

momstory times

Official Newsletter of Momstory by Sahyadri Hospitals | September 2023 Edition



Nurturing New Beginnings

with Care & Expertise





Dr. Mahima Bakshi

Maternal Child Wellness Consultant and Brand Consultant, Momstory by Sahyadri Hospitals

From the Editor's Desk

We understand that pregnancy care is beyond just medical care. Our September issue focuses on helping women understand care through waterbirth and breastfeeding. We have a superb waterbirth room which has been built to give comfort in labour. We conducted the Premoms Masterclass at Hadapsar to

help pregnant couples prepare for their childbirth through holistic care. Our team has been working very hard to ensure the comfort of women throughout pregnancy and during their postpartum journey.

Understand the Breastfeeding latch

By **Dr. Mayura Soregaonkar**

International Board Certified Lactation Consultant, Momstory - Sahyadri Super Speciality Hospital, Nagar Road, Pune

Steps for a proper breastfeeding latch

- Hold your breast with one hand & support the baby with the other. Bring the baby closer so that they can easily latch onto your areola.
- Stimulate the baby's upper lip with your nipple to make their mouth wide open.
- Make sure that baby's chin makes the first contact with your breast.
- Ensure that baby's mouth is latched deep below your nipple.
- Baby's lips must be completely turned out and firmly wrapped around your areola. Make sure that baby's nostrils are not blocked and that they are breathing easily.

A good latch is the catch. Breast-feeding should never be painful. The most common reason for painful breastfeeding is incorrect latch.

Signs of a good latch:

- You experience a deep, strong pulling sensation without sharp pain.
- The baby is comfortable and well-positioned.
- Baby is sucking consistently with short pauses.
- Your breasts are soft after feeding.

Adequate feeding every 24 hours

- Baby should be breastfed - 10-12 times a day in the early days.

- Baby should urinate - 6 to 8 times in a day.

Signs to look out for after a week of breastfeeding

- 5-6 wet disposable diapers/6-8 wet cloth diapers daily.
- More than 8 feedings every 24 hours.
- Calm and content after most feedings.
- At least 3 yellow bowel movements everyday.

Manual expression of breast milk

Manual expression of breast milk is an important technique to prevent breast pain or engorgement. Before manual expression, you must wash your hands clean. Milk should be collected in a sterile container (glass/transparent food grade quality plastic or steel) by maintaining proper hygiene conditions.

Following are the steps for efficient milk expression:

- Apply hot moist fomentation using a cotton napkin soaked in hot water.
- Circular massage & gentle strokes.
- Position fingers behind the areola.
- Press back towards the chest.
- Compress fingers together to express milk.
- Relax and repeat, maintaining a rhythmic pattern.
- Express for 15-25 minutes.

- Keep moving fingers to a different positions throughout the process.
- Once equipped with the massage technique, proper pumping should be done.

Tips for storing expressed breast milk

At room temperature

- Store in a sterile steel container or steel tiffin with a lid.
- Freshly expressed milk can be kept for 4-6 hours at room temperature.

Refrigeration

- Breast milk can be kept in the refrigerator (4°C to 8°C) for 24 hrs.
- It can also be frozen (0°C to -4°C) for up to 5 months.

Transportation & use

- Expressed milk must be transported using an ice pack in clean hygienic conditions.
- Use a double boiler to warm the milk before giving expressed milk to a baby.
- Once heated, the milk should be used within 4 hours and not refrigerated again.
- A small spoon/paladai/feeding cup can be used to give expressed milk to the baby.
- **BOTTLE FEEDING IS NOT RECOMMENDED.**

WATER BIRTHING - Natural way of Birthing

By Dr. Mohita Goyal, Obstetrician & Gynaecologist, Momstory, Sahyadri Super Speciality Hospital, Nagar Road



A variety of birthing options are available today. When it comes to natural birthing, water birthing has become very popular, which gives the most memorable, satisfying, and relaxing experience to the mother. In water birthing, the pregnant woman delivers the baby inside a water pool which is either a stationary or inflatable pool. The pregnant woman is spontaneously allowed to go into labour; there is no augmentation done with any medication or injections. When her cervical dilatation is beyond 3 to 4 cm, she is submerged in a water pool. The water is warm and is maintained at her body temperature. Labouring in water helps to shorten the duration of

labour. It also helps in relieving labour pains, thereby decreasing the need for epidural analgesia. The warm water boosts blood circulation which leads to better oxygenation of the uterine muscles. The water increases the elasticity of the perineum and relaxes it. This reduces vaginal tears as well as the need for episiotomy. Water birthing is gentle for the babies. Since the babies are in an amniotic pool for 9 months in the mother's womb, delivering in the water helps in a smooth transition for them. Also, skin-to-skin contact with the mother and breastfeeding can be facilitated immediately in the case of water birthing. The selection of a pregnant woman who is an ideal

