

**ATTACHMENT  
PARENTING**  
as a Foundation for  
Successful Breastfeeding

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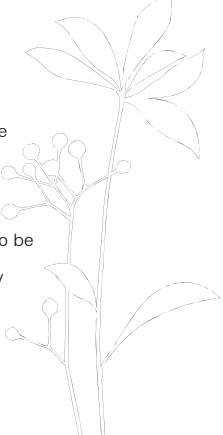
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**Inclusive Language**

I am aware that there are many ways to be and become a family. As part of that, I understand that not every nursing parent identifies as "mother". I have attempted to be inclusive in my language to the best of my ability.



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**Inclusive Images**

I am also aware that most of my photos do not represent the wide diversity of nursing parents. I am always working towards broadening representation in my photos, and realize I have a long way to go.



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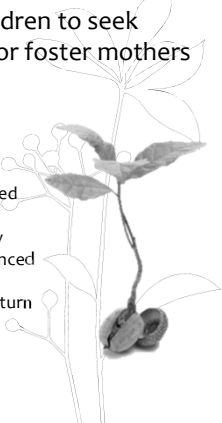
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**Attachment Parenting led children to seek breastfeeding from adoptive or foster mothers**

The seed for this presentation in adoption/foster care research.

When adoptive and foster parents practiced attachment parenting tools, their children sought breastfeeding without initiation by adoptive or foster mother. AP tools enhanced trust, encouraged physical closeness, and enabled children to feel safe enough to return to missed developmental stages. [Gribble, 2005]



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**PRESENTATION OVERVIEW**

- What is Attachment Parenting
- How Breastfeeding supports Attachment Parenting
- Tools of Attachment Parenting
- Using the Tools of Attachment Parenting to Support Breastfeeding
- Meeting Baby's Needs at the Breast Involves Passing the TORCH



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**WHAT IS ATTACHMENT PARENTING?**



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**Attachment Parenting**



From the Introduction of *The Attachment Parenting Book*:  
 "... a high-touch, responsive style of baby care that brings out the best in parents and their babies" (Sears, 1999)

From attachmentparenting.org:  
 "We nurture and fulfill our children's need for trust, respect, and affection, and ultimately provide a lifelong foundation for healthy, enduring relationships." (API, accessed 2013)

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**Attachment Parenting**



From *The Baby Book*:  
 Attachment Parenting is "helping you and your baby fit" (Sears & Sears, 2003)

From *Psychology Today*:  
 "AP for infants involves 'child-centered' rather than 'parent-centered' parenting. The parents read the cues of their babies and by doing so, provide that safe haven so important from attachment theory's point of view." (Whitbourne, 2013)

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**Attachment Parenting**



**Terri!**

- Confident
- Secure
- Polite and respectful to adults
- Played cooperatively with peers
- Nurturing with babies

"A twinkle in her eye and a smile on her face"

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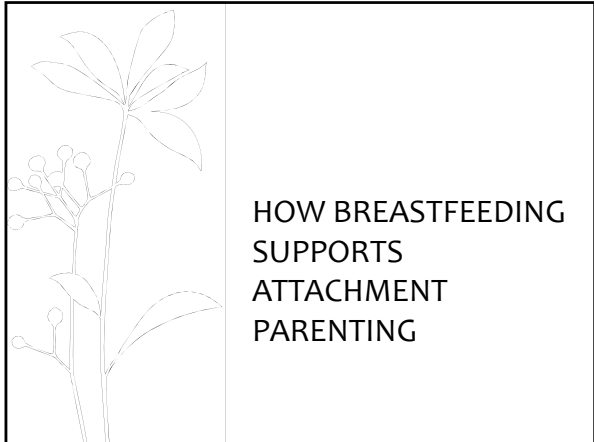
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**Dr. Susan Krauss Whitbourne,  
professor of Psychology at  
University of Massachusetts  
identifies 4 Principles of  
Attachment Parenting**

- 1 - Co-sleeping
- 2 - Feeding on Demand
- 3- Holding and Touching
- 4 - Responsive to Crying

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**Dr. Susan Krauss Whitbourne,  
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Attachment Parenting**

- 1 - Co-sleeping
- 2 - Feeding on Demand
- 3- Holding and Touching
- 4 - Responsive to Crying

Breastfeeding supports each of these principles.

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<p><b>The 4 Concepts of Attachment Parenting</b></p> <p><b>1</b></p> <p><b>Co-Sleeping</b></p> <p>(Whitbourne, 2013)</p>	<p>Child sleeping in the same room as the parents, or with safety precautions in the same bed.</p> <p>Bedtime determined by child's needs rather than parent's needs.</p>
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<p><b>The 4 Concepts of Attachment Parenting</b></p> <p><b>1</b></p> <p><b>Co-Sleeping</b></p> <p>(Whitbourne, 2013)</p>	<p>Child sleeping in the same room as the parents, or with safety precautions in the same bed.</p> <p>Bedtime determined by child's needs rather than parent's needs.</p> <p><b>Breastfeeding supports the concepts of Attachment Parenting:</b></p> <p>One of the safety precautions for safe bed-sharing is that baby is primarily breastfed. (Wiessinger, D. et al., 2014)</p>
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<p><b>The 4 Concepts of Attachment Parenting</b></p> <p><b>2</b></p> <p><b>Feeding On Demand</b></p> <p>(Whitbourne, 2013)</p>	<p>Feeding schedule is determined by child's cues.</p> <p>Weaning initiated by child rather than parent.</p>
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<b>The 4 Concepts of Attachment Parenting</b>	<p>Feeding schedule is determined by child's cues.</p>
<b>2</b>	<p>Weaning initiated by child rather than parent.</p>
<b>Feeding On Demand</b>	<p><b>Breastfeeding supports the concepts of Attachment Parenting:</b> Since parents cannot measure how much milk baby is receiving from the breast in a feeding or in a day, breastfeeding relies on reading baby's cues to determine when to feed and for how long.</p>
<p>(Whitbourne, 2013)</p>	

