

CHAPTER 11: THE WORKING MOTHER.

- ☺ It is advisable to breast-feed every child for the first 6 months. As per Govt. of India rules, maternity leave is allowable for 3 months on full pay and subsequently on reduced pay. Therefore, arrange leave in such a way that mother works before delivery and takes leave after that.
- ✓ 2 to 3 weeks before joining work mother should manually remove milk after feeding the baby every time. This stimulates milk production & in 15 to 20 days, produces extra milk. Remove extra milk 5 hours before work & use later to feed the baby during her absence.
- ✓ If possible, she should come home 3 to 4 times, during work hours & breast-feed the child. For this govt. & other employers are creating facilities of crèches at work place. After coming home, until next day morning, child should be frequently breast-fed.
- 💧* Mother creates a sad situation when she starts bottle feeds well in advance to accustom the child & make a habit of it when she is ignorant of how to manage breast-feeding.