

## Supplementary Material

**Table S1:** Types of peer support intervention provided to women in the intervention arm

Type of support	Activities
<b>Informational support</b> involves advice and suggestions	Encouraged delivery at the nearby health centre Emphasized the importance of initiating breastfeeding within 1 hr of delivery and feeding colostrum first Discouraged use of traditional pre-lacteal foods and post-lacteal foods Encouraged the mother to increase their usual food intake to support lactation Emphasised frequent and on-demand breastfeeding, Encouraged the mothers to continue EBF for 6 months Lactation amenorrhea method and other family planning options Personal cleanliness and domestic hygiene, hand washing
<b>Emotional support</b> involves providing empathy, love, and care, built on relationships of trust	Discuss personal difficulties with breastfeeding Showed expressions of caring, encouragement, attentive listening, reflection, reassurance, and avoiding critics. This support would foster the experience of feeling accepted, cared for, admired, empathized, respected, and valued.
<b>Instrumental support</b> consists of providing tangible aid	Observed the positioning, the latching, and the feeding of the new-born with hands-on guidance as necessary Solved any breastfeeding problems Helped breast milk expression and storage
<b>Appraisal support</b> facilitates self-evaluation through constructive feedback	Provided constructive/ appropriate feedback Praised the mother for correct actions Encouraged to persist in problem-solving Reassured that their efforts will result in positive outcomes

**Table S2:** Maternal knowledge, attitude and practices related to breastfeeding by study arms at 1 month or 6 months postpartum follow-ups<sup>1</sup>

Outcomes	Intervention ( <i>n</i> = 212)	Control ( <i>n</i> = 197)	Unadj diff (95% CI) <sup>2</sup>	<i>P</i> <sup>2</sup>	Adj diff (95% CI) <sup>2</sup>	
Early initiation of breastfeeding <sup>3</sup>	68.9	43.1	25.9 (13.8, 37.9)	<0.001	25.6 (13.7, 37.4)	<0.001
Exclusive breastfeeding <sup>4</sup>	64.6	50.3	14.4 (3.93, 24.8)	0.008	14.2 (2.73, 25.7)	0.017
BFKQ score <sup>4</sup>	26.4 ± 1.91	26.0 ± 2.19	0.16 (-0.09, 0.40)	0.211	0.16 (-0.09, 0.41)	0.222
IIFAS score <sup>4</sup>	78.5 ± 9.14	67.3 ± 9.89	0.87 (0.73, 1.00)	<0.001	0.87 (0.72, 1.01)	<0.001
Good knowledge about breastfeeding <sup>4</sup>	71.7	66.5	5.20(-38.0, 14.2)	0.257	5.38 (-35.9, 14.4)	0.239
Positive attitude towards breastfeeding <sup>4</sup>	83.0	44.7	38.3 (29.7, 46.9)	<0.001	38.2 (29.5, 46.8)	<0.001

<sup>1</sup>Values are mean ± SD or proportions

<sup>2</sup>Unadjusted and adjusted group difference and *P*'s estimated using linear regression models (as mean difference) for the continuous outcomes and linear probability models (as risk difference in percentage points) for proportions, with a robust variance estimation used to account for clustering of subjects by sub-districts. Covariates used for adjusted estimates were maternal age, educational status, wealth index, parity, and IIFAS at baseline.

<sup>3</sup>Assessed at 1 month postpartum

<sup>4</sup>Assessed at 6 months postpartum

BFKQ, Breast Feeding Knowledge Questionnaire; IIFAS, Iowa Infant Feeding Attitude Scale

**Table S3:** Infant anthropometry and morbidity outcomes by study arms at 6 months postpartum follow-up<sup>1</sup>

Variable	Intervention ( <i>n</i> = 212)	Control ( <i>n</i> = 197)	Unadj diff (95% CI) <sup>2</sup>	<i>P</i> <sup>2</sup>	Adj diff (95% CI) <sup>2</sup>	<i>P</i> <sup>2</sup>
LAZ	-0.13 ± 1.25	-0.18 ± 1.29	0.05 (-0.30, 0.39)	0.795	0.05 (-0.30, 0.39)	0.790
WAZ	0.03 ± 1.02	-0.12 ± 1.11	0.15 (-0.12, 0.41)	0.267	0.15 (-0.11, 0.41)	0.255
WLZ	0.25 ± 1.21	0.09 ± 1.13	0.15 (-0.16, 0.46)	0.326	0.15 (-0.15, 0.46)	0.311
MUAC	13.7 ± 1.04	13.5 ± 0.98	0.25 (0.00, 0.50)	0.048	0.25 (0.01, 0.49)	0.040
Stunted	5.66	7.11	-1.45 (-6.90, 4.01)	0.594	-1.51 (-6.84, 3.81)	0.568
Underweight	3.77	5.08	-0.31 (-1.29, 0.68)	0.537	-0.28 (-1.38, 0.82)	0.618
Wasted	4.72	1.52	1.16 (0.03, 2.29)	0.044	1.16 (0.00, 2.33)	0.051
Cough	19.8	26.9	-7.09 (-15.2, 1.04)	0.085	-7.29 (-15.3, 0.66)	0.071
Fever	18.9	23.9	-4.98 (-12.6, 2.58)	0.189	-4.79 (-12.2, 2.64)	0.199
Diarrhea	11.8	9.14	2.66 (-4.00, 9.31)	0.424	2.73 (-3.99, 9.44)	0.416
Fever with cough	13.9	20.6	-6.72 (-13.4, -0.05)	0.048	-6.96 (-13.3, -0.62)	0.032
Any illness	32.6	38.6	-6.03 (-16.3, 4.23)	0.241	-6.08 (-16.1, 3.94)	0.226
Serious illness	22.2	30.5	-8.29 (-17.5, 0.96)	0.077	-7.91 (-17.0, 1.19)	0.087

<sup>1</sup>Values are mean ± SD or proportions

<sup>2</sup>Unadjusted and adjusted group differences (CI's) and *P*'s estimated using linear regression models (as means difference) for the continuous outcomes, logistic regression models (as odds ratio) for the nutritional status outcomes, and linear probability models (as risk difference in percentage points) for the morbidity outcomes, with a robust variance estimation used to account for clustering of subjects by sub-districts. Covariates used for adjusted estimates were maternal age, educational status, wealth index, parity, IIFAS, and household food insecurity status at baseline

LAZ, length-for-age z scores; MUAC, mid-upper-arm-circumference in cm; WAZ, weight-for-age z scores; WHZ, weight-for-length z scores