

Baby Touching and Baby Bonding

Ten Principles of Mother-Infant Bonding for Health, Happiness and Harmony

By James W. Prescott, Ph.D

- I.** Every Pregnancy Is A Wanted Pregnancy. Every Child Is A Wanted Child. Unwanted children are typically unloved, abused and neglected who become the next generation of delinquents, violent offenders and alcohol/drug abusers and addicts.
- II.** Every Pregnancy Has Proper Nutrition & Prenatal Care--medical and psychological - and is free from alcohol, drugs, tobacco and other harmful agents of stress.
- III.** Natural Birthing--avoid wherever possible obstetrical medications, forceps & induced labor with no episiotomy nor premature cutting of umbilical cord. Mother controls birthing position with no separation of newborn from mother. Newborn maintains intimate body contact with mother for breastfeeding and nurturance.
- IV.** No Circumcision of newborn. The traumatic pain of newborn circumcision adversely affects normal brain development, impairs affectional bonding with mother and has long lasting effects upon how pain and pleasure are experienced in life.
- V.** Breastfeeding On Demand by newborn/infant/child and for "two years or beyond", as recommended by the World Health Organization (WHO) and UNICEF. Failure to breastfeed results in positive harm to normal brain development & to the immunological health of the newborn, infant and child. Encoding the developing brain with the smell of mother's body through breastfeeding is essential for the later development of intimate sexuality.
- VI.** Intimate Body Contact is maintained between mother and newborn/infant by being carried continuously on the body of the mother for the first year of life. Such continuous gentle body movement stimulation of the newborn/infant promotes optimal brain development and "Basic Trust" for peaceful/happy behaviors. Mother-infant co-sleeping is encouraged for "two years or beyond". Mother-infant/child body contact can also be optimized with daily infant/child massage. The Father must also learn to affectionately bond with his infant and child by being an additional source of physical affection.
- VII.** Immediate Comforting is given to infants and children who are crying. No infant/child should ever be permitted to cry itself to sleep.
- VIII.** Infants and Children Are For Hugging and should never be physically hit for any reason. Merging childhood parental love with parental violent pain helps create adult violent love.
- IX.** Infants and Children Are Honored and should never be humiliated nor emotionally abused for any reason. The emerging sexuality of every child is respected.

X. Mothers Must Be Honored and not replaced by Institutional Day Care which emotionally harms children before three years of age. Mother-Infant/Child Community Development Centers must replace Institutionalized Day Care.

THE CHILD IS THE FATHER OF THE MAN

THE CHILD IS THE MOTHER OF CULTURE

THE CHILD IS THE FUTURE OF HUMANITY

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[Touch the Future: Bonding and Violence](http://touchthefuture.org/services/bonding/index.html)
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A baby's developing body and brain mirror and reflect, lifelong, the emotional-sensory environment provided by its first primary relationship, that is with its mother. The Origins of Love & Violence (please see below) take root in this first, primary sensory environment. What we call "affectional bonding" or nurturing, or its absence-- very early in life--structures the developing brain to interpret the world and its relationships as peaceful, pleasurable and loving or hostile, painful and violent depending on trust or anxiety experienced in this first relationship.

Always Hands On, Baby

Kangaroo Care (<http://www.kangaroomothercare.com/ResearchKMC.html>) is defined as holding your infant with skin to skin contact. According to a new study published in Pediatrics, low birth weight babies benefit from skin to skin contact. Compared to infants in incubators, newborns in "kangaroo mother care" had less severe infections, spent fewer days in the hospital, and had better head circumferences (a sign of better growth rate). The system, which involves placing a diaper-clad preemie upright on his mom's bare chest-tummy to tummy, in between her breasts, inside her clothing; her body warmth helps stabilize the baby's temperature and also allows for easier breastfeeding, was started in Columbia. The system is now being implemented and tested in neonatal clinics in the US, Canada, and Europe. Another favorable finding was that the benefits also extend to adults with moms feeling more empowered by their hands on responsibility.