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<b>The 4 Concepts of Attachment Parenting</b>	<p>Regular holding and touching can be snuggling, cradling, or carrying. Parents may carry baby in front or in back using a carrier.</p>
<b>3</b>	
<b>Holding and Touching</b>	
<p>(Whitbourne, 2013)</p>	

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<b>The 4 Concepts of Attachment Parenting</b>	<p>Regular holding and touching can be snuggling, cradling, or carrying. Parents may carry baby in front or in back using a carrier.</p>
<b>3</b>	<p><b>Breastfeeding supports the concepts of Attachment Parenting:</b> Breastfeeding cannot occur without close holding and touching. As an added bonus, it can even be done in a baby carrier!</p>
<b>Holding and Touching</b>	
<p>(Whitbourne, 2013)</p>	

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<b>The 4 Concepts of Attachment Parenting</b>	Not allowing baby to “cry it out.” Instead responding to early signs of distress.
<b>4</b> <b>Responsive to Crying</b>	
(Whitbourne, 2013)	

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<b>The 4 Concepts of Attachment Parenting</b>	Not allowing baby to “cry it out.” Instead responding to early signs of distress.
<b>4</b> <b>Responsive to Crying</b>	<b>Breastfeeding supports the concepts of Attachment Parenting:</b> One of the easiest ways to calm a baby is by putting baby to the breast. Breastfeeding meets baby’s needs for food, warmth, and comfort.  “Breastfeeding fixes everything!”
(Whitbourne, 2013)	

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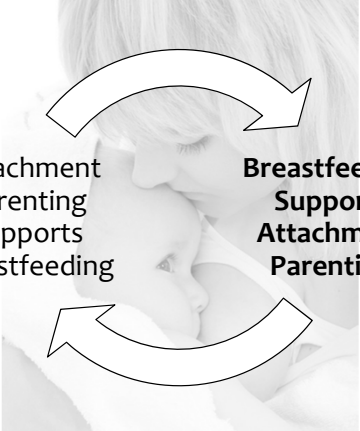
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<b>Attachment Parenting Supports Breastfeeding</b>	<b>Breastfeeding Supports Attachment Parenting</b>
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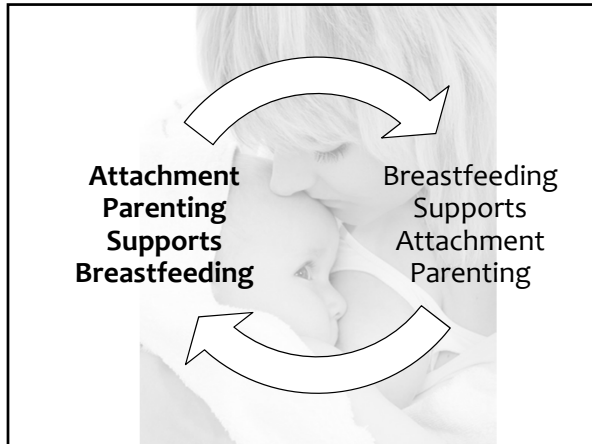
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**Attachment Parenting Supports Breastfeeding**

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**WHAT ARE SOME SPECIFIC TOOLS FOR ATTACHMENT PARENTING?**

Natural Childbirth  
Skin-to-Skin  
Safe Babywearing  
Safe Co-Sleeping  
Co-Bathing  
Infant Massage

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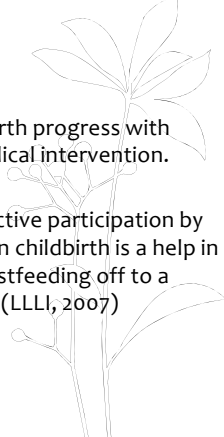


### Natural Childbirth



Labor and birth progress with minimal medical intervention.

“Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.” (LLLL, 2007)



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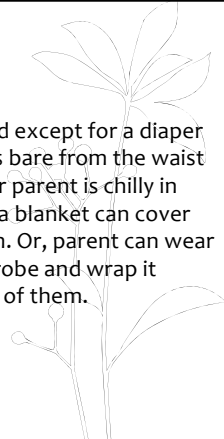
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### Skin-to-skin



baby is naked except for a diaper and parent is bare from the waist up. If baby or parent is chilly in skin-to-skin, a blanket can cover both of them. Or, parent can wear a large bathrobe and wrap it around both of them.



