

Table S1.

Prompt: "I have some questions about how you feel about exclusively breastfeeding your baby. Tell me how you would rank your confidence on a scale of 1 to 5 for each situation. There is no right or wrong answer."

1 Month Label	3 Month Label	Variable Label	Items
D2A9	D2A10	Enough Milk	I can always determine that my baby is getting enough milk*
D2B9	D2B10	Challenging Tasks	I can always successfully cope with exclusive breastfeeding like I have with other challenging tasks*
D2C9	D2C10	EBF Milk	I can always give my baby only breast milk without using animal milk, formula, or other liquids or foods as a supplement**
D2D9	D2D10	Baby Latched	I can always ensure that my baby is properly latched on for the whole feeding*
D2E9	D2E10	Manage BF	I can always manage the breastfeeding situation to my satisfaction*
D2F9	D2F10	BF Baby crying	I can always manage to breastfeed even if my baby is crying*
D2G9	D2G10	Continue EBF	I can continue exclusively breastfeeding for as long as I want**
D2H9	D2H10	BF Family members	I can always comfortably breastfeed with my family members present*
D2I9	D2I10	Satisfy BF	I can always be satisfied with my breastfeeding experience*
D2J9	D2J10	Deal BF	I can always deal with the fact that breastfeeding can be time consuming*
D2K9	D2K10	Finish feeding	I can always finish feeding my baby on one breast before switching to the other breast*
D2L9	D2L10	BF Every feeding	I can always continue to breastfeed my baby for every feeding*
D2M9	D2M10	Keep Bf demands	I can always manage to keep up with my baby's breastfeeding demands*
D2N9	D2N10	Finished BF	I can always tell when my baby is finished breastfeeding*
D2O9	D2O10	BF Baby hunger	I can always make enough breast milk to satisfy my baby's hunger***
D2P9	D2P10	Quality breastmilk	I can always make good quality breast milk that has everything that my baby needs to grow well and be healthy***
D2Q9	D2Q10	Make decisions	I can always make decisions about how my baby is being fed***
D2R9	D2R10	EBF Liquid	I can always exclusively breastfeed without my baby receiving even a drop of water or any other liquid***

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1 Month Label	3 Month Label	Variable Label	Items
D2S9	D2S10	Stop Other foods	I can always stop someone from trying to feed my baby liquids or foods other than breast milk, including purchased baby foods (e.g. infant formula, milk, porridge, juice, tea [whatever is given]), before 6 months of age***

Notes: *Questions directly adapted from the Breastfeeding Self-Efficacy Scale-Short Form, **Questions modified from the Breastfeeding Self-Efficacy Scale-Short Form, ***Newly developed questions; Response categories are 1=Not at all confident, 2=Not very confident, 3=Sometimes confident, 4=Confident, 5=Very confident; Items struck through were dropped after item correlations and factor analysis.