



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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**96444 96444**



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*live your life.*



At SRM Global Hospitals,  
your well-being is our priority



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**PREPARING TO  
WELCOME THE BABY**



**EMPOWERING  
WOMEN'S** Health,  
Lives

## WHAT IS IT?

Welcoming a new baby is one of the most joyous and transformative events in a family's life. Proper preparation ensures a smooth transition into parenthood, reducing stress and enabling parents to focus on their newborn. From creating a baby-friendly environment to understanding postnatal care essentials, preparation is key to a confident start.

## WHAT HAPPENS?

- **Physical Setup** : Families often prepare a nursery with essentials such as a crib, baby monitor, diapers, and clothing. Ensuring safety features like smoke detectors and baby-proofed furniture is vital.
- **Emotional Adjustments** : Anticipation of the baby's arrival brings a mix of excitement and anxiety. Parents may grapple with questions about their readiness, parenting skills, and changes to their lifestyle.

- **Healthcare Essentials** : Scheduling pediatrician visits, understanding newborn screenings, and preparing for initial vaccinations are critical steps in early parenthood.

## HOW TO DEAL WITH IT & EXPERT GUIDANCE

- **Create a Checklist** : Work with SRM's experts to create a comprehensive list of necessities, including baby gear, feeding supplies, and postpartum care items.
- **Plan for Postnatal Support** : Arrange for help from family or hire a postpartum doula to assist with baby care and household tasks during the initial weeks.

- **Educational Workshops** : Attend our medical camps on newborn care, feeding techniques, and managing sleep schedules to feel more confident as new parents.

- **Mental Health Support** : Talk to our counselors if you feel overwhelmed. Adjusting to parenthood takes time, and professional support can ease the transition.

Our team at SRM Global Hospitals ensures you feel prepared and supported as you welcome your new baby into the world, providing expert care and guidance tailored to your needs.

