| **Author, Year** | **Group** | **Intervention Name** | **Breastfeeding Outcome\*** | **Followup, Weeks** | **IG Event Rate,  n/N (%)** | **CG Event Rate, n/N (%)** | **RR (95% CI)** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Abbass-Dick, 2015[3](#_ENREF_3) | IG1 | Coparenting breastfeeding education | Any† | 6 | 102/104 (98.1) | 94/102 (92.2) | 1.06 (1.00 to 1.13) |
| 12 | 100/104 (96.2) | 92/105 (87.6) | 1.10 (1.01 to 1.19) |
| Exclusive† (WHO) | 6 | 75/104 (72.1) | 62/102 (60.8) | 1.19 (0.97 to 1.44) |
| 12 | 70/104 (67.3) | 63/105 (60.0) | 1.12 (0.91 to 1.38) |
| Anderson, 2005[4](#_ENREF_4) | IG1 | Peer counseling | Any | 0 | 55/63 (90.5) | 55/72 (76.4) | 1.14 (0.98 to 1.34) |
| 12 | 31/63 (49.2) | 26/72 (36.1) | 1.36 (0.92 to 2.03) |
| Exclusive (NR) | 0 | 37/63 (58.7) | 32/72 (44.4) | 1.32 (0.95 to 1.84) |
| 4 | 17/63 (27.0) | 5/72 (6.9) | 3.89 (1.52 to 9.93) |
| 8 | 15/63 (23.8) | 1/72 (1.4) | 17.14 (2.33 to 126.14) |
| 12 | 13/63 (20.6) | 1/72 (1.4) | 14.86 (2.00 to 110.40) |
| Bonuck, 2006[5](#_ENREF_5) | IG1 | Lactation support | Any | 2 | 124/143 (86.7) | 102/159 (65.0) | 1.35 (1.18 to 1.54) |
| 6 | 99/137 (72.3) | 85/155 (54.8) | 1.32 (1.10 to 1.57) |
| 13 | 79/130 (60.8) | 66/143 (46.2) | 1.32 (1.05 to 1.65) |
| 20 | 62/117 (53.0) | 55/140 (39.3) | 1.35 (1.03 to 1.76) |
| 26 | 51/115 (44.3) | 45/136 (33.1) | 1.34 (0.98 to 1.84) |
| 52 | 15/82 (18.3) | 15/99 (15.2) | 1.21 (0.63 to 2.32) |
| Exclusive (NR) | 2 | 29/143 (20.3) | 30/157 (19.1) | 1.06 (0.67 to 1.68) |
| 6 | 21/137 (15.3) | 25/155 (16.1) | 0.95 (0.56 to 1.62) |
| 13 | 11/130 (8.5) | 16/143 (11.2) | 0.76 (0.36 to 1.57) |
| 20 | 9/117 (7.7) | 14/140 (10.0) | 0.77 (0.35 to 1.71) |
| 26 | 6/115 (5.2) | 11/136 (8.1) | 0.65 (0.25 to 1.69) |
| Bonuck, 2014a (BINGO)[6](#_ENREF_6) | IG1 | Lactation support and brief education | Any | 0 | 218/226 (96.5) | 65/73 (89.0) | 1.08 (1.00 to 1.18) |
| 4 | 172/226 (76.1) | 44/73 (60.3) | 1.26 (1.03 to 1.54) |
| 12 | 127/226 (56.2) | 28/74 (37.8) | 1.48 (1.08 to 2.03) |
| 26 | 80/231 (34.6) | 20/74 (27.0) | 1.28 (0.85 to 1.94) |
| Exclusive (WHO) | 4 | 31/226 (13.7) | 7/73 (9.6) | 1.43 (0.66 to 3.11) |
| 12 | 24/226 (10.6) | 2/74 (2.7) | 3.93 (0.95 to 16.23) |
| 26 | 6/231 (2.6) | 1/71 (1.4) | 1.84 (0.23 to 15.06) |
| IG2 | Lactation support | Any | 0 | 70/73 (95.9) | 65/73 (89.0) | 1.08 (0.98 to 1.18) |
| 4 | 54/73 (74.0) | 44/73 (60.3) | 1.23 (0.97 to 1.55) |
| 12 | 37/73 (50.7) | 28/74 (37.8) | 1.34 (0.93 to 1.94) |
| 26 | 30/74 (40.5) | 20/74 (27.0) | 1.50 (0.94 to 2.39) |
| Exclusive (WHO) | 4 | 10/73 (13.7) | 7/73 (9.6) | 1.43 (0.58 to 3.55) |
| 12 | 8/73 (11.0) | 2/74 (2.7) | 4.05 (0.89 to 18.45) |
