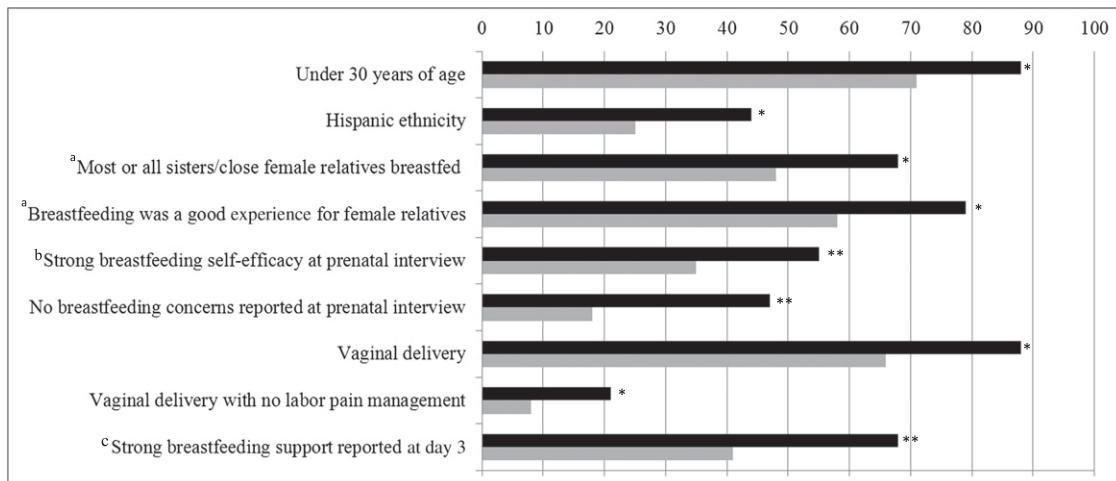


¹Supplemental Information



SUPPLEMENTAL FIGURE 5

Notable characteristics (% xaxis) in group who reported no breastfeeding concerns at the day 3 interview (black bars, $n = 34$ positive deviants) versus group who reported ≥ 1 breastfeeding concern (gray bars, $n = 368$). Maternal education level, health insurance status, Supplemental Nutrition Program for Women, Infants, and Children participation, BMI, and infant feeding intentions did not differ significantly between the 2 groups; * $P < .05$ and ** $P < .01$. ^a Assessed at prenatal interview (question in quotes with list of possible responses in brackets), “Did any of your sisters or close female relatives ever breastfeed their children?” [Yes, most or all did; some did and some did not; most or all did not; don’t know] and “Of those who breastfed, was breastfeeding a good experience for them?” [Yes, no, mixed, don’t know]. Similar questions were asked about the participant’s mother and close friends, but there were no significant differences in responses to these questions between the positive deviants and the other participants. ^bBreastfeeding Self-Efficacy Scale, short-form (Dennis 2003)¹² mean score >3.5 . ^cMaximum score on composite of 3 measures (reported support from family and friends for breastfeeding + convenience of breastfeeding compared with bottle feeding + no embarrassment to breastfeed).

SUPPLEMENTAL TABLE 4 Prevalence of Maternally Reported Breastfeeding Concerns by Selected Interview Time Points, Stratified by Maternal Socio-demographic Variables

