

POSTNATAL & NEWBORN CARE



Maternal Recovery

- Rest
- Nutrition
- Wound healing (C-section or vaginal)
- Emotional well-being.

Breastfeeding and Nutrition

- Importance of exclusive breastfeeding
- Correct latching
- Maternal hydration



Baby Hygiene and Cord Care

- Gentle bathing
- Keeping the umbilical cord stump clean and dry
- Safe diapering

Immunization & Health Check-ups

- First vaccinations
- Weight monitoring
- Pediatric visits



Emotional Bonding and Support

- Skin-to-skin contact
- Partner support
- Family involvement
- Postpartum mental health.

“From First Contraction to First Cry”