



**Have you just
delivered?**

Congratulations!!

on your blissful arrival of happiness.
Here's everything you need to know being
a new mother.





Breastfeeding isn't just a choice, it is part and parcel of your baby's first food and their first feel. It is the key in the overall progress of the baby's health.

The longer the time the better it is for you and your baby.

Being a mother,
one of the greatest things
you can do for your baby is
to breastfeed.

- **Each and every mother has the ability to do well and make breastfeeding a lovely feel.** The time of lactation is short and indeed it is a very unique experience in the complete mother's life and it is a memory for a lifetime and gives self-satisfaction. In the course of this period of childbirth, a lactating mother should take proper care of herself and need to make healthy food for the production of nutritious milk quality.
- Regrettably, most of the mislead women lessen to breastfeed because they panic that they don't "know it all" like rules and regulations or they are anxious as they have to make major changes in their lifestyle to get adjusted to the mode of feeding. **Keep your worries aside** and deep dive into the pleasure of breastfeeding.

Healthy People 2010 of Centers for Disease Control and Prevention, Atlanta, Georgia says "Breast milk is regarded as the most complete and fullest form of nutrition with amazing benefits for the babies health, growth, progress & immunity".

In the course of pregnancy and in the early stage of breastfeeding, thick and sticky milk is produced, called Colostrum.

Keep in mind, it is very important to feed your baby with initial milk which contains Colostrum as it:

- is low in fat content and high in carbohydrates, protein & antibodies which keeps the baby safe & healthy
- can be digested safely however it is high in nutrition value
- has a laxative effect in helping the baby to pass early stools and makes bowel movement effortless.
- works as a natural immunity booster which is 100% safe (can be a safe vaccine)
- holds the huge amounts of secretory Immunoglobulin A (IgA), an antibody which safeguards the baby from the most expected attacks from microbes i.e. mucous membranes in the throat, intestines, and lungs.

COMPLETE BREASTFEEDING FOR SIX MONTHS GIVES YOUR BABY THE BELOW BENEFITS:

NOURISHED COMPLETE FOOD

Breast milk consists of sufficient calories which give the perfect amount of proteins, fats, lactose, vitamins, iron, minerals, water & enzymes. Its iron, water-soluble Vitamin D, Vitamin A, C, and E is more than cow's milk.

CLEAN

It is clear and free from dirt, bacteria, and has anti-infective effects.

CURING FORCE

It contains an essence that fights against harmful bacteria from growing in the intestines causes loose motions.

GERM PROTECTION

Breastfeeding safeguards your baby against many infections including the respiratory one.

EMOTIONAL CONNECTION

Breastfeeding brings in the emotional connection between a mother and baby which is boundless and gives unconditional love, warmth, and comfort in a high dose.

REASONABLE

Reasonable and easily available: It is always ready to give whenever the baby is hungry, it really doesn't need any preparation or planning, and that too in the right temperature. It is reasonable and away from all the impurity.

IMMUNITY

Babies who are breastfed are usually less vulnerable to having diabetes, heart diseases, eczema, asthma, and other disorders in the long run.

HIGHER IQ

Babies who are breastfed have a higher probability of having a high IQ and better mathematical abilities compared to the babies who are not.

BETTER PROGRESS

Breastfeeding increases brain development. It gives better visual progress and an optical brain leading to learning readiness.



HERE ARE A FEW RECOMMENDED BREASTFEEDING PRACTICES

- **Breastfeeding within the initial hour** of the birth or as early as possible

- **Accommodate** for the newborns to ease the breastfeeding
- **Never mix** formula or water supplements until medically prescribed
- **Breastfeeding when insisted** and also give close observation to other signals other than sobbing such as rooting, mouthing and increased level of attentiveness or activity
- **Breastfeeding for the complete six months**, then including solid foods

POINTS TO REMEMBER

- The body will produce more and more milk once you start to breastfeed often. So, **keep continuing**.
- Newly born babies breastfeed about as early as **every 2-3 hours**. Many times babies often breastfeed other than the hunger for many reasons. Please let the newborn **breastfeed as frequently as the baby wishes**.
- Make sure that the baby is **sucking** properly.
- Present **both breasts** in each feeding
- In case you need to return to work, keep in mind that **the baby can be breastfed part-time** or you can express breast milk

