

Parenting

10 Step Guide To Weaning Your Baby

TRAVEL DIARY

Belly Button Pains During Pregnancy

10 moments while changing a diaper

home furnitech



Dear Reader,

We thought of the idea of Dr Dad when I became dad. Even though being a doctor, whenever me and my wife would want to order few things or get the right information on internet, we would end up getting more confused. Hence the concept kept evolving.

We wanted Dr Dad to be purely a product company, but the whole lack of good and quality information on internet, led to the birth of the website www.drdad.in with our focus shifting towards quality content and getting the best content writers on board with us. We needed to make a panel of Paediatricians, OBGYNs, Psychologists and Parents. In Middle of all this, we pushed back our product line and Voila, Dr Dad Is Here.

The next big thing was to start this magazine. When we found out that the people believing what's printed in a publications more than what's just written on a website, we knew it, we have to start a magazine, comprising the best articles and centre around the core issues of Pregnancy, IVF and Parenting. And we did just that.

We made this magazine with lots of love, care and intelligence. We wanted it to be highly interactive and thus we employed few more IT people with us. And now we have one of the leading magazines on parenting and pregnancy in the country.

I really hope that you enjoy this edition of So Parenting and will look forward for more. We want to make this magazine for you. If you feel we are going wrong with anything, please write to us. If you feel you have a suggestion and we should add that thing, write to us. If you just want to say Hi, just write to us.

Write to us on our email address soparenting@drdad.in . We would love to hear from you. We might even feature you in our future editions.



EDITORS NOTE

FOR THE LOVE OF READING



SO PARENTING GLOBAL CONTRIBUTORS



*Numbers on map pins represent number of contributors from that country.

*To check our contributor's list, visit our website www.drdad.in

There are no set of rules or guidelines to initiate weaning your baby, but there are some recommendations that have proven to be scientifically useful. This article has been taken from studies that were conducted by several lactation consultants and developmental experts on how you can make your **baby ready for weaning**.

Babies and surprises are two peas in a pod. Every day you

express interest in adult food, put their hands and toys inside their mouth, etc are some common signs. You will also note how your baby's active tongue thrust reflex will also fade away with time.

2. Set a timetable for weaning

Give you and your baby one full month to stop breastfeeding once and for all. Prevent weaning during major

older then wean directly to a cup to not deal with feeding bottles right away.

There are two reasons why you should go slow, you will produce less milk every week and allow your baby to adjust.

4. Provide emotional support to your baby

Since breastfeeding provides physical support to your baby when you are weaning your baby find alternative ways to

10 STEP GUIDE TO WEANING YOUR BABY



will see or note your baby do something surprising. So here are 10 steps guide to weaning your baby.

1. Identify when your baby is decreasing breastfeeding

Your baby will leave clues and it is up to you whether you can comprehend the signs or not. They will sit up straight, put their head up,

changes taking place in your baby like teething, starting daycare, or even moving homes. This could disrupt the schedule.

3. Give time, be steady but slow

Give time to you and your baby to adjust to all the changes. Reduce breastfeeding to six times a week instead of seven. In case your baby is 9 months or

provide support. You can start doing activities as alternatives.

5. Let your baby lead you

It is okay for your baby to take lead. Some babies excel in taking lead while weaning while others let their mothers take charge. Rely on doesn't offer, don't refuse method, i.e. you cater to your baby's interests and not initiate anything on your own.

6. Level up the feeding routine

If your baby is not taking the bottle from you, then ask someone else to step in. say for example the father, grandparents, or aunts and uncles. Depending on who gets well with the baby, they can step in with the bottle weaning the baby.

7. Don't be surprised when you receive resistance from your baby after stopping breastfeeding.

Your baby might mourn for the loss of breasts for a day or two. That is completely normal and nothing for you to worry about. Usually, Babies have no trouble drinking from sippy cups. Healthy babies usually prefer eating when they are hungry despite having an urge to nurse.

8. Prevent-or soothe- engorgement

This is a tip for mothers, if you are engorged then soothe the pain with ice packs and takes it easy for the next few days. Wait for your

breasts to get adjusted so that the milk production is under control.

9. Be gradual with the breastfeeding, consider partial breastfeeding

If you are a working mother, then this step should work in your favor. During the day, your caregiver could provide the baby with baby

formula while during the night and morning you can breastfeed your baby. Through this schedule, your baby will slowly leave breastfeeding and will start sticking to baby formulas.

10. Comprehend how you feel about the whole process

Do not undermine how you feel. Even though it is your baby who is weaning, your body too will change so whatever you feel, sit with them and comprehend them.

Conclusion

Even though there are no definitive steps that will help in weaning your baby, this guide should do the trick.



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Belly Button Pains During Pregnancy

The majority of pregnant women experience belly button pains during the second and third trimesters of their pregnancies. If you are wondering what the belly button is then it is an attachment point for the placenta in the womb inside the uterus. Generally, belly button pains are harmless and go away as soon as you deliver your baby.



There are several causes for a belly button to cause pain during pregnancy, let's find out.

Causes of belly button pains during pregnancy

- One of the first causes of belly button pain during pregnancy is the uterine pressure that is generated due to the presence of the baby in the womb inside your uterus.
- As the baby is growing, the uterus is expanding to make room for the baby.
- This causes the stomach and the belly button to receive a certain amount of pressure which could cause pain in the long term.
- The third trimester sees the baby taking up the entire space up to the ribs, this exerts pressure on the belly button and induces pain.
- Stretching, weight gain and shifting of organs in pregnancy stretch the skin and muscles accordingly to make room for the baby.
- Often this causes the abs to separate and increases the sensitivity of the belly button.
- When a pregnant woman's belly button is popped from inwards to outwards, it causes pain.
- An umbilical hernia could also be a reason for belly button pains during pregnancy. It is harmless but when pressure pushes the bowel inside the umbilical cavity, it causes the bowel to get trapped in and get inflamed.

Conclusion

Belly button pains in pregnancy are generally harmless, most pregnant women experience belly button pains due to some reason or the other. You can consult the doctor to know the exact cause of your belly button pain.

Pineapple Fried Rice

Pineapple Fried Rice is of Thai origin, though there's iterations of it all around the world. While some recipes use little more than a dash of soy sauce, this is a recipe that stays true to the Thai way and will evoke memories of warm balmy evenings in Thailand, eating at beach shack diners with your toes squidding in the sand, sipping on fruit cocktails.

Ingredients

For Cooking Rice

200 grams basmati rice or 1 cup basmati rice or long grained rice - rinsed and then soaked in 1 cup water for 20 minutes.

