

Parenting

10 things your child expect from you

TRAVEL
DIARY

**WHAT CAUSES
NOSE-BLEEDS IN
PREGNANCY, AND
TIPS TO MANAGE
THEM**

**10
Facts
About Healthy
Parenting**

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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

A famous quote says that "Anyone can have a child and call themselves a parent, but a real parent is the one who puts their child above all their wants". When you become a parent, it instills a tremendous responsibility on you. But often, we confuse parenting to be restricted to loving your child or punishing them. But it is much more than that. In this post, we will be discussing ten facts of healthy parenting which will give you some idea about what the term "healthy parenting" actually means.

Give them quality time:

Yes, you have your work schedules and appointments. But make sure that you are spending sufficient time with them. Often the major problem that kids face with their parents is the lack of time. Play fun games, read them bedtime stories, go on picnics or visit an amusement park. Make some memories; it really works wonderfully.

Be someone who they can look up to:

Appreciating your child:

Make it a point of providing positive feedback to them whenever they perform their best. Your compliments and feedback motivate them and help them to work much harder. It is advisable that you should always directly complement your kid rather than gossiping about it to someone. Direct appreciation is much more effective.

Believe in yourself:

10 **FACTS ABOUT HEALTHY PARENTING**

Choose Flexible Limits:

Most parents are in the habit of setting too extreme limits. Either they would be completely strict or too lenient. But you have to set limits, and you have to set a boundary beyond which they can't do or demand things. But it also shouldn't stop your child from exploring. Please give them the flexibility and independence; it is their childhood. So, when you are setting limits on anything, just be smart and set a flexible limit.

For your kid, you are the role model. So, you have to behave in a very responsible way. Own up to your mistakes, apologize when you are wrong, don't go for unnecessary arguments with your other half. These are things that they will always see in front of them, and that is where their actual learning is taking place. Your everyday actions create a profound impact on them. So, try to be the best version of yourself for your child so that you can make him/her an individual that your society looks up to.

Whatever people advise on how to treat your kid, always believe in yourself. Trust your instinct; no one apart from you knows your child better. Sometimes parents don't pay much heed when their child is rude to them. But this is where you go wrong, under no circumstances can your child disrespect you and even if they receive a scolding, always believe that you are doing the right thing. It is a fundamental fact that values if not developed from a young age, is a big problem.

Social skills:

Social skills are essential for an individual, especially in a dynamic world. So always try to focus and help them learn social skills right from the beginning. Try to talk to them; let them express their feelings. Most kids are often introverts and shy from the beginning. It is common, but your guide will help. Try to build conversation skills within them, make them open up to you always, answer all their queries. Once they start getting comfortable with this, there is nothing that is going to stop them.

Gratefulness:

Most kids don't have the habit of being grateful. But it is such an important quality. Please help them to understand what a responsible citizen is and how lucky they are to receive everything when most people don't have a house to live in. Show them the reality, create comparisons. Most families also have their gratitude routine that they practice every night on their dinner table to talk about who was good to them and how grateful they are for it. Try your own ways but definitely teach your kids this core value.

Feeding issue:

Most parents are continuously thinking about their child's feeding habits. They will either try to feed their kid more or will force it. Instead of this, sit with them during meal times and have your own meal along with them. Try to talk to them and understand why they are refusing to eat. Let them eat at their own pace. Overfeeding or food-fights are some worse things that a parent can do. Just take the feeding routine lightly and don't stress yourself and the kid.

Loving and Cuddles:

They are kids and they will always like your hugs, kisses, and cuddles. Hug them tightly, cuddle with them, say those beautiful words "I love you" even for 10000 times. Make them feel loved; a parent's love works wonders for a child.

Physical Activities:

Just making them sit with a remote would hardly work. Try to play, organize some fun activities with them. This would make them quite fit and help to boost their energy levels.

Bottom Line

These are some facts that might have given you an idea. Definitely try these and make your parenting journey the best one.



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A man with a beard, wearing a red button-down shirt over a white t-shirt, is standing outdoors in a park-like setting. He is looking down and gesturing with his hands as if talking to a young child. The child, with curly hair and wearing a grey hoodie, is looking up at the man. The background is filled with green trees and foliage, suggesting a sunny day in a park.

Bad parenting habits you must avoid making today

There are certain things a parent does inadvertently or in an attempt to improve their child's misbehavior, which might have a negative impact on a child's psychology. Many of these things may not even appear to be so serious, but they have the potential to make children more prone to behavioral difficulties and mental health issues. Here are some bad parenting habits to avoid if you want to enhance your parenting skills and strengthen your child's self-esteem and confidence.

