

Attachment Parenting as a Tool for Successful Breastfeeding - October

1. According to Dr. William Sears, attachment parenting is “...a high-touch, responsive style of baby care that brings out the best in parents and their babies” (Sears, 1999)
2. Attachment parenting supports breastfeeding.
3. Breastfeeding supports attachment parenting.
4. International Code of Marketing of Breast-milk Substitutes (a.k.a. The WHO Code) protects breastfeeding by supporting marketing of bottles and formula.
5. Oxytocin is a hormonal key to breastfeeding.
6. Oxytocin can be increased in parent and baby through other means besides breastfeeding.
7. When breastfeeding doesn't get off to a good start, several attachment parenting tools can be used to reset baby's instincts to breastfeed.
8. Childbirth interventions do not impact initiation of breastfeeding.
9. Co-sleeping is always recommended.
10. Co-bathing can be a reset for breastfeeding because being surrounded by warm water can remind babies of their time in utero.