



# BREAST MILK

## Uses For BABIES

Soak a cotton ball in breast milk and apply it to the affected area to manage/treat issues, such as

- Skin rashes



- Umbilical cord separation (stump care)



- Eye discharge due to the blocked tear duct



- Eye infections, such as conjunctivitis (pink eye)



Anecdotal evidence suggests that topical application of breast milk might help

- Loosen cradle cap



- Heal chapped lips



### References:

1. Milk Therapy: Unexpected Uses for Human Breast Milk; National Center for Biotechnology Information
2. Efficacy and safety of breast milk eye drops in infants with eye discharge; National Center for Biotechnology Information
3. Non-nutritional “paramedical” usage of human milk – knowledge and opinion of breastfeeding mothers in Poland; Via Medica Journals