

Example of essay on milk formula

[Family](#), [Parents](#)



Is It Ideal To Top Up Breast Milk With Formula?

While this turns to be a very2 touchy subject concerning parenting, it is important to analyze some of the facts surrounding the matter critically. In a bid to do so, different schools of thought express a variety of opinions, identifying why they are for or against the argument. This paper focuses on the argument by Lisa Clegg (56), who presents her argument in favor of the subject.

In her book, “The Blissful Baby Expert”, Lisa agrees that topping up breast milk with a little formula is indeed acceptable. Lisa argues that breastfeeding and milk production in the mother is based on a matter of demand and supply in which case, if the supply cannot meet the demand, then top up might just be the next best option (Lisa, 89). On a personal basis, this argument is very circumstantial. While it answers part of the main issue in question, it narrows down to a minority perspective.

Lisa moves to discredit a research finding that a mother breastfeeding habits are dependent on the need for supply and demand. The findings proposed that as long as the mother gets to feed well, the body would be capable to produce the milk enough to feed the baby. Lisa argues, “I don't agree that this is true in all cases. There are circumstances and contributing factors that can make it very difficult or even impossible for some mothers to breastfeed – and they should never be made to feel guilty for not breastfeeding or for supplementing with formula” (Lisa, 89).

In as much as Lisa's argument focuses on a single minority group, she offers a chance for diversity and accommodation of different parenting styles.

Children are different, and so do parents. Besides, one parenting style might

not necessarily work for all parents. However, is not there an amicable way that can be exploited in order to help mothers understand the full dynamics of formula application? There are mothers out there who use the formula not because they run shortly of breast milk, but maybe because they do not understand the significance of the formula or its laziness.

The above argument, therefore, calls for a whole new perspective on the subject. It only makes sense to top up breast milk with formula in a case where a mother cannot be able to produce enough milk to feed the baby; in which case the mother should sort for some serious medical attention.

Personally, I think that given the option, mothers should not seek to top up breast milk with formula if at all they are in a position to breastfeed their children. The formula is genetically modified and as well all know genetically modified products are likes to cause somebody harm, though in an insignificant manner.

Research shows that the use of formula helps a baby not to lose more than 5% in weight. A baby who is breastfed loses about 7% to 8% in weight the first weeks. There is a significant question the needs to be addressed. If it is a question of losing weight, what is the opportunity cost of retaining the 2% or 3% in weight? Is it worth incurring (Charlotte, 2)? Charlotte Young, a consultant at the International Board Certified Lactation and founder of milk-matters.org.uk, agrees that there could be other options available other than using formula and so do I.

Breast milk is normally considered a “ perfect food” (Disanto, 2) for the digestive system of the infant. The main nutritional components of breast milk are fat, lactose and protein that are easily digestible to the immature

system of the newborn baby. Formula in itself has many components that are difficult for the newborn baby system to digest thus creating complication in the process. These complications lead to issues such as diarrhea and constipation in newborn babies fed on formula milk. Natural minerals required by the newborn baby are normally present in the breast milk, especially when a mother is healthy and so this beats the logic for obtaining formula milk for the newborn baby. Joseph Disanto argues that many companies and factories that produce formula milk cannot have the natural minerals from the mothers in their formula since, “ Milk is a living substance made by each mother for her individual infant a process that cannot be duplicated in a factory” (Disanto, 2). This in itself insinuates that in as much as mothers use formula milk, it cannot replace the natural minerals in breast milk cementing the importance of breast milk for infants. This is one fact that I truly concur with from all aspects. Lisa is right in her argument, but Joseph Disanto convinces me in his article that it is impossible to replace breast milk by any formula. Different parents have different genetic makeup and their body functions differently, thus it is impossible to have a universal formula for all infants when it comes to formula milk. This in my view, is a major setback in trying to replace breast milk with formula and until different formulas for different mothers are manufactured, breast milk still should be the number one choice unless under dire and health related circumstances beyond control.

Conclusively, Lisa’s dimension to the subject is right. However, while I concede to her factual analysis of the use of formula, I still insist that it should be used as a last resort; when all other means that do not involve

genetics have been exhausted. I do agree with Charlotte since she displays some concerns on the risk evaluation of supplementing breast milk with formula. As much as I agree with Lisa, Charlotte seems to make more sense out of her argument. I move to agree that formula should be used, but only in those special circumstances where the mother cannot be able to produce enough milk for the baby; of which the negative effects must also be considered.

Works Cited

Charlotte, Young. Milk Matters. 07 Feb 2014.

Clegg, Lisa. The Blissful Baby Expert. , 2014. Print.

DiSanto, Joseph. " Breastfeeding vs. Formula Feeding." KidsHealth - the Web's most visited site about children's health. The Nemours Foundation, 1 Jan. 2012. Web. 8 Feb. 2014. .