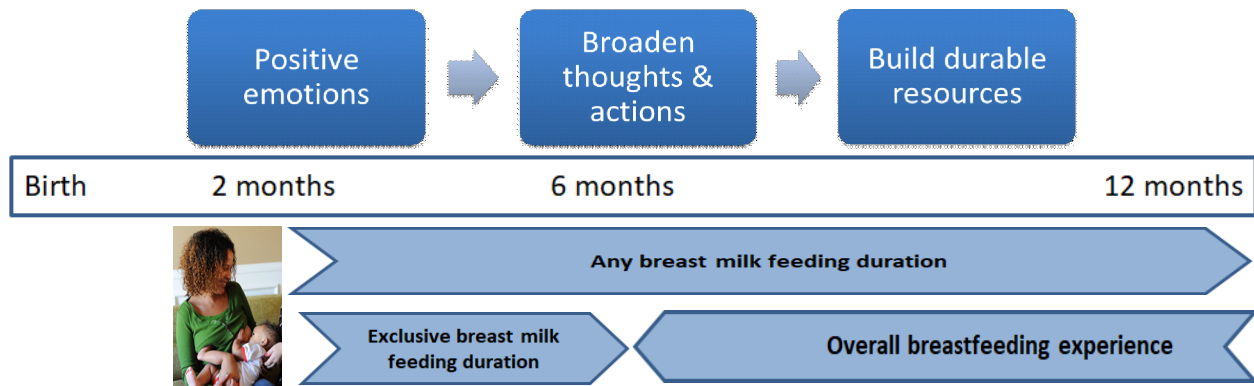


We used Barbara Fredrickson's *broaden-and-build* theory of positive emotions to examine the role of maternal positive emotions during infant feeding on breastfeeding outcomes.



This study found that positive emotions during feeding at two months, while not associated with longer duration of any breast milk feeding, were significantly associated with longer duration of exclusive breast milk feeding and with a better overall maternal experience of breastfeeding as reported at 12 months postpartum.

modified Differential Emotions Scale (mDES)

Please think back to how you felt while you were feeding your baby DURING THE PAST WEEK. Using the 0-4 scale below, indicate the *greatest amount* that you've experienced each of the following feelings.

	Not at all 0	A little bit 1	Moderately 2	Quite a bit 3	Extremely 4	
<input type="checkbox"/> 1. What is the most amused, fun-loving, or silly you felt?						★ Positive Emotions Subscale
<input type="checkbox"/> 2. What is the most angry, irritated, or annoyed you felt?						
<input type="checkbox"/> 3. What is the most ashamed, humiliated, or disgraced you felt?						
<input checked="" type="checkbox"/> 4. What is the most awe, wonder, or amazement you felt?						
<input type="checkbox"/> 5. What is the most contemptuous, scornful, or disdainful you felt?						
<input type="checkbox"/> 6. What is the most disgust, distaste, or revulsion you felt?						
<input type="checkbox"/> 7. What is the most embarrassed, self-conscious, or blushing you felt?						
<input checked="" type="checkbox"/> 8. What is the most grateful, appreciative, or thankful you felt?						
<input type="checkbox"/> 9. What is the most guilty, repentant, or blameworthy you felt?						
<input type="checkbox"/> 10. What is the most hate, distrust, or suspicion you felt?						
<input checked="" type="checkbox"/> 11. What is the most hopeful, optimistic, or encouraged you felt?						
<input checked="" type="checkbox"/> 12. What is the most inspired, uplifted, or elevated you felt?						
<input checked="" type="checkbox"/> 13. What is the most interested, alert, or curious you felt?						
<input checked="" type="checkbox"/> 14. What is the most joyful, glad, or happy you felt?						
<input checked="" type="checkbox"/> 15. What is the most love, closeness, or trust you felt?						
<input checked="" type="checkbox"/> 16. What is the most proud, confident, or self-assured you felt?						
<input type="checkbox"/> 17. What is the most sad, downhearted, or unhappy you felt?						
<input type="checkbox"/> 18. What is the most scared, fearful, or afraid you felt?						
<input checked="" type="checkbox"/> 19. What is the most serene, content, or peaceful you felt?						
<input type="checkbox"/> 20. What is the most stressed, nervous, or overwhelmed you felt?						

“More research which considers the whole nature of the breastfeeding situation is badly needed. The number of months of breastfeeding are probably much less important psychologically than the type of breastfeeding and the type of weaning involved. Was the breastfeeding unsuccessful breastfeeding—with all the tension, fear, and pain that that involves? Or was it successful breastfeeding with its peace of mind and physical pleasure?” (Niles Newton, 1955).

Research on the benefits of maternal positive emotions during infant feeding can inform mother-centered interventions and policies to better support the embodied experience of infant feeding.