

Month-10



Intro

Dear Mommy

You are, now, the new mother of a beautiful life.

Your baby is the living, breathing proof of your courage, tenacity and optimism that makes this world a better place to live in!

With your baby, your world is now complete and you will experience life, like never before. After all, there is nothing more educative than the process of bringing up a child into an individual of evolved thoughts and actions that pushes the human race forward. So, be proud of this beautiful achievement and get set to live your dreams and ambitions through your child!

Please note that the first few days after childbirth are crucial for you and your baby, as it will decide your health for the years to come. So, read on to find out more about post-delivery care and breastfeeding.

40 days of care

Dear mommy,

It's beautiful to be born and alive. Each day teaches me something new and to cherish.

every ray of the sun that touches me. However, the best feeling in the world is playing in your lap and holding your hand with my little fingers! know that you will care about me for the rest of your life, but our first 40 days of being together are absolutely very essential for our future happiness,

Mom, use this precious period to recuperate, gain strength and bond with me. Your body will heal at its own pace, irrespective of the fact that I was born through caesarean or assisted methods. However, you can help this process by resting, eating well and looking out for the signs of post-natal infections and

Mom, I hope that you feel alert and physically, mentally and emotionally satisfied. But, even if you feel bruised, battered, exhausted or depressed, please know that you still have my unconditional love and support. So, in case you experience severe mood swings, sadness and guilt, don't be worried and seek the help of your doctor.

Rest and Exercise

Mom, the last few months have been very challenging for you. So, now that I am born, I want you to rest all you want and give succour to your body. I know that sometimes I demand too much of your attention, but still try to make time for your relaxation, whenever you need it. Consider the following tips:

- Ask for help, whenever you need it. to juggle between feeding me and taking care of yourself.
- Try to sleep whenever I sleep, even if it means only a few minutes of rest.

several times a day.

- Keep my bed close to your. to ease the process of feeding me at night.
- Don't feel obligated to entertain friends and family who keep visiting you now. Excuse yourself for a nap or feeding me. whenever you deem fit.

Along with rest, exercise and a healthy diet will also go a long way in repairing your body and mind. You can begin by walking or starting light exercises, as advised by your doctor.

Mom, I know that you want to lose all the pregnancy weight. but rapid weight loss are harmful for you. Since I depend on you for breastfeeding, your ill-health can even affect me adversely. So, use your discretion and aim for gradual weight loss, spaced over several months.

Nutrition for You

Mom, feeding on your breasts is essential for my lifelong health and it is strongly recommended for the first six months of my life. Your milk contains a lot of nutrients that protect me against gastroenteritis, colds, urinary infections (UT's) and ear infections.

In addition, it will also help in the following:

- It Will shrink your uterus back to its pre-pregnancy size.
- It Will decrease post-delivery bleeding and the risk of anaemia.
- It will protect you from pre-menopausal breast cancer, ovarian cancer and bone fractures from osteoporosis.

Ideally, nursing should not be painful but new mothers, you, can sometimes experience soreness or breast infection. improper latching-on removing improperly from your breasts can lead to eventual pain. Therefore, care very important. Here are a few tips for you:

- Breasts are larger than usual when you nurse me. A nursing bra with good support and without underwires, is very essential.
- Wash your breasts and nipples at least once a day, using plain water, for the first month.
- Do not use soap when washing your breasts. Let your nipples air dry for 10 to 15 minutes after each feeding me.
- Make sure that I have latched on correctly to your breasts and have most of your areola and all of the nipple in my mouth.
- Nurse me often to prevent engorgement of your breasts.
- If a nipple becomes tender or cracked, feed me with your other breast the next few sessions.
- Engorged breasts last for about 24 hours. You will get relief when I nurse on your breasts, but will experience discomfort again when your breasts fill.
- You can break the suction by gently inserting your finger in the corner my mouth and between my gums. Keep your finger between my gums, while you move me away from your breast to stop me from biting your nipple
- Avoid nicotine, alcohol and other drugs, as they can pass through your milk to me, to cause me harm.
- Any medicine you take, while you are breastfeeding, gets into your milk. Therefore let your doctor know that you are breast-feeding, beforehand.