½ teaspoon salt

½ teaspoon oil

4 to 4.5 cups water for cooking rice

Other Ingredients

1 cup chopped pineapple cubes

1 to 2 green chilies or fresh red chilies - chopped or sliced

1 medium onion finely chopped or ⅓ cup finely chopped onion (spring onions can also be used instead of onions)

2 to 3 garlic, finely chopped or ½ teaspoon finely chopped garlic

½ teaspoon finely chopped celery (optional)

½ teaspoon crushed black pepper or add as per taste

1 tablespoon naturally fermented soy sauce - add as required

½ tablespoon red chili sauce or sriracha sauce - add more as per taste

¼ cup cashews

2 tablespoon oil

salt as required

2 to 3 tablespoon chopped coriander leaves or 1 to 2 tablespoon chopped parsley leaves

Instructions

Cooking Rice

- **Rinse rice very well till the water runs clear of starch. Soak rice in water for 20 mins. Drain and keep aside.**
- **In a pot, bring to a boil 4 to 4.5 cups of water with 1/2 tsp salt and 1/2 tsp oil.**
- **Add the soaked and drained rice to the hot water.**
- **On a low to medium flame cook the rice without the lid.**
- **When the rice becomes al dente or just cooked, remove the pot from fire and drain the rice.**
- **While straining, you can also gently rinse the rice in water so that they stop cooking and don't stick to each other. You can also fluff the rice with a fork and keep aside. Cover the rice and keep aside till the rice cools completely.**

Making Pineapple Fried Rice

- When the rice is soaking, prep the other ingredients. Peel and chop the pineapple in small cubes. Also chop the other ingredients like onion, green chilies & garlic.
- Heat 2 tbsp oil in a kadai or wok. Add 1/3 cup finely chopped onions. Spring onions can also be used instead of onions.
- On a low to medium flame, saute for a minute.
- Add 1 to 2 green chilies or red chilies (chopped or sliced), ½ tsp finely chopped garlic and ½ tsp finely chopped celery (optional). Stir and saute for a few seconds.
- Then add ¼ cup cashews.
- Saute for 3 to 4 minutes till the

cashews become a light golden or golden.

- Add the pineapple cubes.
- Stir and saute the pineapple cubes for 4 to 5 minutes till the moisture dries up. You



can also saute the pineapple cubes till they caramelize.

- Add freshly crushed black pepper. Stir very well.
- Add 1 tbsp naturally fermented soy sauce. You can add soy sauce

as per taste preferences. Mix well.

- Add ½ tbsp red chili sauce or sriracha sauce. You can add more or less as per your taste.
- Mix the sauces very well with the rest of the ingredients.
- Add the cooked rice. Season with salt.
- Stir gently and mix the rice very well with the rest of the ingredients. Saute for 2 to 3 minutes with occasional stirrings.
- Lastly add 3 tbsp chopped coriander leaves. You can also add 2 tbsp parsley leaves instead of coriander leaves. Stir well.
- Serve pineapple fried rice plain or with stir fried veggies.

Notes

Substitutions:

Pineapple - apple or pear
Cashews - chopped almonds, walnuts, pistachios, pine nuts
Black pepper - white pepper powder

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10

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TO **PREGNANCY**



“This is the most extraordinary thing about motherhood - finding a piece of yourself separate and apart that all the same you could not live without.”

- Jodi Picoult.



Hey Ladies! You have already taken the momentous decision for life, i.e., to start your motherhood journey; however, it is very crucial that you know your body and what to do and what not, especially if you are trying to get pregnant. Most people say that only being aware of the menstrual cycle is enough, but it is not so. Through this post, we are going to highlight some tips for women who are planning for pregnancy. So, keep reading.

1.Keep a check on your period cycle:

It is very important that you keep track of the time when your period happens every month. It might be after a fixed number of days or maybe irregular. Depending on this you may also understand when you are ovulating and try to conceive during that period. According to reports, a women's egg remains fertile till twelve to twenty-four hours, and the sperm of a man can survive for about five days.

2. Ovulation Monitoring:

It is related to the first tip. Generally, the ovulation period happens around 15 days (average) before your periods or after 14 days of starting your periods. Now, this can be easily monitored during a regular menstrual cycle but becomes a bit difficult for an irregular cycle. But don't worry, there are various ovulation kits that you can use to check whether you are ovulating. You can easily find these kits in your nearby pharmacy store. The ovulation kits are used to test a hormone named luteinizing hormone, which generally increases during ovulation. So, after you see the test kit showing a positive result, within two days, you can start conceiving. Another method is your cervical mucus. When you are ovulating, your mucus tends to be thinner, clearer and its proportion increases. So, by these, you can track your ovulation.

3. Maintain your intercourse routine:

There is often a misconception that having sexual intercourse every day increases your pregnancy chances during the fertility period. The window of fertility is generally five days before ovulation, so if you have your sexual intercourse during alternative days, it is sufficient to conceive.

4. Maintaining body weight:

Too fat or thin makes it difficult to conceive a body. So do ensure that you have a proper body weight in order to conceive. If you are obese or overweight, your body tends to produce an excess amount of estrogen, causing complications in ovulation. Similarly, if you are underweight, it may cause irregularity in your menstrual cycle. So, try and maintain an ideal weight.

5. Prenatal Vitamin:

Most gynecologists recommend that women who are planning to get pregnant should start consuming prenatal vitamins. You can also continue this during your pregnancy days as it helps in proper nourishment and growth. Multivitamins containing folic acid and Vitamin B are extremely important for fertility and help nourish the baby.

6. Nutritious foods:

When you are trying to conceive, it is extremely important that you take proper nutritious food. Your diet should consist of all macro and micronutrients like proteins, carbs, fats, vitamins, iron, and calcium. Try to eat a lot of leafy vegetables and fruits, lean meat, and dairy products. You can also have a lot of citrus fruits which are extremely good for fertility. Try to avoid fishes like mackerel, or high mercury fishes as it reduces the chance of getting pregnant.

7. Balanced Exercising:

Physical exercises and workouts are extremely good for a healthy body. But strenuous exercise or workout sessions can create complications for your ovulation. It is seen that heavy workout affects the menstrual cycle, so if you are trying to conceive try and exercise lightly, that can include yoga, stretching and light freehand exercise.

8. Complications due to age:

Generally, fertility tends to decline after 30 and more so after 40. This means that as your fertility reduces over time, it starts affecting the quality of your eggs. Also, after a certain age, a woman starts to acquire some health problems related to blockage of fallopian tubes, endometriosis which can also contribute to reduced fertility. Hence women who belong to such age bracket may take a longer time to conceive.

9. Smoking and drinking:

These are some habits that you must immediately stop if you are trying to conceive. Chemicals in cigarette-like nicotine and carbon monoxide are very harmful to the body and deplete women's eggs. Even if you are in a smoking environment, you should ask the other family members to curtail it. Similarly drinking

alcohol should also be stopped when you are trying to conceive as it can reduce your chances.

10. Check your infertility test:



Before conceiving do check with your doctor and have an infertility test for both yourself and your partner so that you can begin with your pregnancy journey smoothly.

So, these are some tips that you should definitely consider while becoming pregnant. For any complications, always consult your gynecologist.

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10 things that add to the success of IVF

In Vitro Fertilization or IVF is a complicated process that highly depends on timing and accuracy. The success rate of pregnancy through IVF is 15-20%. But there are a few things that can help in improving the chances of an IVF pregnancy. And those are listed here.

• Diet

We are what we eat. And especially during or before the IVF cycle, try to maintain healthy eating habits. Avoid junk food. Do not make any major changes in your diet, like going gluten or sugar-free. One of the studies shows that eating a rainbow diet that is eating colorful vegetables increase the success rate of IVF pregnancy in women.

This rule is not only applicable for women but men too can stick to a rainbow diet to improve sperm health.

Some of the common food items other than fruits and vegetables that need to be included in the diet are fish, poultry, whole grain, and legumes. Healthy fats are important along with low-fat dairy products.

