

# Mother's Body is Baby's Natural Habitat

Babies are born needing to be held skin-to-skin.

Babies need almost constant touch. It is much more than a "nice to have." If they don't get it, the odds of feeding and behavior problems and poor growth increase.

Touch releases the hormone oxytocin in both mother and baby, enhancing their emotional closeness and their openness to breastfeeding.

## The Seven Natural Laws of Breastfeeding 2

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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