Calling them with inappropriate names

Most parents find it normal to call their kids with denominations like 'brat', 'unworthy', or 'horrid', also it may not even seem like a huge thing to you. But these labels do carry the potential of being disrespectful and send a harmful message at times. As when you project unconscious unpleasant thoughts onto your child in the form of some inappropriate tags, it makes children fearful of relying on their parents for care by mangling their ability to rely on others and ask for help, along with their self-esteem getting impacted as a result.

Use of extreme words like 'always' and 'never'

We simply use these extreme words for small things like "you never tie your laces properly," or "you are always late," but do you know that these words too have a psychological effect on a child's self-esteem, motivation and well-being as it can lead your child to develop a fixed attitude or mindset towards things and their abilities, and however can even make them feel depressed or unhopeful about possible situations.

Engaging in comparisons

Are you that parent who compares his/her child's abilities or achievements with any random kid next door, or say "You'll never be as brilliant as your brother"? By doing this, you are absolutely rejecting your child's strengths and impairing their confidence to take up new skills or adventure. Each child is unique, maybe your child isn't that great at maths as Guptaji's son but he can be an expert in swimming or even in singing.

The blame game

Discipline is a wonderful thing in itself, but parents should not instil it in their children in a way that undermines them. Blaming them for little infractions, punishing them, and shaming them in front of others can make them feel worthless and powerless.

Constant punishments and criticisms erode a child's self-esteem and, in many cases, their ability to live a satisfying life.

Screaming at your child

As a long-term parenting method, yelling or screaming is ineffective. Fear equals yelling, and fear is the antithesis of love. If you lose it on your kids very often, then try to determine the triggers or take space when required in order to regulate your own emotions. Rather than yelling, try to be heard in alternative ways. Learn to adjust your tone, as well as your face and body language, to appear less scary and more serious.

Encroachment on your child's personal space

Parents frequently overlook the need of respecting a child's personal space. While children too require appropriate me-time to reflect and collect their ideas.

Everyone makes mistakes and fails in life, but that's not a full stop. Kids, like every other being, learn from their mistakes, making them more confident and vigilant in the decision-making. Allow your children to enjoy their personal time, and if they make poor decisions, it will eventually mature them and prepare them to meet the problems that life throws at them. However, remember to be cautious and alert whenever you detect a threat or suspect that your child is being victimised by social or online bullying, abuse, or other forms of violence.

Keeping your affection at bay

Being cold and unable to express your feelings may result in a controlling and unsettling environment for your child. Parents should try to be warm by telling their kids how much they love and care for them. Instead of creating a place where acceptance and affection are dependent on a person's behaviour, as this will destabilise your child and lead him/her to believe that your love and value for them is conditional on their attitude.

Indian Style Beetroot Soup recipe



Beetroot is low in fat, full of vitamins and minerals, and packed with powerful antioxidants and perhaps it is one of the nutritional vegetables available in the market. But often people shy away from having soup made of beetroot as they assume it might be bitter in taste.

This recipe has been specially curated after considering the Indian taste palate. It has a strong flavor of whole spices and the tanginess of tomatoes just cuts down any sort of bitterness in the soup. The flavor of this Beetroot Soup Indian way is very tempting and you will enjoy each soon of this.

Ingredients

- 2 Beetroot, grated
- 3 Tomatoes, chopped
- 4 cloves Garlic, crushed
- 1 Onion
- 4 cups Vegetable stock
- 1 teaspoon Black pepper powder
- 1 Bay leaf (tej patta)
- 2 Whole Black Peppercorns
- 2 cloves (Laung)
- 1/2 inch Cinnamon Stick (Dalchini)
- Salt, to taste