Avoid red meat and highly processed food, flavored or spicy food. Cut down on salt.

• Workout

Women going through IVF usually avoid or minimize exercise, thinking that hitting the gym may be harmful to future pregnancy. But this is a myth! Pregnant women are often advised to exercise and keep their bodies moving. And IVF pregnancy is not an exception. Women in between IVF cycles

or in their trimesters can opt for simple exercises such as stretching and jogging.

Yoga is highly recommended as it has asanas (positions) specially designed for pregnant women.

Regular exercising benefits our body and in turn the chances of IVF pregnancy.

But remember to avoid rigorous running and heavy exercises as it has negative effects on the thickening of the womb lining, which is crucial while conceiving a child.

• Meditation and reduce Stress levels

Even though it may not come as a surprise, stress has a lot to do with our bodies. It's not just a mental



phenomenon, stress affects every part of our body including our reproductive health. So couples going through or planning an IVF need to de-stress. Meditation is the easiest and best way to de-stress.

Understandably, the couples going through IVF may worry about the procedure and its success. But they also need to understand that its success depends majorly upon themselves and their bodies.

Meditation allows optimum functioning of the body and the various breathing exercises may reduce the stress levels and increase the chances of IVF pregnancy.

• Chemicals and Drugs to avoid

Pregnancy is a hormonal affair be it natural pregnancy or through IVF. Hormones play an important role in the conception and development of the embryo to a fetus.

Certain drugs have affected our hormonal levels, they increase or decrease the secretion of certain hormones. For example Birth Control Pills, or pain killers, etc.

Before starting an IVF cycle it is extremely important to discuss the use of medicines and drugs with your doctor. It is advised for women to tell their doctor their medical history and drugs or medication they consume on regular basis.

The doctor may make certain alterations in the consumption of these items, which will increase the success rate of IVF.

• Sleep

Are you sleeping on time? An average adult needs at least 7-8 hours of sleep. But usually, we hardly get sound sleep for more than 5 to 6 hours. Women conceiving through IVF need to have a strict bed schedule. While it is advisable to be tucked in bed by 9 pm we all know our lifestyle won't allow that. So anything between 10 pm -11 pm is a good time to head to bed.

The research found significantly more chances of women getting pregnant through IVF if they had a well-rested mind and body.

Avoid caffeine at least 4-6 hours before bed and strictly no screen-time 30 minutes before bed.

• Embryo Transfer

This is believed to be the most critical step of IVF when an embryo is transferred back into the woman's uterus. This step needs high precision and even the slightest mistake can lead to miscarriage or IVF failure. The odds of a woman conceiving a child through the very first IVF cycle are close to 29%. Also, it depends on her health and medical history.

Most of the IVF failures are due to misplacement of embryos, in the fallopian tube



or out of the uterus.

The chances of a successful IVF pregnancy also depend on the doctor, so consult an expert.

• Gather Information

It may have nothing to do with your body. But the more knowledge you have about the IVF process the more aware you will be about its dos and don'ts, the greater is the chance of success. Do your homework and select the best center for IVF. Being well informed is the key.

• Avoid Ejaculation and Penetrate Sex if possible

Men are advised to avoid ejaculation before the process of sperm collection as we need the best quality sperm for IVF. Also, Penetrate sex before and during the IVF cycle may irritate the cervix. Shallow penetration is allowed, but doctors suggest avoiding it for the best results.

• Talk to a counselor

This may not seem necessary but as you go through an IVF process, you know that conception through any assisted pregnancy method is difficult. It may take a toll on your mental and physical health.

Talking to a counselor may ease a lot of mental stress. Also make sure you get the constant support of your spouse, friends, and family throughout the process.

• Preparatory tests

There is a series of tests that need to be done before going for an IVF. Make sure you do all of them with the consultation of your doctor. These tests make sure that both partners are physically ready for conception through IVF and a green signal from all these tests increases the success rate of IVF.



There are a few things a couple going through IVF can follow for a better chance of pregnancy.

#1
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Short on time in the morning? Whip up this overnight oatmeal recipe that includes fruit and nuts. Breakfast will be waiting for you when you wake up!





Who has time to make breakfast in the morning? Many of us are lucky if we run out the door with a cup of coffee in hand. I stumbled upon the novel idea of making this overnight oatmeal recipe that includes fruit and nuts to up my breakfast game.

INGREDIENTS

- $\frac{3}{4}$ cup rolled oats
- $\frac{1}{4}$ teaspoon ground cinnamon
- Pinch of sea salt
- $\frac{1}{4}$ cup fresh berries (optional)
- $\frac{1}{2}$ ripe banana, sliced (optional)
- 2 tablespoons chopped nuts, such as walnuts, pecans, or cashews (optional)
- 2 tablespoons dried fruit, such as raisins, cranberries, chopped apples, chopped apricots (optional)
- Maple syrup (optional)

INSTRUCTIONS

1. Combine the oats and $1\frac{1}{2}$ cups water in a small saucepan. Bring to a boil over high heat. Reduce the heat to medium-low and cook until the water has been absorbed about 5 minutes.
2. Stir in the cinnamon and salt. Top with the berries, banana, nuts, and/or dried fruit, as you like. If desired, pour a little maple syrup on top. Serve hot.



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SHORTNESS OF BREATH DURING PREGNANCY

Are you feeling breathless during your pregnancy period? Do not worry about it as 60 to 70% of women experience difficulty catching breath in early and late pregnancy. There is one common reason among most women, while additional causes can also be there.

Shortness of breath during pregnancy- why does it happen? And is there a reason to worry about it?

The common reason diagnosed by doctors is the growing uterus taking more room in the abdomen and pushing upwards on the lungs. Hence, the shortness of breath during pregnancy starts.

Still, different causes take place in different periods.

Early pregnancy

In the first stage, the hormone progesterone increases, which causes one to breathe more often. The hormone allows your blood to carry more oxygen to your baby.

Later pregnancy

As pregnancy progresses, breathing difficulty occurs. One reason may be that the baby gets bigger. The second reason can be some changes in the functioning of the heart. The number of blood increases in a woman's body during pregnancy. Then, it becomes more challenging for the heart to pump blood throughout the body. Thus, the increased workload on the heart causes shortness of breath.

End of pregnancy

Between 31 and 34 weeks, this type of shortness usually occurs.

Whether the breathing gets more comfortable or more difficult in the last phase depends on the baby's developing head's position. The baby feels its head under a rib, and it presses the diaphragm, and you feel hard to breathe.

How to breathe easier

You can apply some tips in your day-to-day activities to feel normal. You can stand up straight, move slowly, lift your arms over your head, or sleep in such a way that you put less pressure on your lungs, i.e., let your upper body relax with pillows.

Additional causes

Apart from pregnancy changes causing breathlessness, if you face severe choking, it can be due to other medical conditions contributing to the problem. The conditions include

Asthma:

If you have asthma, pregnancy may worsen its symptoms. So, you should consult with the doctor about safe treatment.

