.49)	0.017	0.003	0.014
Buries	500	0.088	(0.28)	370	0.111	(0.31)	758	0.078	(0.27)	0.010	0.033	-0.023
Backyard	500	0.050	(0.22)	370	0.062	(0.24)	758	0.058	(0.23)	-0.008	0.004	-0.012
Other	500	0.060	(0.24)	370	0.059	(0.24)	758	0.070	(0.26)	-0.010	-0.010	0.001
<i>Drinking water</i>												
Piped water in household	500	0.612	(0.49)	370	0.600	(0.49)	758	0.554	(0.50)	0.058	0.046	0.012
Piped water for community	500	0.202	(0.40)	370	0.208	(0.41)	758	0.193	(0.39)	0.009	0.015	-0.006
Well	500	0.042	(0.20)	370	0.057	(0.23)	758	0.082	(0.27)	-0.040	-0.025	-0.015
Spring	500	0.056	(0.23)	370	0.046	(0.21)	758	0.071	(0.26)	-0.015	-0.025	0.010
Purchases clean water	500	0.038	(0.19)	370	0.051	(0.22)	758	0.077	(0.27)	-0.039	-0.025	-0.013
Other	500	0.050	(0.22)	370	0.038	(0.19)	758	0.024	(0.15)	0.026	0.014	0.012
<i>Water treatment</i>												
None	500	0.102	(0.30)	370	0.141	(0.35)	758	0.232	(0.42)	<b>-0.130***</b>	<b>-0.092**</b>	<b>-0.039***</b>
Boils	500	0.646	(0.48)	370	0.638	(0.48)	758	0.554	(0.50)	0.092	0.084	0.008
Filters	500	0.102	(0.30)	370	0.078	(0.27)	758	0.075	(0.26)	0.027	0.003	<b>0.024*</b>
Adds chlorine	500	0.102	(0.30)	370	0.111	(0.31)	758	0.096	(0.30)	0.006	0.015	-0.009
Other	500	0.048	(0.21)	370	0.032	(0.18)	758	0.042	(0.20)	0.006	-0.010	0.016

Table A2. Knowledge Index – components and correct responses

Components	Responses
Duration of exclusive breastfeeding	1= 6 months
Benefits of breast milk	1= Protects children from sickness
Benefits of breast milk	1= Helps children grow
Benefits of breast milk	1= Has everything child needs in first 6 months
Benefits of breast milk	1= It's clean, safe, and convenient
Benefits of breast milk	1= It's economical
Benefits of breast milk	1= It reduces medical costs
Benefits of breast milk	1= Due to medical advice
Frequency of breastfeeding for child under 6 months	1= Whenever they want
When can you give liquids to children under 6 months	1= Never
Is it okay to keep breastfeeding when sick	1= Yes
Is it okay to keep breastfeeding when studying or working	1= Yes
Strategies to use if mother is working	1= Breastfeed before and after leaving
Strategies to use if mother is working	1= Breastfeed multiple times at night
Strategies to use if mother is working	1= Pump breast milk
Strategies to use if mother is working	1= Store breast milk in the refrigerator
Strategies to use if mother is working	1= Store breast milk in the freezer
Introduction of liquids	1= 6 months
Introduction of solids	1= 6 months
Can give food to children under 6 months if hungry	1= False
Consistency of food 6-8 months	1= Thick/mashed porridge
Method to know if consistency is adequate 6-8 months	1= If it doesn't easily fall off the spoon
Children 6-8 months can drink sugary beverages	1= False
Don't have to worry about variety of food at 6-8 months	1= False
Frequency of meals 6-8 months	1= 2-3
Frequency of snacks 6-8 months	1= 1-2
Spoonfuls per meal	1= 2-3
Quantity of food when child over 6 months is sick	1= More
Quantity of liquids when child over 6 months is sick	1= More
Quantity of breast milk when child over 6 months is sick	1= More
Consistency of food 9-11 months	1= Small pieces
Other characteristics of food 9-11 months	1= Easy to pick up and in small pieces
Frequency of meals 9-11 months	1= 3-4
Frequency of snacks 9-11 months	1= 1-2
Spoonfuls per meal 9-11 months	1= 6-7
Recommended foods 9-11 months	1= Breast milk
Recommended foods 9-11 months	1= Mashed beans
Recommended foods 9-11 months	1= Chicken with vegetables
You should breastfeed after 12 months	1= Yes
Duration of breastfeeding	1= 24 months
Consistency of food 12-24 months	1= Pieces
Frequency of meals 12-24 months	1= 3-4
Frequency of snacks 12-24 months	1= 1-2
Spoonfuls per meal 12-24 months	1= 8-9 or other
Feeding practices	1= Feed with love

Feeding practices	1= Talk to them so they eat
Feeding practices	1= Have patience
Feeding practices	1= Feed slowly
Feeding practices	1= Stay persistent so they try food multiple times
Feeding practices	1= Feed them with family
Feeding practices	1= Feed when free of stress and distraction
Feeding practices	1= Let them explore food with their hands
Feeding practices	1= Follow routines and schedules