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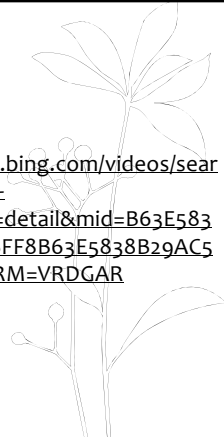
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### Skin-to-skin



VIDEO:  
<https://www.bing.com/videos/search?q=skin-to-skin&&view=detail&mid=B63E5838B29AC528BFF8B63E5838B29AC528BFF8&FORM=VRDGAR>



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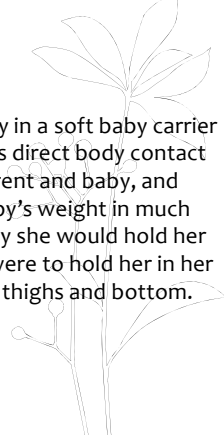
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### Safe Babywearing



carrying baby in a soft baby carrier that provides direct body contact between parent and baby, and supports baby's weight in much the same way she would hold her baby if she were to hold her in her arms: by her thighs and bottom.



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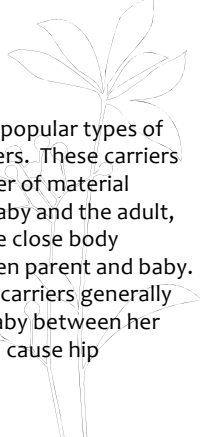
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### Safe Babywearing



avoiding other popular types of soft baby carriers. These carriers may have a layer of material between the baby and the adult, which limits the close body contact between parent and baby. These types of carriers generally also support baby between her legs, which can cause hip dysplasia.



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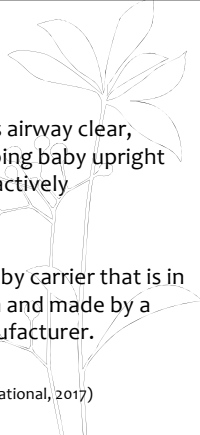
### Safe Babywearing



Keeping baby's airway clear, usually by keeping baby upright unless baby is actively breastfeeding.

Only using a baby carrier that is in good condition and made by a reputable manufacturer.

(Babywearing International, 2017)



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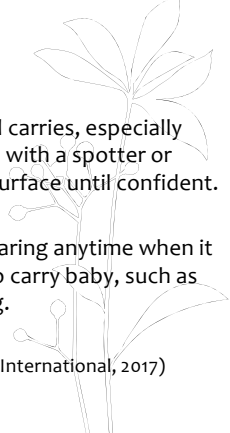
### Safe Babywearing



Practicing all carries, especially back carries, with a spotter or over a soft surface until confident.

Not babywearing anytime when it is not safe to carry baby, such as while driving.

(Babywearing International, 2017)



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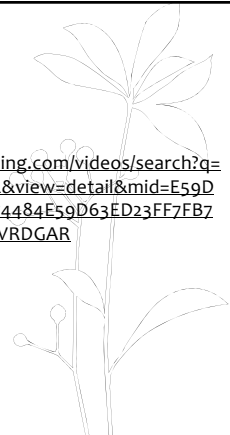
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### Safe Babywearing



VIDEO

<https://www.bing.com/videos/search?q=babywearing&&view=detail&mid=E59D63ED23FF7FB74484E59D63ED23FF7FB74484&FORM=VRDGAR>



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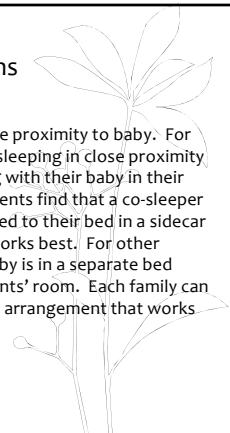
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### Safe Co-Sleeping means



sleeping in close proximity to baby. For many parents, sleeping in close proximity means sleeping with their baby in their bed. Other parents find that a co-sleeper or a crib attached to their bed in a sidecar arrangement works best. For other parents, the baby is in a separate bed within the parents' room. Each family can find the closest arrangement that works for them.



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## Safe Co-Sleeping

### For Parent(s)

- Parents are in agreement about the co-sleeping arrangement
- Parents are sober and not taking any medication that might alter their ability to wake
- Parents are non-smokers
- Nursing parent, and not other children, sleeps closest to baby



(Wiessinger, D. et al., 2014)

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## Safe Co-Sleeping

### For Baby

- Full term and healthy if bed-sharing
- Fed primarily at the breast if baby is less than 4 months old and sharing the bed.
- Babies who are not (yet) breastfeeding may co-sleep on a separate surface, either attached to or close by the parents' bed.
- Not bundled too warmly in swaddles, clothes, or blankets
- Put down to sleep on their back, or nursed to sleep in a side-lying position



(Wiessinger, D. et al., 2014)

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## Safe Co-Sleeping

### For Sleeping Space

- Mattress is firm and flat
- No blankets or pillows near baby's face
- No crevices that baby could become caught in
- No cords near bed that baby could become tangled in



(Wiessinger, D. et al., 2014)

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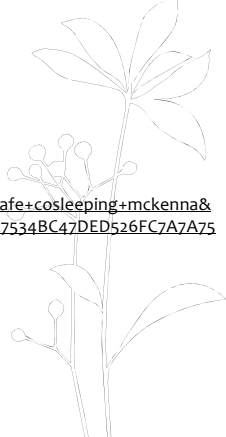
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## Safe Co-Sleeping

