

# Episode 016 – Parenting 101: Birth (1h6m)

Episode 016 continues the Parenting 101 mini-series. In this episode, we talk about birth, the first moments of life, and establishing the bond between mother and baby.

Listen to Episode 016 (1h6m, mp3, 96kbps)

## Show Notes

Wikipedia.org, “Obstetrical Dilemma”

BreastCrawl.org, “A Scientific Overview”

BecomingMamas.com, “Life in the Fourth Trimester”

Margot Sunderland, *The Science of Parenting*

## Contact

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