

TAKE YOUR

**BEST
SHOT!**

Towards infant care

**MOM, IF YOU'RE FINE,
I'LL BE FINE TOO.**

ARE YOU JUST AS EXCITED
TO SEE ME AS I AM TO SEE YOU?



BREASTFEEDING
DIET AND NUTRITION
HEALTHY RECIPES
POST-NATAL EXERCISES
VACCINATION



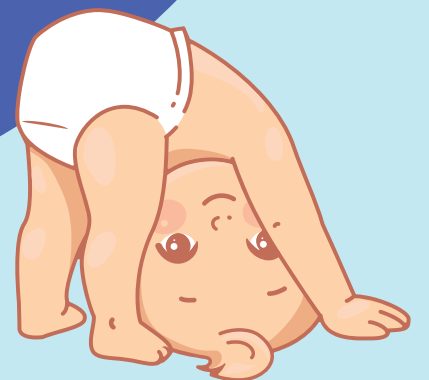


Dear Mommy,

Are you as happy to meet me as I am to meet you? While one lap of your motherhood journey is complete, there's still miles to go, with me this time. However, it is important you take as much care of your own health as mine so we both grow in a healthy manner.

Fear not, Mom. Sanofi has got it all covered – from your diet to exercise needs as well as key vaccinations for me.

Happy reading!



Hi Mommy, are you pleased to finally meet me?
I know I am.

Now that I am here, let's both be each other's strengths
and take utmost post-delivery care for a healthy and
smooth transition.



BREASTFEEDING¹

My only diet for my first 6 months is breastmilk exclusively. Over to you, Mom!



Early breastfeeding: What's good for both of us?

You know Mom, early breastfeeding immediately after delivery (normal vaginal or C-section) and skin-to-skin care in the recovery room is the best start for me. It is always good to breastfeed on demand as and when I desire. It could be 10–12 times a day.

The nurse will help you initiate breastfeeding soon after birth even when you are lying on the back and are not allowed to turn to the side.

Let me feed as long as I want to at one breast, so that I get both the thin watery milk at the beginning of the feed to quench my thirst, followed by the thicker and fat containing milk that will satisfy my hunger.

Once satisfied, I will fall asleep and come off the breast myself.

If I continue to cry after coming off one breast, feed me on the other. Otherwise feed me on the other breast next time to maintain the output from both breasts.

You can feed me in any position that is comfortable for both of us, Mom - sitting when you are awake or lying down while resting.

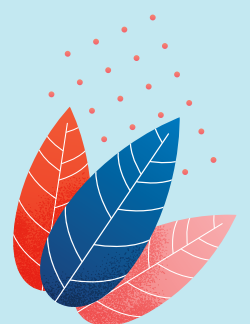
Breastfeeding keeps me healthy, develops good immunity against several serious infections and helps me in achieving adequate growth and development.



DIET AND NUTRITION AFTER CHILDBIRTH^{2,3}

I know you want me well-fed, Mom. But you should be too! Proper nutrition is crucial during breastfeeding.

- ✔ Eat more plant foods, fruits, vegetables and whole grains
- ✔ Limit sweets and salt
- ✔ Control portion sizes
- ✔ Eat 500cal and 25g protein-rich foods such as lean meat, eggs, dairy, beans, lentils
- ✔ Drink water frequently, preferably before you feel thirsty
- ✔ Limit caffeine to maximum 3 cups a day
- ✔ Eating a variety of different foods while breastfeeding will help me accept solid foods more easily
- ✔ In your specific case, check with your doctor for foods you must avoid



HEALTHY RECIPE FOR NEW MOMMIES

Mom, did you know that sabudana or sago pearls are loaded with calcium, iron, potassium and vitamin K which are essential for your overall health? Plus, it boosts lactation. Spinach, on the other hand, helps maintain your hemoglobin and blood sugar levels.

These two foods are extremely beneficial to new mommies. So, here's a recipe to get you started:

Sabudana and Spinach Khichdi
(can be consumed in the first 3 months post pregnancy)

Ingredients:

Sabudana or Tapioca – 50 gm

Spinach leaves – 50 gm

Ghee – 1 tsp

Crushed peanuts – 20 gm

Carrot – ½

Green beans – 30 gm

Broccoli – 50 gm

Kale green – 50 gm

Turmeric powder – 1 tsp

Sea salt – to taste

Onion – 20 gm

Garlic – ¼ tsp

Dry ginger powder (sonth) – ¼ tsp

Tomato – ½

Cumin seeds – 1 tsp

Asafoetida – a pinch



Method:

- ✔ Soak sabudana overnight in water. Strain it well the next morning.
- ✔ Chop spinach, carrot, green beans, broccoli and kale green into small pieces and mix it in a bowl.
- ✔ Chop onion, tomato, ginger and garlic and keep them separately.
- ✔ Take a deep pan and add ghee to it. Once the ghee is warm, add asafoetida, cumin seeds and dry ginger powder.
- ✔ Add onion and sauté. Once golden brown, add tomato, ginger and garlic and sauté.
- ✔ Add turmeric powder, if required. Then, add all chopped veggies to the mix.
- ✔ Finally add soaked sabudana and crushed peanuts.
- ✔ Add salt as per taste. Cook well for 5-7 minutes till sabudana has turned soft.
- ✔ Enjoy the khichdi hot.



