

Postpartum Care

“After the birth of a new life, the mother’s well-being is very important”

Importance of This Class

The postpartum period is a crucial phase that brings many changes to the mother’s body and mental state. In our Postpartum Care Class, mothers are provided with the necessary knowledge and practical advice:

- ✓ Body & Mental Health Maintenance – Physical recovery, nutritious food, adequate rest ✓
- Complication Prevention – Awareness about postpartum bleeding, infections, depression ✓
- Child Welfare – Proper methods of breastfeeding, child care knowledge ✓
- Family Support – Assistance that family members should provide to the mother ✓
- Self-Confidence – Mental strength to face motherhood with confidence

Why is This Class Necessary?

- ✓ Lack of Knowledge – Many lack clarity about postpartum care ✓
 - Increase in Nuclear Families – Fewer elders to share experiences ✓
 - Rise in Mental Health Issues – Postpartum depression is common ✓
 - Limited Access to Healthcare Services – Basic care knowledge is essential ✓
 - Social Pressure – Modern lifestyle adds pressure to mothers
- ✓ In Summary: This class helps mothers be physically and mentally healthy, fully prepared to raise their child.

Breastfeeding Classes

“Breast Milk – The First Nutrient of Life” Breast Milk is Best Milk (Liquid Gold)

Objective: ✓ Nutritional value and importance of breast milk ✓ Ensuring the baby drinks milk correctly (Position & Latch) ✓ Common problems and solutions ✓ Mother’s diet & mental state maintenance

Class Details


📍 Duration: 4 hours (1 hour per day) 📍 Location: Hospital / PHC / Health Center 📍 Methods: Explanation + Practical Demonstration + Q&A

Main Topics: ✓ What is breast milk? Why is it important? ✓ Importance of Colostrum ✓ WHO & UNICEF Recommendation – Exclusive breastfeeding for 6 months ✓ Correct position & latch for feeding (Live Demo) ✓ Solutions for breast engorgement, blocked milk ducts, low milk supply ✓ Milk storage methods ✓ Mother’s diet, yoga to reduce stress

Human Milk Donation

✓ Lifesaving service for babies who cannot receive breast milk ✓ Practice recommended by WHO, UNICEF ✓ Collection, testing, pasteurization, distribution through Milk Bank

Eligibility: ✓ Healthy mothers ✓ Those without infectious diseases

World Breastfeeding Week (WBW)  August 1–7 Objective: Awareness about breastfeeding Key

Message: ✓ Exclusive breastfeeding for 6 months ✓ Breast milk + nutritious solid food up to 2 years ✓ Health benefits for mother and child