

Table 2: Major themes and their corresponding sub-themes

Quotes	Codes	Subcategories	Themes
<i>"I worry a lot, I don't understand why my breast milk is not coming, I think about it a lot and I have tried a lot of things to make it come but still that one makes me uncomfortable"</i> Mother R1, age 19	Lack of breastmilk production	Breastmilk production impairment	Maternal factors of breastfeeding barriers
<i>"For me my main problem is the milk in fact it doesn't come. Sometimes I want to do the breast and put down for him when am going but I don't get enough."</i> Mother R1, age 19	Inadequate production of breastmilk		
<i>"...not everybody has milk to do exclusive and they didn't teach us the other side if is not coming what should you do."</i> Mother R1, age 19	Inadequate knowledge on breastmilk production		
<i>"...inconvenience of how you dress up so because of that you can't wear all your dresses and have to go and buy new shirts".</i> Mother R6, age 18	Limited choice of clothing	Wardrobe and movement limitations.	
<i>"...then you can't go anywhere like that because there are some places you will not feel comfortable to breastfeed."</i> Mother R6, age 18	Limited movement		
<i>"In the middle of the night you must wake up and give breast milk and is stressful and you are tired."</i> Mother R11, age 19	Waking up midnight to feed baby	Breastfeeding Stress	
<i>"Sometimes you get tired and need to rest a while, but the baby will have to be breastfeed. You need to be there for the baby so that's the most disadvantage thing about breastfeeding".</i> Mother R7, age 19	No rest when baby needs breast milk		
<i>"Sometimes is painful because you are busy doing something and your baby too is crying, you have to stop that thing you are doing and come and give her the breast to suck before."</i> Mother R2, age 19.	Interrupting work to breastfeed		
<i>Sometimes you need to stay throughout the night so maybe around 3am before she falls asleep, and it makes you tired."</i> Mother R13, age 16	Staying throughout the night to breastfeed	Physiological barriers to breastfeeding.	
<i>"Because this is my first time, at times when the child is doing the suckling, I feel pain at the nipple. Is like the child want to take everything and I don't feel comfortable with that."</i> Mother R10, age 15	Painful nipples during breastfeeding		
<i>"Sometimes it hurts, your nipples are sore ...but you have to give them breast to suck."</i> Mother R6, age 18 <i>"From the beginning the baby will suck and the breast will become sore and is painful."</i> Mother R4, age 16	Sore nipples caused by breastfeeding.		
<i>The breastmilk will be in the breast plenty and then it will be painful. I didn't know that one will be painful like that."</i> Mother R4, age 16	Engorge and painful breast		
<i>"Like when you are giving your child the breastmilk sometimes, he uses his gum to bite you and is very painful."</i> Mother R12, age 19	Baby bites when breastfeeding		

<i>"People say a small girl giving birth who asked you to give birth, is your own problem."</i> Mother R3, age 18	Verbal accusation of mother's age	Stigmatization	Societal factors of breastfeeding barriers
<i>"...they point hands that this small girl having child when they see me give the breast to the child. It makes me feel bad."</i> Mother R5, age 17	Pointing accusing fingers at mother		
<i>"When you breastfeed and the breastmilk is on you, you walk around and people complain that the scent of the breastmilk is bad and that you are smelling"</i> Mother R11, age 19	Verbal accusation of mother smelling breastmilk		
<i>"...but when I started breastfeeding, I was feeling so shy because I haven't done some before."</i> Mother R7, age 19	Shame of first-time breastfeeding		
<i>"Sometimes when you are outside and you want to give the baby the breast you are ashamed like people will be looking at you, at your breast...so giving the breast to the baby outside is a problem."</i> Mother R1, age 19	Shame of exposing breast during breastfeeding		
<i>"I feel unhappy because as an adolescent I am not supposed to give birth so when breastfeeding the child, thoughts just come into my mind and I will say that as young as I am, I am also breastfeeding and it makes me feel uncomfortable"</i> Mother R10, age 15	Shame of breastfeeding at a younger age		
<i>"As for friends...they don't care, they will say that if the breast is not coming just give the baby food the baby is hungry. They even say that the formula is not enough I need to give the baby koko so that the baby can eat and be satisfied"</i> Mother R1, age 19	Friends' advice to feed baby	Untoward attitude of friends	
<i>"Friends, they all run away when I gave birth, so they don't support me"</i> Mother R3, age 19	Friends will leave you on delivery		
<i>"My family, they decided not to do six months, they say I should give her water. If they do, I will not shout, I only say ok. That's what my grandmother and aunties tell me."</i> Mother R9, age 19	Family gives baby water	Untoward Family attitude of exclusive breastfeeding	
<i>"...as for me because of my mother in-law, I wanted to do the six months first. then she started giving her light soup, food in addition to the breastmilk."</i> Mother R12, age 19	Family gives food to baby		
<i>"When you go to weighing even the baby is hungry then you want to give the baby milk formula then they are shouting at you when they say you should do exclusive you didn't hear".</i> Mother R1, age 19	Shouting at mothers who feed babies with formula	Hostile attitudes of Health workers	
<i>"No support from health professionals they even insult you that they have not asked you to give birth."</i> Mother R5, age 17	Insulting mothers for giving birth		