

# Caring for the mother and baby after delivery

## (With the delivery process explained)

### Preface

Every parent naturally desires that his/her baby should be healthy, chubby and intelligent. To enjoy good fruits, one has to plan and work hard. The parents must plan to equip themselves with sound knowledge about normal babies and infant care in general. A woman who is pregnant for the first time is curious and has many doubts and fears. Therefore, the process of delivery has been discussed in detail in this Text. Exercises necessary for a pregnant woman have been listed along with illustrations. This Text also provides analysis on the characteristics of the new-born, its daily routine and how to take care of it. The society has various traditions associated with the new-born. Answers to questions such as - Is it correct to follow these traditions, is there any underlying science in the traditions, etc. - are provided in this Text. I am sure that with adequate knowledge and good care, you will help your baby to grow and develop in the best possible manner in the crucial and tender period from birth to one year. Apart from parents, this text will also be useful to grandparents, nurses, medical students and doctors. – **Authors**

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