



DEPARTMENT OF ANTHROPOLOGY

October 5, 2022

Dear new parents far and wide. For over four decades now I have studied both in the laboratory and in the homes of hundreds of new moms '*breastsleeping*', mothers bedsharing with their babies in the context of breastfeeding, absent of all known SIDS risk factors. It gives me great pleasure to say that Dr. Katrina Mitchell's marvelous, timely, informative, often witty and superbly reassuring website has to be one of the best infant care websites I have ever seen. This website covers just about everything and anything that is helpful for both the mother and infant presenting clear, inclusive, immediately useful, vital scientific-based information for both experienced and inexperienced breastfeeding parents. Along the way so much more is learned about who the infant really is and what infants really need and why, without falling prey to general culture-based infant care recommendations by "medical institutions" that favor denying infants and mothers the more optimal forms of contact that every human infant needs and expects. Let me just say that you can trust Dr. Mitchell and that you will be as highly impressed as I am as she will both delight and inform you all to the benefit of you and your baby. At other sites I am sure you would not be privy to the fascinating insights she introduces you to while using an unusual amount of detail in explaining them. Indeed, what you will learn delicately and with great honesty from Dr. Mitchell is how to navigate the challenges as well as how to optimize the great joys and privileges experienced by breastfeeding mothers as they see their babies thrive.

A handwritten signature in black ink, reading "James J. McKenna".

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