

Supplementary Table 1. Factor analysis¹ of beliefs and attitudes related to infant feeding and maternal self-efficacy

Beliefs and attitudes	Factor loadings			
	Factor 1	Factor 2	Factor 3	Factor 4
Factor 1: Belief in sufficiency of EBF (Cronbach's alpha=0.803; Variation explained=38.2%)				
A baby cannot survive on breast milk alone for the first six months	0.589	-0.036	0.027	-0.000
When I see a baby breastfeeding often, I think that the baby is hungry and should be fed other foods	0.597	0.050	0.010	0.085
A mother cannot produce enough milk to provide for her baby in the first six months	0.668	0.014	-0.019	-0.130
It's okay for a baby to have a few sips of water here and there, in the first six months	0.417	-0.144	0.177	0.274
Giving other foods in the first six months will make a baby grow up to be strong	0.534	-0.040	0.315	0.040
Giving breast milk alone to an infant for the first 6 months is cruel	0.353	0.109	0.064	0.065
If my baby has a sunken or non-pulsating fontanel (<i>nhova</i>), I would give it traditional medicine	0.534	-0.030	-0.063	-0.052
When my baby is sick, I want to feed it other foods and liquids in addition to breast milk	0.618	-0.001	0.002	0.057
Factor 2: Maternal self-efficacy regarding infant feeding and care (Cronbach's alpha=0.804; Variation explained=37.7%)				
When my baby is breastfeeding, I can always recognize when my baby is full (R)	0.115	0.583	-0.027	-0.105
I always feel comfortable breastfeeding with my family members present (R)	-0.206	0.305	0.175	0.141
I can always manage to keep up with my baby's breastfeeding demands (R)	-0.038	0.673	-0.018	0.048
I can always ensure that my baby is getting enough breast milk (R)	0.001	0.757	0.029	0.048
I am always motivated to breastfeed my baby (R)	-0.050	0.687	-0.082	0.007
I am satisfied with the amount of time that I have available in a day to breastfeed my baby (R)	-0.011	0.656	0.121	0.100
I am satisfied with the amount of time that I have available in a day to take care of my baby (R)	-0.007	0.827	-0.065	-0.004
Factor 3: Enabling environment for EBF (Cronbach's alpha=0.571; Variation explained=25.8%)				
In my family, giving only breast milk for the first six months is achievable (R)	0.062	-0.045	0.699	-0.033
In my family, giving only breast milk for the first six months is acceptable (R)	0.077	-0.013	0.708	-0.082
In my family, a woman can make decisions about infant feeding by herself. (R)	-0.232	-0.067	0.298	-0.014
I can always feed my baby with breast milk only (R)	0.258	0.249	0.365	0.097
Factor 4: Beliefs about cooking oil use in the first six months (Cronbach's alpha=0.812; Variation explained=24.9%)				
Giving cooking oil can be helpful in the first 6 months.	0.030	0.007	0.021	0.786
I would use cooking oil to settle tummy problems (<i>ruzoka</i>)	0.112	-0.015	-0.141	0.775
Item that did not meet criteria for factor inclusion				
I worry about all the things that I have to get done in a day.	0.267	0.069	-0.127	0.017

¹ Extraction method: Principal Axis Factoring; Rotation method: Oblique promax. (R) indicates that the item was reverse coded

Supplementary Table 2. Factor Analysis¹ of beliefs and attitudes related to social norms

