



Breastfeeding is a wonderful gift for you and your baby.

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.

Ways the new mom can bond with her baby:

- Breastfeed often. Lots of skin-to-skin contact will increase bonding between you and your baby. (Nursing often will also increase your milk supply.)
- Spend time holding, singing, talking, and reading to your baby.
- 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 matures.

Card #6

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Atole*

Ingredients

- 3 cups water
- 1 cup masa prepared from masa harina
- 5 cups milk
- 2 tablespoons cornstarch
- 3 cinnamon sticks
- 1½ cups sugar

Dissolve masa dough in 1 cup water. Strain mixture through cheesecloth. Put into a medium pan and cook for 15 minutes. Add all remaining ingredients **except the sugar**. Cook and stir with a wooden spoon until thick (about 30 minutes). **Remove from heat. Now add the sugar. Return to heat and cook until sugar melts and atole looks like heavy cream. Remove cinnamon sticks and serve in mugs or cups.**

Serves 8



Champurrado (Chocolate Atole)

Ingredients

- 6 cups milk
- 1 cup masa harina
- 2 cups water
- 1 cup brown sugar, firmly packed
- 3 oz. unsweetened chocolate, grated
- 1 cinnamon stick

Heat the milk and chocolate in a saucepan, stirring to dissolve the chocolate. When chocolate is dissolved, set aside and keep warm. In a different saucepan, mix the masa harina with water and place over low heat. To this, add the cinnamon stick. Cook until mixture thickens and the masa is clear. Add chocolate and Simmer for a few minutes. Remove cinnamon and serve.

Serves 6

*In Hispanic culture, **atole** is believed to help increase a breastfeeding mother's milk supply. Whether this is true is not known, but it is a tasty, soothing drink!