NOURISHMENT FOR BREASTFEEDING MOMS

- **To get sufficient secretion of milk for the baby** and also for your health, be sure you take a proper diet. The suggested consumption is iron, zinc, magnesium, Vitamin D, Vitamin E, and folic acid. Zinc is in meats, eggs, and whole grain. Magnesium is in whole grains, beans, & nuts. Vitamin E is in wheat germ, nuts, many oils, and whole grains. Meat, eggs, whole-grain slices of bread, cereals, and wheat germ are also iron-rich.
- **Mother needs extra nutrients and calories and an extra 500 calories a day** (unless underweight). In case you are blessed with twins, an extra 600-1000 calories per day is required to add to your daily diet. A lactating mother should take 2300-2500 calories for a single baby and 2600-3000 calories for twins based on the size and activity level.
- **Intake of 2-3 liters/day of water and fluids** (non-caffeinated)
- **Consume up to 700ml cream milk** to fulfill the calcium requirement of the lactating mother's body. The suggested intake of calcium is 700-800 mg per day, however when you are breastfeeding it should be 1250 mg.



- **Break your 3 large meals into six small meals a day** - take more than snacks. Never miss any meal.
- Introduce 3-4 servings of **vegetables like greens, raw vegetables as salads, and cooked side dishes** in a complete day
- Make a habit of taking **4-5 servings of fruits each day** which includes fruits rich in fiber and micronutrients
- **Limit the consumption of Ghee & Ghee prepared sweets like laddoos** (use ghee for flavoring only)
- Reduce the **sugar intake to 3 teaspoons a day**. For sweet preparations, use jaggery instead of sugar
- Say **no to fresh/dry coconut** in cooking
- It is advised to **take less spicy food** than usual to avoid acidity or heartburn
- Ensure to take **balanced nutritious food** which is of good quality
- Take white meat like chicken, fish, and egg white only in the form of grilled/boiled/curry
- Maintain a gap of at least **2 hours** between dinner and getting to bed
- Make sure to **include galactagogues** (food substances which stimulates milk secretion) into your daily diet

RECOMMENDED FOODS FOR HEALTHY LACTATION

- Take a minimum of **600 ml milk per day** (including coffee, tea, curds, and buttermilk), ideally toned or double toned
- Consume **whole grains and pulses** instead of processed cereals like maida

Sr. No.	Galactogogues	Recipes
1	Fenugreek seeds	Veg. curry, sweet fenugreek, methi laddoo, pongal, methi sprouts, dosa batter
2	Cumin seeds	Jeera rice, akki roti (rice), curries, buttermilk
3	Ginger	Curries, Gravy vegetables
4	Jaggery	Chikki, Laddoo, payasam, dalia with jaggery added
5	Fennel	Curries like Veg kurma, non-veg curries, as a digestive after food
6	Sesame	Chutney, Laddoo, chikki
7	Almonds	Chikki, Badam halwa, Badam kheer, Laddoo
8	Garden cress seeds	Chikki, laddoo, podridge
9	Milk	Milk shakes, smoothies, ice creams
10	Garlic	Chutney, curries, veg starters, veg/non-veg curries, soups, pulav
11	Shepu leaves	Sambar, paranthas, veg dishes

RECOMMENDED FOODS FOR HEALTHY LACTATION (CONTINUED)

- In case you are mixing chapati with pulses, the ratio is: 4 portions of cereal + 1 portion of soya atta/flour
- Generous consumption of green leafy vegetables and salads in form of soups, salads, raita, cooked mixed vegetable sabzis, etc
- Advisable intake of roots and tubers (like potatoes, colocasia, sweet potato, yam, etc)
- Consider low-calorie fruits intake - apple, papaya, pear, orange, sweet lime, melon, guava, pomegranate instead of fruit juices

- Choose roasted snacks - roasted chana, puffed rice, avalakki (beaten rice) - done at home
- Drink a minimum of 2 liters of water every single day
- Implement the practice of taking food at small intervals like 3 major meals and 3-4 snack breaks (salads, fruits, or buttermilk)



