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Nursing wipes for lactating mothers

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Abstract

Only a healthy mother can raise a healthy baby. For a healthy and hygienic nursing experience nursing wipes are important. Taking care of breast is important for lactating mothers, both during travel and while at home. Nursing wipes gently clean and remove any milk or sweat remnants on the breast and help prepare mother for breastfeeding (Anonymous 2022a). In the present study availability of nursing wipes in the market was explored. Experts' opinion was sought regarding suitable fabric for these breast wipes. Suggestions regarding wipes size and shapes were also sought. It was found during the study that concept of nursing wipe is still new. These are not yet available in the local market, though 3 brands offer them online. Knitted cotton fabric was thought to be more suitable for nursing wipes. Rectangular shape and commercially available standard size were recommended by the experts.

Keywords: Breastfeeding, breast hygiene, lactating mothers, nursing wipes

Introduction

Being a mother is a pleasant experience. Breastfeeding is an important part of motherhood. But some discomforts are associated with breastfeeding. Mastitis is an infection of the tissue of the breast that occurs most frequently during the time of breastfeeding. It can occur when bacteria enter a milk duct through a crack in the nipple. If nursing mothers don't care about their hygiene it can not only cause a skin infection in mothers' breast but the baby also can get infections (Alli. 2020) [5]. Nursing mothers have got the dual responsibility of ensuring their baby's health as well as their own health and hygiene (Anonymous 2022b) [2]. Many mother and baby care products are available in the market now a days. Nursing wipe is one of the new product used by the mothers. Nursing wipes are essential for the mothers as mothers should wipe the areola and nipples before and after breastfeeding. Breast *wipes* cleanse and refresh breast before and after *breastfeeding* or pumping (Anonymous 2022d) [4]. Using these wipes ensures that the nipples stay clean and that there are no milk remnants that can cause the collection of infection-causing bacteria (Anonymous 2022c) [3]. These wipes also can help in keeping skin around the breast healthy and moist, if these wipes are suitable. So understanding the needs for maximum hygiene for nursing mothers the present study was conducted. The availability of nursing wipes was explored and suitable fabric, size and shape for these breast wipes was also sought.

Materials and Method

Tool

A self-structured questionnaire was prepared to seek the opinion of experts regarding suitable fabric for nursing wipes, their shape and size.

Participants

Sixteen textile and apparel experts were the participants in the study.

Locale of study

Study was conducted in the department of Textile and Apparel Designing, I.C. College of Home Science, CCSHAU, Hisar.

Procedure

Survey of local market of Hisar city as well as online shopping sites was conducted to see the availability of nursing wipes. Different types of cotton fabrics available in the local market were collected. These collected fabric samples were shown to 16 textile and apparel experts to seek their opinion about the suitability of these fabrics for nursing wipes.




The most preferred fabric was recorded. Preferences for shape and size of nursing wipes were obtained through self-structured questionnaire.

Results and Discussion

Availability of nursing wipes in market: No nursing wipe

product was available in the local market. On online shopping sites also only a single product was available when the study was carried out in 2020. But at the time of writing this paper 3 brands offered this product online. These wipes were available on 19 online shopping sites. Details of brands and product are given in table 1.

Table 1: Nursing wipes available commercially on shopping sites

Brand name	Product name	Picture of product	Ingredient claimed	Other claims
Himalaya	Himalaya Nursing Wipes		100% edible grade coconut oil	—
Mothercare	Chicco Breast Wipes		Vit e, glycerine, contains probiotic active ingredient, natural protein	0% fragrance, paraben, phenoxyethanol, alcohol tasteless and odourless
Bella B	Nipple Nurture Breast Wipes		<i>Aloe vera</i> and chamomile	—

One product was ordered by the researcher. Material used for these wipes was nonwoven fabric (cuprammonium rayon as tested in the lab). Size of the wipe was 21x14.7cm.

Preferences regarding suitable fabric for nursing wipes: It is evident from Table 2 that knitted cotton fabric was the most

preferred fabric for nursing wipes with WMS 7.75 followed by muslin (WMS 6.25) and 2x2 rubia (WMS 4.37). Khaddar casement was the least preferred fabric with WMS 1.81 followed by khadi (WMS 2.5) and cambric (WMS 3.87). Knitted cotton (52x38) was preferred by most of the experts due to its softness and absorbency.









Table 2: Preferences of experts for fabric for nursing wipes (n=16)

Fabrics	Weighted scores	WMS
<i>Khaddar casement</i>	29	1.81
Knitted cotton	124	7.75
<i>2x2 Rubia</i>	70	4.37
Poplin	65	4.06
<i>Markin /greige cloth</i>	66	4.12
Muslin	100	6.25
Cambric	62	3.87
<i>Khadi</i>	40	2.5

Table 3 reveals that rectangular shape was preferred by most of the respondents with WMS (7.12) followed by square shape (WMS 6.81). According to experts these two shapes will be more economical due to least wastage of fabric. Next

preferred shapes were circular (WMS 6) and oval (WMS 5) and half circular (WMS 3.62). Triangular (WMS 2.74), trefoil (WMS 2.37) and heart (WMS 2.31) were the least preferred shapes.

Table 3: Preferences of experts for shape of nursing wipe (n=16)

Shapes	Weighted scores	WMS
Circular 	96	6
Half circular 	58	3.62
Oval 	80	5
Square 	109	6.81
Rectangular 	114	7.12
Trefoil 	38	2.37
Heart 	37	2.31
Triangular 	44	2.74

Size preferences for nursing wipes are presented in Table 4. It is clear from the table that most of the respondents favoured size equal to that of commercially available nursing wipe i.e.

21x 14.7 cm while 37.5 percent respondents were of the view that the size of nursing wipe can be smaller than the size of commercially available nursing wipes. They were of the view

that the area to be cleaned is small so smaller wipes can do. It will also reduce the wastage of material. Only one respondent recommended larger size.

Table 4: Preferences of experts for size of nursing wipe (n=16)

Sizes	Frequency	Percentage
Equal to size of commercially available nursing wipe (21x14.7cm)	9	56.25
Smaller than commercially available nursing wipe	6	37.5
Larger than commercially available nursing wipe	1	6.25

Conclusion

It can be concluded from the study that a product like nursing wipes has emerged in the market. Availability of these wipes is increasing commercially but still there is a scope for development in this field as these are available in limited number. Availability of the commercial nursing wipes is the new beginning in the mother and baby care products. In future we may see a greater number of brands offering it and a greater number of mothers using it and maintaining their skin health. Nursing homes/maternity hospitals may be offering such care products to the mothers availing their services for delivery and post-natal care. Demand for natural and herbal things is increasing day by day. Hence variety of herbal treated wipes may be next to come.

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