candidate for water birthing is very important. Water birthing may not be recommended for women who are in preterm labour or who have previously had C-sections or who have other risk factors like twins, breech, big babies, PIH, and GDM. Overall, water birthing is the most natural way of birthing. It is a safe technique and babies born by this process are as healthy as the ones born by other methods. Sahyadri Super Speciality Hospital, Nagar Road is the only hospital in Pune that has water birthing suits with expert and trained doctors, nurses, and physiotherapists.



momstory
masterclass

An insightful workshop for would-be mothers and fathers!

Masterclass, our interactive workshop for expecting couples and new parents, was recently held at Momstory, situated at Sahyadri Super Speciality Hospital, Hadapsar Annexe. More than 25 couples attended the session, which focused on preparing for childbirth and child care. The workshop was led by Dr. Mahima Bakshi, a Mother & Child Wellness Consultant as well as the Brand Consultant at Sahyadri Hospitals, along with our team of expert Obstetricians and Gynaecologists, including Dr. Mini Salunkhe, Dr. Gauri Jagdale, and Dr. Vaishali Giri.





DIET IN PREGNANCY

Pre-conception

“It all comes around to the pound”

Cleansing the body internally through healthy eating helps in preparing the body for a healthy pregnancy. Ideally, a normal BMI (Body Mass Index) before conception helps to have a healthy weight gain throughout pregnancy.

Underweight? Gain Weight!

Overweight or Obese? Lose Weight!

Healthy eating can help you to achieve your ideal BMI before planning a pregnancy.

Common deficiencies in women

Iron | Vitamin B12 | Folic Acid Deficiency | Vitamin D

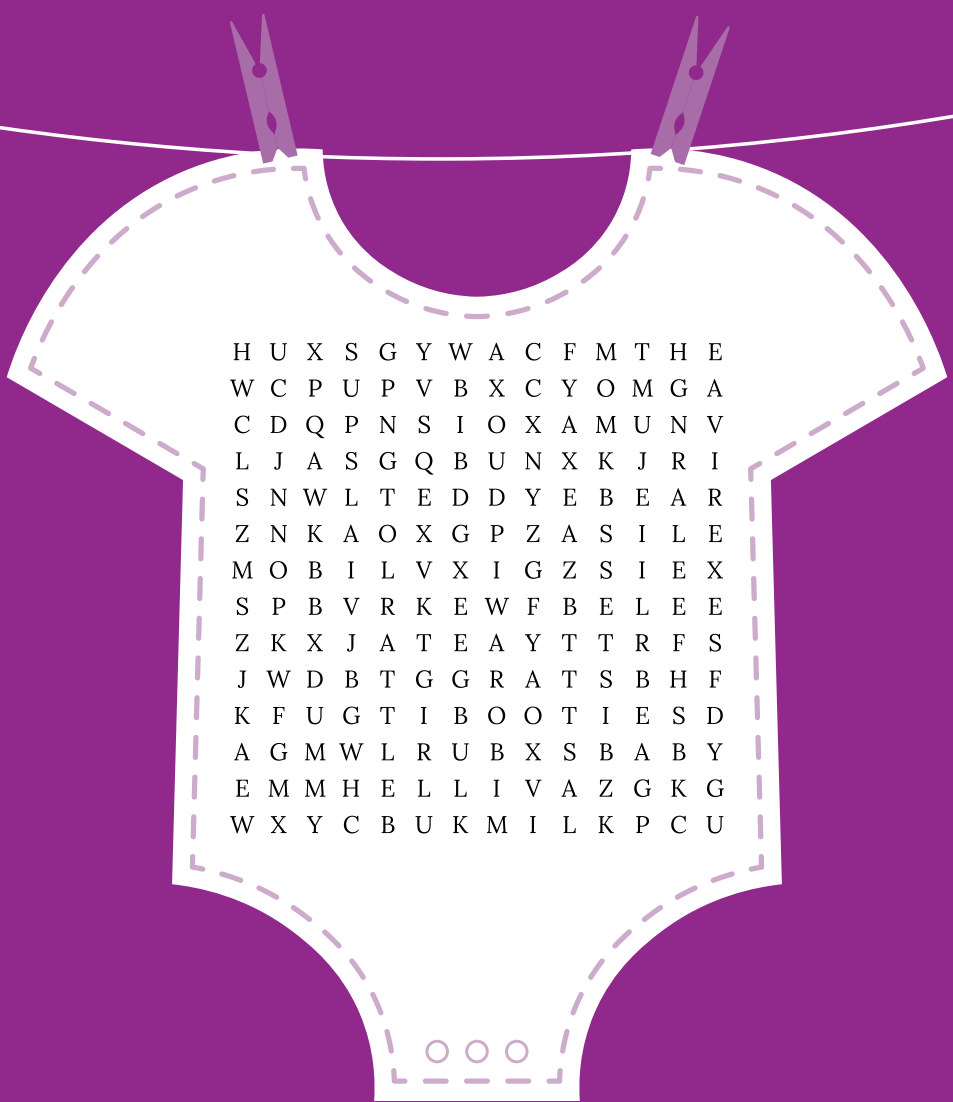
Defy the deficiencies!

