

TAKE YOUR

**BEST
SHOT!**

Towards infant care

HEY DADDY! I CAN'T WAIT

TO BE YOUR BUDDY!



**WELCOMING FATHERHOOD
BONDING
CALMING ME
BEING HANDS-ON
VACCINATION**





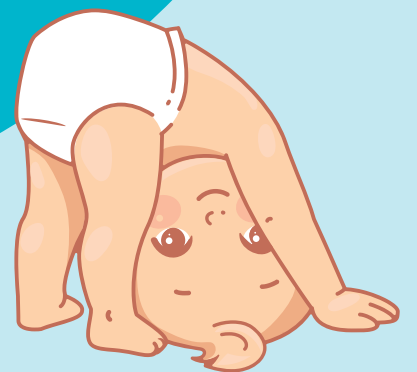
Dear Daddy,

I am so excited to meet you finally!

You look both nervous and excited to hold me. Don't worry, we will get through this initial stage together, thanks to this booklet by Sanofi.

Since I am too small to take the first step, do read this handy guide which has useful tips for you.

Happy reading!



WELCOMING FATHERHOOD^{1,2,3}

Hey Dad! You and I are going to have so much fun! I just can't wait! So, read on to know how!



GET READY FOR THE BIG CHANGE

Increase in physical, emotional and financial demands can cause stress.

Try getting involved with me.
This will reduce feelings of stress.

BONDING⁴

There are so many ways for us to bond, Dad!

I may not respond the way you want me to at first but we'll get there slowly! Until then...



Spend time in the hospital with Mom and me till we are discharged. Pay attention when she is instructing you on how to carry me and change my diaper, before we leave the hospital.



Enjoy the moment when I cuddle with you.

Spend time talking to me making sounds like me.

Play with me.

Take more turns changing my diaper.

Support Mom emotionally and mentally to breastfeed

Burp me and put me to sleep after feeds.

Read to me and with me everyday, with emotion, and choose colourful books. This will help form connections in my brain.



CALMING THE BABY²

Dad, I'm going to cry A LOT.
I'm going to wait for you to help me
calm down!

Here's what you can try

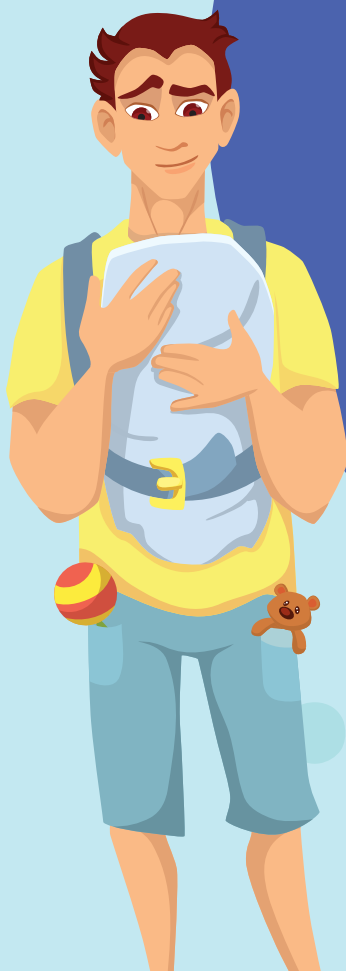


Calmly hold me close to
your shoulder or chest.

Swaddle (wrap) me in a blanket.

Softly sing or talk to me
and/or play calming music.

Gently rock me or take me for
a quiet walk.



BEING HANDS-ON³

Being a hands-on Dad is a cool Dad! Imagine you changing my diapers and clothes, burping me, putting me to sleep, singing to me or playing with me! A superkid like me needs a superdad and supermom!

Address stress with the doctor, like-

- ▶ Limited paternity leave
- ▶ Additional responsibilities
- ▶ Irregular, interrupted sleep
- ▶ Financial strain
- ▶ Less time with Mom



Additionally, take on some household responsibilities

- ▶ Offer to care for me, at home, so that Mom can take a nap between feedings
- ▶ Understand and ask if Mom has breastfeeding concerns⁴
- ▶ Hold me in your embrace to develop a close bond
- ▶ Discuss with Mom how both of you can support each other in my care and growth



THINGS TO KNOW ABOUT DPT VACCINATION^{5,6,7,8}



Dad, choosing an appropriate vaccine for me is absolutely crucial.

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.

Do you know Dad, DPT vaccine is mandatory for me? 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?



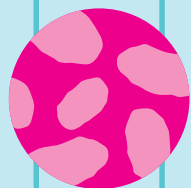
A 6-in-1 vaccine given at 6, 10, 14 weeks of age, can protect me against 6 infectious diseases.

DIPHTHERIA



An infection that affects the **throat and tonsils**. Diphtheria causes white to dirty grey discolouration.⁹

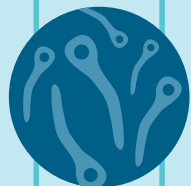
PERTUSSIS



Also known as **whooping cough**, due to the characteristic high-pitched whoop noise when a patient breathes in, after a coughing fit.¹⁰

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.¹⁰

TETANUS



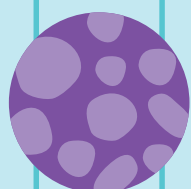
Also known as **lockjaw**, due to the characteristic muscle stiffness that begins in the jaw and neck. Tetanus is a serious infection that can result in death. It can be contracted via infected cuts, as it is commonly found in the natural environment.¹¹

POLIO



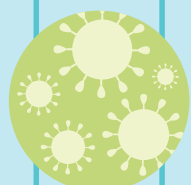
Poliomyelitis (polio) is a highly infectious disease that attacks the central nervous system and brain, potentially resulting in **severe and irreversible paralysis** and death.¹²

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.¹³

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.¹⁴





VACCINATION

Things to know about DPT vaccination

Dad, check my immunization schedule given by my pediatrician and give me all necessary vaccinations. You can check the immunization schedule here:

<https://www.indianpediatrics.net/jan2021/jan-44-53.html>



HEXAVALENT (6-in-1)

These vaccines protect your baby against 6 serious infectious diseases with a single injection given at 6, 10, 14 weeks.⁵



LESS PAINFUL

Few of these vaccines are less painful as post vaccination, they cause less fever, injection-site pain and swelling.⁶



PROVEN EFFICACY* GLOBALLY

Less painful vaccines effectively protect babies from the disease. This is proven in multiple clinical studies globally.⁷

**Hey Dad, I hope you enjoyed
reading this book by Sanofi.
Fatherhood is a journey like no
other. I hope you have a smooth
sailing one.
Let's have a great start together!**

Reference:

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MAT-IN-2102334_v.01_25-06-2021

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The Sanofi logo consists of the word "sanofi" in a bold, lowercase, sans-serif font. The letter 'i' is stylized with a small blue dot above it.

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