

10 ESSENTIAL THINGS FOR **POSTPARTUM CARE**

Every New Moms Should Know



**Bleeding
for 2 weeks**



**Breastfeeding
challenges**



**After pains
Uterine contraction**



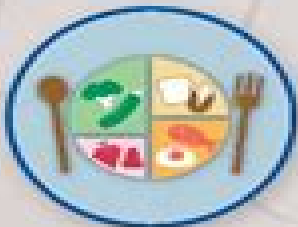
**Sleep
Disruption**



**Emotional
Upheaval**



**"Me time"
is rare**



**Balanced diet
is Important**



**Take your
Supplements**



**Be regular
with visit**



**Ask for
Help**



Dr. Madhu Goel
Obstetrician and Gynaecologist

Client Teaching Guide For Postpartum

Lei Huang



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Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, **Client Teaching Guide For Postpartum** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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