Category	Any Concern ^a	Infant Feeding Difficulty			Milk Quantity Concern			Uncertainty With Own Breastfeeding Ability			Breastfeeding Pain			Signs of Insufficient Intake ^b		Comments
		PN	Day 3	Day 7	PN	Day 3	Day 7	PN	Day 3	Day 7	PN	Day 3	Day 7	Day 3	Day 7	
Ethnicity	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	Wide differences in prevalence of prenatal breastfeeding concerns by ethnicity. For example, Hispanic women whose primary language was Spanish had the lowest prevalence of any prenatal breastfeeding concern, but differences by ethnicity largely disappeared in postnatal interviews.
Asian	52 (81)	51 (94)	43 (90)	17 (27)	26 (48)	28 (44)	25 (48)	17 (35)	19 (30)	18 (33)	12 (25)	16 (25)	28 (48)	20 (42)	8 (15)	11 (23)
African-American	58 (77)	58 (95)	44 (79)	24 (32)	34 (56)	24 (43)	10 (13)	26 (43)	9 (16)	21 (28)	18 (30)	11 (20)	28 (37)	33 (54)	3 (5)	4 (7)
White, non-Hispanic	184 (84)	159 (92)	137 (83)	90 (41)	86 (50)	70 (42)	71 (33)	70 (41)	48 (29)	77 (35)	53 (31)	43 (26)	70 (32)	68 (40)	72 (43)	31 (18)
Hispanic (English-speaking)	59 (74)	55 (87)	49 (83)	23 (29)	33 (52)	31 (53)	18 (23)	18 (29)	13 (22)	20 (25)	19 (30)	16 (27)	23 (29)	25 (40)	27 (46)	7 (11)
Hispanic (Spanish-speaking)	38 (61)	45 (85)	43 (81)	7 (11)	28 (53)	20 (38)	21 (34)	24 (45)	15 (28)	10 (16)	8 (15)	10 (19)	15 (24)	22 (42)	23 (43)	3 (6)
Identifies with >1 major ethnic category	.27 (.82)	.26 (.100)	.22 (.92)	.10 (.30)	.18 (.69)	.13 (.54)	.12 (.36)	.8 (.31)	.5 (.21)	.15 (.46)	.6 (.23)	.3 (.13)	.9 (.27)	.14 (.54)	.15 (.63)	.5 (19)
P	.004	.11	.59	.0005	.55	.54	.002	.6	.24	.02	.28	.59	.51	.31	.2	.053
Age, y																
<25	188 (73)	184 (89)	146 (78)	191 (74)	110 (53)	80 (43)	60 (23)	74 (36)	40 (21)	70 (27)	43 (21)	32 (17)	69 (27)	98 (48)	92 (49)	13 (6)
25-29.9	106 (82)	99 (92)	88 (85)	82 (63)	62 (57)	52 (50)	49 (38)	43 (40)	22 (21)	40 (31)	32 (30)	22 (21)	34 (26)	44 (41)	48 (47)	17 (16)
>30	124 (86)	111 (97)	104 (90)	88 (61)	62 (46)	49 (43)	51 (35)	57 (50)	45 (39)	52 (36)	47 (39)	41 (36)	58 (40)	46 (40)	50 (43)	27 (23)
P	.005	.08	.01	.01	.23	.38	.004	.057	.001	.17	.0007	.0009	.009	.32	.65	<.0001
Health insurance status																
Private	225 (84)	204 (94)	179 (87)	107 (40)	109 (50)	99 (48)	96 (36)	98 (45)	68 (33)	86 (16)	70 (32)	58 (28)	96 (36)	90 (41)	90 (44)	40 (18)
Public	191 (73)	187 (90)	156 (79)	63 (24)	113 (54)	81 (41)	63 (24)	74 (36)	37 (19)	74 (28)	51 (25)	37 (19)	65 (25)	97 (47)	97 (49)	16 (7)
P	.001	.22	.03	<.0001	.34	.15	.003	.053	.001	.33	.09	.02	.006	.25	.28	.002
Education level																
High school or less	153 (72)	154 (89)	125 (78)	58 (27)	92 (53)	66 (41)	50 (23)	66 (38)	33 (21)	56 (26)	38 (22)	29 (18)	60 (28)	83 (48)	81 (50)	7 (4)
At least some college	265 (83)	240 (93)	213 (87)	113 (36)	133 (52)	115 (47)	110 (35)	108 (42)	74 (30)	106 (33)	84 (33)	66 (27)	101 (32)	105 (41)	109 (45)	50 (20)
P	.001	.08	.014	.04	.8	.24	.006	.4	.03	.08	.01	.04	.36	.15	.25	<.0001

