



PAL SERVICES

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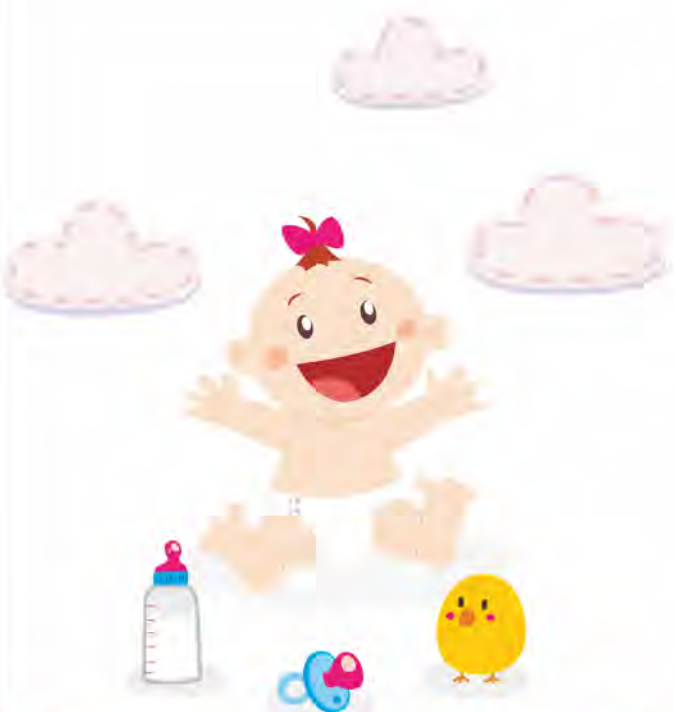


## PAL SERVICES

During a pregnancy a woman has various apprehensions associated with her changing body, labour pains, spousal support and above all how she will care for her new born baby. These apprehensions and anxieties are more found in women going through their first pregnancy. Usually women have their mother or relatives to support them in this ordeal, however the growing nuclear families and growing distances is making it difficult for first mothers.

## PARAS BLISS SUPPORTS YOU:

Just as you were feeling low, depressed and lost as how you would handle the situation, Paras Bliss steps in. We are truly your partners in health and understand that every mother needs more for motherhood. We provide you a 'PAL' to aid you in your pregnancy.



## PARAS BLISS PAL SERVICES:

Paras Bliss will provide you a personal birthing consultant - A specialized professional who is trained to support you emotionally and guide you during the emotional and physical journey of giving birth.

As you are transforming into a mother, your PAL shall assist you and prepare you for your delivery 15 days prior. She shall also be with you 15 days post delivery to ensure that you adapt well to the change and learn how to take care of your bundle of joy.

## BENEFITS OF PAL

- Emotional and psychological support of an experienced person 15 days prior to your delivery
- 24X7 support – prepared for any eventuality
- Training and preparing the family as the expecting mother goes into labour
- Prenatal care and training on handling & coping with labour pain
- Post delivery lactation counselling
- Post delivery baby care training
- Post delivery mother care and recovery support
- Special emphasis in high risk pregnancies and pre term deliveries
- Assistance in physiotherapy, massage and fetal health



## WHEN CAN YOU OPT FOR PAL SERVICES?

You can opt for PAL services in your last trimester. Discuss the benefits of a personalized birthing consultant with your obstetrician. You have to intimate the hospital authorities in advance as your PAL supports you for:

• 15 days pre delivery • During delivery • 15 days post delivery

To enroll and to know more details contact the hospital coordinator



## OUR SPECIALITIES

Obstetrics  
Gynaecology  
Neonatology  
Paediatrics  
Fetal Medicine  
Cord Cell Preservation  
Lap Gynae  
Dermatology & Cosmetic Surgery  
Infertility Treatment  
Adult & Child Dentistry  
Women & Adolescent Health  
Dietetics & Nutrition  
Painless Delivery  
Physiotherapy

## OUR SPECIAL PROGRAMS

Ante Natal Class  
Post Delivery Weight Reduction Program  
Lactation Counseling  
Baby Care/ Toddler Care  
Baby Massage Treatment  
Mommy Massage Treatment – Pre Natal & Post Natal  
Pal Services  
Adolescent Hygiene Program  
Stretch Mark Treatment Plan



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