| 26 | 1/71 (1.4) | 1/71 (1.4) | 1.00 (0.06 to 15.68) |
| IG3 | Brief education | Any | 0 | 207/223 (92.8) | 65/73 (89.0) | 1.04 (0.95 to 1.14) |
| 4 | 158/223 (70.9) | 44/73 (60.3) | 1.18 (0.85 to 1.63) |
| 12 | 102/229 (44.5) | 28/74 (37.8) | 1.18 (0.85 to 1.63) |
| 26 | 75/227 (33.0) | 20/74 (27.0) | 1.22 (0.81 to 1.86) |
| Exclusive (WHO) | 4 | 17/223 (7.6) | 7/73 (9.6) | 0.80 (0.34 to 1.84) |
| 12 | 10/227 (4.4) | 2/74 (2.7) | 1.63 (0.37 to 7.27) |
| 26 | 4/222 (1.8) | 1/71 (1.4) | 1.28 (0.15 to 11.26) |
| Bonuck, 2014b (PAIRINGS)[6](#_ENREF_6) | IG1 | Lactation support and brief education | Any | 0 | 122/124 (98.4) | 123/130 (94.6) | 1.04 (0.99 to 1.09) |
| 4 | 108/124 (87.1) | 92/130 (70.8) | 1.23 (1.08 to 1.40) |
| 12 | 76/125 (60.8) | 57/128 (44.5) | 1.36 (1.08 to 1.73) |
| 26 | 46/122 (37.7) | 31/122 (25.4) | 1.48 (1.02 to 2.17) |
| Exclusive (WHO) | 4 | 30/124 (24.2) | 9/130 (6.9) | 3.49 (1.73 to 7.06) |
| 12 | 20/125 (16.0) | 8/129 (6.2) | 2.58 (1.18 to 5.64) |
| 26 | 2/125 (1.6) | 2/125 (1.6) | 1.00 (0.14 to 6.99) |
| Bunik, 2010[7](#_ENREF_7) | IG1 | Telephone support | Any | 4 | 110/149 (74.0) | 122/165 (74.0) | 1.00 (0.88 to 1.14) |
| 12 | 64/130 (49.0) | 78/144 (54.0) | 0.91 (0.72 to 1.14) |
| 26 | 35/125 (28.0) | 49/132 (37.0) | 0.75 (0.53 to 1.08) |
| Carfoot, 2005[8](#_ENREF_8) | IG1 | Skin-to-skin contact | Any | 16 | 42/97 (43) | 40/100 (40) | 1.08 (0.78 to 1.51) |
| Carlsen, 2013[9](#_ENREF_9) | IG1 | Telephone support | Exclusive (WHO) | 2 | NR | NR | 2.71 (1.43 to 5.12)‡ |
| 4 | NR | NR | 2.98 (1.61 to 5.50)‡ |
| 12 | NR | NR | 2.45 (1.36 to 4.41)‡ |
| Chapman, 2013[10](#_ENREF_10) | IG1 | Peer counseling | Any | 0 | 75/76 (98.7) | 77/78 (98.7) | 1.00 (0.96 to 1.04) |
| 2 | 71/76 (93.0) | 66/78 (84.0) | 1.10 (0.99 to 1.24) |
| 12 | 26/57 (46.0) | 31/62 (50.0) | 0.91 (0.63 to 1.33) |
| 26 | 13/55 (23.0) | 20/53 (37.0) | 0.63 (0.35 to 1.13) |
| Exclusive (WHO) | 0 | 34/76 (44.7) | 35/78 (44.9) | 1.00 (0.70 to 1.42) |
| 2 | 16/76 (21.4) | 12/78 (15.2) | 1.37 (0.69 to 2.70) |
| 4 | 12/67 (17.6) | 8/66 (12.1) | 1.48 (0.65 to 3.38) |
| 8 | 8/67 (11.9) | 7/66 (11.1) | 1.13 (0.43 to 2.93) |
| 12 | 3/57 (5.0) | 6/62 (9.4) | 0.54 (0.14 to 2.07) |
| 16 | 1/57 (1.6) | 3/62 (4.8) | 0.36 (0.04 to 3.39) |
| 20 | 1/57 (1.6) | 1/62 (1.6) | 1.09 (0.07 to 16.99) |
| 26 | 1/55 (1.7) | 0/53 (0) | 2.89 (0.12 to 69.47) |
| Dennis, 2002[11](#_ENREF_11) | IG1 | Peer counseling | Any | 4 | 122/132 (92.4) | 104/124 (83.9) | 1.10 (1.01 to 1.21) |
| 8 | 112/132 (84.8) | 93/124 (75.0) | 1.13 (1.00 to 1.28) |
| 12 | 107/132 (81.1) | 83/124 (66.9) | 1.21 (1.04 to 1.40) |
| Exclusive (WHO) | 4 | 98/132 (74.2) | 78/124 (62.9) | 1.18 (1.00 to 1.40) |