POST-NATAL EXERCISES⁴



Mom, you don't need to wait anymore to get back in shape after delivery. If you've had a normal delivery, you can begin with a few light exercises as soon as you feel ready, once your doctor has given their thumbs up!

Keep these things in mind though:

- ✔ Breastfeed before you exercise and wear a supportive bra
- ✔ Begin with simple exercises that strengthen your abdomen and back and then gradually increase the intensity
- ✔ If you have trouble finding time to exercise, include me in your routine. Take me for a daily walk in a stroller
- ✔ Invite other moms to join you for your walk to stay motivated
- ✔ You can also join a postpartum class
- ✔ Drink sufficient water before and after exercises
- ✔ Stop exercising if you are feeling pain. This might be a sign of over exertion





Pelvic tilt

Try the pelvic tilt to strengthen your abdominal muscles. Lie on your back on the floor with your knees bent. Flatten your back against the floor by tightening your abdominal muscles and bending your pelvis up slightly. Hold for up to 10 seconds. Repeat five times and work up to 10 to 20 repetitions.



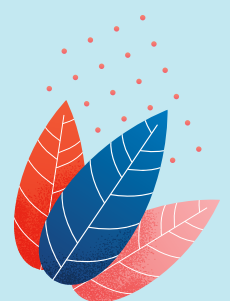
Kegel exercise

Use this exercise to tone your pelvic floor muscles, which support the uterus, bladder, small intestine and rectum. Contract your pelvic floor muscles, as if you're attempting to stop urinating midstream. Hold for up to 10 seconds and release, relaxing for 10 seconds between contractions. Aim for at least three sets of 10 repetitions a day. Avoid Kegel exercises when urinating.



Happy baby yoga pose

This yoga pose can help relax and gently stretch your muscles to relieve pain. Lie on your back and bring your knees toward your chest. Open your knees slightly wider than your hips. Keeping your arms on the inside of your knees, use your hands to hold onto the outside of your feet or ankles. Bend your knees so that the bottoms of your feet face upward and gently pull your feet downward to lower your knees toward the surface. Focus on relaxing your pelvic muscles as you work toward holding this pose for about 90 seconds.



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



Do you know Mom, 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.

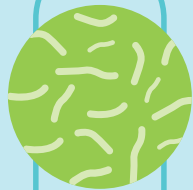
It is given to me at 6, 10, 14 weeks of age. Later there are booster doses given at 15-18 months of age and then at my pre-school and adolescent age.

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?



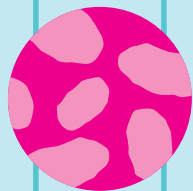
A 6-in-1 vaccine given at 6, 10, 14 weeks of age, can protect me against 6 infectious diseases.

DIPHTHERIA



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

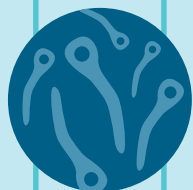
PERTUSSIS



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



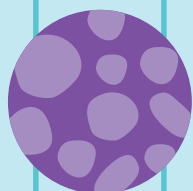
Also known as **lockjaw**, due to the characteristic muscle stiffness that begins in the jaw and neck. Tetanus is a serious infection that can result in death. It can be contracted via infected cuts, as it is commonly found in the natural environment.¹¹

POLIO



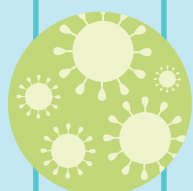
Poliomyelitis (polio) is a highly infectious disease that attacks the central nervous system and brain, potentially resulting in **severe and irreversible paralysis** and death.¹²

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

Mom, 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.¹⁵



LESS PAINFUL

Few of these vaccines are less painful as post vaccination, they cause less fever, injection-site pain and swelling.¹⁶



PROVEN EFFICACY* GLOBALLY

Less painful vaccines effectively protect babies from the disease. This is proven in multiple clinical studies globally.¹⁷

Hey MOM, hope you enjoyed reading this book designed by Sanofi. Hope you feel strong physically & emotionally. Motherhood is the greatest and hardest thing ever. I will make your life awesome. **Let's have a great start together.**

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