One must rule out these deficiencies before planning a pregnancy and start with some supplements as prescribed by the doctor in case of any deficiency.

Get rid of plastic!

Avoid storing food and water in plastics. Try switching to stainless steel or glassware items.

FUN TRIVIA



H U X S G Y W A C F M T H E
W C P U P V B X C Y O M G A
C D Q P N S I O X A M U N V
L J A S G Q B U N X K J R I
S N W L T E D D Y E B E A R
Z N K A O X G P Z A S I L E
M O B I L V X I G Z S I E X
S P B V R K E W F B E L E E
Z K X J A T E A Y T T R F S
J W D B T G G R A T S B H F
K F U G T I B O O T I E S D
A G M W L R U B X S B A B Y
E M M H E L L I V A Z G K G
W X Y C B U K M I L K P C U

DIAPER
NAPPY
WALKER
GIFTS

BOTTLE
MOM
CAKE
LOVE

DUMMY
RATTLE
BIB
BABY

MOBIL
ONESIES
TEDDY BEAR
MILK



Corporate Corner

Momstory conducts various initiatives for corporates focusing on the physical and mental well-being of women before, during, and post-pregnancy. These activities include Health Talks,

Gynaec Consultations, as well as Diet Consultations. Here are a few glimpses from the health awareness programs conducted by Momstory for corporates in September.

Delivered Session on ‘Common Gynaec Complaints’ at Johnson Controls



Our expert Dr. Ashwini Mane delivered a special health talk for the employees of Johnson Controls on the topic of ‘Common Gynaec Complaints’. This informative session was attended by 130 employees, of which 50 were present at the office while 80 employees attended the session virtually.





CLUB

Handholding your way into parenting!

MEMBERSHIP BENEFITS:

9 Free Consultations* From Experts

Free Entry To Premoms Online Program

25% Discount* On OP Pathology Lab Investigations & Diagnostics

25% Discount* On Premoms ANC Packages

10% Discount* On Pediatric Vaccination & Non-surgical Aesthetic Procedure

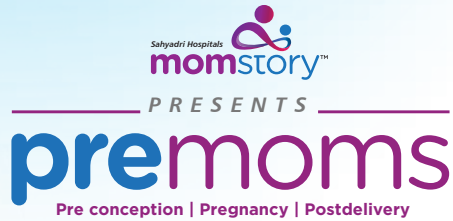
- Limited Validity Card
- Applicable to Card Holder & 3 Family Members
- Valid at Sahyadri Hospitals (Nagar Road & Hadapsar)

*T&C Apply



Note : Customised Momstory Club Cards shall be offered to Corporate Customers

Your partner for
happy parenthood
is here!



A complimentary, comprehensive
Online Program
for wellness of would-be moms and dads

WHAT DOES IT OFFER?

Comprehensive Program run by Team of Experts
Dietitian | Psychologist |
Physiotherapist | Lactation Expert

Special Sessions on

- Labour Delivery with Gynaecologist
- Baby Care with Pediatrician



premomsmasterclass

A step towards parenthood

Every parent aspires to be a super-parent, and 'Momstory Masterclass' helps you achieve that! 'Momstory Masterclass' is a comprehensive educational program that helps would-be parents stay physically, mentally, and emotionally healthy throughout their parenthood journey. Under this initiative, our panel of experts conducts several workshops, seminars, and forum discussions to help women & men take care of their well-being and experience the joy of parenthood in its truest sense.

For More Information & Appointment Call: 70300 49791

Email us: momstory@sahyadrihospitals.com

Sahyadri Hospitals

Sahyadri Hospitals : Maharashtra's Largest Chain of Hospitals
Pune - Deccan Gymkhana | Nagar Road | Kothrud | Bibwewadi | Hadapsar | Hadapsar Annexe | Kasba Peth | Nashik | Karad

