



sanofi

**HI MOM,
I AM FINALLY HERE.
ARE YOU READY TO
CARE FOR ME IN THE
BEST POSSIBLE MANNER?**



BREASTFEEDING & NUTRITION
VACCINATIONS
MILESTONES
SLEEP





Dear Mom,

I am so glad that we have started this beautiful journey together. But who knew that giving birth wasn't the tough part! The tough part starts now where you will have to take care of me, so I grow to be a healthy child.

Don't worry Mom. Sanofi has put together everything you need to know about me - my diet, milestones, key vaccinations and more.

Happy reading!



BREASTFEEDING¹

Breast milk is my sole source of nutrition for 6 months.
Do you know why?

Breastfeeding as early as possible will protect me from acquiring infections.

It is my crucial source of energy and nutrients during illness.

It will reduce the risk of ovarian and breast cancer for you, Mom.¹

It will also create a deep bond between you and me.

Keep me in an upright position post feeding, so I can burp easily.

Keep me on my right, in a head low position, if I vomit.



Interesting Baby Facts

There's no need to feed me water before I turn 6 months old as your breast milk already has ample water.

Breastfed babies are more intelligent.

NUTRITION¹



After 6 months, breast milk alone won't be sufficient to take care of my nutritional requirements.

You can start giving me adequate complementary food at or after 6 months.



Do keep these things in mind

Be hygienic

Identify homemade staples as they are fresh and clean

Introduce one new food at a time for 3-4 days to spot allergies, if any

Include about 2-3 meals per day for me when I'm 6-8 months of age and 3-4 meals per day when I'm over 8 months old.

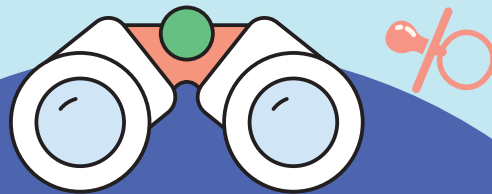
BEFORE VACCINATION²



I know caring parents always do their homework, and so will you! So, here's some homework related to my vaccine:

Right age, right immunity. Know the vaccination schedule.

The doctor should be aware of our family history - reactions, auto-immune disorders or seizures.





Interesting Baby Fact³

My head might look a little elongated, stretched out or even pointed at birth. But don't worry, Mom. This appearance will go away in the next several days.

VACCINATION MYTHS DEBUNKED^{4, 5, 6}

I need my vaccinations on time! Check with the doctor and protect me from diseases!

I know there are a lot of different myths floating around. Please don't believe them.

Myth	Fact
 <p>Vaccination causes autism</p>	<p>Autism is not associated with vaccinations.</p>
<p>Vaccination causes long-term health problems</p>	<p>Observing vaccinated children for long-term health problems is impractical. Instead, scientists work to identify the risk factors of various serious diseases. So far, no vaccine has been identified as a cause for diseases.</p>
<p>Vaccination is unnatural immunity</p>	<p>Vaccination helps develop immunity the same way I develop natural immunity through the disease.</p>
<p>Vaccinations are unsafe</p>	 <p>Millions of babies get vaccinated every year and grow up to be healthy people. Vaccine manufacturers maintain safety standards.</p>



Myth

One injection of one vaccine is enough

Fact

An inactivated vaccine builds immunity in phases as it contains a fixed amount of disease-causing virus or bacteria (antigen). Several doses of some vaccines are required as each dose of these vaccines boost immunity to reach a protective level.

More than one vaccine can overload my immune system

The number of antigens I get from several vaccines are much smaller than the antigens my immune system can handle. Our body's immune system is meant to protect our body from thousands of germs we are exposed to every day. So, it can handle the antigens from vaccines effectively.

Vaccination is not really required. Natural immunity is received from mothers

If a disease were to strike me, it could range from mild to severe. Infact, if left unvaccinated against a disease, sometimes it can even have a life-long complication. Therefore, it is better to protect me with a vaccine, as you can never know how seriously a disease will affect me.



Interesting Baby Fact

Few of my birthmarks might disappear as I grow.

THINGS TO KNOW ABOUT DPT VACCINATION^{7,8,9,10}



Mom & Dad, do you know that DPT vaccine is mandatory for me?

DPT vaccines protect against serious infectious diseases like Diphtheria, Tetanus and Pertussis. Nowadays, with advanced technology these DPT vaccines are available in combinations. 6-in-1 combination vaccines protect against 6 diseases in one single injection.

It is given to me at 6, 10, 14 weeks of age. Later there are booster doses given at 15-18 months of age and then at my pre-school and adolescent age.

This means we will not have to go to the doctor several times and I get protected against 6 diseases in only one prick. Isn't that awesome?



