

**Table S1**

Spearman correlation coefficients of days of breastfeeding with daily number of cigarettes, weekly alcohol units and daily caffeine consumption (Attica/Greece, 2020; N=283)

	Days of breastfeeding	
	rho ( $\rho$ )	P
<b>Daily number of cigarettes</b>		
before pregnancy	-0.13	0.028
during pregnancy	-0.24	<0.001
during lactation	-0.05	0.396
after breastfeeding cessation	-0.40	<0.001
<b>Weekly alcohol units</b>		
before pregnancy	0.04	0.476
during pregnancy	0.07	0.235
during lactation	0.13	0.036
after breastfeeding cessation	-0.20	0.001
<b>Caffeine (mg/day)</b>		
before pregnancy	0.02	0.778
during pregnancy	-0.07	0.275
on day 4 postpartum	0.15	0.018
at 1 month of breastfeeding	0.18	0.004
at 3 months of breastfeeding	0.06	0.424
at 6 months of breastfeeding	-0.01	0.942
after breastfeeding cessation	0.02	0.827