



Centre for
Women's
Health and Wellness

The Centre for Women's Health & Wellness at SRM Global Hospitals is your trusted partner in every step of your journey through pregnancy, childbirth, and motherhood. Our dedicated team of specialists, state-of-the-art facilities, and holistic approach ensure that you receive comprehensive care tailored to your unique needs. We are committed to empowering women with knowledge, care, and confidence as they embrace this transformative journey. Explore our services and join a community that prioritizes your health and well-being.



Reach us



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EMERGENCY SERVICES

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**PATERNITY AND
PARTNER INVOLVEMENT**



EMPOWERING
WOMEN'S Health,
Lives

WHAT IS IT?

Paternity and partner involvement is the active participation of a father or partner in the pregnancy, childbirth, and early childcare process. Support from partners is crucial in helping mothers cope with the challenges of pregnancy and postpartum recovery.

WHAT HAPPENS?

During pregnancy, emotional and physical support from the partner is essential. After childbirth, partners can assist with childcare duties, supporting the mother with breastfeeding, nighttime care, and providing emotional reassurance. Active involvement can strengthen the family unit and help both parents navigate the early stages of parenthood together.

HOW TO DEAL WITH IT & EXPERT GUIDANCE

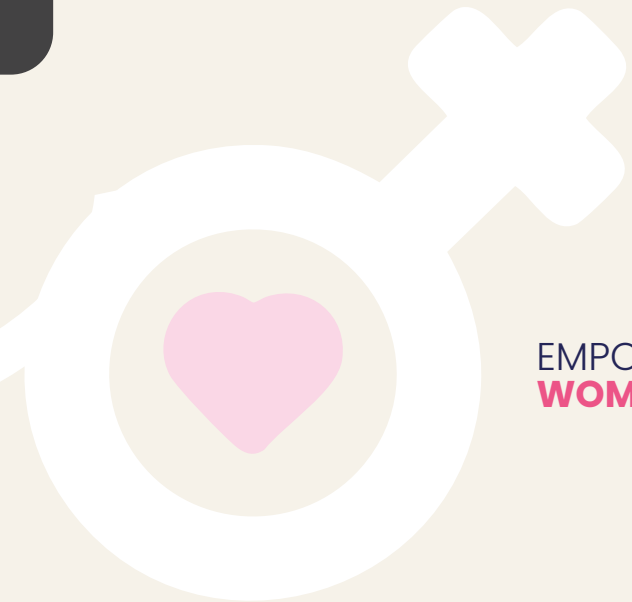
- **Open Communication:** Partners should discuss expectations, needs, and how to support each other during pregnancy and beyond.
- **Help with Household Tasks:** Share responsibilities like cleaning, meal prep, and diaper changes to lighten the mother's load.
- **Attend Prenatal Appointments:** Partners attending prenatal visits helps them stay informed and supportive.

- **Provide Emotional Support:** Emotional well-being is essential, and simply being there for the mother can have a big impact.

- **Create a Supportive Environment :** Help ensure the home environment is calm, safe, and nurturing for both the mother and baby.

Expert Tip

Active and engaged involvement by partners not only strengthens the family bond but also promotes better mental and physical health for both parents.



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