



TODDLER /
BABY CARE

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Just as you welcome a new born in your life, you are surrounded with apprehensions and doubts concerning many aspects associated with your bundle of joy. How to handle the growing needs of your baby? How to be sure of what to do?

Motherhood is a full time job and parenting has to be perfect to ensure that your new born is healthy, growing fine and is well protected against the infectious diseases.

Paras Bliss has a well developed team to take care of the needs of the parents. The well detailed program supported by experts, specialists and counselors, has stages of counselling as per the age of the child. Such a program helps the new father and mother adapt well to their new found responsibility with time.



PROGRAM DETAIL: THE BABY CARE PROGRAM

THE BABY CARE PROGRAM is divided into 3 parts and provides support to the expecting mothers till the baby is 1 year old.

Stage 1	Pre delivery to birth—from 3rd Trimester—birth- till 2 months	2 SESSIONS
Stage 2	Post delivery baby care – from 3rd month to 5th month post delivery	3 SESSIONS
Stage 3	Post delivery baby care – from 6th month to 12th months post delivery	3 SESSIONS

In all 3 stages consultation and counselling is given by:

- ▶ Obstetrician (pre & post delivery)
- ▶ Lactation Counselor (pre & post delivery)
- ▶ Neonatologist/Pediatrician (post delivery)

The details of the sessions will be recorded along with the baby card.

Aspects that are covered in the Baby Care Program are:

Caring for your newborn—bathing, feeding schedule | How to soothe a crying baby | Breastfeeding | Comforters and thumb sucking | Baby massage | Right techniques of baby positioning, feeding, burping, etc | Clothing and wrapping the baby | Your baby's potty: what's normal and what's not | Vaccinations and their importance | Establishing good sleep habits | Teething | Milestones | Common ailments and easy remedies | When to raise alarm | Prevent choking and safety measures

These will be dealt only in last sessions

Starting solid food for babies | Baby health growth chart for boys | Growth chart for girls



PROGRAM DETAIL: THE TODDLER CARE PROGRAM (1-3 yrs)

Post your baby is one year old; a different set of challenges present themselves. Parents are advised to keep a check on their children as this is the time that they are most prone to infections. It is important to be trained about the key signs and symptoms and be empowered with training and information. The program at Paras Bliss is well supported by Pediatricians, Nutrition Experts and Lactation Counselors.

Session 1	Pediatrician Nutrition Expert Lactation Counselor (at the time of enrolment)	3 SESSIONS
Session 2	Pediatrician Nutrition Expert Lactation Counselor (post 3 months of enrolment)	3 SESSIONS
Session 3	Pediatrician Nutrition Expert Lactation Counselor (post 6 months of enrolment)	3 SESSIONS



Lactation Counselling Session Planning:

- ▶ Toddler health
- ▶ Toddler development- month-by-month
 - Speech and language | Daily toddler care | Washing and hygiene | Tooth care and teething | Nutrition
- ▶ Feeding your toddler well
- ▶ Food and nutrition concerns
- ▶ Bad habits and table manners
- ▶ Recipes and meal plans
- ▶ Potty training
- ▶ Behaviour and habits
- ▶ Encouraging positive behaviour
- ▶ Toddler behaviour problems
- ▶ Disturbing toddler habits
- ▶ Toddler games and play
- ▶ Month-by-month play guide
- ▶ Understanding toddler play
- ▶ Toddler sleep
- ▶ Coping with two



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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



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