VIDEO

<https://www.bing.com/videos/search?q=safe+cosleeping+mckenna&&view=detail&mid=4BC47DED526FC7A7A7534BC47DED526FC7A7A753&FORM=VRDGAR>



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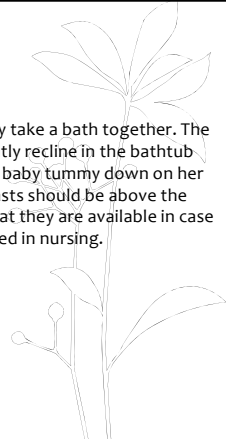
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## Co-Bathing

parent and baby take a bath together. The parent may gently recline in the bathtub and placing her baby tummy down on her chest. Her breasts should be above the water line so that they are available in case baby is interested in nursing.



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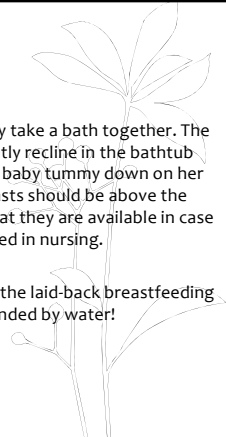
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## Co-Bathing

parent and baby take a bath together. The parent may gently recline in the bathtub and placing her baby tummy down on her chest. Her breasts should be above the water line so that they are available in case baby is interested in nursing.



This is basically the laid-back breastfeeding position surrounded by water!



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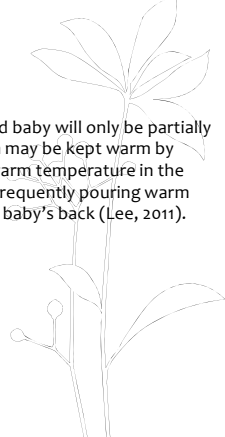
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### Co-Bathing



Since parent and baby will only be partially immersed, both may be kept warm by maintaining a warm temperature in the bathroom and frequently pouring warm bathwater over baby's back (Lee, 2011).



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### Co-Bathing



Co-showering in some cases.



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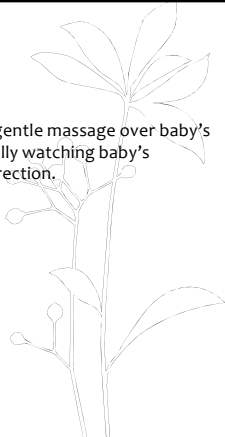
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### Infant Massage



Parent applies gentle massage over baby's body, respectfully watching baby's feedback for direction.



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**Infant Massage**

VIDEO  
<https://babybabyohbaby.com/store/infant-massage-dvd/>



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Using the Concepts of AP to show  
**ATTACHMENT  
PARENTING  
SUPPORTS  
BREASTFEEDING**

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**The 4 Concepts  
of Attachment  
Parenting**

**1**  
**Co-Sleeping**

Child sleeping in the same room as the parents, or with safety precautions in the same bed.

Bedtime determined by child's needs rather than parent's needs.

(Whitbourne, 2013)

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<p><b>The 4 Concepts of Attachment Parenting</b></p> <p><b>1</b></p> <p><b>Co-Sleeping</b></p> <p>(Whitbourne, 2013)</p>	<p>Child sleeping in the same room as the parents, or with safety precautions in the same bed.</p> <p>Bedtime determined by child's needs rather than parent's needs.</p> <p><b>The tools of Attachment Parenting:</b> Safe Co-Sleeping</p>
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<p><b>The 4 Concepts of Attachment Parenting</b></p> <p><b>2</b></p> <p><b>Feeding On Demand</b></p> <p>(Whitbourne, 2013)</p>	<p>Feeding schedule is determined by child's cues.</p> <p>Weaning initiated by child rather than parent.</p>
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<b>The 4 Concepts of Attachment Parenting</b>	Regular holding and touching can be snuggling, cradling, or carrying. Parents may carry baby in front or in back using a carrier.
<b>3 Holding and Touching</b>	
(Whitbourne, 2013)	

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<b>3 Holding and Touching</b>	<b>The tools of Attachment Parenting:</b> Skin-to-skin Safe Babywearing Safe Co-Sleeping Co-bathing Infant massage
(Whitbourne, 2013)	

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<b>The 4 Concepts of Attachment Parenting</b>	Not allowing baby to “cry it out.” Instead responding to early signs of distress.
<b>4 Responsive to Crying</b>	
(Whitbourne, 2013)	

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**The 4 Concepts of Attachment Parenting**

**4**  
**Responsive to Crying**

Not allowing baby to “cry it out.”  
Instead responding to early signs of distress.

