

Recipe for Nurturing This is an Excellent Starter!

Ingredients

Plenty of pillows
1 healthy mother
1 healthy newborn
(you can also use 2)
Bed or armchair
Privacy (Optional)

Layer the first three ingredients on a bed or armchair starting with the pillows placing your baby tummy down, on top. Sift through your own positions to find the most comfortable.

Add skin-to-skin contact, if desired ...
Alternatively, both of you can be lightly dressed.

Stir in the desired amount of privacy
Gently fold in hugs and kisses.
Gaze and cuddle. Stroke and whisper.
Leave in this warm draught-free place for at least 45 minutes
Check temperature frequently,
Do not chill

Enjoy any beverage of your choice — Try sparkling water or a convivial mix of seasonal fruit juice.

As baby nuzzles and latches on and off, no one but you can say how long to savour.

Sprinkle with cupfuls of
Love, Laughter and Lullabies.

This recipe illustrates the 'how to's' of Biological Nurturing, a newly developed mother-centred approach to breastfeeding.
To order please contact joelledufur@yahoo.co.uk

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