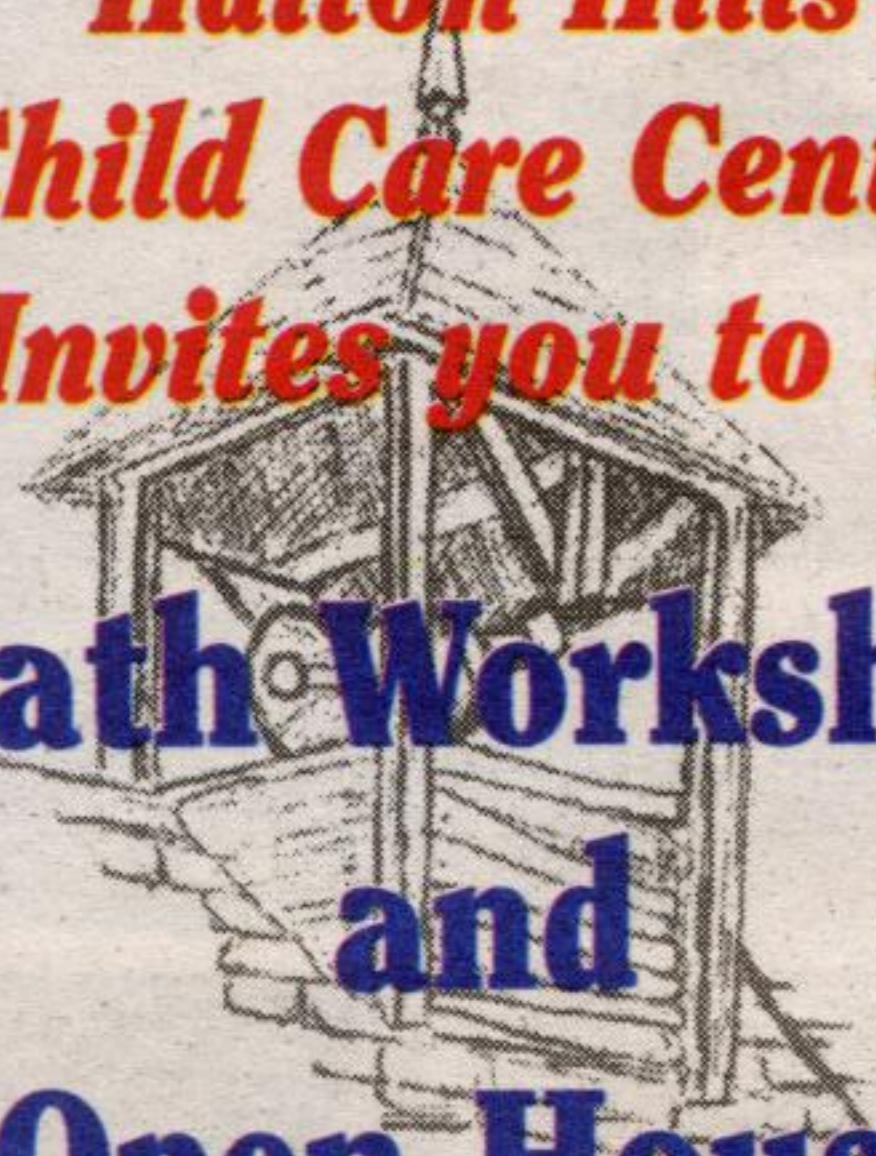


**Date: June 8, 2004**  
**Time: 6:00 pm - 7:00 pm**

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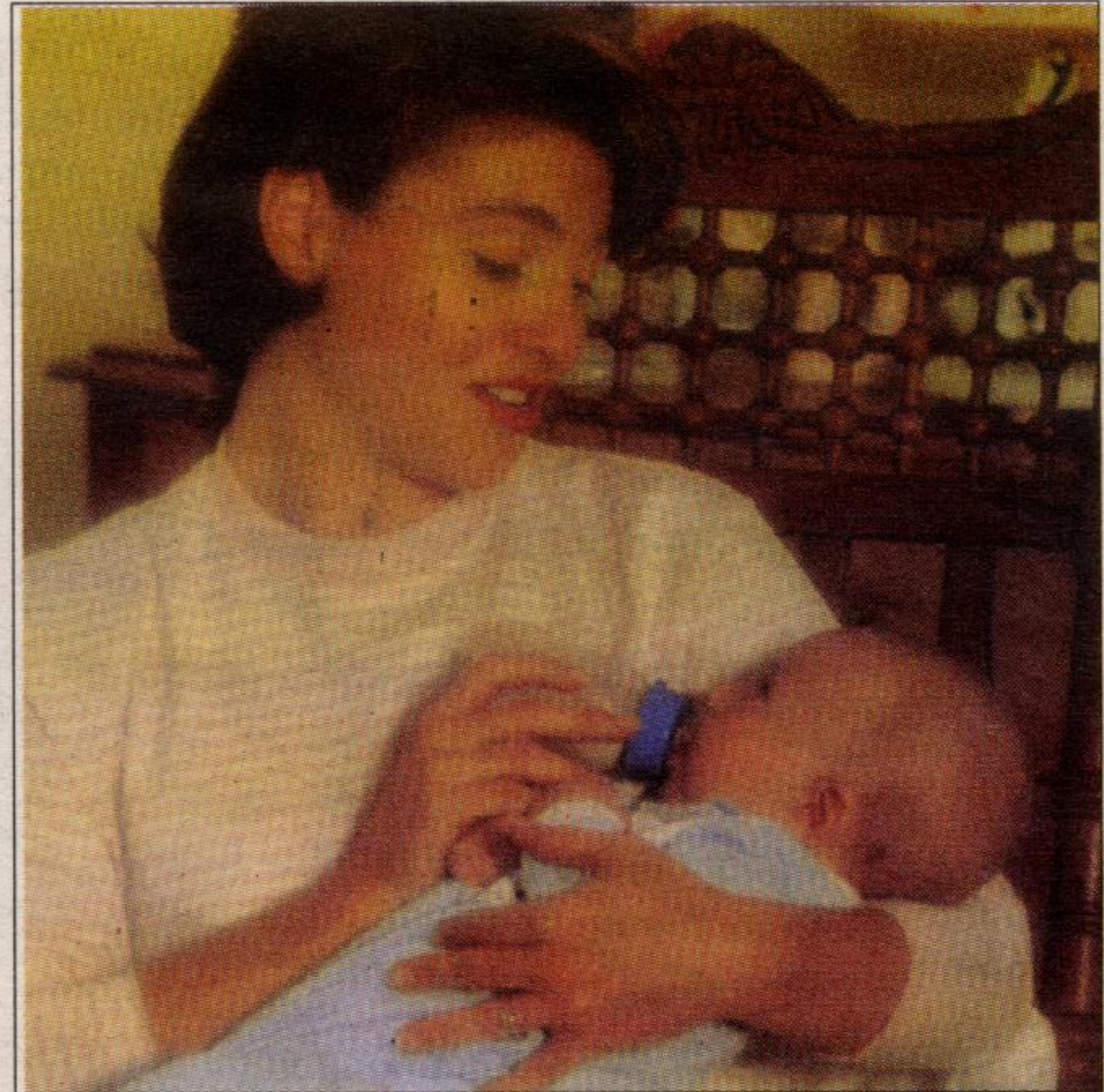
*The Independent & Free Press*

# Tip for Babies –

## Let mommy feed the baby whenever possible

by Barbara Burrows

Often mothers would like to be the one to feed the baby - whether bottle breast - most of the time. With bottle-fed babies, others can feed, but there is much to be gained from mothers doing as many of the feeds as possible, especially during the first weeks and months. Clinical findings and research have



determined that babies develop most fully when they are given ample time to form one deep and satisfying relationship at a time - and this is usually with the mother. The time during the day that babies have the most chance to get to know somebody is