



Why Surgeons Urge Against Kissing Babies

Description

There's a cognitive bias known as "the curse of knowledge," sometimes referred to as "the curse of expertise." This bias occurs when you mistakenly presume that everyone possesses the same level of understanding about a particular subject as you do.

As a clinical microbiologist, I assumed it was common knowledge that kissing a newborn on the head is ill-advised. Yet, NHS surgeon Dr. Karan Raj recently highlighted this danger in a [TikTok video](#), and judging by the flood of comments, it was a revelation for many.

Last year, a survey by the UK charity, The Lullaby Trust, revealed that [54% of new and expectant parents](#) were unaware that allowing kisses could pose serious infection risks to newborns.

But why is kissing a newborn so perilous? The infant's immune system is [not fully developed](#), making them more susceptible to severe infections. During the initial three months, babies have fewer infection-fighting cells, rendering even mild adult infections potentially [life-threatening](#) for them.

Herpes, for instance, may only cause cold sores in adults, yet can make babies [seriously ill](#) and, if systemic, could prove fatal. Newborns are also vulnerable to bacterial infections such as Group B streptococci (GBS) or *E. coli*, which adults typically resist.

Showing Affection Safely

Parents shouldn't hesitate to request visitors refrain from kissing or touching their newborn. It's not overreacting; it's safeguarding the child's wellbeing. Visitors should practice hygiene, avoid facial contact, and reconsider their visit if unwell.

Remember, while kisses may be expressions of affection, they can inadvertently harm a baby. Prioritize health over sentiment and ensure the safety of these vulnerable little ones.

Primrose Freestone, Senior Lecturer in Clinical Microbiology, [University of Leicester](#)

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Vocabulary List:

1. **Cognitive** /'kɒɡ.nɪ.tɪv/ (adjective): Related to the mental processes of perception memory judgment and reasoning.
2. **Ill-advised** /,ɪl.əd'vaɪzd/ (adjective): Not wise or sensible; likely to produce undesirable consequences.



3. **Susceptible** /sə'septɪbəl/ (adjective): Easily influenced or harmed by something.
4. **Perilous** /'perɪləs/ (adjective): Full of danger or risk.
5. **Inadvertently** /,ɪn.əd'vɜː.tənt.li/ (adverb): Without intention; unintentional.
6. **Wellbeing** /,wɛl'biː.ɪŋ/ (noun): The state of being comfortable healthy or happy.

Comprehension Questions

Multiple Choice

1. What is the cognitive bias known as when someone presumes everyone understands a subject as they do?
Option: The curse of knowledge
Option: The curse of expertise
Option: The curse of assumption
Option: The curse of understanding
2. Why is kissing a newborn considered perilous?
Option: Their immune system is fully developed
Option: They have strong resistance to infections
Option: Their immune system is not fully developed
Option: They are naturally protected from infections
3. What is one of the infections newborns are vulnerable to when kissed?
Option: Group A streptococci (GAS)
Option: Group C streptococci (GCS)
Option: Group B streptococci (GBS)
Option: Staphylococcus aureus (SA)
4. What do parents need to request visitors to refrain from doing around newborns?
Option: Tickling the baby
Option: Hugging the baby
Option: Kissing or touching the baby
Option: Talking loudly around the baby
5. What should visitors prioritize when visiting newborns?
Option: Bringing gifts
Option: Taking photos



Option: Health over sentiment

Option: Entertaining the baby

6. Who highlighted the danger of kissing newborns on the head in a TikTok video?

Option: Dr. John Smith

Option: Dr. Karan Raj

Option: Dr. Jane Doe

Option: Dr. Emily Johnson

True-False

7. Newborns have a fully developed immune system.

8. Adult infections can be life-threatening to newborns due to their immune system.

9. Parents should prioritize health over sentiment when it comes to newborn safety.

10. Visitors should avoid facial contact if they feel unwell when visiting newborns.

11. Dr. Karan Raj is a scientist specializing in pediatric care.

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Gap-Fill

13. Newborns are more susceptible to severe infections because they have fewer infection-fighting cells during the initial three months, rendering even mild adult infections potentially _____ for them.