**The tools of Attachment Parenting:**  
Skin-to-skin  
Safe Babywearing  
Safe Co-Sleeping  
Infant massage

(Whitbourne, 2013)

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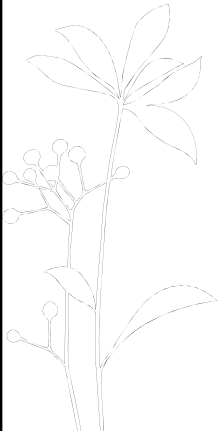
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Successful transition from meeting baby’s needs in utero to

**MEETING BABY’S NEEDS AT THE BREAST INVOLVES PASSING THE TORCH**

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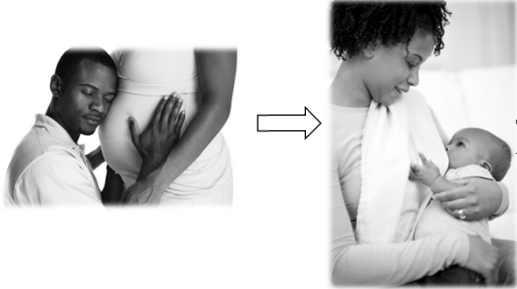
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**Our goal:**

All of baby’s nutritional needs are met by parent in utero

All of baby’s nutritional needs are met by parent at the breast



[www.bigstockphoto.com](http://www.bigstockphoto.com)

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Pregnancy to Breastfeeding: Passing the Torch

I am a new mother going from feeding my baby in the womb to feeding my baby at the breast.



I am her breastfeeding professional supporting her in this transition

Barry Skeates courtesy of Creative Commons

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Successful transition to breastfeeding relies on passing the

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Successful transition to breastfeeding relies on passing the

T  
hings  
Oxytocin  
Reset  
Communication  
Habitat

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	<p>Successful transition to breastfeeding relies on passing the</p> <p><b>T</b>hings undermine a parent's confidence in their ability to breastfeed</p> <p><b>O</b>xytocin is a hormonal key to breastfeeding</p> <p><b>R</b>eset baby's start in life to awaken breastfeeding instincts</p> <p><b>C</b>ommunication between nursing parent and baby sets the stage for breastfeeding success</p> <p><b>H</b>abitat is where the breasts are</p>
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<p><b>T</b>hings undermine a parent's confidence</p> <p><b>O</b></p> <p><b>R</b></p> <p><b>C</b></p> <p><b>H</b></p>	<p>International Code of Marketing of Breast-milk Substitutes (a.k.a. The WHO Code)</p> <p>“The primary purpose of the ‘WHO-CODE’ is to protect mothers and babies from the highly effective, aggressive and predatory marketing of substitutes for breastfeeding (i.e. infant formula, bottles, artificial nipples) at the most vulnerable period of their lives, the birth of a new baby.” (Forbes, 2011)</p>
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<p><b>T</b>hings undermine a parent's confidence</p> <p><b>O</b></p> <p><b>R</b></p> <p><b>C</b></p> <p><b>H</b></p>	<p>International Code of Marketing of Breast-milk Substitutes (a.k.a. The WHO Code)</p> <p>Big Box Baby Superstore</p>  <p>RetailByRyan95 courtesy of Creative Commons</p>
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International Code of Marketing of Breast-milk Substitutes (a.k.a. The WHO Code)

Things undermine a parent's confidence

Gee, I don't have what it takes to take care of my baby, since I keep getting messages that I need all these things...

Big Box Baby Superstore



RetailByRyang5 courtesy of Creative Commons

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Oxytocin is the hormone of calm and connection... Breastfeeding is its starring role. – *The Oxytocin Factor*, Moberg

Oxytocin is the hormone that causes milk ejection (let-down).

Oxytocin also increases in parent and baby with close body contact.

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Oxytocin is a hormonal key to breastfeeding.



Oxytocin "influence"  
mybreastfeedingcartoons.blogspot.com

Oxytocin increases duration of breastfeeding

- Creates a feeling of pleasure and people tend to keep doing things that they enjoy
- Creates a feeling of relaxation making it easier to breastfeed than not to

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**T**  
**O**  
**R**eset baby's start in  
**C**life to awaken  
breastfeeding  
**H**instincts

Breastfeeding instincts are at their highest during "the golden hour" following a normal birth.



[www.bigstockphoto.com](http://www.bigstockphoto.com)

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**T**  
**O**  
**R**  
**C**ommunication  
**H**etween nursing  
parent and baby sets  
the stage for  
breastfeeding success

The Breastfeeding Relationship



Free Google Images <http://blogdesandramd.blogspot.com>

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**T**  
**O**  
**R**  
**C**  
**H**abitat is where the  
breasts are

Dr. Nils Bergman identified being close to mother's breasts as the breastfeeding habitat.



[www.fotolia.com](http://www.fotolia.com)

When we put baby in the restaurant, he will pick up the fork. (Lee, 2010)

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TORCH In Action  
USING THE TOOLS OF  
ATTACHMENT  
PARENTING TO SUPPORT  
BREASTFEEDING

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**Natural Childbirth** passes the



T  
hings  
O  
xytocin  
R  
eset  
C  
ommunication  
H  
abitat



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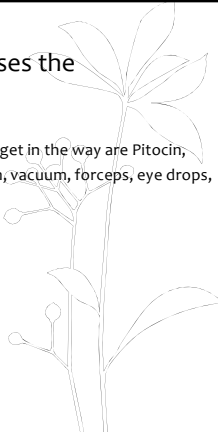
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**Natural Childbirth** passes the



T  
hings that may get in the way are Pitocin,  
epidural, c-section, vacuum, forceps, eye drops,  
baths, needles  
O  
xytocin  
R  
eset  
C  
ommunication  
H  
abitat



