What do you need to keep in mind when your baby arrives?

- It is best for your baby to start breastfeeding within the first hour after birth.
- You may place it in early and sustained skin-to-skin contact and feed him or her exclusively with human milk.
- If you follow a healthy diet, you will feel more at ease and willing to breastfeed.
- Remember that the umbilical cord should always be kept clean and dry.
- Birth registration is essential and a right, you may complete the registration during your maternity hospital stay or as soon as possible.
- Health monitoring allows you to find out how your baby is doing during its first few days of life and answer any queries you may have.
- Keep track of your vaccination schedule. Vaccinations not only prevent diseases, but can also prevent their spread.

To learn more about this campaign visit our website