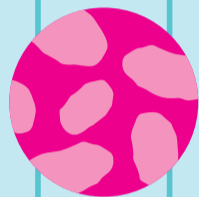
A 6-in-1 vaccine given at 6, 10, 14 weeks of age, can protect me against 6 infectious diseases.

DIPHTHERIA



An infection that affects the **throat and tonsils**. Diphtheria causes white to dirty grey discolouration.¹¹

PERTUSSIS



Also known as **whooping cough**, due to the characteristic high-pitched whoop noise when a patient breathes in, after a coughing fit.¹²

Infants can experience **severe coughing attacks** that can make them turn blue or vomit. They are at risk of pneumonia, seizures, lung collapse and death.¹²

TETANUS



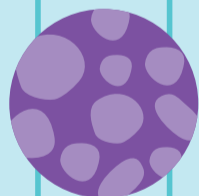
Also known as **lockjaw**, due to the characteristic muscle stiffness that begins in the jaw and neck. Tetanus is a serious infection that can result in death. It can be contracted via infected cuts, as it is commonly found in the natural environment.¹³

POLIO



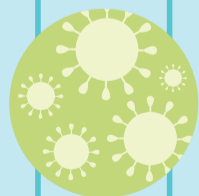
Poliomyelitis (polio) is a highly infectious disease that attacks the central nervous system and brain, potentially resulting in **severe and irreversible paralysis** and death.¹⁴

HAEMOPHILUS INFLUENZAE TYPE B



Haemophilus influenzae type B (Hib) can cause **meningitis** (inflammation of the brain and spinal cord) and may even result in hospitalization.¹⁵

HEPATITIS B



A potentially life-threatening infection that **attacks the liver**, causing characteristic yellowing of the skin. Almost half of all patients will show no signs of infection but may still develop a chronic infection.¹⁶



VACCINATION

What do you need to know about 6-in-1 vaccines?



HEXAVALENT (6-in-1)

These vaccines protect your baby against 6 serious infectious diseases with a single injection given at 6, 10, 14 weeks.¹⁷



LESS PAINFUL

Few of these vaccines are less painful as post vaccination, they cause less fever, injection-site pain and swelling.¹⁸



PROVEN EFFICACY* GLOBALLY

Less painful vaccines effectively protect babies from the disease. This is proven in multiple clinical studies globally.¹⁹

DURING VACCINATION^{20,21}



Yes, I will cry! But hey, you can make me feel better, calm and relaxed then and later! Here's how

- ▼ Cuddle and hold me comfortably
- ▼ Distract me using toys or by singing
- ▼ Breastfeed shortly before or during the vaccination
- ▼ If it's hot, ensure my clothes are comfortable
- ▼ Give me extra fluids if need be
- ▼ Hold my arms and legs still when the shot is being given
- ▼ Dress me such that my upper thigh can be reached comfortably for vaccinating
- ▼ If the injection site is sore, put a cold wet cloth on it

Consult the doctor if

- ▼ Pain or fever continues
- ▼ The reactions are bad or getting worse
- ▼ You see severe allergic reaction, bowel obstruction or seizures

A stylized illustration of a baby's face, represented by a blue circle. The baby is wearing white-rimmed glasses with a green bridge. To the right of the face is a small red heart icon. Above the face is a red scissors icon, suggesting a cut line.

Interesting Baby Fact

My fingernails can be long enough at birth to scratch my skin as I bring my hands to my face.
That's normal, Mom.

POST VACCINATION²²



Yay Mom! I am protected.

Once my vaccination is done, my immune system will produce defenses that will fight against the infections in future.

In future, if I am exposed to active diseases, my immune system will recognize the disease and fight them to prevent infection.

But Mom, it is important to constantly check the immunization calendar and make sure I get all my doses at the right age. Only then will my immune system get boosted and I will be protected throughout life.

Ask the doctor if I can be given any medication if I get fever after vaccinations.

MILESTONES: 0–3 MONTHS²³

Keep a track of my progress month-by-month!



I will communicate through gestures and by crying.
Follow my reflexes

1 month



I will suck, swallow, search for milk and grasp an object if you put it in the palm of my hand



I will begin to follow things with eyes and recognize people at a distance



2 months



I will love looking at objects with complex patterns and colours



I will begin to smile at people



I can bring my hands to mouth and suck my fingers

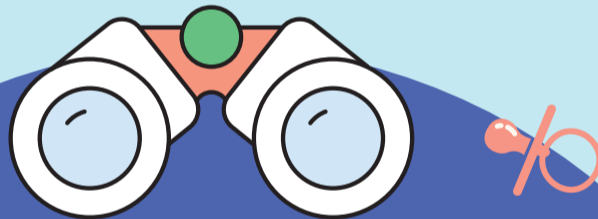


I will respond more to emotions and communication

3 months



I will begin to recognize people by their sight and smell



Interesting Baby Fact

I start crying in earnest after 2-3 weeks. This peak crying is mostly for no reason. But after 3 months, I will calm down a little.

