

ADDITIONAL FILE 2 – Supplementary Quotes Table

Theme	Sub-Theme	Quote	Participant
Parenting Philosophy	Attachment parenting paradigm	“My daughter was very demanding and quite communicative even as a newborn...She told us what she wanted and what she wanted was for us to be attachment parents, basically. That was not something I went into parenting thinking. I had no particular opinions on co-sleeping or anything else, really. It’s just she slept better in bed with us so she slept in bed with us. She wanted to be on the breast so I put her on the breast. She didn’t like the buggy, so I had her in a sling. I would find it hard to imagine that somebody who did extended breastfeeding never ever coslept or never baby carried, but it’s entirely possible I suppose.”	16
		“I intended to follow the attachment parenting route, so I’ve kind of done that, but I have made different decisions along the way, or not made decisions and let him lead it more than I thought I would have done.”	9
		“When we were running around in caves we didn’t put our babies in cots in the next room, our babies were next to us because that’s where they feel safe.”	6
	Child-led approach	“We’ve carried on because it seems to be important to him.”	10
		“If she wants to carry on I’m not going to cause her anxiety and stress by saying ‘oh no you can’t do that’. Obviously, I do every now and then, I have to distract her but I’m not going to wean her intentionally when that’s what she wants.”	12
		“It also didn’t sit well with me emotionally, to force her into these things that didn’t seem right for her. Her one comfort was breastfeeding. That was the thing that worked for her.”	16
		“I have no intention of stopping until he wants to stop.”	2
Breastfeeding Beliefs	Benefits of breastfeeding	“Anything that he needs at that moment, my milk is going to change to his needs. And if I get a cold, the antibodies will get passed through to him.”	18
		“The main one in our house at the moment is the immunity because we have had continuous bugs in our house since the smallest one has been born, so I wonder where we would be if we didn’t have that. And I know that that doesn’t dissipate no matter what the age of the child, so I don’t want to give that up.”	10

		“When my child is sick, that’s the best time. That’s the best reassurance of knowing that I’m doing the best thing for him. Because he won’t eat anything else, not keeping anything else down, or if he’s lethargic, you know that they’re getting their vitamins and that’s the best feeling in the world.”	14
		“Some days my mum will say I offered her this but she didn’t have that, she did have a bit of cake or banana or yogurt, so sometimes nothing savory, but I know that at least at the start and the end of the day she’s getting that goodness from me. That’s a real plus point for still feeding.”	19
		“For me it wasn’t really about nutrition, although certainly there are nutritional benefits, but it was more about health benefits, bonding, the parenting tool which you can’t get from cow’s milk because it’s not the same thing.”	15
	Biological norm	“Just that it is biologically normal. That’s the main reason for feeding. We are mammals, and mammals are designed to feed their children. Evolution would tell you that that’s what is best for them.”	1
		“And the more I learned about how babies are, and about the breastfeeding dyad, and breastfeeding from an evolutionary perspective, baby brain and physical development, it just really made me realise the importance of breastfeeding as opposed to other feeding methods.”	5
		“I never thought this would be something I’d do, but when I looked into the fact that it is biologically normally, I decided to, why not? And it’s worked out for us.”	15
	Sense of achievement	“My choice is to breastfeed my baby. Every other choice about my birth had been taken away from me – and that’s okay because we came out of it alive and that’s the main thing – but I was so determined not to lose this...For me, it’s this amazing achievement”	11
		“I feel lucky that I was able to breastfeed because I had a very difficult birth and my birth was not how I wanted it to be. For me, being able to breastfeed has been a gift to my child. And for me breastfeeding has been healing. I didn’t give birth in the way that I wanted to so being able to breastfeed has been a gift. It will be one of my greatest achievements and one of the greatest gifts that I could give to my son in lots of ways; health, emotionally... that’s why I want it to end well. I want it to be something that is beautiful.”	9

	Supporting others	“I needed breastfeeding counsellors coming to home to show me things. It’s all very well saying oh well go out to a group, but at first it took me 10 days to leave the house and even then I was like oh my god, what am I doing? I want people coming to my house to help me and reassure that it’s okay. Because we’ve lost all that. We’ve lost seeing other people feed. I think there should be way more support than there is.”	13
		“I think the more help there is to enable people to breastfeed then the better it will be. Which is why I do what I do and spend so much time helping mums, giving advice, approving posts, become a peer support worker, because when I started I didn’t even know I could go to a breastfeeding group, which I think would’ve really helped me and I might have made more friends with mums that are actually still breastfeeding”	14
		“It just made me really want to support people, breastfeeding made me feel good so I just want to see more support for other women.”	5
Transition from Babyhood to Toddlerhood	Adjusting expectations	“I thought he would wean when we started solids, and then I thought he would wean when I went back to work – convinced he was going to wean when I went back to work because I was doing night shifts. Then I was convinced he would wean when he started walking, because that was delayed. Then – when was the next time? – when I got pregnant. But he didn’t, and then I gave up thinking he would wean after that.”	10
		“It’s good to see that people are going for longer and feeding for longer, because I didn’t presume it happened to be honest. You never really see it so I didn’t know the time that you’re supposed to breastfeed for.”	12
		“I wanted to manage 6 weeks because I thought that was what people did, and then babies have bottles. The same way that babies wear nappies, babies have bottles.”	4
	Managing perceived disapproval	“It seems like past a year, then people are like ‘what are you doing? They can have cow’s milk. Why would you bother?’”	10
		“There are so many people that would say that it’s weird and what are you doing. And ‘why hasn’t he weaned, is there something wrong?’”	11
		“I didn’t want to feed in public. And when she was around 2 and having these tantrums I knew that breastfeeding would calm her down but I didn’t want to do it and I was very self-conscious of that and I would get more stressed and she would get stressed.”	16

	<i>Self-protection strategies</i>	"But the toddler, I don't do it [breastfeed] out in public. I annoy myself by not doing it out in public, because you don't see people doing it out in public, so it's not normalised, and I'm perpetuating this."	4
		"I find myself using really apologetic language about it. And I have to sort of justify it."	19
		"I think once we got to the age of 1... you start to feel like you need to have the science to back it up."	1
	<i>Accessing support</i>	"There was a breastfeeding class, not a class, a support group... But when my daughter got to a year old I realised that she was the oldest baby there, and people have given up a long time before. So I realised I was a bit of an outlier in terms of the duration but I am involved in a lot of breastfeeding groups on Facebook. I think you need that support."	12
		"Having a network and a group of other women who have gone through it, peer supporters and that, that's a really important factor. Finding that group of people that share your views on breastfeeding. Without that, it would be a fairly lonely experience. I've made friends through breastfeeding that I still meet up with now."	6
		"I hear from a lot of mums that they are being told to stop night feeds by the health visitors and I think there's a lot of opinion rather than evidence-based information out there. I see it as a big factor."	5
	Breastfeeding as a parenting tool	"If he's scared, that's the first place he goes and he calms down like that. If he's upset, he'll have literally 20 seconds if that – it's the best parenting tool I've ever had."	2
		"To cure all problems – whether she's warm or whether she's cold or whether she's thirsty or whether she's just feeling a bit insecure or just needs a cuddle, you know that there's one thing that fixes everything. Rather than having to do a checklist of saying well check her temperature, change the outfit, put her in the bath, or whatever, and having to go through the checklist and wonder what could possibly be wrong, it fixes everything."	12
		"It certainly makes life with a toddler so much easier if they fall down and scrape their knee or are scared about a situation or something it was so easy to have them nurse for a few seconds and then they're back to being happy"	7