TRANSCRIPT FOR “EXCLUSIVE BREASTFEEDING (GRANDMOTHERS AND FATHERS)"

<https://vimeo.com/96879856>

**Welcome to another discussion of great parents. We are going to talk about the gifts of a lifetime that mothers can give to their children. You might wonder what the lifetime gift is. It is exlusive breastfeeding. Let us hear what parents have to say about mothers who exclusively breastfeed.**

**A mother who exclusively breastfeeds is like a cow because a cow cares for its calf and immediately after birth allows it to suckle the colostrum and if the calf is taken away it visibly shows discomfort until it is returned.**

**I compare a woman who exlcusively breastfeeds her child to a cow who loves her calf.**

**It is important for a mother to exclusively breastfeed because it helps in the child’s brain development.**

**Exclusive breastfeeding is vital and creates love between a mother and her child. As the mother breastfeeds she looks at her child and the child looks at the mother. This is the first person the child will recognize or know.**

**Breastfeeding creates a strong bond between the mother and the child. When the mother is breastfeeding, the child will look up to the mother an think, “Oh, this is the person who feeds me!” and this strengthens the bond between the two and they are both happy.**