Beliefs and attitudes	Factor loadings				
	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5
Factor 1: Community expectations regarding infant feeding and traditional medicine (Cronbach's alpha=0.852; Variation explained=24.2%)					
At this time, my mother will think I am lazy if I don't prepare porridge for my baby*	0.347	0.112	0.394	-0.005	0.106
Other family members think my baby would be bigger if I fed him/her solid foods.	0.706	0.134	0.124	-0.165	-0.224
Other family members think I should use oral traditional medicines to help my baby.	0.623	-0.265	-0.034	0.233	0.031
At this time, other family members will think I am lazy if I don't prepare porridge for my baby.	0.742	-0.170	0.241	0.078	-0.091
I feel pressured to feed my baby the way other family members tell me.*	0.375	0.224	-0.158	0.326	-0.004
Elders in the community think my baby would be bigger if I fed him/her solid foods.	0.825	0.003	-0.008	-0.034	-0.227
Elders in the community think I should use oral traditional medicines to help my baby.	0.678	-0.053	-0.097	0.110	0.040
At this time, elders in the community will think I am lazy if I don't prepare porridge for my baby.	0.934	-0.089	0.079	-0.246	-0.158
I feel pressured to feed my baby the way elders in the community tell me.*	0.513	0.340	-0.131	0.012	0.080
My peers/friends influence how I feed my baby.*	0.330	0.468	0.097	0.024	-0.231
At this time, my peers/friends will think I am lazy if I don't prepare porridge for my baby.	0.555	0.077	0.127	0.076	0.089
Factor 2: Maternal autonomy regarding infant feeding decisions (Cronbach's alpha=0.858; Variation explained=22.3%)					
I always feed my baby the way my husband/partner tell me.	-0.117	0.652	-0.130	0.192	-0.070
My mother influences how I feed my baby	-0.020	0.625	0.079	0.087	-0.148
I always feed my baby the way my mother tells me.	-0.073	0.728	-0.018	-0.056	0.063
My mother-in-law influences how I feed my baby.	0.034	0.665	0.134	-0.171	-0.229
I always feed my baby the way my mother-in-law tells me.	-0.048	0.926	-0.090	-0.103	0.080
I always feed my baby the way other family members tell me.	-0.145	0.793	0.168	-0.055	0.163
I feel pressured to feed my baby the way elders in the community tell me.*	0.513	0.340	-0.131	0.012	0.080
I always feed my baby the way elders in the community tell me.	0.053	0.498	0.083	0.085	0.277
My peers/friends influence how I feed my baby.*	0.330	0.468	0.097	0.024	-0.231
I always feed my baby the way my peers/friends tell me.	0.059	0.442	0.112	0.285	0.075
Factor 3: Expectations of partners, mothers, and mothers in-law regarding infant feeding (Cronbach's alpha=0.893; Variation explained=20.1%)					
My husband/partner wants me to give other foods to my baby in addition to breast milk.	0.005	0.072	0.634	-0.006	0.141
My husband/partner wants me to give other liquids (including water) to my baby in addition to breast milk.	-0.009	0.155	0.646	-0.082	0.014
My husband/partner wants me to give only breast milk to my baby. (R)	-0.013	-0.176	0.650	-0.146	0.241
My mother wants me to give other foods to my baby in addition to breast milk.	0.081	0.142	0.617	0.237	0.026

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My mother wants me to give other liquids (including water) to my baby in addition to breast milk.	0.010	0.162	0.705	0.164	-0.043
At this time, my mother will think I am lazy if I don't prepare porridge for my baby*	0.347	0.112	0.394	-0.005	0.106
My mother wants me to give only breast milk to my baby. (R)	0.094	-0.209	0.634	-0.150	0.162
My mother-in-law wants me to give other foods to my baby in addition to breast milk.	-0.067	0.107	0.710	0.200	-0.178
My mother-in-law wants me to give other liquids (including water) to my baby in addition to breast milk	0.030	0.094	0.682	0.142	-0.214
At this time, my mother-in-law will think I am lazy if I don't prepare porridge for my baby.	0.294	0.088	0.375	0.178	0.141
My mother-in-law wants me to give only breast milk to my baby. (R)	0.155	-0.285	0.691	-0.116	0.130
Factor 4: Perceived pressure regarding infant feeding and traditional medicine use (Cronbach's alpha=0.740; Variation explained=19.5%)					
I feel pressured to feed my baby the way my husband/partner tells me.	-0.229	-0.087	0.128	0.822	-0.157
My mother encourages me to use oral traditional medicines for my baby.	0.131	0.073	-0.002	0.446	0.236
I feel pressured to feed my baby the way my mother tells me.	-0.053	0.240	0.095	0.536	-0.043
My mother-in-law encourages me to use oral traditional medicines for my baby.	0.273	-0.259	0.036	0.543	0.124
I feel pressured to feed my baby the way my mother-in-law tells me.	0.003	0.140	0.071	0.573	0.008
I feel pressured to feed my baby the way other family members tell me.*	0.375	0.224	-0.158	0.326	-0.004
My peers/friends encourage me to use oral traditional medicines for my baby.	0.262	-0.029	-0.105	0.493	0.267
I feel pressured to feed my baby the way peers/friends tell me.	0.260	0.229	-0.142	0.396	0.128
I feel pressured to feed my baby the way health workers at the facility tell me.	-0.206	-0.390	0.167	0.578	-0.351
Factor 5: Health worker involvement in maternal infant feeding decisions (Cronbach's alpha=0.484; Variation explained=8.7%)					
Health workers at the facility influence how I feed my baby. (R)	-0.239	-0.051	0.052	-0.123	0.608
Health workers at the facility would approve of me giving my baby oral traditional medicine.	-0.030	0.026	-0.063	0.307	0.567
Health workers at the facility always recommend that I only give breast milk to my baby for the first six months. (R)	-0.269	0.021	0.125	0.186	0.447
I always feed my baby the way health workers at the facility tell me. (R)	-0.218	0.109	0.230	-0.161	0.575
Items that did not meet criteria for factor inclusion					
My husband/partner influences how I feed my baby.	-0.210	0.195	0.132	-0.118	-0.221

