**Outcome: Phase wise for DCP**

**BF Initiation**: By the end of this phase you will be:

Able to successfully latch your baby, Manage early breastfeeding challenges (hunger cues, sore and crack nipples), Avoid perineal infection and be comfortable in cleaning, swaddling and burping your baby.

**Healing and Recovery**: By the end of this phase you will be:

Able to manage breastfeeding challenges ( engorgement, low milk supply etc), Learn to cope with emotions, Manage aches and pains and confidently care for the baby ( baby massage and bath, diaper rashes, sleep routines, feeding etc )

**Restoration:** By end of this phase you will feel :

Increased confidence in comfortable breastfeeding, Increased understanding of your baby’s growth, developmental milestone, vaccination schedule, sleep pattern, better manage emotions and avoid stress, anxiety and depression, better manage aches and pains and improve flexibility and strength.

**Infant parenting:** By end of this phase you will be:

Able to successfully wean your baby by knowing the how, when and what of introducing solid food, better monitor your baby’s development and growth and identify any delays, select age appropriate play activity and toys and get proper guidance on weight loss and wellness routine to improve your health and well-being.

**Toddler parenting:** By end of this phase you will be:

Able to develop healthy food habits in your baby, better manage toddler worries like potty training, dental issues, temper tantrums, developmental milestones or delays, age appropriate and development supporting play activities and get appropriate weight loss and wellness guidance to improve your health and well-being.