

Babies are Hardwired to Breastfeed

Babies are born with the ability to get to their food source and feed without much help. A mother's role is mainly to support and encourage her capable newborn. When she learns to use her baby's hardwiring, breastfeeding becomes easier and more enjoyable.

Babies are born with instinctive feeding behaviors, but for mothers, breastfeeding is a learned skill. Even so, a complicated list of rules isn't needed.

The Seven Natural Laws of Breastfeeding

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1. Babies are Hardwired to Breastfeed
2. Mother's Body is Baby's Natural Habitat
3. Better Feel and Flow Happen in the Comfort Zone
4. More Breastfeeding at First Means More Milk Later
5. Every Breastfeeding Couple Has Its Own Rhythm
6. More Milk Out Equals More Milk Made
7. Children Wean Naturally



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