

WHEN PARENTS

ARE AWARE,

THEY CHOOSE

THE BEST CARE!



ISSUED IN PUBLIC INTEREST BY

SANOFI PASTEUR 



Parenthood is one of the most awaited journeys for many.

The two strongest emotions of parenthood are love and care. Parents like you want to leave no stone unturned in caring for their little one.

At Sanofi Pasteur, we want the same. Our R&D-driven healthcare organization with a legacy of over 100 years is happy to partner with you in this journey. From must-know tips to interesting facts, together we can give your baby the care he/she deserves!



ISSUED IN PUBLIC INTEREST BY

SANOFI PASTEUR 



**“IF I LOOK LIKE I’M
DREAMING, IT’S ABOUT
MY NEXT FEED!”**

BREAST MILK: BABY’S LIFELINE

It protects your baby
from respiratory infections,
diarrhea and other
life-threatening ailments^{1,2}.

INTERESTING FACTS:

Babies who are breastfed perform
better on intelligence tests and have
higher school attendance^{1,2}.

For mommy, it reduces the risk of
ovarian and breast cancer^{1,2}.



Babies who were
breastfed are less likely
to be overweight or obese^{1,2}.

FOR FIRST 6 MONTHS



The WHO* and UNICEF** recommend you to only breastfeed your baby within 1 hour of birth. For the first 6 months, feed the baby nothing else but breastmilk¹.

AFTER 6 MONTHS

After 6 months, your growing baby needs more nutrition along with breastmilk. Keep the following in mind¹.



Feed homemade staples as they're fresh and clean.

Continue with small feeds throughout the day.



Introduce one new food at a time for 3-4 days to spot allergies if any.

Ensure the baby gets 2-3 meals per day at 6-8 months.



About 3-4 meals per day for babies over 8 months.



*WHO - World Health Organisation

**UNICEF - The United Nations Children's Fund



"TAKE CHARGE OF MY VACCINATION, MOM!"

A FEW IMPORTANT THINGS TO LOOK FOR

OPT FOR A COMBINATION VACCINE

A single vaccine can protect your baby from up to 6 diseases namely (polio, diphtheria, whooping cough, measles, mumps, tetanus, chickenpox etc.)

This means not as many injection pricks for your baby and fewer visits to the pediatrician³.



CHOOSE A VACCINE WITH LESS SIDE-EFFECTS

You may have heard from other parents that babies can get side effects such as fever, rashes, swelling, etc. after vaccination.

But hey, there's good news! With advanced technology, today we have vaccines that cause less side effects⁴.

ASK YOUR DOCTOR WHETHER YOUR BABY IS GETTING A WHO* PREQUALIFIED VACCINE

One very important aspect for a vaccine is its quality: in terms of production, packaging, transportation etc.^{5,6}

1

Quality of the vaccines is reviewed by local drug regulators as well as in some cases by international bodies such as the WHO^{5,6}.

2

WHO* prequalifies drugs and vaccines on fulfilment of certain parameters, some of which are mentioned above. Very few make it to this list^{5,6}.

3

INTERESTING FACTS:

Don't you think, if given a choice, as in the case of other products, you should also consider preservative-free vaccine for your baby? Such vaccines are available, ask your pediatrician to know more.





“HOW MUCH SLEEP IS GOOD FOR ME?”

UP TO 3 MONTHS:

Usually, babies up to 3 months should sleep a total of 14 to 17 hours a day; though not necessarily at a stretch!⁷



BETWEEN 4-11 MONTHS:

Between the ages of 4 and 11 months, they usually sleep for 12 to 16 hours⁷.



INTERESTING FACTS:

Usually during the first few months, babies sleep for 2 to 4 hours at a stretch because of their periodic, pressing needs of feeding, diaper change, etc.⁷



"HERE'S HOW YOU CAN MAKE SURE I SLEEP SAFELY, MOM!"



Place the baby on his or her back on a firm sleep surface⁸.



Avoid the use of soft bedding, too many pillows and soft toys⁸.



Avoid sharing the same sleeping surface atleast for the first 6 months⁸.



Avoid baby's exposure to smoke, alcohol and illicit drugs⁸.



Skin-to-skin care is recommended between baby and you⁸.



"A WATCHED POT NEVER BOILS. LET ME GROW ON MY OWN TIME!"

2 MONTHS



Lifts head or chest when probed⁹.

4 MONTHS

Rolls over⁹.



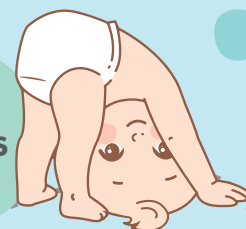
6 MONTHS



Sits with little or no support⁹.

9 MONTHS

Uses things to pull himself up to stand⁹.



12 MONTHS



Stands or walks alone⁹.
For more information, [**click here**](#)

INTERESTING FACTS:

Did you know that every baby is different and may take his or her own time to show signs of development?

Monitor your baby's milestones with the pediatrician.

ISSUED IN PUBLIC INTEREST BY

SANOFI PASTEUR



We hope this Care Guide helps you get started. For more information, your pediatrician is always your best go-to person. One of the best ways to ensure timely early care for your baby is through vaccination – so make sure you choose the right ones.

We wish you with all the care and happiness as you embark on this wonderful journey!

**TOGETHER WE WISH THE BEST
CARE FOR YOUR BABY!**



Disclaimer: This is a part of the public awareness initiative on vaccination supported by Sanofi Pasteur India. Sanofi Pasteur is driven by belief in a world where no one suffers from vaccine preventable disease. One should consult their healthcare provider for any health-related information.

Reference:

1. Tiwari, S., Bharadva, K., Yadav, B., Malik, S., Gangal, P., Banapurmath, C. R., ... Agrawal, R. K. (2016). Infant and young child feeding guidelines, 2016. *Indian Pediatrics*, 53(8), 703–713. doi: 10.1007/s13312-016-0914-0
2. 10 facts on breastfeeding. (2017, August 2). Retrieved from <https://www.who.int/features/factfiles/breastfeeding/en/> (Accessed on 23-10-2019 at 8PM)
3. Combination Vaccines – Fewer Shots Same Protection | CDC. (n.d.). Retrieved from <https://www.cdc.gov/vaccines/parents/why-vaccinate/combination-vaccines.html>. (Accessed on 23-10-2019 at 8PM)
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3328021> *Can J Infect Dis*. 1992 Mar-Apr; 3(2): 57–58.
5. (n.d.). Retrieved from https://extranet.who.int/gavi/PQ_Web/ (Accessed on 23-10-2019 at 8PM)
6. Vaccine PQ. (2019, September 10). Retrieved from https://www.who.int/immunization_standards/vaccine_quality/vq_index/en/ (Accessed on 23-10-2019 at 8PM)
7. WHO guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age. Geneva: World Health Organization; 2019. Licence: CC BY-NC-SA 3.0 IGO.
8. SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment. (2016). *Pediatrics*, 138(5). doi: 10.1542/peds.2016-2938
9. CDC's Developmental Milestones | CDC. (n.d.). Retrieved from <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>. (Accessed on 23-10-2019 at 8PM)