Instruction

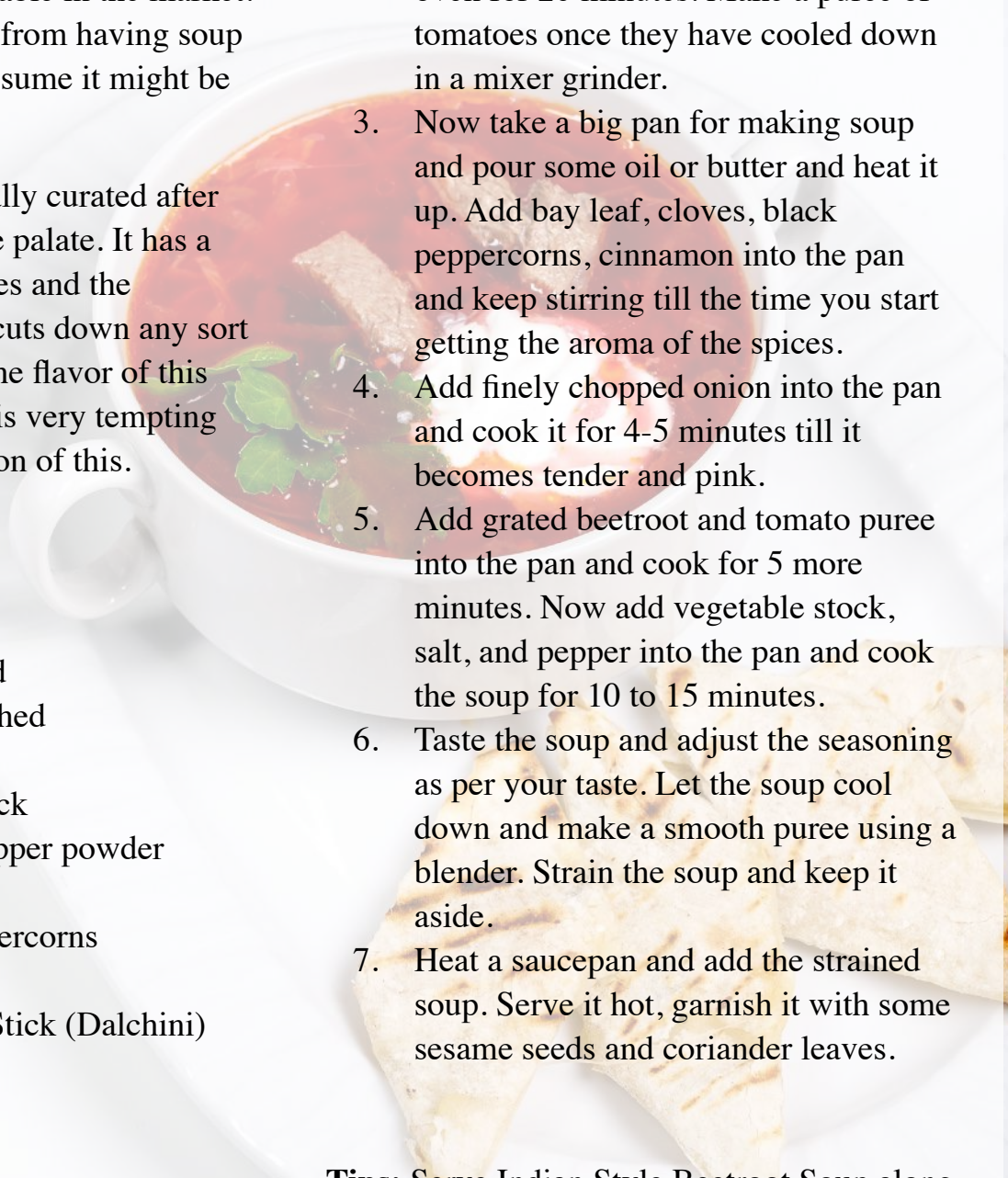
How to make Indian Style Beetroot Soup Recipe

1. To begin making the Indian Style Beetroot Soup recipe, dice tomatoes into small pieces and put them in an oven-proof pan. Add crushed garlic

onto the tomatoes and drizzle some olive oil.

2. Roast the tomatoes in the preheated oven for 20 minutes. Make a puree of tomatoes once they have cooled down in a mixer grinder.
3. Now take a big pan for making soup and pour some oil or butter and heat it up. Add bay leaf, cloves, black peppercorns, cinnamon into the pan and keep stirring till the time you start getting the aroma of the spices.
4. Add finely chopped onion into the pan and cook it for 4-5 minutes till it becomes tender and pink.
5. Add grated beetroot and tomato puree into the pan and cook for 5 more minutes. Now add vegetable stock, salt, and pepper into the pan and cook the soup for 10 to 15 minutes.
6. Taste the soup and adjust the seasoning as per your taste. Let the soup cool down and make a smooth puree using a blender. Strain the soup and keep it aside.
7. Heat a saucepan and add the strained soup. Serve it hot, garnish it with some sesame seeds and coriander leaves.

Tips: Serve Indian Style Beetroot Soup along with Bean Sprout & Corn Salad for a weekday dinner. You can also serve this soup as a starter before your Indian meal.