SUPPLEMENTAL TABLE 4 Continued

Category	Any Concern ^a	Infant Feeding Difficulty			Milk Quantity Concern			Uncertainty With Own Breastfeeding Ability			Breastfeeding Pain			Signs of Insufficient Intake ^b		Comments
		PN	Day 3	Day 7	PN	Day 3	Day 7	PN	Day 3	Day 7	PN	Day 3	Day 7	Day 3	Day 7	
Delivery mode																
Vaginal	246 (77)	262 (89)	217 (79)	95 (30)	144 (49)	113 (41)	94 (30)	117 (40)	66 (24)	93 (29)	72 (25)	51 (19)	96 (30)	128 (44)	37 (13)	35 (13)
Cesarean	111 (80)	130 (97)	53 (38)	80 (60)	68 (53)	47 (34)	56 (42)	41 (32)	42 (30)	50 (37)	44 (34)	33 (24)	59 (44)	57 (44)	20 (15)	28 (22)
<i>P</i>	.55	.008	.0004	.08	.04	.03	.37	.72	.1	.83	.007	.0006	.16	.95	.47	.52
Maternal BMI ^c																
<=30	220 (80)	253 (93)	223 (83)	89 (32)	142 (52)	116 (43)	89 (22)	109 (40)	70 (26)	90 (33)	77 (28)	63 (23)	87 (32)	129 (47)	135 (50)	38 (14)
>30	98 (75)	116 (90)	109 (85)	46 (35)	66 (51)	61 (48)	38 (29)	52 (40)	35 (27)	31 (24)	37 (29)	30 (23)	31 (24)	48 (37)	53 (41)	19 (15)
<i>P</i>	.29	.35	.52	.55	.87	.38	.53	.94	.76	.07	.92	.98	.11	.056	.11	.83
																There were no significant differences between obese and nonobese participants in prevalence of prenatal or postnatal breastfeeding concerns.

SUPPLEMENTAL TABLE 4 Continued

Category	Any Concern ^a	Infant Feeding Difficulty			Milk Quantity Concern			Uncertainty With Own Breastfeeding Ability			Breastfeeding Pain			Signs of Insufficient Intake ^b		Comments
		PN	Day 3	Day 7	PN	Day 3	Day 7	PN	Day 3	Day 7	PN	Day 3	Day 7	Day 3	Day 7	
Feeding intentions ^{d,e}																
Weak/moderate	114 (80)	99 (93)	82 (82)	37 (26)	58 (55)	41 (41)	28 (20)	43 (41)	25 (25)	55 (39)	27 (25)	24 (24)	53 (37)	54 (51)	52 (52)	9 (8)
Strong	135 (80)	123 (90)	103 (82)	62 (37)	75 (55)	59 (47)	54 (32)	60 (44)	32 (25)	51 (30)	31 (23)	23 (18)	54 (32)	54 (40)	54 (43)	23 (17)
Very strong	169 (76)	172 (92)	153 (85)	72 (32)	92 (49)	81 (45)	78 (35)	71 (38)	50 (27)	56 (25)	64 (34)	48 (27)	54 (24)	80 (43)	84 (47)	25 (13)
P	.51	.76	.71	.12	.49	.67	.006	.54	.84	.02	.06	.25	.03	.2	.39	.16
Prenatally those with weak/moderate breastfeeding intentions were less likely to report milk quantity concern and more likely to express concerns about uncertainty with own breastfeeding ability and pain while breastfeeding, compared with those with stronger breastfeeding intentions, but there were no significant differences in prevalence of postnatal breastfeeding concerns by feeding intention category																
Breastfeeding self-efficacy ^{g,f}																
Low (<3)	149 (85)	130 (98)	114 (90)	62 (35)	74 (56)	60 (48)	47 (27)	66 (50)	41 (33)	76 (43)	50 (38)	40 (32)	74 (42)	70 (53)	71 (56)	15 (11)
Moderate (3-3.49)	151 (87)	128 (91)	109 (83)	70 (40)	74 (52)	59 (45)	58 (33)	54 (38)	38 (29)	57 (33)	40 (28)	27 (20)	55 (32)	55 (38)	53 (40)	23 (16)
Strong (≥ 3.5)	118 (64)	136 (88)	115 (78)	39 (21)	77 (50)	62 (42)	55 (30)	54 (35)	28 (19)	29 (16)	32 (21)	28 (19)	32 (17)	65 (42)	66 (45)	19 (12)
P	<.0001	.007	.02	.003	.6	.64	.42	.03	.03	<.0001	.006	.03	<.0001	.04	.03	.45
Participants with strong (as opposed to moderate or low) breastfeeding self-efficacy were generally less likely to report breastfeeding concerns both prenatally and postnatally. Notable exceptions for which there were no significant differences were concern about infant feeding																

