



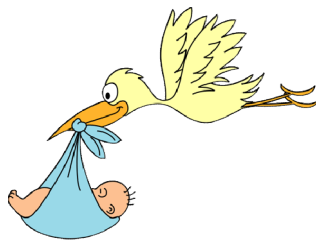
# SMART PARENTING *for* CHILD

Dr. Godbole's Chiranjeev Child Development Center

## First Day First Show

The arrival of the baby is like no other experience in life. As a new parent you will feel joy, fear, confusion, exhaustion and love. Above all your friends, neighbours and relatives pour in just in time when you want to relax and adjust to the new life.

These advisors' not only visit but bombard with their experiences and unwanted advises. This mounts up to unnecessary stress and strain.



### You can avoid this by: -

1. Establishing good rapport with your doctor since pregnancy.
2. 'No visitors please'. Both baby and mother require rest and privacy.
3. Keep the environment around clean and fresh.
4. See visitors when you want to, Say 'No' if you are tired.
5. Least handling (Old tradition of isolation for 1 months is still practicable).
6. Let your baby be your first task, and try not to worry about everything else.
7. Develop a team of helping hands! It gives you a breathing space.
8. Avoid crowding, parties & functions (naming ceremony too) in early months.
9. Nurture your baby as you want, and not by what others talk!
10. Be calm and confident. This time flies quickly.

*"The future destiny of the child is always the work of the mother."*