| 8 | 83/132 (62.9) | 68/124 (54.8) | 1.15 (0.95 to 1.39) |
| 12 | 75/132 (56.8) | 50/124 (40.3) | 1.21 (0.96 to 1.53) |
| Di Napoli, 2004[13](#_ENREF_13) | IG1 | Home breastfeeding support | Exclusive† (WHO, predom) | 16 | 59/266 (22.2) | 69/276 (25.0) | 0.89 (0.65 to 1.20) |
| Edwards, 2013[14](#_ENREF_14) | IG1 | Lactation support | Any | 0 | 78/122 (63.9) | 61/123 (49.6) | 1.29 (1.03 to 1.61) |
| 6 | 31/108 (28.7) | 19/113 (16.8) | 1.71 (1.03 to 2.83) |
| 16 | 9/108 (8.3) | 5/113 (4.4) | 1.88 (0.65 to 5.44) |
| Elliott-Rudder, 2014[15](#_ENREF_15) | IG1 | Lactation support | Any | 16 | 137/154 (89.0) | 156/176 (88.6) | 1.00 (0.93 to 1.08) |
| 26 | 118/150 (78.7) | 135/172 (78.5) | 1.00 (0.89 to 1.12) |
| Exclusive (NR) | 16 | 96/147 (65.3) | 90/161 (55.9) | 1.17 (0.97 to 1.40)§ |
| 26 | 22/150 (14.7) | 24/172 (14.0) | 1.05 (0.62 to 1.80) |
| Forster, 2004[16](#_ENREF_16) | IG1 | Group education (attitude modification) | Any | 0 | 291/308 (94.5) | 297/310 (95.8) | 0.99 (0.95 to 1.02) |
| 26 | 146/293 (49.8) | 162/299 (54.2) | 0.92 (0.79 to 1.07) |
| Exclusive (NR) | 0 | 239/308 (77.6) | 242/310 (78.1) | 0.99 (0.91 to 1.08) |
| 26 | 124/293 (42.3) | 127/299 (42.5) | 1.00 (0.83 to 1.20) |
| IG2 | Group education (practical skills training) | Any | 0 | 296/306 (96.7) | 297/310 (95.8) | 1.01 (0.98 to 1.04) |
| 26 | 162/297 (54.5) | 162/299 (54.2) | 1.01 (0.87 to 1.17) |
| Exclusive (NR) | 0 | 238/306 (77.8) | 242/310 (78.1) | 1.00 (0.92 to 1.08) |
| 26 | 133/297 (44.8) | 127/299 (42.5) | 1.05 (0.88 to 1.27) |
| Fu, 2014[17](#_ENREF_17) | IG1 | Telephone support | Any† | 4 | 199/261 (76.2) | 175/260 (67.3) | 1.13 (1.02 to 1.26) |
| 8 | 153/261 (58.6) | 127/260 (48.9) | 1.20 (0.99 to 1.48)¶ |
| 12 | 124/261 (47.5) | 102/260 (39.2) | 1.21 (0.99 to 1.48) |
| 26 | 80/261 (30.7) | 62/260 (23.9) | 1.28 (0.97 to 1.71) |
| Exclusive† (WHO) | 4 | 74/261 (28.4) | 44/260 (16.9) | 1.68 (1.20 to 2.33) |
| 8 | 56/261 (21.5) | 40/260 (15.4) | 1.39 (0.97 to 2.01) |
| 12 | 46/261 (17.6) | 37/260 (14.2) | 1.24 (0.83 to 1.84) |
| 26 | 33/261 (12.6) | 27/260 (10.4) | 1.22 (0.75 to 1.97) |
| IG2 | In-hospital support | Any† | 0 | 190/190 (100) | 256/260 (98.5) | 1.01 (1.00 to 1.03) |
| 4 | 136/190 (71.6) | 175/260 (67.3) | 1.06 (0.94 to 1.20) |
| 8 | 101/190 (53.2) | 127/260 (48.9) | 1.09 (0.91 to 1.31) |
| 12 | 82/190 (43.2) | 102/260 (39.2) | 1.10 (0.88 to 1.37) |
| 26 | 51/190 (26.8) | 62/260 (23.9) | 1.13 (0.82 to 1.55) |
| Exclusive† (WHO) | 0 | 108/190 (56.8) | 133/260 (51.2) | 1.11 (0.94 to 1.32) |
| 4 | 41/190 (21.6) | 44/260 (16.9) | 1.28 (0.87 to 1.87) |
| 8 | 33/190 (17.4) | 40/260 (15.4) | 1.13 (0.74 to 1.72) |
| 12 | 34/190 (17.9) | 37/260 (14.2) | 1.26 (0.82 to 1.93) |