SUPPLEMENTAL TABLE 4 Continued

Category	Any Concern ^a	Infant Feeding Difficulty			Milk Quantity Concern			Uncertainty With Own Breastfeeding Ability			Breastfeeding Pain			Signs of Insufficient Intake ^b		Comments	
		PN	Day 3	Day 7	PN	Day 3	Day 7	PN	Day 3	Day 7	PN	Day 3	Day 7	Day 3	Day 7		
Comfort with Idea of Breastfeeding^{c,g}																	
Somewhat/very uncomfortable	56 (82)	45 (94)	34 (85)	15 (22)	26 (54)	17 (43)	18 (27)	18 (38)	12 (30)	31 (46)	13 (27)	10 (25)	33 (49)	24 (50)	19 (48)	3 (6)	3 (8)
Somewhat comfortable	119 (86)	107 (96)	98 (89)	50 (36)	65 (58)	55 (50)	48 (35)	54 (48)	38 (35)	53 (38)	36 (32)	28 (26)	54 (39)	56 (50)	62 (56)	18 (16)	24 (22)
Very comfortable	242 (75)	241 (90)	205 (80)	106 (33)	133 (50)	109 (43)	94 (29)	102 (38)	57 (22)	77 (24)	73 (27)	56 (22)	74 (23)	107 (40)	108 (42)	36 (13)	37 (15)
P	.02	.17	.12	.13	.31	.42	.39	.17	.05	<.0001	.61	.74	<.0001	.13	.05	.25	.07
Comfort with the Idea of Formula^{e,g}																	
Very uncomfortable	61 (74)	64 (88)	56 (81)	26 (31)	25 (34)	23 (33)	24 (29)	29 (40)	17 (25)	21 (25)	23 (32)	17 (25)	20 (24)	32 (44)	34 (49)	8 (11)	9 (13)
Somewhat uncomfortable	137 (81)	125 (91)	113 (84)	64 (38)	75 (55)	63 (47)	59 (35)	53 (39)	33 (25)	47 (28)	40 (29)	32 (24)	47 (28)	58 (42)	60 (45)	23 (17)	25 (19)
Somewhat comfortable	155 (82)	149 (94)	124 (84)	64 (34)	90 (57)	72 (49)	58 (31)	70 (44)	41 (28)	60 (32)	48 (30)	35 (24)	68 (36)	67 (42)	64 (43)	22 (14)	27 (18)
Very comfortable	65 (71)	56 (93)	45 (83)	17 (19)	35 (58)	23 (42)	19 (21)	22 (37)	16 (29)	34 (37)	11 (18)	11 (20)	26 (29)	31 (52)	32 (58)	4 (7)	3 (6)
P	.11	.44	.93	.02	.008	.17	.13	.71	.88	.28	.3	.93	.17	.61	.26	.25	.1
Breastfeeding support^h																	
Least	131 (86)	146 (97)	127 (90)	56 (37)	92 (61)	78 (55)	42 (27)	77 (51)	55 (39)	61 (40)	49 (33)	37 (26)	58 (38)	58 (39)	59 (42)	27 (18)	29 (21)
Moderate	76 (78)	90 (93)	76 (83)	30 (31)	60 (62)	47 (51)	36 (37)	31 (32)	14 (15)	31 (32)	28 (29)	25 (27)	30 (31)	49 (50)	47 (51)	12 (21)	10 (11)
Most	129 (72)	155 (87)	135 (78)	55 (31)	70 (39)	56 (32)	54 (30)	64 (36)	38 (22)	37 (21)	44 (24)	33 (19)	37 (21)	80 (45)	84 (49)	18 (10)	25 (14)
P	.009	.002	.02	.46	<.0001	.26	.003	<.0001	.26	.006	.27	.2	.002	.18	.32	.1	.11

SUPPLEMENTAL TABLE 4 Continued

Category	Any Concern ^a		Infant Feeding Difficulty		Milk Quantity Concern		Uncertainty With Own Breastfeeding Ability		Breastfeeding Pain		Signs of Insufficient Intake ^b		Comments		
	PN	Day 3	Day 7	PN	Day 3	Day 7	PN	Day 3	Day 7	PN	Day 3	Day 7	Day 3	Day 7	
															day 7 interviews, whereas women who reported the least social support had the highest prevalence of concerns about infant feeding difficulty or milk quantity at day 3 and day 7. However, there were no significant differences by breastfeeding social support category in prevalence of concerns about breastfeeding pain or uncertainty with own breastfeeding ability at day 3 and day 7.

^a Presented as the number (percent) within each group reporting the problem or concern ($N = 532$, prenatal interview; $N = 429$, day 3 interview; $N = 406$, day 7 interview).

^b Concern about medical sign of insufficient intake reported by only 2 individuals at prenatal interview; data not shown.

^c BMI (kg/m^2) assessed at the day 7 interview.