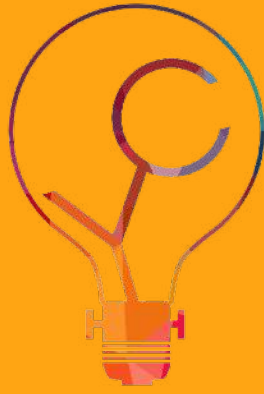
Type of heart failure: A type of heart failure (peripartum cardiomyopathy) sometimes occurs immediately after giving birth or during pregnancy. Its symptoms are low blood pressure, ankle swelling, heart palpitations, and fatigue. One should not take it lightly, as it can seriously affect a woman's health.

A blood clot in an artery in the lungs: A blood clot sticks in the arteries in the lungs (pulmonary embolism) and dramatically affects breathing. It also causes chest pain and coughing.

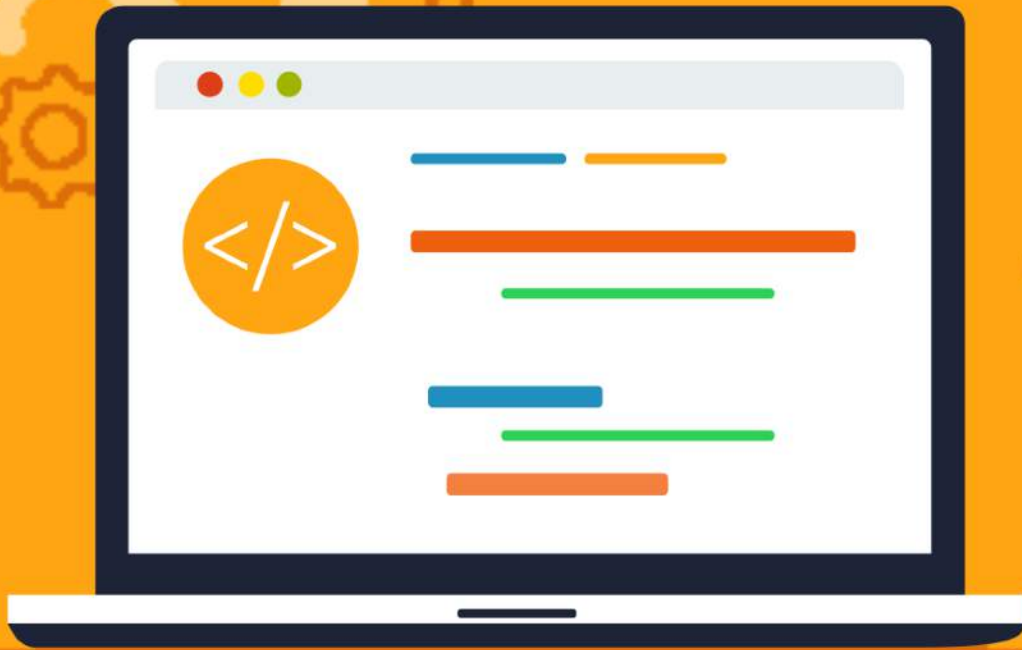
When can shortness of breath be the reason for worrying and the time to meet a doctor?

A pregnant woman usually finds herself unable to respire properly, but if the below symptoms also occur, it is time to seek immediate medical treatment.

- Worsened breathlessness
- Pain when breathing
- Wheezing
- High heartbeat
- Bluishness around the toes, lips, or fingers
- Dizziness
- Chest pain
- Fever
- Coughing up blood



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Why Reading to Your Baby Is Important

It's true that your newborn can't recognize the alphabet & letters and even can't hold books but it's never too early to introduce them to the world of books. Reading to your baby is important for language development as well as social and emotional skills development.

A study in 2019 found that babies who read every day are exposed to around 78000 words each year. It means if we start from newborn then till your baby will be of 5 years, he or she will be exposed to about 1.4 million words during Storytime. And this exposure will directly impact their language skills in the future and it will be one of the easiest ways for mothers and fathers to set their kids to succeed in academics.

In this article, you will know why reading is important and how to get started.

Why Reading to Your Baby Is Important?

Reading a book has lots of impacts on a baby's development. It will not only help your baby getting familiar with different words and sounds but also you are gifting your baby love for books and passion for reading. And reading a book

stimulates baby's imagination power and they also learn about the world around them.

Reading a book not only helps babies learning the native language and developing their speech with lots of words they hear but it also creates an emotional connection with the person who is reading to them.

Your baby is too small to talk with you but that doesn't mean they are not learning. In fact, from birth, babies start their journey of learning to speak.

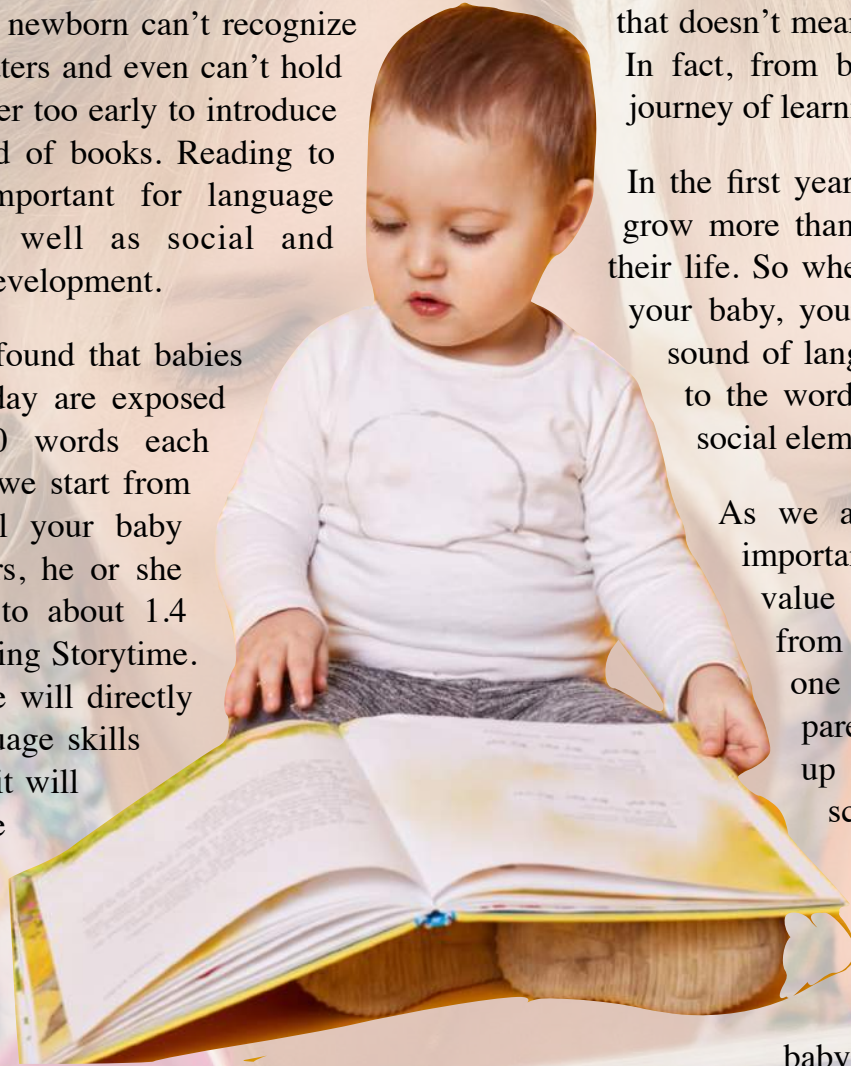
In the first year of life, babies' brains grow more than at any other stage of their life. So when you read in front of your baby, your baby is learning the sound of language, meaning related to the words, and your wonderful social element of communication.