| 26 | 22/190 (11.6) | 27/260 (10.4) | 1.12 (0.66 to 1.90) |
| Gagnon, 2002[18](#_ENREF_18) | IG1 | Home breastfeeding support | Any† | 2 | 247/252 (98.0) | 243/247 (98.4) | 1.00 (0.97 to 1.02) |
| Exclusive† (NR) | 2 | 183/252 (72.6) | 171/247 (69.2) | 1.05 (0.94 to 1.17) |
| Gijsbers, 2006[19](#_ENREF_19) | IG1 | Lactation support | Exclusive (WHO) | 26 | 21/44 (48.0) | 12/45 (27.0) | 1.79 (1.01 to 3.18) |
| Gouchon, 2010[20](#_ENREF_20) | IG1 | Skin-to-skin contact | Any | 0 | 13/17 (76.5) | 11/17 (64.7) | 1.18 (0.76 to 1.83) |
| 12 | 11/17 (64.7) | 8/17 (47.1) | 1.38 (0.74 to 2.54) |
| Exclusive (NR) | 0 | 9/17 (52.9) | 9/17 (52.9) | 1.00 (0.53 to 1.88) |
| 12 | 8/17 (47.1) | 5/17 (29.4) | 1.60 (0.66 to 3.91) |
| Graffy, 2004[21](#_ENREF_21) | IG1 | Peer counseling | Any | 0 | 320/336 (95.2) | 324/336 (96.4) | 0.99 (0.96 to 1.02) |
| 6 | 218/336 (64.9) | 213/336 (63.4) | 1.02 (0.91 to 1.15) |
| 16 | 143/310 (46.1) | 131/310 (42.3) | 1.09 (0.91 to 1.30) |
| Exclusive (WHO) | 6 | 103/336 (30.7) | 86/336 (25.6) | 1.20 (0.94 to 1.53) |
| Henderson, 2001[24](#_ENREF_24) | IG1 | Positioning and attachment support | Any | 6 | 60/79 (76) | 65/79 (82) | 0.92 (0.79 to 1.08) |
| 12 | 56/78 (72) | 57/76 (75) | 0.96 (0.79 to 1.16) |
| 26 | 42/75 (56) | 48/75 (64) | 0.88 (0.67 to 1.14) |
| Hopkinson, 2009[26](#_ENREF_26) | IG1 | Lactation support | Any† | 4 | 202/226 (89.4) | 218/241 (90.4) | 0.99 (0.93 to 1.05) |
| Exclusive† (WHO) | 4 | 38/226 (16.8) | 25/241 (10.4) | 1.62 (1.01 to 2.60) |
| Howell, 2014[28](#_ENREF_28) | IG1 | Brief education and counseling | Exclusive (NR) | 26 | 19/270 (7.0) | 11/270 (4.0) | 1.73 (0.84 to 3.56) |
| Jenik, 2009[29](#_ENREF_29) | IG1 | Restricted pacifier use | Any | 4 | 482/484 (99.6) | 510/511 (99.8) | 1.00 (0.99 to 1.00) |
| 8 | 476/477 (99.8) | 503/504 (99.8) | 1.00 (0.99 to 1.01) |
| 12 | 468/471 (99.4) | 494/499 (99.0) | 1.00 (0.99 to 1.02) |
| 16 | 452/462 (97.8) | 482/487 (99.0) | 0.99 (0.97 to 1.00) |
| Exclusive (WHO) | 4 | 471/484 (97.3) | 496/511 (97.1) | 1.00 (0.98 to 1.02) |
| 8 | 434/477 (91.0) | 465/504 (92.3) | 0.99 (0.95 to 1.02) |
| 12 | 406/471 (86.2) | 428/499 (85.8) | 1.00 (0.96 to 1.06) |
| 16 | 354/462 (76.6) | 371/487 (76.2) | 1.01 (0.94 to 1.08) |
| Jolly, 2012[30](#_ENREF_30) | IG1 | Peer counseling | Any† | 0 | 747/1083 (69.0) | 896/1315 (68.1) | 1.01 (0.96 to 1.07) |
| 2 | 818/1193 (68.5) | 928/1370 (67.7) | 1.01 (0.96 to 1.07) |
| 6 | 170/271 (62.7) | 194/301 (64.5) | 0.98 (0.86 to 1.10) |
| 26 | 93/271 (34.3) | 117/301 (38.9) | 0.88 (0.71 to 1.10) |
| Exclusive (NR) | 2 | 446/1193 (37.4) | 470/1370 (34.3) | 1.09 (0.98 to 1.21) |