during a feeding. The baby gazes into the face, touches the hand to the face, becomes used to the scent, knows the voice and comes to know this person in an amazing number of ways. When it is usually the same person each time, the baby "gets to know" this person sooner and more fully. "Knowing" is the basis

for security, and the security is a basis for positive future development. When well-meaning friends, relatives, or even fathers offer to help in the early weeks, they can most help the infant's optimal development by feeding the mother (cooling her down for her) rather than feeding the baby. This allows the mother to devote more time to the baby, and helps the baby form that first, close important relationship

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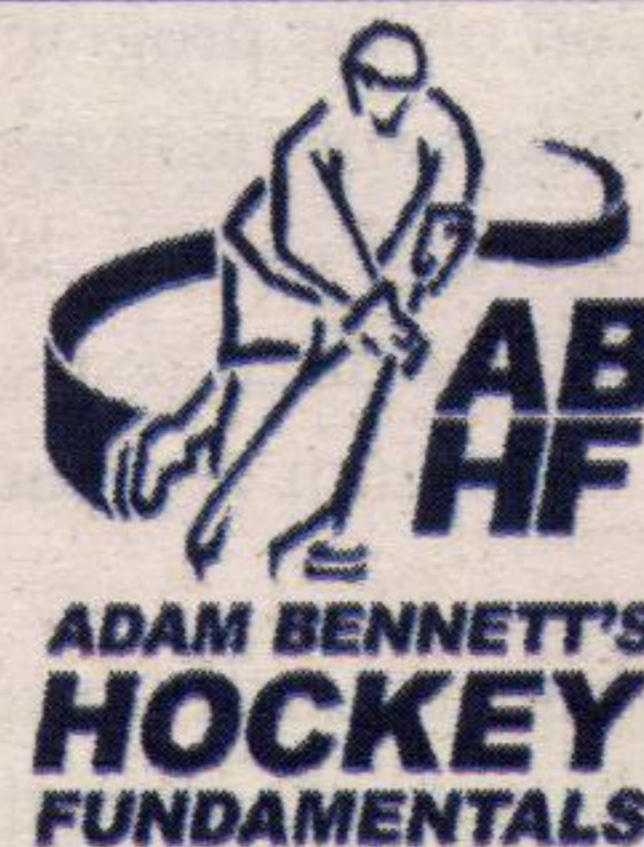
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