



LACTATION COUNSELLING

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Breastfeeding can be described as one of the most rewarding pursuits of motherhood. Breast milk is the perfect nutrition for your new born and has the nutrients to boost your child's immunity. Research has indicated that babies that are breast fed have better immune levels to fight infectious diseases, allergies, ear infections and childhood illnesses. Moreover children who have been exclusively breast fed have reported with a higher IQ level than their contrary.

Breastfeeding and the bond:

Breastfeeding helps in forming a bond between the mother and the new born baby. This exercise not just benefits the baby, but also is beneficial to the mother:

- ▶ Helps in relaxation
- ▶ Helps in weight loss
- ▶ Reduces the risk of breast cancer
- ▶ Reduces the risk of ovarian cancer
- ▶ Reduces the risk of osteoporosis

Hence it is medically recommended that mothers opt for exclusive breastfeeding.



Lactation Counselling:

It is recommended that a mother commences breastfeeding in the first hour of her becoming a new mother. In fact the baby should receive the first batch of the mother's milk – colostrums- which is rich in nutrients and antibodies. Post the same the mother has to be trained on a number of aspects. The Lactation Counsellors at Paras Bliss train the mother and their family members on:

- ▶ How to hold the baby while breastfeeding?
- ▶ When to breast feed?
- ▶ How to know that the baby is hungry?
- ▶ How to know when to stop breastfeeding?
- ▶ What is exclusive breastfeeding?
- ▶ Baby holding positions post a feed
- ▶ Baby sleeping positions post a feed

Specialized Lactation Counselling:

For many working women, exclusive breastfeeding becomes a challenge, as they have to balance the work, family and baby responsibilities. Paras Bliss Lactation Counselors provide you with easy solutions to store your breast milk and feed your baby when required. They also provide training to the new nannies on the requirements of the baby.

Practical training and information is given on:

- ▶ Breast pumps
- ▶ Breast milk safe storage
- ▶ Stored breast milk nursing

Paras Bliss Lactation Counselors also provide support in cases of breast feeding difficulties. They help you in training your child to accept breast milk and help you adjust yourself with the change. Special attention is given by them to:

- ▶ Help in breastfeeding problems
- ▶ Help in latching difficulties
- ▶ Help in painful nursing
- ▶ Help in low milk production



Baby Attention:

Post delivery breastfeeding helps the mother to regain her body composition and lose the extra weight. With breastfeeding the baby builds on its strength and gains weight. Paras Bliss Lactation Counselors help you in case your baby is not gaining the requisite amount of weight. They work with the team of Neonatologists and Pediatricians to ensure that the best medical handling is given to the baby.



Lactation Counselling Session Planning:

At Paras Bliss, special emphasis is laid on breast feeding. Due to the same Lactation Counselling is a requisite part of majority of the sessions and programs. However it is highly recommended to all new mothers that they opt for this special program exclusively, due to its importance in their child's overall health.

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Pre Delivery Session	One
Post Delivery Session	One
Post Natal Care Session	One

To know the details of the costing and the registration details contact the hospital coordinator.



OUR SPECIALITIES

Obstetrics
Gynaecology
Neonatology
Paediatrics
Fetal Medicine
Cord Cell Preservation
Lap Gynae
Dermatology & Cosmetic Surgery
Infertility Treatment
Adult & Child Dentistry
Women & Adolescent Health
Dietetics & Nutrition
Painless Delivery
Physiotherapy

OUR SPECIAL PROGRAMS

Ante Natal Class
Post Delivery Weight Reduction Program
Lactation Counseling
Baby Care/ Toddler Care
Baby Massage Treatment
Mommy Massage Treatment – Pre Natal & Post Natal
Pal Services
Adolescent Hygiene Program
Stretch Mark Treatment Plan



Paras Bliss (New Delhi): F.44, East of Kailash, New Delhi-110065, India,
Tel.: 01140411111

Paras Bliss (Panchkula): Mansa Devi Complex, Swastik Vihar, Phase 1, Sector 5,
MDC, Panchkula, Haryana-134109, Tel.:01724019999

Email: infobliss@parashospitals.com | Website: www.parasbliss.com