#2 on Dr Dad Travels



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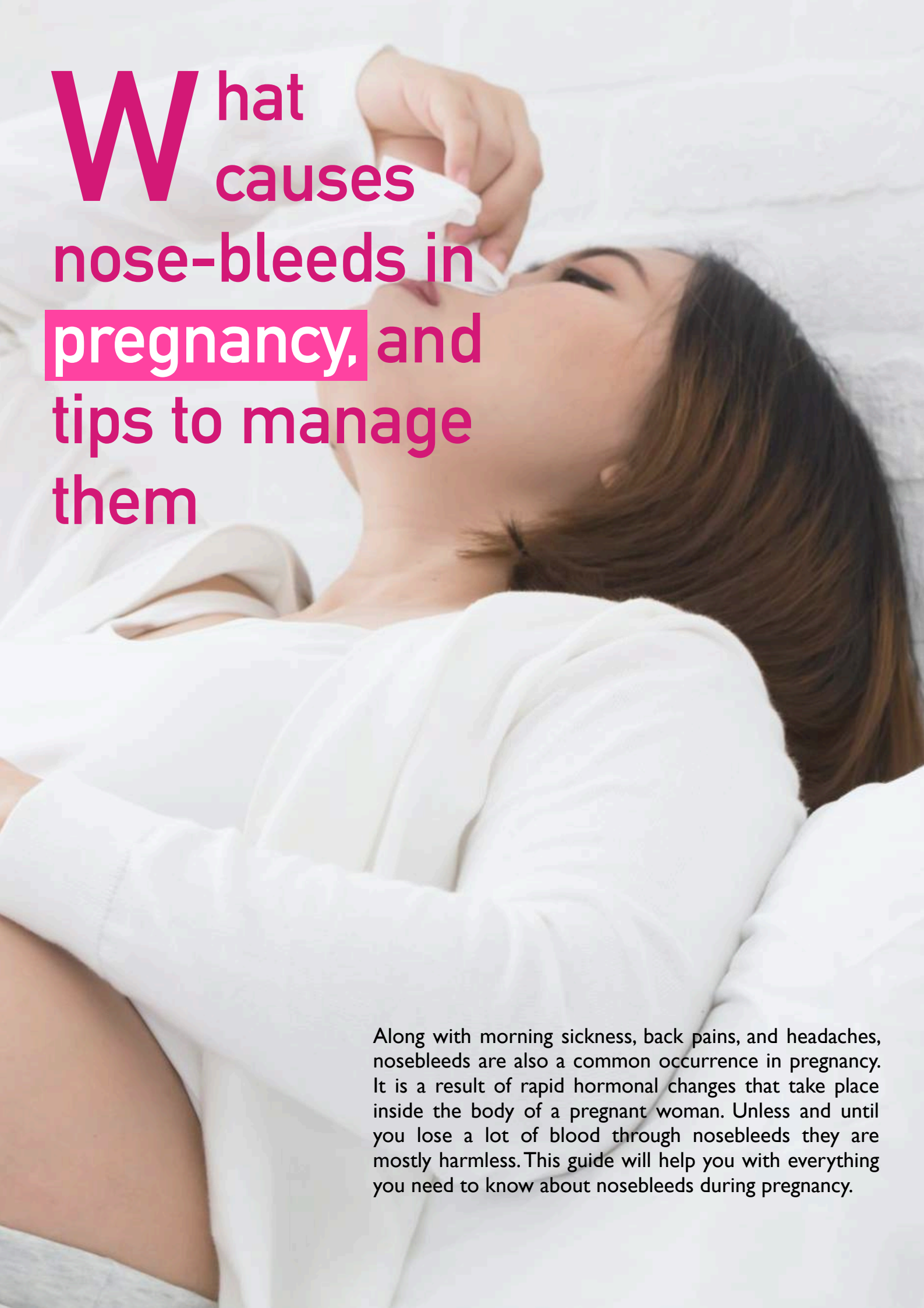
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What causes nose-bleeds in pregnancy, and tips to manage them

Along with morning sickness, back pains, and headaches, nosebleeds are also a common occurrence in pregnancy. It is a result of rapid hormonal changes that take place inside the body of a pregnant woman. Unless and until you lose a lot of blood through nosebleeds they are mostly harmless. This guide will help you with everything you need to know about nosebleeds during pregnancy.

Facts about nosebleeds during pregnancy

- The blood can flow out of one nostril or even both the nostrils.
- It can last either for a few seconds which is called light bleeding or can last up to 10 minutes which is called heavy nose bleeding.
- Nosebleeds can take place even when you are sleeping.
- In case you are lying down then you can feel some liquid in the back of your throat before blood starts to ooze out through your nose.
- Nosebleeds and blocked noses are a common sight during pregnancy.