^d Infant Feeding Intentions Scale (range: 0–16). Weak/moderate, <11.5 ; strong, 12–15.5; or very strong, 16.

^e Assessed at the prenatal interview.

^f Breastfeeding Self-Efficacy Scale, short-form (Dennis 2003).¹²

^g For the questions "How do you feel about the idea of formula feeding your infant?" and "How do you feel about the idea of breastfeeding your infant?" the possible responses were as follows: very uncomfortable, somewhat uncomfortable, or very comfortable.

^h Ad hoc composite of 3 measures (reported support from family and friends for breastfeeding, convenience of breastfeeding compared with bottle feeding, embarrassment to breastfeed), assessed at the day 3 interview.
1

SUPPLEMENTAL TABLE 5 Odds of Stopping Breastfeeding Before 60 Days by Report of Select Breastfeeding Concern Subcategories at Days 3, 7, 14, and 30

Main Category	Subcategory	Day 3		Day 7		Day 14		Day 30	
		Report of Concern, No. (%)	Adjusted OR (95% CI) ^{a,b}	Report of concern, No. (%)	Adjusted OR (95% CI) ^{a,b}	Report of concern, No. (%)	Adjusted OR (95% CI) ^{a,b}	Report of concern, No. (%)	Adjusted OR (95% CI) ^{a,b}
Infant feeding difficulty									
Problems with latch	160 (40)	29.4/15.7	2.2 (1.4–3.6)	123 (31)	30.9/14.9	2.9 (1.7–5.0)	72 (19)	30.6/13.0	3.3 (1.7–6.2)
Infant too sleepy to feed	37 (9)	10.8/22.2	0.5 (0.2–1.5)	22 (6)	9.1/20.5	0.4 (0.1–2.0)	18 (5)	5.6/16.9	0.4 (0.1–3.0)
Nipple confusion/refusal to breastfeed	26 (6)	46.2/19.4	3.3 (1.4–7.9)	24 (6)	41.7/18.5	4.4 (1.8–11.2)	18 (5)	22.2/16.1	1.7 (0.5–5.7)
Frequency/length of feedings	14 (3)	14.3/21.4	0.6 (0.1–2.7)	27 (7)	7.4/20.8	0.3 (0.1–1.5)	27 (7)	3.7/17.3	0.2 (0.03–1.9)
Fussy/frustrated at breast	7 (2)	71.4/20.3	18.4 (3.4–101)	7 (2)	57.1/19.2	8.8 (1.7–44.8)	9 (2)	22.2/16.2	1.3 (0.2–7.3)
Infant not feeding well	9 (2)	11.1/21.4	0.5 (0.1–4.1)	8 (2)	25/19.8	1.8 (0.3–10.0)	11 (3)	9.1/16.6	0.7 (0.1–5.6)
Milk quantity concern									
Infant not getting enough milk	94 (23)	27.7/19.2	1.9 (1.1–3.3)	62 (16)	29/18.2	2.6 (1.3–5.0)	38 (10)	23.7/15.5	2.8 (1.2–6.7)
Milk not in sufficient maternal production	41 (10)	26.8/20.5	1.8 (0.8–3.9)	26 (7)	26.9/19.4	2.0 (0.8–5.2)	5 (1)	17.2/16.2	1.4 (0.6–3.2)
Infant shows signs of hunger	33 (8)	18.2/21.4	0.8 (0.3–2.5)	21 (5)	23.8/19.7	1.3 (0.4–4.0)	23 (6)	39.1/14.9	4.8 (1.5–8.9)
Uncertainty with breastfeeding ability	12 (3)	25/21	1.0 (0.2–4.3)	12 (3)	41.7/19.2	2.4 (0.7–8.5)	12 (3)	16.7/16.3	0.8 (0.2–4.2)
Breastfeeding technique, positioning, or getting used to breastfeeding	47 (12)	12.8/22.3	0.7 (0.3–1.7)	26 (7)	11.5/20.5	0.6 (0.2–2.2)	10 (3)	0/16.7	NA
Breast anatomy adequacy	30 (7)	36.7/19.9	3.0 (1.3–7.1)	26 (7)	38.5/18.6	3.6 (1.5–8.9)	15 (4)	33.3/15.7	3.6 (1.1–12.0)

