

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"

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