

DR. SEJAL DESAI'S

# THE BABYBUMP PROGRAMME!

A JOURNEY OF 9 MONTHS & BEYOND...

A SCIENTIFIC PROGRAMME DESIGNED TO HELP YOU UNDERSTAND EACH STAGE OF YOUR PREGNANCY AND PREPARE YOU FOR A HAPPY & MEMORABLE DELIVERY!

## THE MOST EXCITING & SCIENTIFIC PRE-NATAL PROGRAMME!

**Maximise your baby's intelligence & physical growth potential to give her/him an edge in life • Be fit post-delivery**  
**Prevent disorders such as obesity, blood pressure & diabetes in your child • Develop better bonding with your child**

Pregnancy is seen as the most memorable experience a woman has. It also could be the most confounding. Not only do you have to put up with the fundamental changes that your body goes through, you also are on the receiving end of a long list of advices, suggestions and cautions from family and friends. From your diet ("Do not eat papayas!") to exercise and sex ("Don't even think about it!"), you are being told exactly how to "survive" through this exciting phase of your life. But is the information that you are given, true? And what exactly is it that you should be doing to give your baby the best during his / her formative months? This programme is structured to give you the correct information and to prepare you and your spouse, mentally and physically, to enjoy this exciting phase of your life!



## PROGRAMME STRUCTURE

During the programme, Dr. Sejal Desai and her team of experts will guide you through informational sessions, prenatal yoga classes, physiotherapy classes and nutritional advisory. Tools such as videos, presentations and models will be used to make the sessions more educative and interesting. During and after the programme, you and your spouse will find yourself better informed, prepared and confident to enjoy your pregnancy!

The programme comprises 4 activities:

- A. Scientific Information Sessions
- B. Nutritional Guidance Sessions
- C. Pre & Post Natal Yoga Sessions
- D. Physiotherapy Sessions

### A. SCIENTIFIC INFORMATION SESSIONS

#### TRIMESTER 1

- Dos and Don'ts during your pregnancy
- Changes in your body during & after pregnancy
- How to screen for abnormalities
- Correct nutrition to enhance the mental development of your baby

#### TRIMESTER 2

- Warning signs to watch out for in you & the baby
- The "Abhimanyu" Concept
- Stem Cell / Cord Blood Banking
- Understanding Neo-natal screening
- Understanding Special Scans

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Dr. Sejal Desai is among the leading Obstetricians & Gynecologists of Mumbai. Having counseled moms-to-be for over the last 15 years and with over thousands of successful deliveries to her credit (including many complicated, high-risk deliveries), Dr. Sejal has been widely acknowledged for educating her patients about intricate and essential facts about pregnancy.

### TRIMESTER 3

- Changes in mother and foetus
- Identifying medical disorders
- Choosing our hospital
- Packing your bags & preparing for the delivery!
- Understanding Natural delivery v/s C-Section
- Before & when to reach the hospital
- **The D-Day: A step-by-step explanation of everything!**
- Husband in Labour Room

### POST DELIVERY

- Managing Post-Pregnancy Blues
- Understanding Lactation
- Postures to prevent backaches
- Getting fit quickly to get back to work
- Baby care: Massage. Bathing, toiletries, clothes, diapers
- Understanding vaccinations for your baby
- How to put your baby to sleep
- Preventing diaper rashes & nipple cracks
- Making your child listen & prevent tantrums
- Improving parent-child bonding

### B. NUTRITIONAL GUIDANCE SESSIONS

You will be given scientific guidance & periodic feedback on your nutritional intake. Changes to your diet will be suggested for improved physical and mental development of your baby.

You will be able to separate facts from myths when it comes to your diet during pregnancy, for a healthier and more enjoyable experience!



### C. PRENATAL YOGA SESSIONS

Smooth pregnancy and natural childbirth are just some of the benefits of yoga. Simultaneously, yoga also does wonders for the physical and mental development of the foetus. Yoga has 5 vital tools for pregnancy:

- Yoga Exercises
- Pranayama (Breathing)
- Mudras and Bandhas
- Meditation
- Yoga Nidra (Deep Relaxation)

### D. PHYSIOTHERAPY SESSIONS

Exercise helps reduce some of the most unpleasant pregnancy symptoms such as backaches, constipation, bloating, and swelling; plus it improves posture, muscle tone, and endurance. Right postures to help you maintain your balance and correct sleeping positions during pregnancy.

**PLUS: Weekly email updates on your pregnancy through our "Bump Watch Pregnancy Tracker"!**

**FOR MORE INFORMATION, CONTACT US AT:**

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