# BABY BIRTH TRADITIONS: Philippines



# **Giving Birth**

Some individuals believe that they can naturally induce birth by drinking coconut water.

#### The Placenta

Burying the placenta after birth signifies the conclusion of mother's labor pains. The father usually does this.

## Postpartum Care

The new mother receives time to recover; meanwhile, her family often looks after her and assists with general chores.

# Breastfeeding

Colostrum, which will come from the new mom's first lactation, is not believed to be healthy for the baby, hence, formula is given until the mother produces regular milk

# The Baptism

During this process, crying from the baby actually signifies a prosperous future

# **Birth Of A New Tradition**

J Rink

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