

**Table S1.** Differences in barriers to lactation among mothers who fully breastfed to one month only and those who fully breastfed for more than one month ( $n = 338$ ).

Maternal Breastfeeding Concern	Full breastfeeding duration		<i>p</i> -Value
	1 month ( $n = 23$ )	>1 month ( $n = 315$ )	
<i>N</i> (%)			
<b>Delayed lactogenesis</b>			
No	22 (96)	299 (95)	0.88
Yes	1 (4)	16 (5)	
<b>Trouble with milk flow</b>			
No	21 (91)	304 (97)	0.21
Yes	2 (9)	11 (3)	
<b>Insufficient milk supply</b>			
No	21 (91)	301 (96)	0.35
Yes	2 (9)	14 (4)	
<b>Sore, cracked or bleeding nipples</b>			
No	10 (43)	139 (44)	0.95
Yes	13 (57)	176 (56)	
<b>Engorged breasts</b>			
No	15 (65)	171 (54)	0.31
Yes	8 (35)	144 (46)	
<b>Breast yeast infection</b>			
No	23 (100)	312 (99)	0.64
Yes	0	3 (1)	
<b>Clogged milk ducts</b>			
No	22 (96)	293 (93)	0.63
Yes	1 (4)	22 (7)	
<b>Infected or abscessed breasts</b>			
No	22 (96)	310 (98)	0.33
Yes	1 (4)	5 (2)	
<b>Breast milk leakage</b>			
No	21 (91)	288 (91)	0.98
Yes	2 (9)	27 (9)	

**Table S2.** Association of maternal and infant covariates with maternal postpartum weight retention from 1 to 6 months postpartum ( $n = 301$ ).

<b>Type 3 Tests of Fixed Effects</b>				
<b>Variable</b>	<b>Numerator Degrees of Freedom</b>	<b>Denominator Degrees of Freedom</b>	<b>F Value</b>	<b>p-Value</b>
<b>FBF duration</b>	2	285	0.64	0.53
<b>Time</b>	2	285	1.63	0.20
<b>FBF duration *Time</b>	4	285	2.58	0.04 *
<b>GWG</b>	1	285	299.55	<0.01 *
<b>GWG*Time</b>	2	285	13.72	<0.01 *
<b>Maternal Education</b>	2	285	1.11	0.33
<b>Maternal Education*Time</b>	4	285	4.55	<0.01 *
<b>Maternal Race</b>	1	285	0.14	0.71
<b>Parity</b>	2	285	1.41	0.25
<b>Parity*Time</b>	4	285	3.18	0.01 *
<b>Frequency of Feeds</b>	1	285	2.30	0.13
<b>Physical Activity at 3 Months Postpartum</b>	1	285	7.16	0.01 *
<b>Delivery Mode</b>	1	285	0.01	0.91
<b>Delivery Mode*Time</b>	2	285	3.07	0.05 *
<b>Household Income</b>	2	285	0.68	0.51
<b>Maternal Age</b>	1	285	4.15	0.04 *
<b>Infant Sex</b>	1	285	0.00	0.96
<b>Infant Birthweight</b>	1	285	3.08	0.08

Abbreviations: FBF=full breastfeeding; GWG=gestational weight gain. \*  $p < 0.05$ .