

More Breastfeeding at First Means More Milk Later

At birth, a baby's stomach is about the size of a marble and is not yet stretchy.

The early milk, colostrum, is purposely small in amount and concentrated so that babies can gradually ease into taking their food by mouth and slowly stretch out their stomach. The healthiest way to do this is to breastfeed often from birth.

Breastfeeding often prevents breast engorgement in the mother and also quickly brings in an abundant milk supply.

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 Feed 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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