¹ Extraction method: Principal Axis Factoring; Rotation method: Oblique promax. (R) indicates that the item was reverse coded

* Items cross loaded and included in two factors

Supplementary Table 3. Reasons for first non-breastmilk feeds

Infant Age	# infants receiving first non-Breast milk food	# first non-breastmilk food for PROTECTION ^a				# first non-breast milk food for NUTRITION ^b				# first non-breast milk food for CRYING						
		Water (include Gripe water)	Cooking Oil	All Medicine	TOTAL fed for PROTECTION	Water Include sugar water	Porridge	Yogurt	Total fed for NUTRITION	Cooking Oil	Porridge (includes sour porridge)	Water	Vegetables	Fruit	Yogurt	Total fed for CRYING
Birth – 1 mo	144	12	99	8	119	6	4	0	10	3	1	2	0	0	0	6
1-2 mo	37	2	20	1	23	3	1	1	5	2	2	0	0	0	4	
2-3 mo	23	2	11	2	15	3	3	0	6	0	0	1	0	0	1	
3-4 mo	11	1	1	2	4	0	2	0	2	0	2	0	1	0	4	
4-5 mo	3	0	2	0	2	0	1	0	1	0	0	0	0	0	0	
Unknown	11	1	3	0	4	0	0	0	0	1	0	0	0	1	2	
Total	229	18	136	13	167	12	11	1	24	6	5	3	1	1	17	

^aThe following reasons for feeding were classified as “Protection feedings:” concern about fontanelle, stomach problems, take with pills, hiccups, constipation, and unspecified sickness.

^bThe following reasons for feeding were classified as “Nutrition Feedings:” baby was, restless, thirsty, dehydrated, not breastfeeding, or hungry,

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Supplementary Table 4. First Non-breast milk Feedings

Age	Food/liquid	Protection		Nutrition		Crying		Other	
		First	Subsequent	First	Subsequent	First	Subsequent	First	Subsequent
birth-1mo	cooking oil	99	31			3			
	formula								1
	porridge			4	3	1	6		1
	soup				2				
	sugar water			1					
	traditional medicine	8	6						
	vegetables						1		1
	water	12	5	5	8	2	6	9	11
	yogurt								1
1-2mo	cooking oil	20	10			2			
	drinks								1
	eggs				1				
	fruit				2		1		3
	medicine	1							
	milk				2				
	porridge			1	6	2	9		
	soup				1		1		2
	sour porridge				1		1		
	stiff porridge				2				1
	sugar water		1						
	tea								1
	traditional medicine		1						
	water	2	2	3	5		2	5	11
	yogurt			1			1		1
2-3mo	cooking oil	11	4				1		
	formula				2				1
	fruit				4				2
	porridge			3	12		11		2
	soup								4
	sour milk				1				
	sour porridge						1		
	stiff porridge								1
	traditional medicine	2	1						
	vegetables								1
	water	2	8	3	4	1	2	1	15
	yogurt				3				7
3-4mo	cooking oil	1	3						

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Age	Food/liquid	Protection		Nutrition		Crying		Other	
		First	Subsequent	First	Subsequent	First	Subsequent	First	Subsequent
	drinks				1				2
	eggs				1				
	fruit				5				3
	medicine		3						
	porridge			2	8	1	8	1	1
	soup				2		1		3
	sour milk				1				1
	sour porridge				1	1	2		3
	stiff porridge						1		2
	sugar water				1				
	tea								1
	traditional medicine	2	2						
	vegetables				1	1	2		2
	water	1	4		5		2		6
yogurt					1	1		4	
4-5mo	cooking oil	2							
	eggs				1				
	fruit				1				
	meat								1
	medicine		1						
	milk				1				
	porridge			1	2				
	soup				1				2
	sour milk				1				
	sour porridge				2				
	stiff porridge				1		2		
	tea								1
	vegetables						1		
	water				2				4
	yogurt								1
Un-known	cooking oil	3				1			
	fruit					1			
	medicine		1						
	soup				1				
	stiff porridge				1				
	water	1							1
	unknown							5	
Total		167	83	24	99	17	63	21	106