Ways to stop nosebleeds during pregnancy

- When you are having a nosebleed, you must create pressure on the soft part of your nose by firmly pinching it for 10 to 15 minutes.
- Breathing through the mouth and leaning forward also helps to dry the blood out of the nose instead of letting it slide back to the throat.
- If you are lying down then it is advised that your sit-up relieves the pressure created in the veins of the nose to prevent any further nose bleeding from taking place.
- You can even use ice packs to reduce excessive blood flow and stop nose bleeding.

Conclusion

Nosebleeds are common in pregnancy, you will have to either create pressure to stop the bleeding or release the pressure created in the veins of the nose to stop the bleeding.



Nutrition for kids: Guidelines for a healthy diet



When it comes to childhood growth, the consideration of each nutrient and the role it plays in the diet is essential. If you are aware of the requirements and in what meals you get those balanced elements, there would be a massive improvement in kids' diet plans.

1. Protein

Protein is the most vital ingredient of a balanced diet as it plays a pivotal role in building a child's body cells, fighting infections, breaking down food into energy levels throughout the day, and also carrying oxygen in the body.

You can prefer eggs and fish, lean meat, and poultry in a non-vegetarian diet or nuts and seeds, and legumes like pulses, peas, and beans in a vegetarian diet.

2. Fiber

Fiber is an excellent source for preventing heart diseases and any cancer type in later years. Promoting the feeling of fullness and thus avoiding binge eating, hence, no obesity is its other importance. It also avoids constipation and helps in regular bowel production.

Make sure its quantity is appropriate. You can find fiber in foods, including nuts, chickpeas, kidney beans, whole grain cereals, lentils, seeds.

3. Carbohydrates

Carbohydrates, simply called carbs, are also the body's vital source of development. The protein and fats that we consume are used, with the help of carbohydrates for repairing or building tissues. The body breaks carbs down into simple sugars and circulates them in the bloodstream.

Thereby, the body's cells and also the brain take it for increasing the levels of energy. Thus, the child stays alert and active.

Pasta, cereals, bread, crackers, rice, and potatoes contain high levels of good carbs.



4. Fats

Fats are essential to maintain energy levels. As all nutrients are interrelated, fats also help the body to efficiently use other nutrients. Foods rich in fats are nuts, cooking oils, fish, meat, and milk-dairy products.

5. Calcium

Calcium has importance in the growth of healthy bones and teeth. Those children with enough calcium face no bone loss in the later years of their adult lives. They protect themselves from a disease called rickets. Muscle contractions, blood pressure regulations, and nerve stimulations become easy with the right quantity of calcium intake. Include egg yolks, tofu, milk, spinach, ice cream, cheese, and broccoli in the child nutrition chart.

6. Folate

Folate, also called folic acid, helps in the growth and development of a kid's red blood cells. It is one of the important B vitamins, the deficiency of which can result in anemia. Foods with high levels of folic acid include Brussels sprouts, spinach, asparagus, kidney beans, lentils, chickpeas, and whole-grain cereals.

7. Iron

Iron is necessary for producing healthy blood that carries oxygen from the lungs to throughout a child's body so that muscles can store and use it. The lack of iron quantity can result in the common problem of iron deficiency in children. So make sure you include beans, nuts, liver, whole grains, iron-fortified cereals, poultry, red meats, and shellfish in the diet plan.

8. Vitamins

Different vitamins serve different purposes in kids' development. They all together work towards healing bones, strengthening the immune system, shoring up bones, repairing cellular damage, and converting eatables into energy.

Vitamin E is a powerful antioxidant that prevents free radicals, which can cause cataracts, heart disease, and cancer.

Vitamin A and C are a must for kids for their good eyesight and the hold of cells respectively.

Vitamin A also keeps skin healthy and prevents infections from a child. Sources like milk and dairy products like yogurt and cheese, fresh fruits like mangoes, papayas, melons, apricots, strawberries, and vegetables like cabbage, cauliflower, spinach, carrots, broccoli, and tomatoes are the best set for sufficient vitamins and minerals intake.

After understanding the nutritional requirements for children, you have got a better idea of their long-term importance in terms of height, mental development, physical growth, immunity power, and a lot more. Now you can measure the specific requirements in your child's growth route and create a customised nutritional chart.



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What is infertility? IS IVF the first step? Is there a thing as male infertility? What about it? What is IUI?



Infertility is the lack of pregnancy after a year of unprotected sex. This is widely considered to be a female issue. Whereas on the contrary, males and females are equally likely to be infertile.

There are a lot of factors contributing to infertility and worldwide around 60-80 million couples are facing this problem and seeking out treatment for it.