As we all know, routines are important, and establishing the value and habit of reading from the first year of life is one of the best gifts a parent can give their child up for success not just in school and colleges but also in social and mental health.

Not about reading to your baby, if your baby will hear fewer words may develop their speech and language skills at a slower pace.

Poor literacy skills in childhood are directly related to behavioral problems.

One research shows that kids who read and talk know more words by the age of 2 than their peers who don't have the same habit. Their learning power is also faster than kids who don't have reading habits.



Benefits of Reading to Babies

Your baby is not understanding everything you are saying but their brain benefits from reading in a number of ways. Here are some benefits:

- Kids learn information about the world around them
- They learn the importance of communication
- There are building their listening, memory, and vocabulary skills
- They are learning things like numbers, letters, colors, and shapes.

When to Start Reading to Your Baby

The American Academy of Pediatrics (AAP) encourages reading to your babies as soon as they are born so that they can recognize and learn your voice.

New-borns are not understanding what their parent is reading but they can recognize the style, tones, and rhythms. And your voice is soothing for them.

So we suggest you plan to read into your schedule as soon as you can do it. But if you have not started reading from birth, you don't

need to worry, it is never too late to start reading to your baby.

To get the most benefit, You must try to read aloud to your kids daily to start the habit of reading. Oral language is a major milestone and maximum vocabulary happens from birth till the age of 3 years.

Reading aloud is a solid foundation of literacy as in the first year of your child, it builds their vocabulary, their knowledge about words, the sound of the word, and the pattern and shape of words.

If you are blessed with multiple children, reading is a great habit to involve everyone at the same time. If your one kid is young, let him/her choose which books or topics to read. Reading together will also help them to cuddle together and bond with the new baby.

How Often to Read to Your Baby

You are a parent of a newborn, you have no time to plan reading as you are feeding your baby around the clock and sleep-deprived. But Reading is an opportunity for you to sit down with your baby and cuddle with your baby. It is a chance to rest and relax so you don't need to add one more thing to your to-do list.

5-10 mins are fine as long as your baby is interested.

Reading aloud is just like depositing money into the word bank of your child. The earlier you start, the more you deposit. And when your kid will enter to school, your kid will be richer.

Building a habit of reading is important so set aside time each day like after bath, bedtime, or another clam time to read.



Reading Tips

- You can find some general tips that will help you to make most of your reading time.
- While you are reading, just cuddle with your baby. It helps them feel safe and connected with you.
- Try to use expressive voice when required or use different voices for different characters.
- Make comments about texts or images and point out things to your baby.
- Set up a special reading spot.
- No TV or use of the mobile phone during reading time.
- Try to identify which books are your baby's favorite books. And then read them again and again.
- Try to let your baby touch and feel the book. Also, give them to hold and turn the pages as they get older.

A Word From Dr dad

Reading must be a relaxing and enjoyable time for both, parent and kid. So always try both to pick a book and also establish a regular reading area in your home.

As your baby will grow, his interest in reading will grow and maybe your baby can bring books to you to read. So Cherish these quiet moments with your baby.





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10 moments while changing a diaper

Parenting is not easy. Every parent has to go through a lot of work every day just for their little chunky monkey. They cry, poop, pee, feed, and they are so fragile and soft yet so demanding, but we are still ready to do anything for them in this world. One of the main things parents need to do is to change their baby's diapers. It is not funny, and it is difficult for new or first-time parents as they lack the experience and knowledge to deal with it. It can still be funny in all this, which might not feel funny at the moment, but most parents will surely adore them later on in their life.

10 moments while changing a diaper, every parent can relate to:

1. The one where online shopping helps

One of the moments many people share is that when they are traveling in a car, the baby in the back seat makes a poop. This is one of the most disturbing times as now either the baby is to be taken home, or the diaper is to be changed in the car itself. The baby's face can tell you its story. And also, it can happen so many times that you may convert yourself as an online shopper instead of going out

2. The one where Tarzan comes

The next step to it is when you are out nowhere near to the house, and on top of that, the baby's clothes are

all dirty. Suppose you don't have any more pairs of clothes what to do. At this time, parents realize that these things are only applicable to adults and not babies. The baby is then transformed into Tarzan, meaning it has only one or two cloth to cover itself.

3. The one with the havoc roll.

One of the most famous methods to attack is a havoc role. It is done by the predator called crocodiles and some times by a baby. The move of havoc roll is made by a series of rapid and robust rotations to subdue their prey. Of course, the baby does it when the diaper is being changed, creating havoc for parents. By the way, when the baby does this havoc roll you the prey here.

4. The one with magics

The diapers getting misplaced or disappearing by magic is one more funny moment that happens while changing diapers. We like to call it a Houdini move. You just saw the diaper and now suddenly it vanished like the child has powers like a baby mask.



5. The one with the dancing spirit

Many parents will relate to the moments when the baby suddenly becomes Michael Jackson and now will dance and kick the most. It's like the baby has gotten a ghost of him. Surprisingly, the baby may not dance all day or at any other time, but it somehow gets the spirit when it is needed.



6. The one with the acting

Sometimes the baby might not do the magic. Many parents can relate to this as they do this. They act as if they are in the middle of some significant work and cannot be disturbed right now. The acting needs to be perfect; you will get better at it if you are not right now. At this game, keep practicing and hoping someone else will do it for you.

7. The one with sharing

Joke apart, health cannot be compromised. You may often find yourself wondering if the poop of the baby looks normal or something is the issue. Maybe with the color or something. But you don't want to worry alone, so you take many photos of it and share them with your partner. It's like, why should you have all the fun moment.

8. The one with the speedster

One of the fantastic moments the babies and we share is when this game is played. The thing is, you have been assigned a task to change the diaper of your baby. But the problem is that you need to catch the baby first. So, there is a kind of racing match between the two. The little lightning McQueen will run and hide anywhere in the house and make everything dirty around the house. The price of catching the speedster is not some medal but a dirty diaper, so congratulations on that. So diaper selection is of immense importance in this case.

9. The one with the illusions

There are many moments with illusions. Here you may not know whether the baby's diaper needs to be changed or is it just an illusion you don't know anymore. It may be the smell or face, but you are not sure. One more moment like this is when the poop has something that looks kind of unfamiliar, and you wonder what it is.

10. The one with the hope

One of the most disgusting and challenging times is when this happens. All the parents have gone through this where they pray their heart out and ask the baby, "Please don't pee, please don't pee, don't pee." And then bang the baby pees. It's ok, we understand but believe in God; he will grow up.

These were a few memorable and funny moments shared between parents and their babies. Of course, the bond cannot be confined in these few moments, but most of you will go into nostalgia remembering your parenting days through them. These moments are meant to be cherished for life. They might be adamant and way out of their comfort zones initially, but you will surely miss this silliness of babies once the babies grow up. All of us miss this troubling yet joyful part of our parenting life. Don't worry; they will all come to life when you have grandchildren.

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Fun facts about TEENAGERS

The magical age or teenage is one era no human being wants to miss. It is one of the most fantastic times for anyone. People usually adore this age. It starts at the age of 13 and lasts up to the age of 19.

