

Every Breastfeeding Couple Has Its Own Rhythm

Normal feeding patterns vary among mammals based on the composition of the mother's milk.

The breast is not like a faucet, with the same amount of milk available at all times. There is a natural ebb and flow of milk supply over the course of a day, and this affects how a baby breastfeeds.

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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