not forcibly removed. As healing progresses, the exudate disappears. Parents are educated to report any evidence of bleeding, unusual swelling, or absence of voiding to the practitioner.

Provide Optimal Nutrition

Selection of a feeding method is one of the major decisions parents face. In general, there are two choices: (1) human milk and (2) commercially prepared whole cow's milk formula. These two methods have significant nutritional, economic, and psychological advantages and differences. Nurses should be at the forefront in providing parent(s) with accurate and unbiased information needed to make a conscientious informed decision regarding the feeding method.

Human Milk

Human milk is the best option for infant nutrition up to 1 year old. Breast milk consists of a number of micronutrients that are called **bioavailable**, meaning these nutrients are available in quantities and qualities that make them easily digestible by the newborn's intestine and absorbed for energy and growth. Breast milk offers a variety of immunologic properties that are found exclusively in human milk. Human milk has been shown to be effective in protecting newborns against respiratory tract infections, gastrointestinal infections, otitis media, numerous allergies, type 2 diabetes, and atopy.

The fat content of human milk is composed of lipids, triglycerides, and cholesterol; cholesterol is an essential element for brain growth. The function of these lipids is to allow optimal intestinal absorption of essential fatty acids and polyunsaturated fatty acids (PUFAs). Furthermore, lipids contribute approximately 50% of the total calories in human milk (Lawrence and Lawrence, 2011). Although the overall fat content in human milk is higher than in cow's milk, it is used more efficiently by infants.

The primary source of carbohydrate in human milk is lactose, which is present in higher concentrations (6.8 g/dl) than in cow's milk–based formula (4.9 g/dl). The carbohydrates not only serve as a large portion of total calories in human milk but also have