

<i>4. Events Surrounding Birth</i>	48
Onset of Labour	49
Benefits of a Natural Birth	50
Time to be Born	51
Pre-term Birth	53
Factors Leading up to Birth	53
The Process of Delivery	55
Midwives, Helpers, and Hospital Birth	60
Induced Labour	62
Separation at Birth	63
Low Birth Weight	66
Long-term Effects of Premature Birth	66
Post-Mature Birth	67
Birth in Perspective	67
In a Nutshell	68
<i>5. Events Following Birth – Risk Factors</i>	73
The INPP Screening Questionnaire	73
The Questionnaire	74
Events after Birth – Looking Behind the Questions	76
What Might the Questions Reveal?	
Later Childhood – Developmental Indicators	91
Schooling	93
Scoring the INPP Questionnaire	101
In a Nutshell	102
<i>6. Breastfeeding</i>	104
Advantages of Breastfeeding for the Baby	105
Breastfeeding and Fatty Acids	106
Fatty Acids and Brain Development	108
Mechanisms of Breastfeeding	110
The Technological Revolution	111
Benefits of Breastfeeding for the Baby	113
Infant Feeding and Obesity	114
Benefits to the Mother	118
Contra-indications to Breastfeeding	120
Obstacles to Breastfeeding	120
In a Nutshell	122