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**Natural Childbirth** passes the



**T**hings  
**O**xytocin is inhibited by Pitocin, an artificial form of oxytocin  
**R**eset  
**C**ommunication  
**H**abitat



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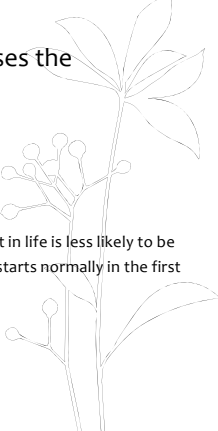
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**Natural Childbirth** passes the



**T**hings  
**O**xytocin  
**R**eset baby's start in life is less likely to be necessary when it starts normally in the first place  
**C**ommunication  
**H**abitat



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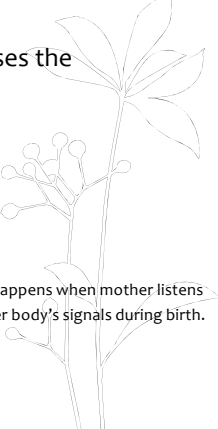
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**Natural Childbirth** passes the



**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication happens when mother listens and responds to her body's signals during birth.  
**H**abitat



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**Natural Childbirth** passes the



**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication  
**H**abitat for baby transitions from direct internal contact in the womb to direct external contact on mother's chest.



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**Skin-to-Skin** passes the



**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication  
**H**abitat



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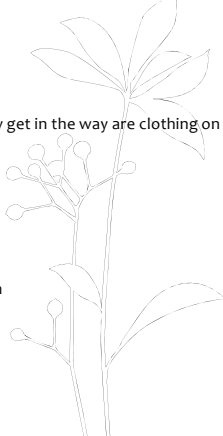
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**Skin-to-Skin** passes the

Things that may get in the way are clothing on parent and baby



**O**xytocin  
**R**eset  
**C**ommunication  
**H**abitat



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**Skin-to-Skin** passes the



**T**hings  
**O**xytocin increases with close body contact, particularly with skin-on-skin. Connection is further enhanced as baby breathes in parent's scent and hears the steady rhythm of her heart. Parent feels connected with baby's soft skin and hair against her bare chest.

**R**eset  
**C**ommunication  
**H**abitat

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**Skin-to-Skin** passes the



**T**hings  
**O**xytocin  
**R**eset baby's start in life: direct contact between parent and baby, baby hearing the beating of the parent's heart and the rhythm of her breathing.

**C**ommunication  
**H**abitat

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**Skin-to-Skin** passes the



**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication happens when parent can sense every nuance of baby's movements and sweet baby sounds.

**H**abitat

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**Skin-to-Skin** passes the



**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication

**H**abitat for breastfeeding is baby's cheek against parent's bare breast. When parent and baby are skin-to-skin this way, baby has a positive association with being in the breastfeeding habitat.



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**Safe Babywearing** passes the...



**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication  
**H**abitat



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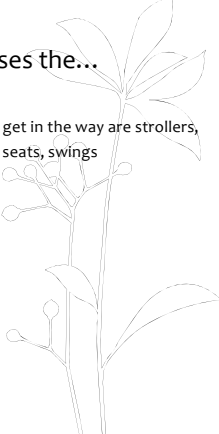
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**Safe Babywearing** passes the...



**T**hings that may get in the way are strollers, car seats, bouncy seats, swings  
**O**xytocin  
**R**eset  
**C**ommunication  
**H**abitat



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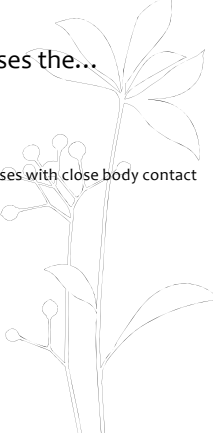
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**Safe Babywearing** passes the...



**T**hings  
**O**xytocin increases with close body contact  
**R**eset  
**C**ommunication  
**H**abitat




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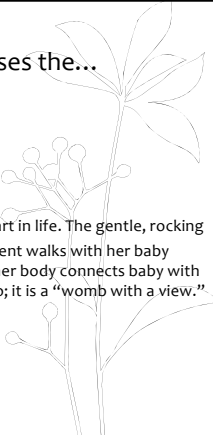
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**Safe Babywearing** passes the...



**T**hings  
**O**xytocin  
**R**eset baby's start in life. The gentle, rocking movement as parent walks with her baby bundled against her body connects baby with their time in utero; it is a "womb with a view." (Granju, 1999)  
**C**ommunication  
**H**abitat




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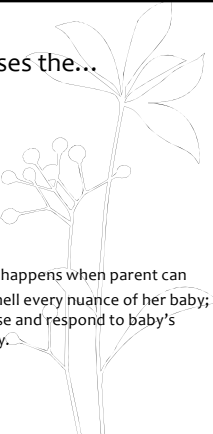
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**Safe Babywearing** passes the...



**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication happens when parent can see, hear, feel, smell every nuance of her baby; she is able to sense and respond to baby's needs very quickly.  
**H**abitat




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**Safe Babywearing** passes the...



**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication  
**H**abitat for breastfeeding is baby's cheek against mother's chest. Babywearing can even be done skin-to-skin!