In this article, we will dive deep into female and male infertility issues, their causes, and potential treatments.

Female Infertility

Fertility in women decreases with increasing age. The age of 16 to 25 is considered to be the most fertile time for a woman to conceive. The first sign

of infertility in women can be seen if there is no pregnancy after 6 months of trying. The most basic factor for female infertility is age. The older the woman, the slimmer her chances of conception.

But nowadays, infertility is seen in women of all ages. The steps of pregnancy start with the release of a matured egg from either of the ovaries. This matured egg meets with the sperm in the fallopian tube and the created embryo must reach the uterus and attach with the uterine lining for successful implantation. Then the embryo grows to be a fetus and later a baby.

Any problem in one or several of these steps may result in infertility. Impaired fecundity is a condition related to infertility, in which a woman struggles to conceive or carry the pregnancy to term.

Causes of female infertility

Conceiving a child and carrying the pregnancy to term is a very complex process. A lot of things can lead to infertility or miscarriage. Here is a list of the most common causes of infertility.

- Irregular Menstrual Cycle.
- Failure to Ovulate.
- STIs and other vaginal or uterine infections
- PCOS (Polycystic Ovary Syndrome)/ POI (Primary Ovary Insufficiency)
- Uterine Fibroids
- Structural Reproductive Problems
- Implantation Failure
- Endometriosis

This list does not include all the factors responsible for infertility. But if you are facing any problems related to infertility, it's highly recommended to see an endocrinologist (An infertility specialist).

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Usually, after the diagnosis of the cause and conduction of the required tests, doctors suggest fertility drugs. Depending upon the cause of infertility the recommended drugs may differ. Some of the most common fertility drugs are Clomid (clomiphene citrate), Gonadotropins, including LH, FSH, and hCG, Femara (letrozole), and Arimidex (anastrozole) to name a few.

Generally, 85%- 90% percent of couples facing infertility, are treated with low tech-treatments, like fertility drugs or surgeries. Only up to 5% of couples need reproductive technologies like IVF.

Women above the age of 35 are suggested an IVF treatment. IVF is one of the last resorts of assisted



- infections
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IVF and its role in curing Infertility

While addressing infertility, the topic of IVF is usually next in line. But surprisingly, IVF is not the first cure in treating Infertility.

reproductive treatments available. This treatment is carried out in cycles, the chances of successful pregnancy and childbirth with IVF are even less.

It is a highly developed treatment in which an egg is fused with the sperm in the lab and later implanted into the women's womb for fetus formation.

Couples going through IVF for the first time rarely experience a successful pregnancy. It takes a couple of IVF cycles for a successful pregnancy to occur.

Couples are advised to carry out the IVF process through a proper IVF center under the consultation of expert doctors. Also, a little bit of homework never hurts!

Male Infertility

While talking about infertility, the issue of male infertility is not highlighted as much as it should be. Male infertility is responsible for the lack of pregnancy equally as much as female infertility.

Male infertility is a health issue faced by a man which reduces the chances of his female partner getting pregnant after a period of unprotected sex.

Male infertility is a bit difficult to diagnose as often the problem is with the quality, quantity of sperm production, and its delivery.

A semen examination is the first step in the diagnosis of male infertility. The doctor often looks into medical history and the sexual drive of the man to cure male infertility.

The sperm needs to travel a long distance from the organ it is produced in till its fusion with the egg in the female body. A lot of things can go wrong in the process, which may lead to male infertility.

Causes of Male Infertility

Below are the most common reasons for male infertility-

- Sperm Disorder
- Retrograde Ejaculation
- STIs
- Immunological Infertility
- Obstacles
- Hormones
- Medication
- Drugs/ Alcohol
- Varicoceles
- Erectile Dysfunctioning (ED)

All of these causes can be cured by medical assistance under the consultation of a specialized doctor. Men facing infertility can undergo medication or surgery to cure it.

IVF and IUI are also viable options to consider for couples facing infertility.

What is IUI Treatment?

IUI (Intrauterine insemination), is often referred to as artificial insemination. It is closely related to male

infertility, as it is one of the prime treatments for male infertility.

In IUI, specially prepared sperm is inserted in the female's vagina for fertilization to occur. The sperm inserted is usually washed and concentrated for better results.

Sometimes the woman is also treated with medication to stimulate ovulation before IUI.

The sperm used in IUI can be from the couple or a sperm donor, depending upon the severity of the male fertility issue and the couple's choice, especially in the case of same-sex couples.

IUI treatment is one of the best ways of assisted pregnancy. The success rate of IUI increases with the number of IUI cycles performed and reaches 95% till the fourth cycle. Almost 90% of women are impregnated within the first 3-6 cycles of IUI treatment.

