



BREASTMILK

EVERY OUNCE COUNTS

Breastfeeding releases hormones that help you relax and be a calmer parent. It helps you bond with your baby and get to know each other better. There is a very special closeness between the breastfeeding mom and her baby that is unlike any other.

Other ways the new mom and dad can bond with their baby:

- Lots of skin-to-skin contact will increase bonding between you and your baby.
- Spend time holding, singing, talking, and reading to your baby.
- Dance! Dancing helps a baby to bond with their parent; it can also soothe and quiet a fussy baby. With a bit of luck, it may even put her to sleep!
- Take baby for a walk in the stroller. Babies love adventure and it is good for you too.

Your child is a baby for a short time. Relax and enjoy your baby now. This will help you be a better parent as your child grows.

————— Fold in half with text facing out, and glue or staple page together —————

Atole

Ingredients

- 1/2 cup masa flour (masa harina)
- 1/4 cup hot water to blend
- 5 cups non-fat milk
- 1/4 cup brown sugar plus 2 teaspoons molasses
- 3 cinnamon sticks
- 1 vanilla bean (split lengthwise) or 1 tsp vanilla

Instructions

Place the water and the masa into the jar of a blender and blend until smooth. Transfer to a medium sized saucepan. Scrape the seeds of the vanilla bean into the pan and add the cinnamon stick. Stir the mixture until it begins to thicken. Add the sugar and molasses and continue to stir until the sugar is dissolved. Heat over medium heat until the mixture is warmed. Remove from the heat. Remove the cinnamon stick and the vanilla bean and serve hot, in mugs.

Serves 5 - 6