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**Safe Co-Sleeping** carries the



**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication  
**H**abitat



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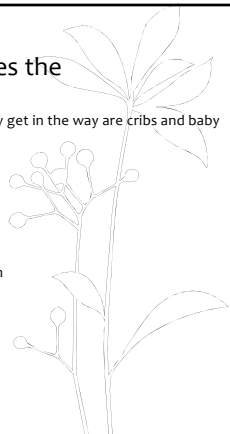
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**Safe Co-Sleeping** carries the



**T**hings that may get in the way are cribs and baby monitors  
**O**xytocin  
**R**eset  
**C**ommunication  
**H**abitat



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**Safe Co-Sleeping** carries the

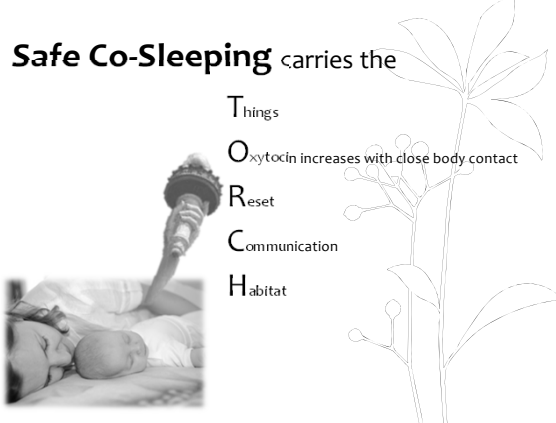
T  
hings

Oxytocin increases with close body contact

R  
eset

C  
ommunication

H  
abitat




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**Safe Co-Sleeping** carries the

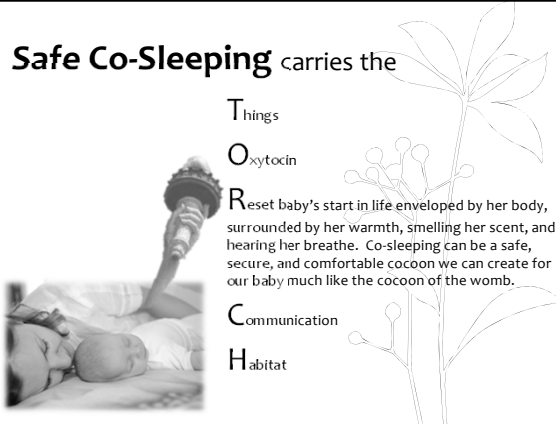
T  
hings

Oxytocin

R  
eset baby's start in life enveloped by her body, surrounded by her warmth, smelling her scent, and hearing her breathe. Co-sleeping can be a safe, secure, and comfortable cocoon we can create for our baby much like the cocoon of the womb.

C  
ommunication

H  
abitat




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**Safe Co-Sleeping** carries the

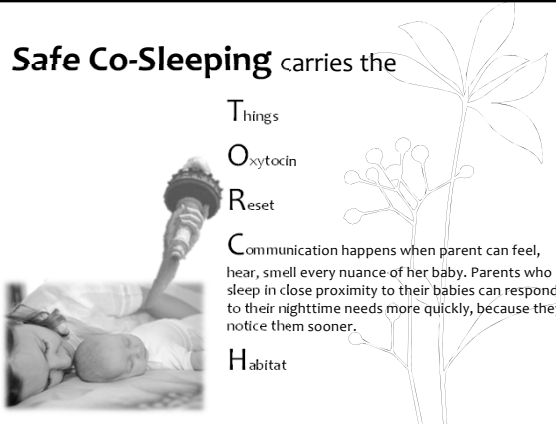
T  
hings

Oxytocin

R  
eset

C  
ommunication happens when parent can feel, hear, smell every nuance of her baby. Parents who sleep in close proximity to their babies can respond to their nighttime needs more quickly, because they notice them sooner.

H  
abitat




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**Safe Co-Sleeping** carries the

Things  
 Oxytocin  
 Reset  
 Communication

Habitat for breastfeeding is close to parent's chest. When baby sleeps close to parent, especially if she sleeps bare-breasted, baby is in the breastfeeding environment all night. Baby can smell the scent of the parent's milk. When baby is drowsy or in a light sleep, her instincts to breastfeed are more easily aroused. When a mother is drowsy, she tends to behave more instinctively as well.




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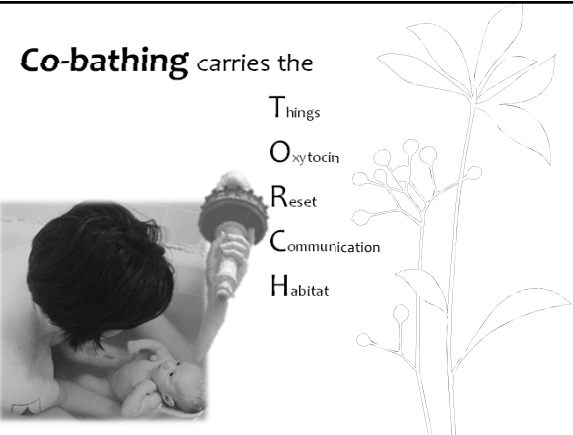
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**Co-bathing** carries the

