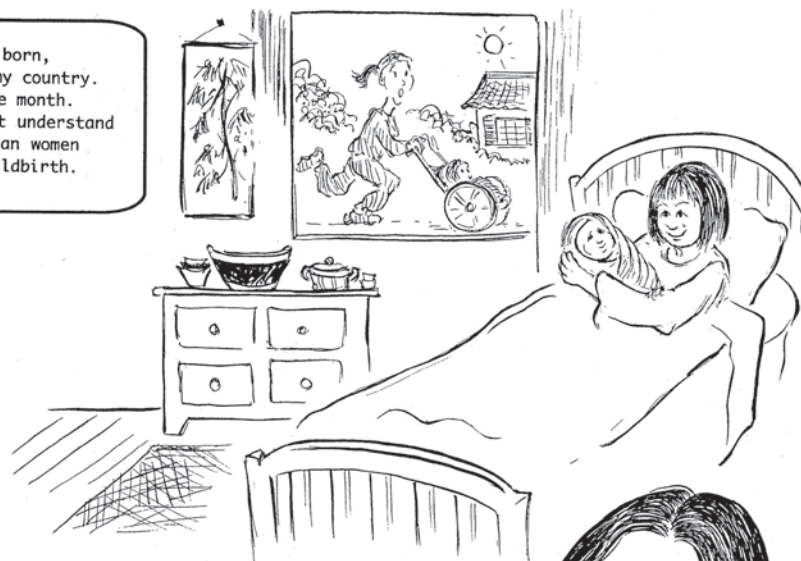


Childbirth in Taiwan and in the U.S.

When my daughter was born, I followed the custom of my country. I stayed indoors for one month. My white neighbors could not understand what I was doing. American women exercise right after childbirth.



Yes, but it was not that easy to do here in the United States. I did not have my family here to take care of me. If I had been in Taiwan, my mother and mother-in-law would have cooked for me. They would have made sure I rested and ate hot food.

You practiced "Zuo Yue-Zi"? I remember when I was growing up in Taiwan, I heard women say that if you did not practice this custom after childbirth, you could get sick.



Those customs in Taiwan were important. They helped mothers and babies survive by protecting women from hard work on the farm. They made sure mothers had enough to eat.



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