| 6 | 104/271 (38.5) | 123/301 (40.9) | 0.94 (0.77 to 1.15) |
| 26 | 48/271 (17.8) | 59/301 (19.6) | 0.90 (0.64 to 1.27) |
| Kellams, 2015[31](#_ENREF_31) | IG1 | Breastfeeding video | Any | 0 | 174/249 (69.9) | 172/248 (69.4) | 1.01 (0.90 to 1.13) |
| Exclusive (NR) | 0 | 84/249 (33.7) | 84/248 (33.9) | 1.00 (0.78 to 1.27) |
| Kools, 2005[32](#_ENREF_32) | IG1 | Home breastfeeding support | Any | 0 | 254/371 (68.5) | 238/330 (72.1) | 0.95 (0.86 to 1.04) |
| 12 | 119/368 (32.0) | 124/330 (38.0) | 0.86 (0.70 to 1.05) |
| Exclusive (WHO) | 0 | 225/371 (60.6) | 222/330 (67.3) | 0.90 (0.81 to 1.01) |
| 12 | 99/368 (27.0) | 104/330 (32.0) | 0.85 (0.68 to 1.08) |
| Kramer, 2001[33](#_ENREF_33) | IG1 | Restricted pacifier use | Any | 12 | 103/127 (81.1) | 107/131 (81.7) | 0.99 (0.88 to 1.12) |
| Exclusive (NR) | 12 | 46/127 (36.2) | 44/131 (33.6) | 1.08 (0.77 to 1.51) |
| Kronborg, 2012[34](#_ENREF_34) | IG1 | Group education | Any | 1 | 533/552 (96.6) | 529/538 (98.3) | 0.98 (0.96 to 1.00) |
| Any | 6 | 503/535 (94.0) | 478/525 (91.0) | 1.03 (1.00 to 1.07) |
| Labarere, 2005[36](#_ENREF_36) | IG1 | Lactation support | Any† | 4 | 100/112 (89.3) | 93/114 (81.6) | 1.09 (0.98 to 1.22) |
| 8 | 87/112 (77.7) | 84/114 (73.7) | 1.05 (0.91 to 1.22) |
| 12 | 80/112 (71.4) | 72/114 (63.2) | 1.13 (0.94 to 1.36) |
| 16 | 61/112 (54.5) | 48/114 (42.1) | 1.29 (0.98 to 1.70) |
| 20 | 52/112 (46.4) | 40/114 (35.1) | 1.32 (0.96 to 1.82) |
| 26 | 44/112 (39.3) | 30/114 (26.3) | 1.49 (1.02 to 2.19) |
| Exclusive† (WHO) | 4 | 94/112 (83.9) | 82/114 (71.9) | 1.17 (1.01 to 1.34) |
| Labarere, 2003[35](#_ENREF_35) | IG1 | Individual education | Any† | 17 | 32/93 (34.4) | 39/97 (40.2) | 0.86 (0.59 to 1.24) |
| Exclusive† (WHO) | 17 | 13/93 (14.0) | 14/97 (14.4) | 0.97 (0.48 to 1.95) |
| Lavender, 2005[36](#_ENREF_36) | IG1 | Group education | Any | 0 | 515/644 (80.3) | 463/605 (76.5) | 1.04 (0.98 to 1.11) |
| 2 | 444/644 (68.9) | 389/605 (64.2) | 1.07 (0.99 to 1.16) |
| 4 | 380/644 (59.0) | 343/605 (56.7) | 1.04 (0.95 to 1.14) |
| 6 | 332/644 (51.5) | 297/605 (49.1) | 1.05 (0.94 to 1.17) |
| 16 | 202/644 (31.4) | 192/605 (31.7) | 0.99 (0.84 to 1.16) |
| 26 | 140/644 (21.7) | 138/605 (22.8) | 0.95 (0.78 to 1.17) |
| 52 | 60/644 (9.3) | 61/605 (10.1) | 0.92 (0.66 to 1.30) |
| Exclusive (NR) | 16 | NR | NR | 1.1 (0.6 to 1.8)\*\* |
| Mattar, 2007[38](#_ENREF_38) | IG1 | Lactation support | Any | 2 | 106/112 (94.6) | 124/135 (91.9) | 1.03 (0.96 to 1.10) |
| 6 | 79/112 (70.5) | 86/135 (63.7) | 1.11 (0.93 to 1.32) |
| 12 | 64/112 (57.1) | 61/130 (46.9) | 1.22 (0.96 to 1.55) |
| 26 | 48/112 (42.9) | 43/129 (33.3) | 1.29 (0.93 to 1.78) |
| Exclusive (WHO, predom) | 2 | 61/112 (54.5) | 69/135 (51.1) | 1.07 (0.84 to 1.35) |