FOODS TO BE AVOIDED

- Never consume **excessive sugar** nor related products such as coffee, tea, sweets, glucose, honey, jams, jellies, candies, ice creams, soft drinks, and other beverages
- Stay away from deep-fried items like **Samosa, Kachori, Namkeen, Wafers**, etc and bakery items on a daily basis
- Red meat such as **lamb, egg yolk, prawns, crab**, etc
- **Dry fruits** such as peanuts, pista, nuts, and coconut
- **High-calorie fruits** like - Avocados, Mango, Chickoo, Grapes, Custard Apple, Jackfruit & big banana
- **No additional salt consumption**, intake of pickles, papads, fryums, ready-to-eat foods, processed food, salted fish, salted nuts, and spice powders which as extra salt content to preserve them

Exercise daily at least for a period of 45-50 mins in a day with a mix of both brisk and stretching activities i.e., you should do 10-15 mins of stretching as a warm-up and another 30-40 mins for the brisk activity. Do consult the doctor before following any regimen.

DAILY MENU & TIMINGS

Time & Meal	Suggested Menu Items
Morning (7:00-7:30 am)	Milk - 150 ml + Marie biscuits - 4
Breakfast (8:30-9:30 am)	Idli / Dosa / Chapathis / Whole Wheat Bread Slices / Veg. Sandwich - 4 Avalakki / Upma with Sambar or Vegetable preparations - 2 cups Oatmeal Cornflakes + Milk or Egg White
Mid-Morning (11.00-11:30 am)	Milk / Buttermilk / Veg. Soup - 200 ml; Fruit / Salad / Sprouts - 1 cup
Lunch (1:30 -2:30 pm)	Chapatis - 4 / Rice - 2 cups + Dal - 1 cup / Non-veg - 60 gm + Vegetable preparation + Cucumber + Curds (1 cup each)
Evening (4:30 - 5:30 pm)	Milk - 150 ml; Biscuits / Rusk / Avalakki / Puffed Rice / Fruit
Dinner (8:00 - 9:00 pm)	Same as lunch
Bedtime (10:00-10:30 pm)	Milk / Buttermilk - 150 ml

FOOD REPLACEMENT

- 1 Chapati (25 gm flour) = 1/2 cup cooked Rice / Upma / Avalakki (beaten rice) / Pongal / 2 pcs Dhokla/ 1 Idli / 3 Marie Biscuits / 1+1/2 slices of Bread
- Egg (no yolk) = 1 medium cup milk (200 ml)
- 1 cup cooked Dal = 5 tsp roasted Channa (25 gm)

NOTE: 1 cup = 150 ml of beverage and
1 cup cooked rice = 100 gm by weight

BABY CARE

The moment you hold the baby for the first time is an amazing feeling which can't be expressed in words. Once you bring your little one home, you become a little anxious as to how to protect your baby, especially for first-time parents.

Remember your first point of contact or guide is hospital staff and by the time you get discharged from the hospital, doctors and nurses give you enough information on breastfeeding.

However, never hesitate to clear your misconceptions or doubts from the doctors.



HERE ARE A FEW IMPORTANT TIPS TO BE FOLLOWED —

CLEANLINESS & HYGIENE

- Always make sure you clean your hands properly before holding your baby and you can also use hand sanitizer.
- You should remember your baby is still little and doesn't have the resistance to fight the infections.
- Also, ensure everyone else also clean their hands before touching the baby.

BABY NEEDS SUPPORT

- The newborn baby is sensitive and delicate. So, you make sure you support the baby's head and neck whenever picking up.
- Always keep the hand behind the head and neck when carrying them or laying them down.

DON'T SHAKE THE BABY

- In case you want to play with your baby or you are angry please don't move or shake the baby which can damage the baby's brain.
- If you want to wake up the baby please do so by tickling the little one's feet or blowing near cheeks softly.

FASTEN YOUR BABY GENTLY & SAFELY

- Whether you are carrying your baby in a carrier, stroller, or car seat, please make sure you fasten the baby safely.
- Please don't do anything that is too rough. Remember your baby is not yet ready.

DON'T ENCOURAGE RUDE PLAY

- Your baby is a cute little one and has just arrived. Please stop jiggling on the knee or playing by throwing the baby in the air.
- These are a few important and basic tips that will help you and your family handle your newborn baby. We request you to please talk to our experts to know more about how to care for your baby.



Book an appointment today!

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