There are several facts about teenagers that you should know. They may be weird or amazing but will be fun for sure. Learning about some of them may explain their behaviour and thought process, which we usually cannot get much sense out of.

Here are some fun facts about them:

For teenagers, managing time is a big issue.

One of the things that we usually see in teenagers nowadays is that it is challenging to remember future tasks. It doesn't mean they cannot remember things, but they lack the sense of works or things to do in the future. It doesn't matter if they miss it, and it is like it's just going above their head. Teaching benefits of many things like timetable is very necessary from your side is required to keep them on a regular schedule.

Teenagers have the fundamental quality of taking risks.

Just as a developing brain, it starts to make a final impression on the person. Things like more grasp of speed, time, and direction. It starts to remove unnecessary connections. In all this, the part used to make sensible decisions and plan and analyse risks is developed at last, and therefore, they are still behind on a fully functional frontal lobe to make such things happen. At this stage, a certain level of guidance is necessary from their parent's side or teachers.

Teenagers have more risk of getting addicted.

Usually, a chemical called dopamine levels, also called the feel-good hormone, is less in teenagers. Contrary to this, achieving or completing some goal or just by getting something they want, the hormone levels called dopamine are hugely increased. Studies say it increases more than adult's general levels. This thing is excellent, but one risk associated with this is that when they find something that shakes the hell out of themselves and makes them high, such as weed or addictive drugs, they may become more addictive for the experience leads to severe addiction in the future.

Teenagers have attendance to make you hostile

This is happening due to a scientific reason. To interpret people's facial expressions teenagers, rely more on their primitive back brain. Due to their age, their frontal part is still developing. They shift towards back more often. But this same part is also used to identify extreme situations like threats and dangers. Many times, your behaviour may look hostile, even if it isn't, to them. A probable solution to this problem is that they need to be prepared beforehand to make them comfortable to present their emotions. They should also be taught that they should talk and discuss themselves and situations before taking any action.

Teenagers face a natural state of sleep schedule.

One more fact is that it is not always the teenager's fault when he/she falls asleep late at night or wakes up late. It usually comes for most teenagers that they typically don't sleep early, and as a result, they wake up late. The feeling of sleepiness is caused by a chemical called melatonin, which the brain releases to make a person sleepy. In teenagers' case, this chemical is released late at night and due to that may affect wake up timings. According to many pieces of research, teenagers required as much sleep as a small kid. Around 9-10 hours of sleep is told to be adequate for teenagers. One study even shows the link between the sleeping hours of students and their results. Parents must make sure that their boy/girl is getting a sufficient amount of sleep.



Some things can be more demanding of them than you think.

Dealing with peer pressure is not as easy as it sounds to you. As a grown-up having a teenage child, our life has more experience than the child. We are not so easily affected by the people around us, and more of that, a lot of understanding is there. But as a teenager, they may often face a lot of peer pressure, and one of the reasons is that they don't want the kids of their age to hate them or judge them as friendship is a big part of their life. Another research found that teens had 40% to 60% more accidents while playing a racing game when they were being watched. They were more susceptible to take risks when they were told that friends were watching them. It proves fighting peer pressure is not very easy for them.

They have more ability to make friends

Yes, teenagers have much more able to make friends than you. There are two aspects to it. First is that ability to make more friends may be a generational issue. As we age, we tend to lose interest in people and also lose many friends. But a teenager has more chance of making long-lasting friendships. Another is that in today's era, the world has become one big global village. We can access millions of people from social media platforms etc. all these things enhance the possibility for them to have more friendships.

Eighteen years of age is not of much significance.

When teenagers are 18 years of age, they get several rights, such as voting and all. They are termed "Adults," but in reality, even after those rights, it cannot be said that they are fully matured. The brain's parts that make decisions are found not to be fully developed until they get to 25 years of age. It may vary from person to person.



Travel Diaries



I Did A Staycation In My Own City


Ambika Sawhney, that's what they call me at my uptown, plush office in downtown area of Gurgaon. I work for an IT firm and Marketing is my passion. I am a mother of 2 beautiful girls, Anaieeta and Srishtey, a single mom and hasn't married.

I know what you might be thinking. This is an unusual situation. But friends, I am here to talk to you about something totally different. How I spent the last month as I really needed a break.

So it all started in august when the nation was traveling to the hills. I needed a break too and hence booked a cottage in the Himalayas. I was all set to go, but then the news everywhere started showing about the landslides happening here and there. Being a mother I am not so adventurous anymore and therefore, I gave up the idea.

The same old story of Work From Home or the WFH as the marketeers flaunt it started again. 7 am alarm, 8 am breakfast, 9 am be seated, blah blah blah. But amidst this, I was pretty determined to go somewhere. Somewhere, where I can just be me. A change, a place where my daughters can enjoy a carefree, maskless evening in the garden and we can eat and do picnics however we like.

I started my search and I found this beautiful place 10 km away from my apartment in Gurgaon. It's the 3rd floor of builders' flat and they are giving up the property on fixed weekly rental. And to cut the long story short...I took it in a heartbeat.



Day 1:

we just settled in, unpacked the stuff that we carefully curated over the days through amazon and our local vendors. I topped up the wine bag and here we are, redecorating this small apartment. We were super tired - badly tired. I don't really know why? But I was, hence we just slept off.

Day 2:

it was a Sunday, so we woke up late and let things be at their own pace. A nice continental brunch and 2 back to back Disney movies. What else can you ask for when your kid is hugging you and you are eating the best-grilled cheese sandwich, double? loaded with all the fat and you know this vacation you can eat anything. The day ended with a card game of UNO and lots of FaceTime calls.

Day 3:

I had some work and the kiddos had school, so we did our routines. But doing routines here was a much better option. We finished quickly and did our baking session. Thanks to the owners of the flat, they have given us enough appliances to be the beakers for a week.

Day 4:

Kids had some painting homework, which was given to them from school. I was

on-off, so we quickly asked our helper to get us the supplies.

As soon as the brown bag appeared, we opened the whole world of dreams and colored that paper canvas into huge piles of mountains. We played a mini Holi - if I am allowed to say and if the landlord of that apartment is not reading this article. But nonetheless less the evening went into cleaning up the entire apartment. You actually forget what it is to be like a kid, and once you become one with them, you realize, that kid is never gone from inside you. It's just got covered under a lot of layers.

Day 5:

Now the feeling of station ending started pouring in my head, and I wanted to enjoy as much as I could before entering back into mundane life. So I quickly asked my team leader too. Give me an off. And luckily it was granted.

There's this book that I had been wanting to read for ages and thanks to kindle, books are just a button away now. I bought it and went up to my daughters to see what's up with them. To my luck, they were busy with their friends' birthday party over zoom, and then they wanted to re-watch the movies that we watched the first day. I sneakily agreed to the same and went up for reading. I read for straight 10 hours

and finished off that beauty. You have no idea how it feels.

I was ecstatic.

Day 6:

Packing started and today, like the first day, we didn't do much. The day ended super fast and we were just so tired to discuss anything, so we all went up to bed early as we're leaving tomorrow morning back to our house.

Day 7:

Bye bye staycation. And welcome back to my routine life. It was a different feeling as this routine life was not looking so boring anymore. I think that's what a break does to you.