Things  
 Oxytocin  
 Reset  
 Communication  
 Habitat




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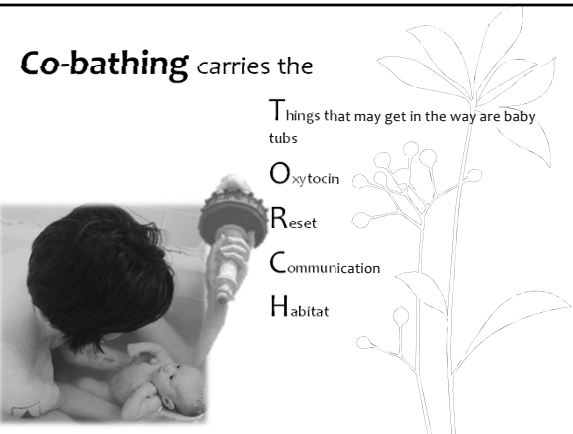
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**Co-bathing** carries the

Things that may get in the way are baby tubs  
 Oxytocin  
 Reset  
 Communication  
 Habitat




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**Co-bathing** carries the

**T**hings  
**O**xytocin increases with close body contact, and of course co-bathing is always skin-to-skin.  
**R**eset  
**C**ommunication  
**H**abitat




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**Co-bathing** carries the

**T**hings  
**O**xytocin  
**R**eset baby's start in life surrounded by warm water and parent's presence reminds baby of the womb. The simulation of the womb experience can be further enhanced by minimizing light: turning off the bathroom light and using only candlelight or the light from the hallway.  
**C**ommunication  
**H**abitat




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**Co-bathing** carries the

**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication happens within the confines of the tub where there is little to distract parent from every nuance of her baby's sounds and movements. In the bathtub with her baby, she may feel as if she has created a little world of just the two of them.  
**H**abitat




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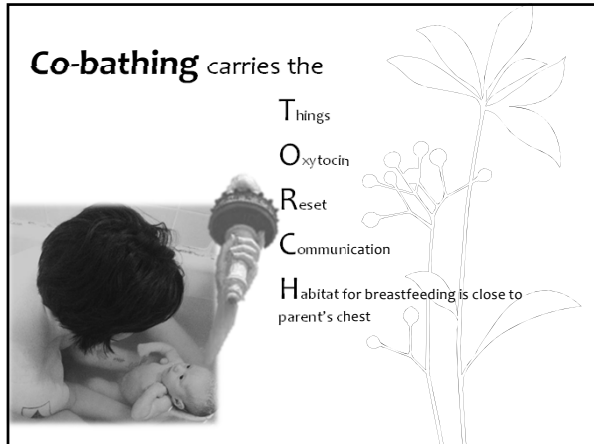
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**Co-bathing** carries the

**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication  
**H**abitat for breastfeeding is close to parent's chest



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**Infant Massage** carries the

**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication  
**H**abitat



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**Infant Massage** carries the

**T**hings that may get in the way are vibrating bouncy seats, electric swings  
**O**xytocin  
**R**eset  
**C**ommunication  
**H**abitat



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**Infant Massage** carries the

**T**hings  
**O**xytocin increases with deep touch  
**R**eset  
**C**ommunication  
**H**abitat

A black and white photograph of a baby lying on its back, holding a rattle in its right hand. To the right of the baby is a line drawing of a plant with several leaves and small buds on a stem.

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**Infant Massage** carries the

**T**hings  
**O**xytocin  
**R**eset baby's start in life by enveloping them in their parent's touch  
**C**ommunication  
**H**abitat

A black and white photograph of a baby lying on its back, holding a rattle in its right hand. To the right of the baby is a line drawing of a plant with several leaves and small buds on a stem.

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**Infant Massage** carries the

**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication goes hand-in-hand with nurturing baby massage, as parent engages with baby and responds to baby's cues, discontinuing a stroke if baby shows signs of distress  
**H**abitat

A black and white photograph of a baby lying on its back, holding a rattle in its right hand. To the right of the baby is a line drawing of a plant with several leaves and small buds on a stem.

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**Infant Massage** carries the

**T**hings  
**O**xytocin  
**R**eset  
**C**ommunication

**H**abitat for breastfeeding is skin-to-skin contact with nursing parent. Not only is parent's chest the breastfeeding habitat, but so is baby's body. Infant massage is a structured way parent can acquaint herself with her baby's body.




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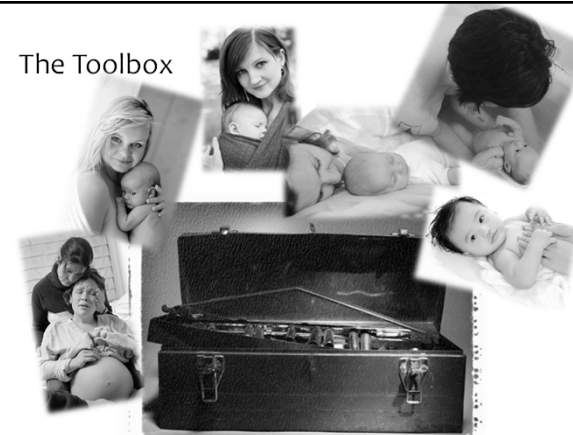
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**The Toolbox**




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**For more information...**



[www.attachmentparenting.org](http://www.attachmentparenting.org)

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