| **A= Analysis** | | - Analysis of characteristics of postpartum self-care mothers |
| - Analysis of participants
- Analysis of postpartum self-care interventions
- Analysis of postpartum care needs | | - Analysis of postpartum self-care interventional studies to promote self-care practice, maternal functioning, and reduce postpartum fatigue and depression.
- Analysis of postpartum self-care needs. |

| **D = Design** | | - Setting the session, procedure and goal. |
| - Specification of session
- Selection of contents
- Selection of application methods
- Selection of program implementer
- Establishing evaluation method
- Development of program draft | | - Selection of contents of program
- Scheduled contents
- Selection of application methods
- Selection of program implementer
- Establishing evaluation method to test effectiveness
- Development of program draft. |

| **D = Development** | |
| -Validated by Expert panel
-Revision and supplementation
-Development of Program | -Validated by Expert panel of 5 members
 1 Gynecologist and obstetrician
 1 Medical Doctor of Gynae & Obstetrics department.
  1 Head nurse working in Postpartum ward
  2 Nursing faculties majoring Women's Health Nursing
-Revision of program and supplementation based on feedback and expert's comments |

| **I = Implementation** | |
| -Program application
-Maintaining and managing the program | -Preliminary study with 2 postpartum mothers
 Pretest- application of self-care program. |

| **E = Evaluation** | |
| -Evaluation of program
-Finalize the program | -Identifying participant's response and feedback on postpartum self-care program
- Revision and supplementation of the postpartum self-care program
-Finalize Postpartum Self-care Program |

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| Evaluation of efficacy of the Nurse-led Postpartum Self-care Program |

Supplementary Figure 1. Development of the Nurse-led Postpartum Self-care program according to the ADDIE process