In a nutshell :

If you are also stuck and can't go anywhere far. It's a good option to check our different websites for rentals of boutique flats. I really think this is a good alternative. After all, it's all about the mindset.

A man in a black t-shirt is drinking from a clear plastic water bottle with a black cap and a white straw. He is looking upwards and to the right. The background is a gym with various pieces of equipment and bright lighting from windows.

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A DEAF RABBIT

A herd of rabbits is traveling across a forest in search of a food. While hopping around, two rabbits fall into a deep pit. The other rabbits gather around the pit and express their concern over the situation. As the two rabbits try to jump out of the deep pit, the other rabbits discourage them by saying how impossible it is to jump out.

The two rabbits choose to ignore the demotivating words of others and decide to jump out of the pit. They try very hard and put in all their efforts to come out of the pit while the rabbits watching from the top tell them to give up.

Eventually, one among them is influenced by the other rabbits and dies as it gives up on the struggle to come out of the pit. The other rabbit continues to jump as hard as it can.

After an immense struggle, it finally comes out of the pit alive. Other rabbits are surprised and ask how it managed to come up in spite of them telling it to give up. The rabbit explains that it is deaf and assumed that everyone was cheering for it.

Moral Of The Story:

People's words have a significant impact on our lives. But it is essential as to how we take them and influence our life.





The only
reasons
you must
avoid
exercising
during
pregnancy

Some circumstances when you should avoid exercising

Exercising is good for everyone, even when you are pregnant. Engaging in any kind of low impact physical activity can provide relief from different pregnancy-related symptoms like backaches, swollen ankles and also help you sleep peacefully at night. Exercising regularly before and during pregnancy not only helps the mother but is also beneficial for her unborn baby. The baby may be born with a fitter heart, lower BMI, and a healthy brain. However, there are a few circumstances where exercising can do more harm than good. So, you must talk to your doctor to avoid any complications.

History of premature labour

If your first child was born before 37 weeks gestation, which is also referred to as premature delivery, then it is best to avoid any kind of strenuous physical activity. Even if you have experienced premature labour in your current pregnancy (contraction after week 20 and before week 37) , it would be advised to you to take more rest. If you are very keen to exercise, talk to your doctor about it. They might suggest some easy exercises.

History or signs of miscarriage

Women with a history of miscarriage or those who have witnessed bleeding or spotting in the current pregnancy should be extra careful during their nine months of pregnancy. Most women avoid exercising in the first 12 weeks of pregnancy to avoid miscarriage. It is best to consult your doctors about what kind of activities you can perform.

Placental problems

In the case of placenta previa, it is usually recommended to decrease the activity level as strenuous physical activity may provoke contractions

or bleeding. Women with placental problems need to be extra careful in the first trimester, after that they can be permitted to engage in light physical activity. It all depends on their health condition.

Heart and lungs issues

Expecting mothers with a history of heart and lung diseases are also advised to stay away from all kinds of aerobic exercises. In these kinds of exercises, the heart rate goes up and the



requirement of oxygen by the body increases. This may be problematic for women suffering from high blood pressure, asthma, and other heart and lung-related complications.

Exercises that pregnant women must not do

All kinds of exercises are safe to perform during pregnancy as long as you are healthy and not suffering from any pregnancy-related complications. Swimming, brisk walking, indoor stationary cycling and low-impact exercises are best for an expecting mother. However, there are some particular activities they must avoid for the baby's safety.



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20 Interesting and Unknown Facts about Mahatma Gandhi

He was born on 2nd October, 1869 in Porbandar, Gujarat. He pursued law for one year at the University of Bombay and later went to University College London and completed his graduation in 1891. After that, he started working in the Bar Council of England. And also went to South Africa, where he experienced racism.

20 interesting facts about Mahatma Gandhi, the leader of the masses.

1. Mahatma Gandhi's mother tongue was Gujarati.
2. He did his schooling from Alfred High School, Rajkot.
3. His birthday (2nd October) is commemorated worldwide as International Day of Nonviolence.
4. He was the youngest child of his parents. He had 2 brothers and 1 sister.
5. Gandhi's father was Hindu by religion and Modh Baniya by caste.
6. Mahadev Desai was Gandhi's personal secretary.
7. Mohandas Karamchand Gandhi was assassinated in the garden of the former Birla House.
8. Gandhi ji and famous author Leo Tolstoy interacted with each other through letters.
9. Gandhi ji set up a small colony, Tolstoy Farm at an 1100 acre site, 21 miles from Johannesburg, South Africa for his colleagues in the Satyagraha struggle.

10. In 1930, he led the Dandi Salt March, and in 1942, he launched the Quit India Movement during the freedom struggle.

11. He not only fought for Independence but also demanded fair treatment for the untouchables, lower caste, and also done several fasts in support of them. He also called untouchables as Harijans meaning "children of God".

12. Gandhi in 1982 is an epic historical drama film based on Mohandas Karamchand Gandhi won the Academic Award for the best motion picture.

13. In 1930, he was the Time Magazine Man of the Year. He was a great writer and the Collected Works of Mahatma Gandhi have 50,000 pages.

14. Do you know how many times Mahatma Gandhi was nominated for the Nobel Peace Prize? Gandhi ji was nominated in 1937, 1938, 1939, 1947, and, finally, a few days before he was murdered in January 1948.

15. The country against whom he fought for India's Independence, Great Britain, released a stamp honouring him, 21 years after his death.

16. Mohandas Karamchand Gandhi was not born with the title Mahatma. He was given the title to him by the Nobel Prize-winning Bengali poet Rabindranath Tagore, according to some authors.

17. When Jawaharlal Nehru was giving the tryst of destiny speech to celebrate independence, Gandhi ji was not present at that time.

18. It is said that Mahatma Gandhi's funeral procession was 8 kilometers long.

19. Reserve Bank of India issued The Gandhi series banknotes by displaying a portrait of Mahatma Gandhi since its introduction in 1996. The series issued in 1996 is of 10 and 500 rupee banknotes.

20. In 1959, Gandhi Memorial Museum was established. It is located in the city of Madurai in Tamil Nadu, India. It is also known as the Gandhi Museum. It consists of a blood-stained garment which was worn by Mahatma Gandhi when he was assassinated by the Nathuram Godse.

Tickler

They're short and sweet by kids—just like your kids! These funny jokes for the pint-sized set are guaranteed to get lots of laughs.

Q: What do you call a fake noodle?

A: An im-pasta.

Kavya, 7 Yr, New Delhi

Q: How do you make an artichoke?

A: You strangle it.

Kridha, 4.5 Yr, Lucknow

Q: Why did the tomato blush?

A: Because it saw the salad dressing.

Advik, 6 Yr, Kanpur

Q: Why do mushrooms get invited to all the parties?

A: Because they're such fungus! (Fun guys, get it?)

Rathi, 7.8 Yr, New Delhi

Q: What did one plate whisper to the other plate?

A: Dinner is on me.

Darsh 4 Yr, Noida

Q: Did you hear about the famous pickle?

A: He was a big dill!

Darpan 5.8 Yr, Gurgaon

Q: Should you have your whole family for Thanksgiving dinner?

A: No, you should just stick with turkey.

Aakav, 5.1 Yr, Ranchi

Q: Why did the banana go to the hospital?

