

The Baby's Tummy

In this demonstration, we try and show how disgusting it is to feed babies anything other than breast milk.

1. We take a thin, clear plastic bag, tell our mothers that this represents a baby's stomach. We fill it up with milk from a bottle/carton – which we will be told represents the mother's breast. We tie the end.
2. The NHC shakes the plastic bag with milk and drinks some milk by making a small hole at the corner. She offers it to a mother and asks her to make her own hole and drink from it. (She probably will).
3. We then take another thin, clear plastic bag, and fill it up with some milk, some yoghurt, some mealie meal, some peanut butter, black-current juice and a piece of apple that we pick up from the floor. We tie the end.
4. The NHC then shakes the bag and offers it to a mother to make a hole and drink. (She probably will refuse.)
5. The NHC then:
 - a. Explains how babies get infections from external foods;
 - b. Asks what type of stomach they would want their baby to have.
 - c. Explains how fragile the baby's stomach is (the ease with which they made holes to leak milk).