It is a great treatment for male infertility or unknown infertility issues.





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Pineapple Payasam

Recipe for this

Diwali

There are many varieties of payasam and pineapple payasam is one of them. The fruity pineapple flavor, the earthy flavor and taste of jaggery and the aroma of coconut milk, make this dessert pretty unique. Jaggery which is used as a sweetener in the recipe, can also be replaced by sugar. However, the flavors are better with jaggery.



Ingredients

- 1 cup finely chopped pineapple or 200 grams pineapple without the peel
- $\frac{1}{3}$ cup powdered or grated jaggery or 60 to 65 grams, add as per taste as the sweetness also depends on the sweetness of pineapple
- $\frac{1}{3}$ cup water
- 1 cup coconut milk 250 ml
- 3 to 4 green cardamoms - crushed or $\frac{1}{2}$ teaspoon cardamom powder
- 12 to 15 cashews
- 15 to 18 golden raisins
- 1 tablespoon coconut oil, can also use ghee instead of coconut oil

Instructions

Preparation

- Chop pineapple slices finely. You will need 1 cup of finely chopped pineapple. Keep aside.
- Heat 1 tbsp coconut oil in a pan. You can also use ghee instead of coconut oil.
- Add 12 to 15 cashews.
- Stir and roast them in ghee till they become golden. Remove and keep aside.
- To the same pan, then add 15 to 18 raisins. As soon as you add them, they will begin to swell and puff up.
- Stir and cook them till they become plump. Remove and keep aside.

Making Pineapple Payasam

- Now in the same pan, add the chopped pineapple.
- Stir very well and saute for 2 to 3 minutes on a low to medium flame.
- Then add powdered jaggery. Here I used organic jaggery. But if you are using a regular jaggery block, then you will have to melt the jaggery in warm water and filter to get rid of impurities. For this, heat $\frac{1}{3}$ cup water and let it become warm. Then add $\frac{1}{3}$ cup powdered or grated jaggery. Let the jaggery melt. Filter this solution and add it at the next step.
- Now add $\frac{1}{3}$ cup water and stir well so that the jaggery dissolves.

- Bring this mixture to a gentle simmer on a low to medium flame. The pineapple pieces should get softened. Overall cook for about 5 to 6 minutes after adding water.
- Add $\frac{1}{2}$ tsp cardamom powder.
- Add 1 cup thick coconut milk. You can use homemade or store brought.
- Stir very well and switch off the flame.
- Add the fried cashews, raisins and stir well. Reserve a few cashews and raisins for garnish.
- Serve pineapple payasam hot or warm or chilled garnished with the reserved cashews and raisins. On cooling, the consistency thickens.



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THE BENEFITS OF VITAMIN C: WHY YOUR CHILD NEEDS IT

Vitamin C is an essential nutrient that is needed for the well-functioning of your body's metabolism.

This applies to your children as well. If you have doubts in your mind about whether you can give your child Vitamin C supplements and what is the recommended quantity, then do not think so hard. We're here to answer your questions.

In what quantity can I give Vitamin C to my Child?

For infants, the requirement for Vitamin C is lesser than in a full-grown adult but it is recommended that you ensure your child receives a stipulated quantity of it every day.

For babies of less than 6 months of age, 40 mg of Vitamin C are recommended and for babies aged 6-12 months of age, 50 mg is enough. You do not require this if you are feeding them infant formulas.

For children aged between 1-13 years, Vitamin C should be administered daily in quantities not exceeding 45 mg.

Why is Vitamin C so important for your child?

Vitamin C helps to fight off various kinds of viruses and bacteria by building the body's immunity.

Since Vitamin C is mostly found in colorful and flavorful fruits and vegetables, it may also help you to get your picky eater into eating something that is very beneficial for their health and also tasty.

Vitamin C helps in the formation of healthy teeth and bones for children. This is an important factor for the proper growth of your child during infancy.

With COVID-19 spreading its claws all around the world, everyone needs proper precautionary measures in order to fight this monstrous virus. Vitamin C has come about as one of the best supplements that can help your body prepare to overcome this virus. Thus, make sure your

kids get the right amount of this supplement.

Note:

The information contained in these topics is not intended nor implied to be a substitute for professional medical advice, it is provided for educational purposes only. You assume full responsibility for how you choose to use this information.

Always seek the advice of your physician or another qualified healthcare provider before starting any new treatment or discontinuing an existing treatment. Talk with your healthcare provider about any questions you may have regarding a medical condition.

