



Recomendaciones en HINDI

Shuruat me achchi slah ke mutabik maa ka doodh bachche ke lie (breastfeeding), labdaik hai.

Shuroo me bachche ko maa ka doodh pilana aasaan ho sakta hai, jab tak disha aur disha ka paalan karate hai jo hamen maa ka doodh pilaana ko santoshajanak banaane kee neenv rakhane kee anumati denge:

1) bachche ko janm lete hee chhaatee se lagaen. janm ke 2 ghante baadbachche ko neend aane lagatee hai, usake ruchi kam ho jaatee hai aur use munh mein lena mushkil ho jaata hai.

2) aapke stan dvaara utpaadit pahala doodh kolostram kaha jaata hai, is "taral sona" mein usake jeevan ke pahale dinon ke lie aavashyak sabhee poshak tativ hote hain aur yah use sabhee aavashyak pratiraksha suraksha pradaan karate hai. navajaat bachche ka pet ek kanche ke saman hota hai, yahee karun hai ki kolostram bahut kendrit hota hai aur bahut kam maatra mein sraavit hota hai. poshan kee drshti se, aapke bachche ko kisse aur cheez ke aavashyakata nahin hai.

3) maang par stanapaan karaen. jab bhee bachcha ruchidikhae to use stanapaan karaen, usake rone ka intajaar na karna. pahale haphton ke dauraan, bachche ko din mein 10 se 12 baar stanapaan (maa ka doodh) karaana chaahie. navajaat shishuon ko shedyool samajh mein nahin aata.

4) ya sunishchit karane ke lie ki usane ise poore tarah se khaalee kar diya hai, bachche ko hee stan chhodane den, is prakaar yah sunishchit karen ki use adhik vasa saamagree vaala doodh mile.

5) nipel, botalen, pesiphayaan ya nipel, sheeld ke upayog se bachchen. ve bachche ke doodh pilaana kam kar dete hain aur aapke doodh utpaadan par nakaaraatmak prabhaav daalate hain.

6) maa ka doodh ke alaava koe bhee taral padaarth na den, isase aap usaka pet bharen, usake bhookh kam karen, usaka sevan kam karen aur use khaana na khilaen.

7) Kheal rakhen doodh pilaneka tarika, yadi aavashyak ho to sudhaar karen. yaad rakhen, doodh de ne paar koe dard nahin hota hai, agar aapko dard ho to madad maangen.

8) yaad rakhen ki aapka stan sirph bhookh hee nahin, balki bachche kee kaee jarooraton ko bhee shaant karata hai, stanapaan karaane se aapke bachche ko shaanti, suraksha, neend milatee hai... saath hee aapke bachche ka bandhan bhee majaboot hota hai.

9) janm se hee apne bachche ke saath sampark banae rakhen. isase aap unakee jarooraton ko behatar dhang se samajh sakenge aur unhen suraksha de sakenge.

10) apne aaraam aur shaanti ke talaash karen, any cheejen intajaar kar sakatee hai. shaanti sanchaarit karane ke lie apne bachche ke saath aaraam karen. apne sunen aur apne bachche kee sunen.