A: He was peeling really bad.

Aarav, 3 Yr, Pune

Q: What do you call a nosy pepper?

A: Jalapeno business!

Ravisha, 6.7 Yr, Mumbai

Q: Why did the kid throw a stick of butter out the window?

A: To see butter-fly.

Riya, 7.3 Yr, Faridabad



The Book Bug

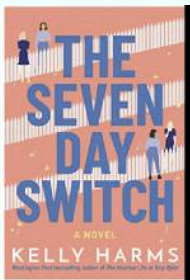
One of the best gifts you can give to your child is the love for reading. In due course of time if there's one thing that I have realised is that when you read a lot, you know a lot, but the real benefits of reading goes beyond the knowledge of the subject. You become a better person. You become articulate and my personal favourite reason: you know how to tell how you are feeling.

The Book Bug is an effort by Dr Dad's team to find out the best of best books for you. Our team comprises of authors, teachers, parents and children.

So, lets start with our this months list:

BEST BOOKS FOR PREGNANT MOTHERS

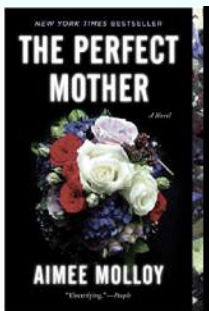
THE SEVEN DAY SWITCH



Two very different moms switch places, Freaky Friday style, in this funny book about motherhood that'll help you

decide what kind of mom you do (or don't!) want to be.

THE PERFECT MOTHER BY AIMEE MOLLOY



This (fortunately) fiction book about motherhood explores what happens when an infant goes missing, and the secrets

within the mother's circle of friends come out into the open.

(Though skip this if you're the worrying type!)

BEST BOOKS FOR NEW PARENTS

SAVE OUR SLEEP



If you're feeling exhausted, Save Our Sleep is an excellent pick. The author, Tizzie Hall, is a baby sleep expert with nearly two

decades of experience working with newborns and their families. Thanks to the simple steps listed out in this guide, you'll learn how to manage a sleep schedule to stay rested and ready for parenthood.

"It's so informative and plans out everything for you, but the best part is it really works," says reader Sacha S. "I had several friends who used this with great success, but it wasn't until my sister did that she then bought it for me. I had a very fussy baby with colic, so this book really saved my life. It has great information around what and

when to feed a baby, with sleep schedules to follow.

BRINGING UP BÉBÉ



It's no secret that mothers in other countries approach parenting in different ways from Americans; every culture has its own norms and

traditions, after all. But when this American mother had her newborn while working as a journalist in France, she discovered that French babies had habits worth looking into—like sleeping through the night in the early months, acting less picky toward new foods, and being more independent at young ages. Author Pamela Druckerman learned from the French, and she shares her findings in Bringing up Bébé to help parents of every cultural background adopt their best practices.

BEST BOOKS FOR TODDLERS

WHISTLE FOR WILLIE BY EZRA JACK KEATS



Peter wants to learn how to whistle, but it's not as easy as it looks.

Toddlers that enjoyed The Snowy Day will especially like this beautifully illustrated story of a young boy living in the city.

ADVENTURES WITH BAREFOOT CRITTERS BY TEAGAN WHITE

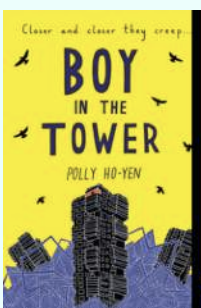


This is the cutest alphabet book I've ever seen. The adorable illustrations, short

sentences, and gentle rhyme make it a favorite with toddlers as well.

BEST BOOK FOR BIG KIDS

BOY IN THE TOWER BY POLLY HO-YEN



A boy who lives in a tower block sees the whole world below him. But one day the

tower begins to crumble and fall. The world around him collapses amongst peculiar and menacing plants. Is all hope lost or can he find a way out?

THE WOLF WILDER BY KATHERINE RUNDELL

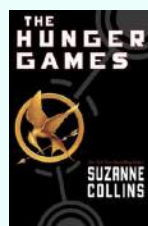


Set in deepest snowbound Russia, a mother and daughter live in fear of the encroaching Red Army. But Feodora and her mother have a unique talent –

they can turn tame wolves into wild beasts fit to fend for themselves. A great story about struggling for freedom and independence.

BEST BOOK FOR TEENS

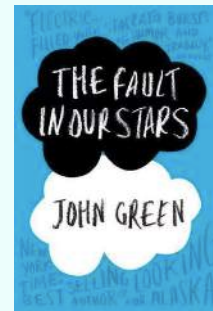
THE HUNGER GAMES SERIES BY SUZANNE COLLINS



In the ruins of a future North America, a young girl is picked to leave her impoverished district and travel to the decadent

Capitol for a battle to the death in the savage Hunger Games. But for Katniss Everdeen, winning the Games only puts her deeper in danger as the strict social order of Panem begins to unravel.

THE FAULT IN OUR STARS BY JOHN GREEN



Despite the tumor-shrinking medical miracle that has bought her a few more years, Hazel has never been anything but

terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at the Cancer Kid Support Group, Hazel's story is about to be completely rewritten.

5 life lessons from Lal Bahadur Shastri India's second PM

He raised the slogan of “Jai Jawan, Jai Kisan” during the Indo-Pakistan war in 1965 and paved the way for India's food self-sufficiency.

The life of India's second Prime Minister, Lal Bahadur Shastri, holds several lessons in honesty, integrity and simplicity for children and adults alike. Here are some facts and anecdotes from his life that exemplify the principles he lived by.

Protested against the caste system

Since he didn't believe in the caste system, he gave up his surname as a young schoolboy. The title “Shastri” was bestowed on him upon graduating from Kashi Vidyapeeth, as a mark of scholarly achievement.

Patriotic from a young age

As a patriotic young boy, he was inspired by Mahatma Gandhi and his call to join the Non-Cooperation Movement at the young age of 16. In his maiden Independence Day speech in 1964, Shastri told the youth to strive for moral strength and character, “I appeal to our young men to inculcate discipline in themselves discipline and work for the unity and advancement of the nation.”

Simple living, high thinking

When he married in 1928, at the insistence of his in-laws to accept dowry, he took a charkha

(spinning wheel) and some khadi cloth. Even when he passed away, he reportedly had no property in his name and left behind a few books and a dhoti-kurta. As a child, Shastri is known to have swum across the river to reach school to save his impoverished family money to pay for a boat ride.

A compassionate, forward-thinking leader

He had many pioneering initiatives to his credit, such as using water jets to disperse crowds instead of a lathi-charge and making it possible for women to be appointed as conductors in public transport facilities. He also raised the slogan of “Jai Jawan, Jai Kisan” during the Indo-Pakistan war in 1965 and paved the way for India's food self-sufficiency.

Honesty was always the best policy

Since the children were rarely allowed to use the official car to go to school when their father was Prime Minister, the family decided to buy a Fiat car for Rs. 12,000. A bank loan for Rs. 5,000 was taken, which Shastri's widow had to clear after his sudden death, from his pension. On a visit to a textile mill as Prime Minister, when the owner offered to gift him expensive sarees, Shastri insisted on buying and paying for only those he could afford. He also had an undue promotion for his son overturned.



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