

Additional File 1. Focus group guides for parents and healthcare professionals**Parents**

1. How did having a child during the pandemic affect you and your baby during the birth and after?
Were there any personal factors that affected access to care and support?
2. What strategies are needed to improve care and support for birthing parents and babies during pandemics or similar situations?
3. What is the single most important strategy and why?

Healthcare professionals

1. How did the pandemic affect your ability to care for birthing parents and babies?
What do you think might be some lasting affects?
How did you overcome these challenges?
2. What strategies are needed to improve care and support for birthing parents and babies?
3. What single strategy would you prioritize and why?