| 6 | 40/112 (35.7) | 36/135 (26.7) | 1.34 (0.92 to 1.95) |
| 12 | 27/112 (24.1) | 15/130 (11.5) | 2.09 (1.17 to 3.73) |
| 26 | 16/112 (14.3) | 9/129 (7.0) | 2.05 (0.94 to 4.45) |
| IG2 | Individual education | Any | 2 | 111/123 (90.2) | 124/135 (91.9) | 0.98 (0.91 to 1.06) |
| 6 | 88/123 (71.5) | 86/135 (63.7) | 1.01 (0.67 to 1.51) |
| 12 | 66/112 (55.0) | 61/130 (46.9) | 1.26 (0.99 to 1.60) |
| 26 | 39/120 (32.5) | 43/129 (33.3) | 0.98 (0.68 to 1.39) |
| Exclusive (WHO, predom) | 2 | 60/123 (48.8) | 69/135 (51.1) | 0.95 (0.75 to 1.22) |
| 6 | 33/123 (26.8) | 36/135 (26.7) | 1.01 (0.67 to 1.51) |
| 12 | 21/112 (17.5) | 15/130 (11.5) | 1.63 (0.88 to 3.00) |
| 26 | 8/120 (6.7) | 9/129 (7.0) | 0.96 (0.38 to 2.40) |
| McDonald, 2010[39](#_ENREF_39) | IG1 | Lactation support | Any | 26 | 267/418 (63.9) | 286/421 (67.9) | 0.94 (0.85 to 1.04) |
| Exclusive (Labbok) | 26 | 73/418 (17.5) | 70/421 (16.6) | 1.05 (0.78 to 1.42) |
| McQueen, 2011[40](#_ENREF_40) | IG1 | Self-efficacy counseling | Any | 4 | 55/64 (85.9) | 58/78 (74.4) | 1.16 (0.98 to 1.36) |
| 8 | 43/61 (70.5) | 48/73 (65.6) | 1.07 (0.85 to 1.35) |
| Exclusive (NR) | 8 | 31/61 (50.8) | 33/73 (45.2) | 1.12 (0.79 to 1.60) |
| Muirhead, 2006[41](#_ENREF_41) | IG1 | Peer counseling | Any | 0 | 61/112 (54.5) | 60/113 (53.1) | 1.03 (0.80 to 1.31) |
| 6 | 35/112 (31.3) | 33/113 (29.2) | 1.07 (0.72 to 1.59) |
| 16 | 26/112 (23.2) | 20/113 (17.7) | 1.31 (0.78 to 2.21) |
| Exclusive (NR) | 6 | 27/112 (24.1) | 24/113 (21.2) | 1.14 (0.70 to 1.84) |
| 8 | 23/112 (20.5) | 16/113 (14.2) | 1.45 (0.81 to 2.60) |
| 16 | 2/112 (1.8) | 0/113 (0) | 5.04 (0.24 to 103.90) |
| Noel-Weiss, 2006[54](#_ENREF_54) | IG1 | Group education | Any | 8 | 40/47 (85.1) | 35/45 (77.8) | 1.09 (0.90 to 1.33) |
| Exclusive (WHO) | 8 | 34/47 (72.3) | 29/45 (64.4) | 1.12 (0.85 to 1.49) |
| Nolan, 2009[43](#_ENREF_43) | IG1 | Skin-to-skin contact | Any† | 0 | 19/25 (76.0) | 13/25 (52.0) | 1.46 (0.94 to 2.26) |
| 4 | 16/22 (72.7) | 8/24 (33.3) | 2.18 (1.17 to 4.06) |
| Paul, 2012[44](#_ENREF_44) | IG1 | Home visits | Any | 2 | 497/538 (92.3) | 467/527 (88.6) | 1.04 (1.00 to 1.08) |
| 8 | 367/509 (72.1) | 326/491 (66.4) | 1.09 (1.00 to 1.18) |
| 26 | 244/491 (49.8) | 221/453 (48.9) | 1.02 (0.90 to 1.16) |
| Pollard, 2011[45](#_ENREF_45) | IG1 | Self-monitoring | Any | 3 | 32/41 (78.0) | 28/43 (65.1) | 1.20 (0.91 to 1.57) |
| 6 | 30/41 (73.2) | 26/43 (60.5) | 1.21 (0.89 to 1.64) |
| 12 | 23/41 (56.1) | 18/43 (41.9) | 1.34 (0.86 to 2.09) |
| 18 | 17/41 (41.5) | 16/43 (37.2) | 1.11 (0.66 to 1.90) |
| 24 | 15/41 (36.6) | 14/43 (32.6) | 1.12 (0.62 to 2.03) |
| Exclusive (WHO, predom) | 24 | 10/41 (24.4) | 3/43 (7.0) | 3.50 (1.03 to 11.81) |
