

Episode 030 – Parenting 101: Infancy (1h16m)

Episode 030 continues the Parenting 101 mini-series. In this episode we welcome Phil's wife Krista (and baby Isaac) to talk about human infancy and strengthening the bond between mother and baby through attachment (breastfeeding, co-sleeping, baby-wearing).

Listen to Episode 030 (1h16m, mp3, 96kbps)

Show Notes

AttachmentParenting.org, "Eight Principles of Parenting"

EvolutionaryParenting.com, "Breastfeeding and Co-Sleeping"

Dr. James McKenna, PhD, *Sleeping with Your Baby*

BabywearingInternational.org, "Benefits of Babywearing"

Contact

Email a comment or question to [everythingvoluntary @ gmail.com](mailto:everythingvoluntary@gmail.com).

Record up to a 3 minute comment or question by calling 385-313-0565.

Subscribe

via RSS [here](#).

via iTunes [here](#).

via Stitcher [here](#).

via blubrry [here](#).

via Player.FM [here](#).

Donate bitcoins or through PayPal or Flattr via the links on the right. Use the Amazon portal to send EVC a commission from your purchase at no extra cost to you.