**Supplemental Table 1.**

*Individual Study Metaphors as Related to the Overarching Themes*

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| Study | Trustworthy information | Early postpartum support by key influencers | Maternal culture | Tangible resources | Black mothers’ empowerment |
| Robinson et al., 2019b | Acquisition of new knowledge; access to evidence-based information topics; asking questions | Non-judgmental feedback; online interaction; constructive criticism; overcoming early challenges; transition; lactation support provider | Shared social/cultural understanding; experience in motherhood; public |  | Familial-like bond; Facebook support group; support group; creating a community of Black mothers; community of activism; group dynamics; encourage; empower; African American mothers in breastfeeding; increased confidence; recommendation; empowered in their decision to breastfeed |
| Asiodu et al., 2017 | Breastfeeding classes; attended an antepartum, postpartum class; provided and received advice about feeding; conversations about breastfeeding; hearing about successful breastfeeding | Social networks; family members, friends, co-workers, public health nurses, and church members; first two weeks; early breastfeeding experiences; pretty good husband; transitions; tentative living arrangements | Social norm; modeled behavior; practiced; private activity; breastfeeding women in surroundings; feeding method in household; normalization; role models | Support for childcare; financial; housing assistance; busy schedule | Support group; written materials; breastfeeding instructional videos; changes in the social dynamics and structure, emotional encouragement; positive visual experiences; memories of breastfeeding; resilience |
| Kim et al., 2017 | Trustworthy information; knowledge; breastfeeding education; having discussions or conversations about breastfeeding | Social support; instrumental; significant persons; first few weeks postpartum; partners; reliable person; personal stories; nurses, midwives, lactation consultant, participant trainer; physically present to help, social media | Breastfeeding was natural; not considered culturally acceptable; female role models; stigma; breastfeeding in public; breastfeeding for over a year; clingy breastfed babies; environment; cultural norm; breastfeeding was considered expensive; eat healthy to breastfeed | Tangible assistance; community resources; financially; comprehensive guide; pumps; break times; private place besides bathroom to express; work fewer hours; earning wages; pumping | A group on Facebook; Black women do breastfeed; social support group; start a movement; advertising; see more people of color; positive attitude; understand a little more; confidence; encouraging; talk |
| Johnson et al., 2016 | Mistrust about information | Healthcare environments; peer support; postpartum; somebody to come to the house; phone call; healthcare providers; lactation consultants | Culturally-relevant breastfeeding support; support from personal environment; healthcare providers sometimes discouraged breastfeeding | Practical, community breastfeeding support; lactation support programs; community issues | Support each other; talking about experiences |

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| --- | --- | --- | --- | --- | --- |
| Study | Trustworthy information | Early postpartum support by key influencers | Maternal culture | Tangible resources | Black mothers’ empowerment |
| Lutenbacher et al., 2016 | Timely, accurate information; information found on internet more helpful; school; latching on correctly | Support from her pediatrician, partner; support immediately after delivery; cost of follow-up service; friend, family member; Goggle as my friend; professional support; remote instructions | Mother’s culture; role model; discouraged breastfeeding; impacted by healthcare systems; eating enough; someone who shares your belief | Assistance, tangible; inter-generational guidance; juggle work; breaks; pumping | Broader cultural group of Black women; emotional; someone in their social or church communities; talking; reassured; confident women |
| Peritore 2016 | Knowledge of subject; evidence; informational support; the offering of facts; read; address myths and inaccurate information; use of pump | Peers, family members, healthcare providers and strangers; partner; first weeks learning how to nurse my baby; call; personal stories; technical assistance; face-to-face interaction | Criticism; embarrassment; cover | Tangible support; money; time of actions that assist a mother; breastfeeding champions; purchases for mother to assist with breastfeeding; community efforts | Empowerment; emotional support; empowerment YouTube; visual, brochures, books; posters |
| Johnson et al., 2015 | Educating | Primary care doctors and nurses; important influencers; professional; peer support | Criticism; large city | Domestic violence; homelessness; stress; poverty; time to pump; workplace support; maternity leave; nursing breaks; space to pump; breastfeeding rights and policy | Support groups; group would be the best; can help each other; thoughts; attitudes and experiences; most empowering and effective |
| Lewallen & Street, 2010 | Assess to a lot of written information; useful advice; benefits; physical aspects; opinions; complications; patient teaching | Friends and family; support network; husband; nurses; partner; healthcare personnel; practical advice from professionals | Specific perceived cultural issues; other women experienced in breastfeeding; comments; breastfeeding in public; feeling of isolation; mother has to eat | Guidance from a lactation consultant; pumping at work; return to work or school; busy schedule; private place to pump and store | See someone that looks like you; encouraged; social media; pairing; volunteering; comfort; talk with other women |