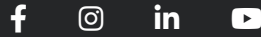


Book An Appointment



Breastfeeding Counseling

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Breastfeeding is a vital aspect of infant health and development, providing numerous benefits for both the baby and the mother. **Dr. Anuja Pakhare**, a **dedicated Pediatrician in Hinjewadi, Pune** at **Goodfaith Healthcare Clinic**, understands the significance of breastfeeding and offers comprehensive counseling services to support mothers in their breastfeeding journey.

Importance of Breastfeeding:

Breast milk is nature's perfect food for infants, containing essential nutrients, antibodies, and enzymes crucial for the baby's growth and immune system development. It offers protection against infections, reduces the risk of allergies and chronic diseases, and fosters a strong bond between the mother and the baby.





Benefits of Breastfeeding Counseling:

Breastfeeding Counseling in Hinjewadi, at Dr. Anuja Pakhare's clinic breastfeeding counseling services aim to empower mothers with the knowledge and skills necessary to breastfeed successfully. Through personalized guidance and support, mothers can overcome common breastfeeding challenges and ensure optimal nutrition for their babies.

What to Expect?

During breastfeeding counseling sessions, Dr. Anuja covers various topics to address the specific needs and concerns of each mother. These may include:

- **Latch and Positioning:** Proper latch and positioning are crucial for effective breastfeeding. Dr. Anuja provides hands-on assistance to help mothers establish a comfortable and efficient breastfeeding technique.
- **Nutritional Guidance:** Dr. Anuja offers advice on maternal nutrition, emphasizing the importance of a balanced diet rich in nutrients essential for breastfeeding mothers.
- **Breastfeeding Techniques:** From understanding hunger cues to recognizing signs of successful feeding sessions, Dr. Anuja educates mothers on breastfeeding techniques to ensure optimal milk transfer and baby's satisfaction.
- **Addressing Common Concerns:** Dr. Anuja addresses common breastfeeding

challenges such as nipple soreness, engorgement, low milk supply, and breastfeeding difficulties due to medical conditions or medications.

- **Breast Pumping and Storage:** For mothers who choose to express breast milk, Dr. Anuja provides guidance on using breast pumps effectively and safe storage practices.
- **Weaning:** Dr. Anuja offers support and guidance to mothers transitioning from breastfeeding to introducing solid foods or weaning.


Benefits for Mothers and Babies:

By availing **breastfeeding counseling services** with **Dr. Anuja Pakhare**, mothers can experience:


- Increased confidence and comfort in breastfeeding
- Enhanced milk supply and quality
- Reduced incidence of breastfeeding-related problems
- Improved bonding with their babies
- Better understanding of their baby's feeding cues and behaviors

For mothers seeking expert guidance and support in their breastfeeding journey, Dr. Anuja Pakhare's counseling services at Goodfaith Healthcare Clinic provide invaluable assistance and encouragement. **Schedule an appointment** today to ensure a successful and fulfilling breastfeeding experience for you and your baby.

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Suratwala Mark Plazzo, opposite Indian
Oil Petrol Pump, Wakad - Hinjewadi

Paediatric Services

- › General Pediatric Medicine
- › High-Risk Infant Follow-ups
- › Growth & Development Assessment
- › Neurodevelopmental Assessment
- › Hearing Assessment (OAE Test)

Road, Hinjewadi, Pune 411057



- > Newborn Screening Tests
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- > Breastfeeding Counseling
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- > Management of Headaches and Long-standing Symptoms
- > Screening Tests

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