

***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.

Pp. 10-12; p.130; pp.133-135; pp. 148-149. Tear-Sheet Tool-Kit, p. 449, Laid Back Breastfeeding

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

Pp. 40-41.Tear-Sheet Tool-Kit, p. 453, Waking a Sleepy Newborn

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

P. 23;p. 58; p. 87; p. 223.Tear-Sheet Tool-Kit, P. 449-Laid Back Breastfeeding

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

P. 146;p. 284; p.287

Breast milk is the superior infant food.

P. 5; p. 345. Tear-Sheet Tool-Kit, p. 471, Breastfeeding: It's Just Good Sense.

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

Pp. 247-249

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

Pp. 314-317

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.

P.31.Tear Sheet Tool-Kit, p. 463,We'd Love Your Help; p. 467, What About Partners?p.469-Your Grandchild is Breastfed?

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

P. 124;p. 255

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

Pp. 216-217

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