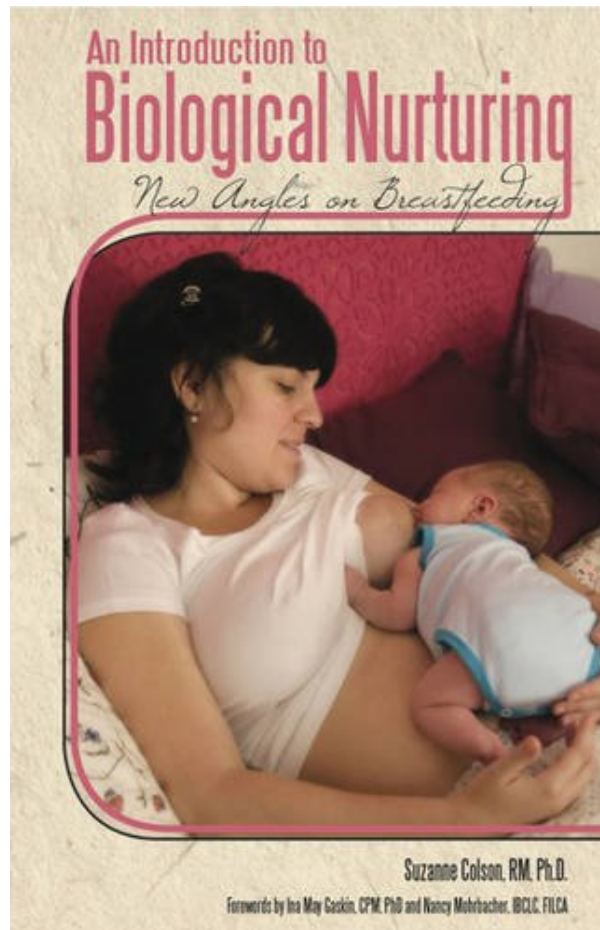


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Most health professionals believe that mothers need to be taught how to breastfeed. This book describes new research evidence suggesting that mothers and babies innately know how to breastfeed, and introduces a new approach called biological nurturing. Biological nurturing is a collective term for optimal breastfeeding states and positions whose interaction release spontaneous behaviours helping mothers and babies get started with feeding. Biological nurturing is quick and easy to do. Most moms and babies automatically move into the correct positions if left on their own. The challenge for health professionals lies with understanding the releasing mechanisms and learning how to help mothers and babies do what comes naturally. This book restores confidence in nature's biological design and in mothers' innate capacity to breastfeed. Dr. Suzanne Colson is one of my heroes because her thoughtful and careful research and the conclusions she has drawn from this research have finally brought common sense into the discussion of breastfeeding. Ina May Gaskin, CNM, Ph.D., Author, Spiritual Midwifery and Ina May's Guide to Breastfeeding Colson's mentor, French obstetrician Michel Odent, changed the way we think about birth. In this book, Suzanne Colson does the same for breastfeeding. Get ready to rethink-like I did-many of your most basic breastfeeding assumptions and learn some revolutionary new ways to help mothers and babies. This book will change your life! Nancy Mohrbacher, IBCLC, FILCA, Author, Breastfeeding Answers Made Simple, co-author, Breastfeeding Made Simple

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By Mother Knows

In our modern world, breastfeeding our children has become an obstacle course of rules, gadgets, misinformation, judgement, and separation. This excellent book describes a research-based, practical way to return breastfeeding to the normal, dynamic, and comfortable activity of daily living it was always meant to be. The author clearly shows that there is not one "correct" way to breastfeed. Written by a scientist who is also a mother, the descriptions, photographs, research findings, and no-nonsense wisdom in Suzanne Colson's slim volume can be useful for pregnant women, mothers, family and friends, and professionals

whose job it is to help mothers. All can learn about Biological Nurturing (BN) and how the innate abilities and reflexes of mothers and babies can be released to make learning to breastfeed a pleasure. As Dr. Colson says in Chapter 1: .."BN is as quick and easy to do as picking up a baby."

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By LC in Wilmington

Suzanne is first and foremost a scientist - through her observations, which she shares in this book, we rediscover how babies and mothers both have innate reflexes that are released with the right elements of positioning, infant and maternal states and hormones. Suzanne makes breastfeeding fun and easy again, making us question 'the way we've always done it' . If you work with new mothers and babies, you must add this to your library!

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