

TIPS FOR *clingy* BREASTFEEDERS

DO

build a trusted village of youngsters and elders

DO

babywear so baby is able to attach in another way

DO

hydrate and nourish yourself for an abundant supply

DO

relax, stress hormones and energy are easily transmitted to our children

DO

soak up the sun, it's our primary energy source when baby is taking from us

DO

speak kindly because your words will become your child's inner voice

DO

make *love* to yourself daily