14. Parents should request visitors to refrain from kissing or touching their newborn to safeguard the child's _____.

15. The danger of kissing newborns on the head was highlighted by Dr. _____ in a TikTok video.



16. Visitors should practice hygiene, avoid facial contact, and reconsider their visit if they are _____.
17. While kisses may be expressions of affection, they can inadvertently harm a _____.
18. Prioritize _____ over sentiment and ensure the safety of these vulnerable little ones.

Answer

Multiple Choice: 1. The curse of knowledge 2. Their immune system is not fully developed 3. Group B streptococci (GBS) 4. Kissing or touching the baby 5. Health over sentiment 6. Dr. Karan Raj

True-False: 7. False 8. True 9. True 10. True 11. False 12. False

Gap-Fill: 13. life-threatening 14. wellbeing 15. Karan Raj 16. unwell 17. baby 18. health

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which of the following is considered an Artifact?
Option: A. Ancient pottery
Option: B. Jungle fever
Option: C. Endemic disease
Option: D. Vaccination procedure
2. What term describes something that is added or joined as a helper or supplement?
Option: A. Toxicity
Option: B. Skepticism
Option: C. Adjunct
Option: D. Diligently
3. Which word means full of danger or risk?
Option: A. Improvement
Option: B. Perilous
Option: C. Alleviation
Option: D. Excitement
4. Related to mental processes such as perception memory and problem-solving. What term fits this description?



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- Option: A. Skeletal
Option: B. Endemic
Option: C. Cognitive
Option: D. Cardiac
5. Which term refers to the presence of unwanted or harmful substances?
Option: A. Regulated
Option: B. Undisclosed
Option: C. Contamination
Option: D. Consumption
6. Which word means the ability to produce a desired or intended result?
Option: A. Effectiveness
Option: B. Toxicity
Option: C. Efficacy
Option: D. Hospitalization
7. What term describes the degree to which a substance can damage an organism?
Option: A. Susceptible
Option: B. Skepticism
Option: C. Toxicity
Option: D. Afflicted
8. Which term refers to the act of placing someone in a hospital for medical care?
Option: A. Ill-advised
Option: B. Hospitalization
Option: C. Cautioned
Option: D. Symptoms
9. What term is used to describe the act of using up goods or services?
Option: A. Excitement
Option: B. Consumption
Option: C. Wellbeing
Option: D. Diligently
10. Which term refers to something controlled or governed according to specific rules or principles?
Option: A. Excitement
Option: B. Regulated
Option: C. Skeletal
Option: D. Symptoms



Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. An _____ disease is constantly present in a particular region or population.
12. Fever cough and fatigue are common _____ of a cold.
13. It is advisable to take _____ measures to prevent accidents.
14. She _____ deleted all her important emails.
15. Regular exercise is essential for maintaining good _____ .
16. The region was severely _____ by the natural disaster.
17. She worked _____ on her research project to meet the deadline.
18. The _____ structure of the building was revealed after the fire.
19. Regular exercise is beneficial for _____ health.
20. She showed steady _____ in her language skills after practicing daily.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Infants are more to infections due to their developing immune systems.
22. Ignoring safety precautions when handling chemicals is .
23. He was about the risks involved in the extreme sport.
24. The medication provided some to her chronic pain.
25. The team's victory brought great to the fans.
26. Regular practice led to a noticeable in her piano skills.
27. Exposure to high levels of mercury can lead to severe in humans.
28. The company faced legal action for their involvement in the scandal.



29. There was widespread about the effectiveness of the new drug.

30. Public health campaigns promote the importance of to prevent diseases.

Answer

Multiple Choice: 1. A. Ancient pottery 2. C. Adjunct 3. B. Perilous 4. C. Cognitive 5. C. Contamination 6. C. Efficacy 7. C. Toxicity 8. B. Hospitalization 9. B. Consumption 10. B. Regulated

Gap-Fill: 11. Endemic 12. Symptoms 13. Precautionary 14. Inadvertently 15. Wellbeing 16. Afflicted 17. Diligently 18. Skeletal 19. Cardiac 20. Improvement

Matching sentence: 1. Susceptible 2. Ill-advised 3. Cautioned 4. Alleviation 5. Excitement 6. Improvement 7. Toxicity 8. Undisclosed 9. Skepticism 10. Vaccination

CATEGORY

1. Health - LEVEL4

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Author

aimeeyoung99

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