| Quinlivan, 2003[46](#_ENREF_46) | IG1 | Home breastfeeding support | Any | 4 | 40/71 (56.3) | 38/65 (58.5) | 0.96 (0.72 to 1.29) |
| 8 | 32/71 (45.1) | 27/65 (41.5) | 1.08 (0.74 to 1.60) |
| 12 | 27/71 (38.0) | 24/65 (36.9) | 1.03 (0.67 to 1.59) |
| 16 | 24/71 (33.8) | 16/65 (24.6) | 1.37 (0.80 to 2.35) |
| 20 | 21/71 (29.6) | 21/65 (32.3) | 0.92 (0.55 to 1.51) |
| 26 | 16/71 (22.5) | 16/65 (24.6) | 0.92 (0.50 to 1.68) |
| Reeder, 2014[47](#_ENREF_47) | IG1 | Peer telephone support | Any | 4 | 839/1065 (78.8) | 312/470 (66.4) | 1.19 (1.10 to 1.28) |
| 12 | 672/1065 (63.1) | 237/470 (50.4) | 1.25 (1.13 to 1.38) |
| 26 | 512/1065 (48.1) | 177/470 (37.7) | 1.28 (1.12 to 1.46) |
| Exclusive (NR) | 4 | 650/1144 (56.8) | 295/560 (52.7) | 1.08 (0.98 to 1.18) |
| 12 | 482/1144 (42.1) | 208/560 (37.1) | 1.13 (1.00 to 1.29) |
| 26 | 327/1144 (28.6) | 149/560 (26.6) | 1.07 (0.91 to 1.27) |
| Stockdale, 2008[48](#_ENREF_48) | IG1 | Group education | Exclusive† (Labbok) | 0 | 44/69 (63.8) | 33/75 (44.0) | 1.45 (1.06 to 1.98) |
| 3 | 36/69 (52.2) | 15/75 (20.0) | 2.61 (1.57 to 4.33) |
| Su, 2007[49](#_ENREF_49) | IG1 | Lactation support | Any | 2 | 126/128 (98.4) | 127/136 (93.4) | 1.05 (1.00 to 1.11) |
| 6 | 108/128 (84.4) | 96/136 (70.6) | 1.20 (0.95 to 1.51)†† |
| 12 | 71/122 (58.2) | 65/134 (48.5) | 1.20 (0.95 to 1.51) |
| 26 | 48/119 (40.3) | 43/126 (34.1) | 1.18 (0.85 to 1.64) |
| Exclusive (WHO) | 2 | 48/128 (37.5) | 28/136 (20.6) | 1.82 (1.22 to 2.71) |
| 6 | 40/128 (31.3) | 23/136 (16.9) | 1.85 (1.18 to 2.91) |
| 12 | 29/122 (23.8) | 17/134 (12.7) | 1.87 (1.09 to 3.24) |
| 26 | 22/119 (18.5) | 11/126 (8.7) | 2.12 (1.07 to 4.18) |
| IG2 | Individual education | Any | 0 | 132/138 (95.7) | 131/138 (94.9) | 1.01 (0.96 to 1.06) |
| 2 | 126/133 (94.7) | 127/136 (93.4) | 1.01 (0.96 to 1.08) |
| 6 | 97/133 (72.9) | 96/136 (70.6) | 1.03 (0.89 to 1.20) |
| 12 | 73/127 (57.5) | 65/134 (48.5) | 1.18 (0.94 to 1.49) |
| 26 | 52/122 (42.6) | 43/126 (34.1) | 1.25 (0.91 to 1.72) |
| Exclusive (WHO) | 0 | 27/138 (19.6) | 25/138 (18.1) | 1.08 (0.66 to 1.76) |
| 2 | 36/133 (27.1) | 28/136 (20.6) | 1.31 (0.85 to 2.03) |
| 6 | 39/133 (29.3) | 23/136 (16.9) | 1.73 (1.10 to 2.74) |
| 12 | 31/127 (24.4) | 17/134 (12.7) | 1.92 (1.12 to 3.30) |
| 26 | 23/122 (18.9) | 11/126 (8.7) | 2.16 (1.10 to 4.24) |
| Wallace, 2006[50](#_ENREF_50) | IG1 | "Hands off" lactation support | Any | 6 | 111/172 (64.5) | 114/167 (68.3) | 0.94 (0.81 to 1.10) |
| 17 | 64/173 (37.0) | 66/167 (39.5) | 0.94 (0.71 to 1.23) |
| Exclusive (WHO, predom) | 6 | 42/172 (24.4) | 37/163 (22.7) | 1.08 (0.73 to 1.58) |
| 17 | 7/174 (4.0) | 7/168 (4.2) | 0.97 (0.35 to 2.69) |