SUPPLEMENTAL TABLE 5 Continued

Main Category	Subcategory	Day 3		Day 7		Day 14		Day 30	
		Report of Concern, No. (%)	Stopping Breastfeeding (%) in Mothers With Versus Without Concern, With/Without	Adjusted OR (95% CI) ^{a,b}	Report of concern, No. (%)	Stopping Breastfeeding (%) in Mothers With Versus Without Concern, With/Without	Adjusted OR (95% CI) ^{a,b}	Report of concern, No. (%)	Stopping Breastfeeding (%) in Mothers With Versus Without Concern, With/Without
Not sure how long breastfeeding duration/frequency should be	8 (2)	25/21.1	1.0 (0.2–5.8)	3 (1)	66.7/19.5	3.1 (0.5–83.0)	0	NA	NA
Breastfeeding too difficult or time-consuming	15 (4)	13.3/21.4	17.0/8 (0.2–3.8)	14 (4)	21.4/19.8	1.2 (0.3–4.6)	9 (2)	11.1/16.5	0.98 (0.1–8.4)
Tired or exhausted	8 (2)	12.5/21.3	0.5 (0.1–4.6)	13 (3)	15.4/20.1	0.9 (0.2–4.2)	12 (3)	16.7/16.3	1.4 (0.3–7.1)
Milk quality or nutritional adequacy of exclusive breast milk diet	7 (2)	28.6/21	1.4 (0.2–8.1)	7 (2)	42.9/19.5	2.2 (0.4–12.0)	6 (2)	16.7/16.4	0.6 (0.1–5.6)
Not meeting breastfeeding goals	4 (1)	0/21.4	NA	6 (2)	33.3/19.7	1.8 (0.3–12.1)	7 (2)	14.3/16.4	1.0 (0.1–8.9)
Wanting someone else to feed the infant	3 (1)	0/21.3	NA	2 (1)	0/20.0	NA	2 (1)	0/16.4	NA
Uncomfortable with the act or connotations of breastfeeding	3 (1)	33.4/21.1	0.7 (0.1–8.9)	3 (1)	0/20.1	NA	2 (1)	0/16.4	NA
Pain while breastfeeding								12 (3)	50.0/14.1
Painful nipples	138 (34)	26.1/18.6	1.4 (0.9–2.4)	152 (39)	26.3/15.8	1.7 (1.02–2.9)	110 (29)	19.1/15.2	1.3 (0.7–2.6)
Sore breasts, engorgement, or breast pain	35 (9)	28.6/20.4	1.2 (0.5–2.8)	53 (14)	22.6/19.5	1.2 (0.6–2.5)	42 (11)	19.0/16.0	1.2 (0.5–2.8)
								43. (12)	16.3/15.2
									1.2 (0.5–3.0)

(95% CI)^{a,b}(95% CI)^{a,b}(95% CI)^{a,b}(95% CI)^{a,b}(95% CI)^{a,b}

SUPPLEMENTAL TABLE 5 Continued

Main Category	Subcategory	Day 3		Day 7		Day 14		Day 30	
		Report of Concern, No. (%)	Stopping Breastfeeding (%) in Mothers With Versus Without Concern, With/Without	Report of concern, No. (%)	Stopping Breastfeeding (%) in Mothers With Versus Without Concern, With/Without	Report of concern, No. (%)	Stopping Breastfeeding (%) in Mothers With Versus Without Concern, With/Without	Report of concern, No. (%)	Stopping Breastfeeding (%) in Mothers With Versus Without Concern, With/Without
Cesarean delivery or other pain not related to breasts or nipples	13 (3)	23/1/21.1	1.2 (0.3–4.7)	10 (3)	30/19/6	2.0 (0.5–8.7)	6 (2)	33/3/16.1	2.5 (0.4–16.0)
Mastitis	3 (1)	0/21/3	NA	5 (1)	40/19/6	3.2 (0.5–20.4)	11 (3)	36/4/15.8	3.0 (0.8–11.1)
Thrush or yeast infection	0	NA	0	NA	NA	2 (1)	0	NA	17 (5)
								9 (2)	35/3/14.3
									22/2/15.1
									1.7 (0.3–9.5)

Analysis restricted to mothers who indicated prenatally their intent to breastfeed ≥ 2 mo ($N = 402$, day 3; $N = 332$, day 7; $N = 373$, day 14; $N = 373$, day 30).^a Adjusted for prenatal Infant Feeding Intentions Scale category and maternal education level.^b Referent = mothers who did not report the breastfeeding concern subcategory.