MILESTONE: 4–6 MONTHS^{24,25}



I will move around more and communicate better

4 months



I will begin to copy some movement and facial expressions, like smiling or frowning



I will start responding to affection



My weight might be double of what it was at birth

5 months



I will start to demand better like cry when I want to be picked up or when you are out of sight



You will notice better body co-ordination and faster development in me

6 months



I will be able to sit with support or push myself up to a crawling position



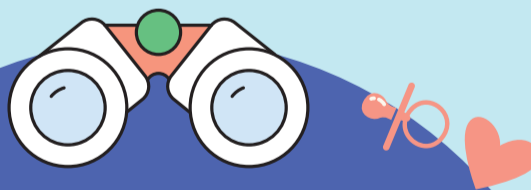
I will like playing with others; especially with you, Mom and Dad.



I will like to look at myself in the mirror



I will also begin to respond to my own name being called

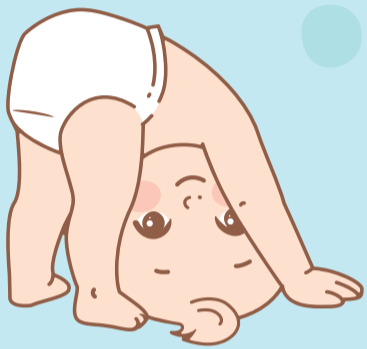


Interesting Baby Fact

You'll notice that I fling my arms out to my sides, hands open, then quickly close up and tuck back in towards my body.

MILESTONES: 7–9 MONTHS²⁶

7 months



I can now chew, hold a bottle or even put food in my mouth



You might spot a tooth about to sprout in my lower jaw



I will want to explore more



I will enjoy eating soft fruits and boiled vegetables



I will become clingier with familiar adults and might be afraid of strangers

8 months





Expect a growth spurt, stronger memory and distinct personality



I will topple over less when sitting



I will use my fingers to point at things



I will pick things like cereals between thumb and index finger

9 months



Interesting Baby Fact

After 7 months, I may know familiar faces and begin to recognise if someone is a stranger.

MILESTONES: 10–12 MONTHS²⁷



I am now a toddler



I will put myself on sofas, tables and beds, open and get inside cupboards, and also reach out to objects I find interesting



I will enjoy eating and munching on things



I will cry when Mom or Dad leave



I will have favourite things and people

10 months





I will have better hand-eye coordination and will be able to focus on fast-moving objects

11 months



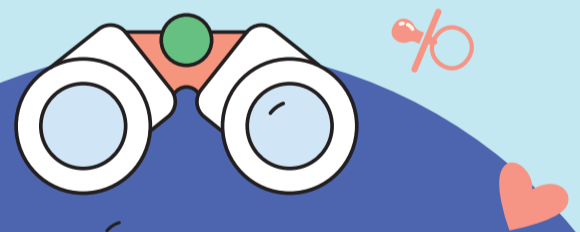
Developing a sense of taste and smell will mean I will now start to have preferences in food



I will be able to respond to words like NO



I will hand you a book if I want to hear a story



Interesting Baby Fact

I don't need a bath every day in the first couple of months. Just 3 times a week is enough. In fact, bathing me too much can dry out my skin.

MILESTONES: 10–12 MONTHS



I will begin to say things that sound like words and respond to instructions



It is the perfect time now to introduce me to manners like Please, Thank You, Hello, Bye Bye