| Wambach, 2011[51](#_ENREF_51) | IG1 | Peer counseling and lactation care provider support | Any | 0 | 77/97 (79.0) | 64/102 (63.0) | 1.26 (1.06 to 1.52) |
| 3 | 50/59 (84.8) | 46/56 (82.1) | 1.03 (0.88 to 1.21) |
| 6 | 40/45 (88.9) | 32/42 (76.2) | 1.17 (0.96 to 1.42) |
| 12 | 28/35 (80.0) | 16/26 (61.5) | 1.30 (0.92 to 1.84) |
| 26 | 14/19 (73.7) | 10/12 (83.3) | 0.88 (0.61 to 1.28) |
| Exclusive (Labbok) | 0 | 50/97 (51.5) | 38/102 (37.2) | 1.38 (1.01 to 1.90) |
| Wen, 2011[52](#_ENREF_52) | IG1 | Home breastfeeding support | Any | 0 | 312/337 (92.8) | 304/330 (92.2) | 1.00 (0.96 to 1.05) |
| 26 | 117/278 (42.2) | 91/283 (32.1) | 1.31 (1.05 to 1.63) |
| 52 | 56/268 (21.0) | 39/259 (14.9) | 1.39 (0.96 to 2.01) |
| Exclusive (WHO) | 26 | 12/278 (4.3) | 6/283 (2.1) | 2.04 (0.77 to 5.35) |
| Wong, 2014[53](#_ENREF_53) | IG1 | Lactation support | Any† | 0 | 220/233 (94.4) | 218/236 (92.4) | 1.02 (0.97 to 1.07) |
| 6 | 160/233 (68.7) | 169/236 (71.6) | 0.96 (0.85 to 1.08) |
| 12 | 116/233 (49.8) | 131/236 (55.5) | 0.90 (0.76 to 1.07) |
| 26 | 87/233 (37.3) | 96/236 (40.7) | 0.92 (0.73 to 1.15) |
| Exclusive† (WHO) | 0 | 149/233 (63.9) | 143/236 (60.6) | 1.06 (0.92 to 1.22) |
| 6 | 88/233 (37.8) | 86/236 (36.4) | 1.04 (0.82 to 1.31) |
| 12 | 62/233 (26.6) | 61/236 (25.9) | 1.03 (0.76 to 1.39) |
| 26 | 34/233 (14.6) | 30/236 (12.7) | 1.15 (0.73 to 1.81) |

\* Most studies recalled breastfeeding since birth or did not report the recall period. Those that reported during the 24-hour recall period are noted.

† Based on 24-hour recall.

‡ Adjusted odds ratio as presented in study. No within-group data presented; adjusted for prepregnancy BMI, gestational weight gain, parity, birth weight, gestational age, and infant sex.

§ Study reported statistically significant odds ratio after adjustment for planned timing of paid work or study and infant age in months (aOR, 1.9 [95% CI, 1.01 to 3.5]; p=0.047).

¶ Study reported statistically significant odds ratio after adjustment for cluster and hospital (adjusted RR, 1.89 [95% CI, 1.04 to 2.10]; p=0.03).

\*\* Adjusted odds ratio as reported in study. No within-group data presented; adjusted for health care team and hospital ward.

†† Study reported statistically significant odds ratio, adjustments not reported (adjusted RR, 1.19 [95% CI, 1.05 to 1.36]; p=0.008).

Exclusive breastfeeding definitions: WHO=World Health Organization exclusive77; WHO, predom=World Health Organization predominant77; Labbock=Labbock et al exclusive.2

**Abbreviations:** BMI=body mass index; CG=control group; CI=confidence interval; IG=intervention group; n=number; N=number analyzed; NR=not reported; RR=relative risk.