

<p>Breastfeeding is 10% nutrition, and 90% physical, neurological, and psychological development of the child</p>	<p>Babies and moms learn how to breastfeed, by breastfeeding</p>
<p>Babies breastfeed, they don't nipple feed. Nipple shape is mostly irrelevant</p>	<p>Breastfeeding is a relationship and the start of the parenting dynamic and positive communication</p>
<p>"Breastfeeding is an unsentimental metaphor for how love works, in a way. You don't decide how much and how deeply to love you respond to the beloved, and give with joy exactly as much as they want." - Marni Jackson</p>	<p><i>"A newborn baby has only three demands. They are warmth in the arms of its mother, food from her breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three."</i> - Grantly Dick-Read</p>
<p>"A baby sucks a finger as instinctively as the breast — but the breast is better for the baby." ~Martin H. Fischer</p>	<p>"My opinion is that anybody offended by breastfeeding is staring too hard." ~David Allen</p>
<p>"A pair of substantial mammary glands have the advantage over the two hemispheres of the most learned professor's brain in the art of compounding a nutritive fluid for infants." ~Oliver Wendell Holmes</p>	<p>"There are three reasons for breast-feeding: the milk is always at the right temperature; it comes in attractive containers; and the cat can't get it." ~Irena Chalmers</p>
<p>"It is only in the act of nursing that a woman realizes her motherhood in visible and tangible fashion; it is a joy of every moment." ~Honoré de Balzac</p>	<p>"No one could give her such soothing and sensible consolation as this little three-month-old creature when he lay at her breast and she felt the movement of his lips and the snuffling of his tiny nose." ~Leo Tolstoy</p>

<p>"The moment she had laid the child to the breast both became perfectly calm." ~Isak Dinesen</p>	<p>The most important way to breastfeed is whatever works so that baby gets milk at the closeness of mother's breast, and mom is comfortable</p>
<p>Baby's bum should be tucked in close, their chin should be pressed against the chest, and their head tilted back enough to create a space between their nose and the breast</p>	<p>Craniosacral therapy can release tension in the tissue, against nerves needed to latch, breathe, extract milk, and swallow, and calm mom and baby</p>
<p>Weaning begins the moment anything replaces the breast.</p>	<p>Baby is ready for solids when they are at least 6-9 months, can sit up unsupported, move their tongue to all folds of their mouth, and pick up food with their forefinger and thumb, and their teeth match the food they're eating.</p>
<p>There are no time limits to breastfeeding. When baby cue's to nurse, provide them with the opportunity. If you need to change tasks, feel free – and when baby cues again, respond to their need.</p>	<p>Don't wait until you're miserable, exhausted, in pain, and have cracked nipples. If you have questions, get support. If things don't improve in 24 hours, get more support.</p>
<p>Breastfeeding should NEVER hurt. Period. If it does, get support.</p>	<p>Breastfeeding comfort is affected by position, latch, tight tissues, stress, and anything artificial in baby's mouth that contributes to the way their tongue, palate, jaw, face, and neck develop.</p>
<p>If my breastfeeding offends you, feel free to put a blanket over your head.</p>	<p>Babies are born knowing how to breastfeed. Moms learn to breastfeed by watching others. This is a journey – find your village.</p>

<p>“The natural power of breastfeeding is one of the greatest wonders of the world. It is about real love. It is about caring and celebrating the wondrous joy of nurturing a new life. It is about enjoying being a woman.” -Anwar Fazal</p>	<p>“Most [mammals] nurse because it feels good – really good, better than cocaine in one experiment – and because it quiets the baby.” -Diane Wiessinger</p>
<p>“Breastfeeding matters. The Lancet’s Child Survival Series estimated that 13% of infant deaths worldwide could be prevented by breastfeeding, which is more than most other interventions combined.” -Impact of Birthing Practices on Breastfeeding</p>	<p>“Normal birth supports normal breastfeeding.” -Mary Kroeger</p>
<p>It takes more energy to breastfeed than to gestate. Nourish yourself well.</p>	<p>Red Raspberry Leaf, Nettles, Alfalfa, and Oatstraw nourish the body and mind for a healthy milk supply</p>
<p>Pack a basket with snacks and activities you can do with one hand while you nurse, especially through growth spurts and cluster feeds</p>	<p>“No matter if you do it for a day, a week, a month, or a year – you are amazing.” -Sif</p>
<p>Breastfeeding doesn’t have to be all or nothing.</p>	<p>“It’s such a beautiful journey and it doesn’t last long.” -Wholistic Mama</p>
<p>Breastfeeding is the baseline. It is the natural completion of the birth process. There are no guarantees, but most moms enjoy breastfeeding and find it gets easier after 6 weeks.</p>	<p>“Breastfeeding reminds us of the universal truth of abundance; the more we give out, the more we are filled up, and that divine nourishment – the source from which we all draw is, like a mother’s breast, ever full and ever flowing.” -Sarah Buckley</p>