

# Commandments for moms and moms-to-be

Childbirth educator Sonali Shivlani was in the city to provide hands-on training to young mothers

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An internationally certified childbirth and lactation educator, Sonali Shivlani was in the city to educate young mommies during a training session. Having completed her certification from CAPP, US, the training covered all birth-related aspects, from diet and nutrition during preg-

nancy to common concerns to ante-natal exercises. Various methods of childbirth such as vaginal, assisted births and C-sections were also discussed at the training held at Tiny feet Giant Leaps, Sector 8.

During the session, Sonali lay emphasis on post-partum issues such as childcare and breast-feeding among others. "Most young mothers are hesitant about breast-feeding

due to fear of getting out of shape. Hence, it is very important to do cosmetic exercises, which will keep the breast in shape. Toning of breast muscles is very important," says Sonali. She began practicing as a childbirth trainer in 2004 with BEAMS, a speciality hospital for women. The session not only covered all the aspects of childbirth, but personal experiences were also shared. In 2005, Sonali had set up a private centre where she had introduced the concept in the form of a workshop, especially suited for working women. "I proudly wear two hats now, one is serving as an executive director of CAPP India and the other of educating pregnant women individually through workshops," she says. Sonali says people from the metro cities are quite aware of pre and post natal programmes, but women from Punjab have also been catching up.

"Pregnancy, according to me is the most important phase of a woman's life. Nurturing a new life in her womb is the best feeling a woman can ever have, hence it is very important to follow the right way of living during

pregnancy. A healthy diet and healthy body are two important factors," she shares. "The correct posture is the first rule of pregnancy, followed by regular walks, but make sure to wear the appropriate sports shoes. Cosmetic and stretching exercises, pregnancy squats and vaginal exercises are also very important during pregnancy," Sonali asserts. It's been more than seven years since she has been working with pregnant women now. "Most Indians blindly follow myths. Swollen hands and feet during pregnancy are considered by some as normal, but it is an abnormality and a doctor must be consulted," she warns. While highlighting the labour period, she suggested that one must be relaxed. "When a lady frowns or screams during delivery, the pelvic muscles tighten. Instead, one must be calm in order to loosen the pelvic muscles, which makes delivery an easier process," she informs. Sonali has even created a facebook page, Early Year, which has 500 members. "Mothers can interact with each other here as well as clear their queries," she says.



## TIPS BY SONALI

- Rich nutritious diet is essential
- Maintain the correct posture during pregnancy
- Walk daily for 30 minutes
- Stretching exercises are a must
- Knees should be faced outward during pregnancy squats
- During delivery, being at ease loosens the pelvic muscles, hence resulting in a smooth and easy delivery