You can let me play with safe toys now and make as much noise as I want

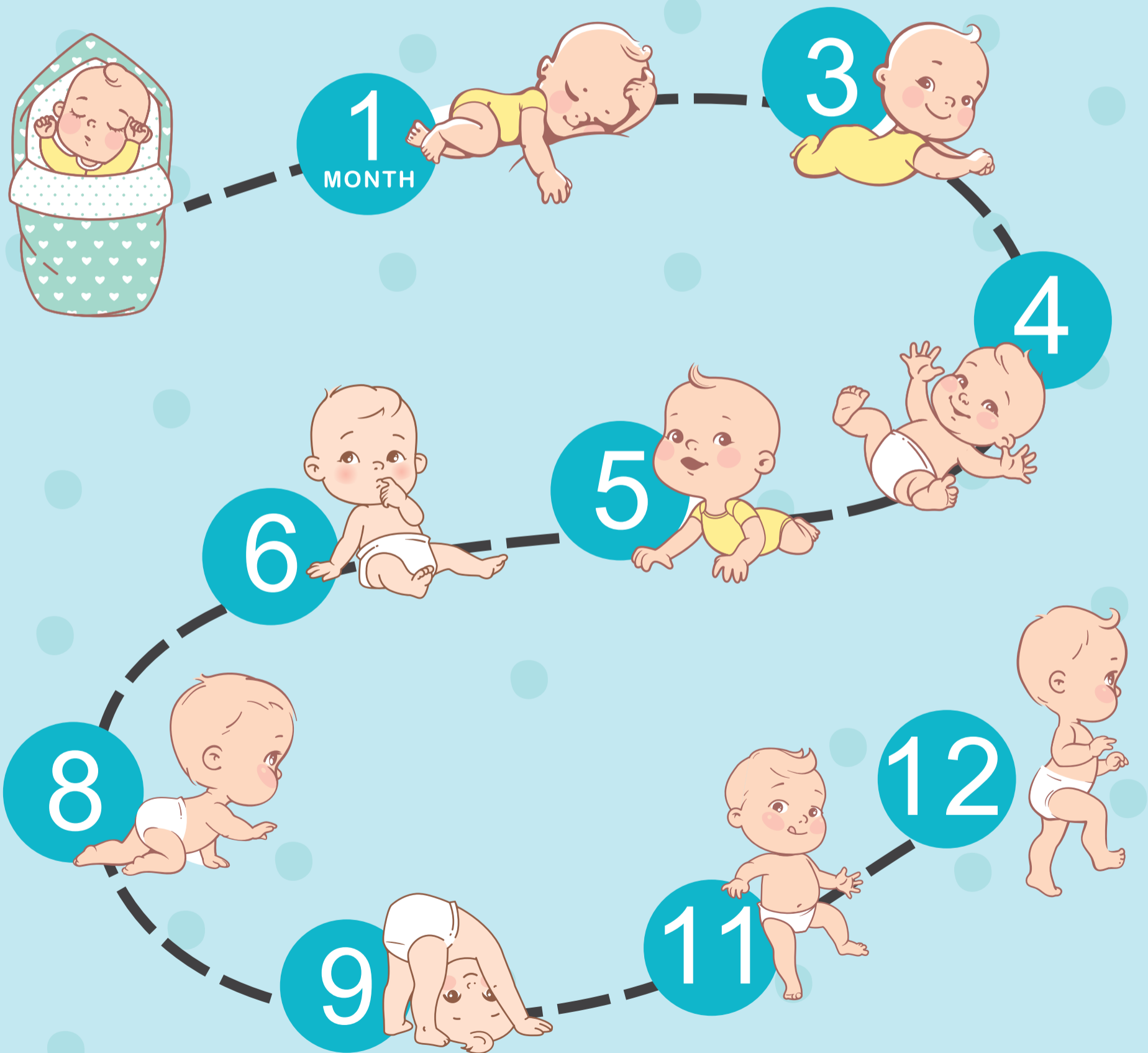


I will also pull up to stand and walk by holding on to furniture

12 months



MILESTONES: 1-12



SLEEP²⁸

You must be wondering why I sleep so much and how much sleep is good for me, right?

Don't you worry, Mom. I need a little more sleep than you and that is absolutely normal.

Here's what you need to know:



1

Babies up to 3 months should sleep a total of 14 to 17 hours a day, though not consecutively!



2

Usually during the first few months, babies sleep for 2 to 4 hours at a time because of their periodic, pressing needs of feeding, diaper change, etc.

3

Between the ages of 4 and 11 months, they usually sleep for 12 to 16 hours

Here's how you can create a safe sleep environment for me:



- ★ Place me on my back on a firm sleep surface
- ★ Avoid using soft bedding, or too many pillows and soft toys in the bed
- ★ Avoid sharing the same bed as me
- ★ Do not expose me to smoke, alcohol or any illicit drugs
- ★ Give me skin-to-skin care, it is recommended

Good sleep habits for me:



- ★ Follow a consistent bedtime routine
- ★ Give me time to settle down
- ★ Mom you can cuddle, read or sing to me during bedtime, or bathe me before it
- ★ Put me to bed drowsy, so that I can associate bed with falling asleep



Interesting Baby Fact

My favourite playtime is after the 2 am feeding.

**I know this booklet from
Sanofi has really helped you
understand me in a way. You now know
how to take care of me and my needs.
Let's have great fun together. YAY!!**



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Disclaimer: This is a part of the public awareness initiative on vaccination supported by Sanofi India. Sanofi believes in a world where no one suffers from a vaccine-preventable disease. One should consult their healthcare provider for any health-related information. The narration by a baby depicted in this booklet is for creative representation only. The content has been thoroughly reviewed by paediatricians.

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