

## **Reference to LLL Concepts in *The Womanly Art of Breastfeeding* (2010 edition)**

### **Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.**

“The newborn baby has only three demands. They are warmth in the arms of [his] mother, food from her breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three.” (Page 4, Grantly Dick-Read, MD, from *Childbirth Without Fear*, 1955)

### **Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.**

“All medications, including those in epidurals, reach your baby through the placenta, affecting his ability to find the breast, latch, and suck effectively after he’s born. Depending on how long the epidural was in place and the drugs used in it, these effects can last from a few days to a few weeks.” (Page 45)

“Many of today’s interventions have not been shown to improve outcomes as much as they’ve been shown to complicate the birth. Most women today *want* to breastfeed, but many are finding it hard, and the way we give birth today is a big part of the problem.” (Pages 49-50)

### **Mother and baby need to be together early and often to establish a satisfying relationship and an adequate milk supply.**

“With all this intimate time together, you get to know his body and his personality better than anyone else. You know how to interpret his cries sooner than your partner. You know what makes him happy and what he doesn’t like. Day by day, breastfeeding builds your confidence and mothering skills.” (Page 11)

“Milk removal is especially important during the first two to three weeks because that’s when your milk production capability is established.” (Page 23)

### **In the early years, the baby has an intense need to be with his mother which is as basic as his need for food.**

“But you already *know* that ignoring your crying baby doesn’t feel right. Mothers are hardwired to respond because it’s Nature’s design to keep babies protected, cared for, and thriving.” (Page 143)

“At night, babies ‘expect’ to stay safely close to their mothers, waking as needed to nurse or reconnect. Keeping your baby close at night and letting him nurse to sleep meets his physiological and emotional needs.” (Page 223)

“The research-based reality is that neither one of you is built, physiologically or emotionally, for long and regular separations. Growing research from a number of different countries shows that a baby who is separated from his mother for the hours that full-time outside work requires has elevated cortisol levels – a clear sign of stress. It isn’t always easy to tell how a baby is doing; the baby who seems quiet and content in the child care center may actually have higher levels of stress hormones than the one who cries and protests.” (Pages 280-81)

“Some mothers, consciously or not, harden themselves to the reality of an early return to work and try not to ‘melt into their babies’ during their maternity leaves. While it’s understandable to try and protect your heart, most mothers are far, far happier in the long run if they give their heart freely to their baby, even though it makes the transition tough at the start.” (Page 287)

### **Breast milk is the superior infant food.**

“There’s no formula that comes even close to the milk your body creates. Your milk has every vitamin, mineral, and other nutritional element that your baby’s body needs, including many that haven’t been discovered or named yet, and it changes subtly through the meal, day, and year, to match subtle changes in his requirements.” (Pages 5-6)

**For the healthy, full-term baby, breast milk is the only food necessary until the baby shows signs of needing solids, about the middle of the first year after birth.**

“His insides are designed to be ready for solid food once his outside has developed enough for him to eat it on his own. If he can’t pick up food, get it in his mouth, and chew it without choking, then he’s just not ready for solids, and his tummy probably isn’t ready, either. He’ll acquire those on-the-outside skills by about six months. And that’s when his digestive tract is ready, too.” (Page 248)

**Ideally the breastfeeding relationship will continue until the baby outgrows the need.**

“Many mothers continue breastfeeding because it’s so central to how they mother their children. It’s a whole mothering package – how they interact and manage and connect.” (Page 204)

“Children naturally have a tremendous desire to move on to the next stage of development: once they can walk they stop crawling. As the wider world opens up to them, they gradually close the door on babyhood. So *even if you never lift a finger, even if you never ever ask him to wait, Your Child Will Wean*, just as surely as his teeth will come in. Doing nothing works just fine.” (Page 317)

**Breastfeeding is enhanced and the nursing couple sustained by the loving support, help, and companionship of the baby’s father. A father’s unique relationship with his baby is an important element in the child’s development from early infancy.**

“Partners don’t need to know how to solve breastfeeding problems; *they just need to help you link up with the support and information you need.*” (Page 31)

“Partners want to connect with their babies, too, and when they see the closeness and intimacy of the breastfeeding relationship, feeding the baby themselves looks like the obvious way to do it. But there are a gazillion ways to bond with a baby without bottle-feeding – in fact partners have the key role of teaching the baby that love sometimes comes without food.” (Page 32)

**Good nutrition means eating a well-balanced and varied diet of foods in as close to their natural state as possible.**

“La Leche League has always recommended a well-balanced and varied diet of foods in as close to their natural state as possible. Fresh foods are usually better than frozen, and frozen foods are preferable to canned. By concentrating on unprocessed foods, you and your baby will get all the known nutrients in their natural proportions.” (Page 255)

**From infancy on, children need loving guidance which reflects acceptance of their capabilities and sensitivity to their feelings.**

“You’re actually practicing early discipline – gently encouraging alternative activity, substituting an acceptable object or activity for an unacceptable one, distracting your child to head off a problem. A decade from now you’ll be saying, ‘I know you’re disappointed that Sadie can’t come over today. Why don’t we make some cookies that you two can share tomorrow?’” (Page 174)

“Children are people, with feelings, capabilities, and limitations that vary from child to child, month to month, moment to moment. If we work within those changing strengths and limits and look for the need that drives the behavior, if we show love and consistency, if we respect them as people who are trying their best to adjust to this strange planet they find themselves on with us, *if they know they are loved*, most likely it will all come out fine in the end no matter how much we stumble along the way.” (Page 216)