Nothing contained in these topics is intended to be used for medical diagnosis or treatment.



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10 things your child expect from you

Respect. If *you* do not respect *your children*, they will in turn learn not to respect *you*. *Children* will do as *you* do, not as *you* say. They are not going to respect *you* simply because *you* are an adult. They can only respect an adult who respects them.

Parenting requires we find the balance between loving our children, disciplining them, and allowing them the necessary confusion and suffering essential for their self-discovery.

All children have some very basic needs, which when given in the correct balance, help them to develop the resiliency required for a strong sense of Self.

Love



All children need love. All children deserve love. We can give our children all the worlds' materialistic love yet they will seem done because they want unintentional love and acceptance. What we can never give too much in love. Love is simple, it is nonmaterial and is the feeling we give to our children of complete acceptance.

Faith



We must have faith in our children and give them the rope they need to struggle, discover, and succeed. Our belief in our children determines their belief in themselves. When our children feel dominated by our fears about every new little thing they want to do, explore, or experience our fears covertly communicate we do not believe in them. This covert message undermines our children causing them to either not believe in themselves or to rebel against the controlling nature of our fears.

Confidence



Every child is unique from each other. Putting too much pressure on a child may make them uncertain about themselves. When we behave contentiously towards them, showing a lack of trust in their character or ability to make wise decisions we go against them, putting us on different teams. We have to accept, as parents, that our children are different and unique people from us. We need to allow them the space to be different and to trust we have raised them well enough for them to make mistakes, recover, and do better next time. If we respond contentiously to towards their mistakes or decisions we slowly crush their own drives for self-improvement.

Patience



Our children need patience, not our pressure. They need us to give them the little rope to come along at their own pace. If they are not up to par in every area of life, adding pressure and control only defeats them. Patience communicates we believe, that in time and with enough practice, they will find their way. We don't want to raise our children as monkeys who are to be loved only when they perform.

Affection



Touch is one of the most important and grounding aspects of a relationship. Touch cues our hormones for bonding, love, and a sense of security and shows the immediate impact of reducing stress levels. When we see our children in the struggle it is not helpful for us to heap our own anxieties about their struggle onto them. We need to offer affection and support, letting them know that "this too shall pass." A little affection is that spoon full of sugar that helps the pain go. Talk to your children, love, and snuggle them do not shout at them.

Counsel



Counseling doesn't always mean whenever we see our children troubled with some thought we jump out counsel them. They are kids they don't even realize when something is troubling them. We should always be a backhand to our kids. They need appreciation and feedbacks. Our role as a parent is to provide feedback to our children which are conducive for building their character. When we criticize or become passive-aggressive they hold themselves back. They will shrink or become enraged and develop negative feelings about themselves. Our children need our counsel to understand that the most important part of their life is the worthwhile struggle of discovering a sense of meaning and purpose.

Pay attention! But also provide privacy.



In this fast-moving internet life, our life has become an open book to everyone. We've started to feel that we have the right to know everything about everyone, but this wrong everyone needs their privacy so do our kids. Sometimes the best gift for a child can be the gift of privacy, not asking, not prying, and yet being available if and when your child does want or need to share.

Guidance



As a parent, we need to stay away from controlling, manipulating, and pulling our children away from their natural interest. We must allow them to explore their own decision-making process and guide them to their part accordingly. If we show disgust or disappointment over their choices because they aren't the choices we would have made them we are manipulating. It is not their responsibility to make up for what we are missing in our own lives.

Time



Spending quality time with children is essential for their healthy growth and development. Children may suffer from behavioral disorders if their parents do not spend enough time with them. “The best thing you can give your children is time.” – This is a saying most quoted by parents who in fact, do not get to spend too much time with their children. Today's life is busier than we can imagine with parents juggling both home and work, and children

being packed off to extra-curricular activities right after school.

According to a study, most families spend just eight hours a week together on average, whereas a weekend should consist of a minimum of two hours devoted to children. Moreover, we see that ‘family time’ may often end up in members watching TV in silence, busy reading, or on phone out of sheer exhaustion. Such a phenomenon may amount to a total lack of parent-and-child bonding resulting in a number of behavioral problems and other insecurities that may affect a child into his or her adult years.

Respect



Sometimes your kids mess up. Sometimes they mess up big time. No matter what they've done, though; they still deserve to be treated with respect. Sarcasm, eye-rolling, and biting comments all chip away at a child's self-respect. Allow them to maintain a sense of dignity in the worst of circumstances. After all, you may have to discipline your kids, but you never, ever have to demean or humiliate them.



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10 tips for women who are planning for pregnancy

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:

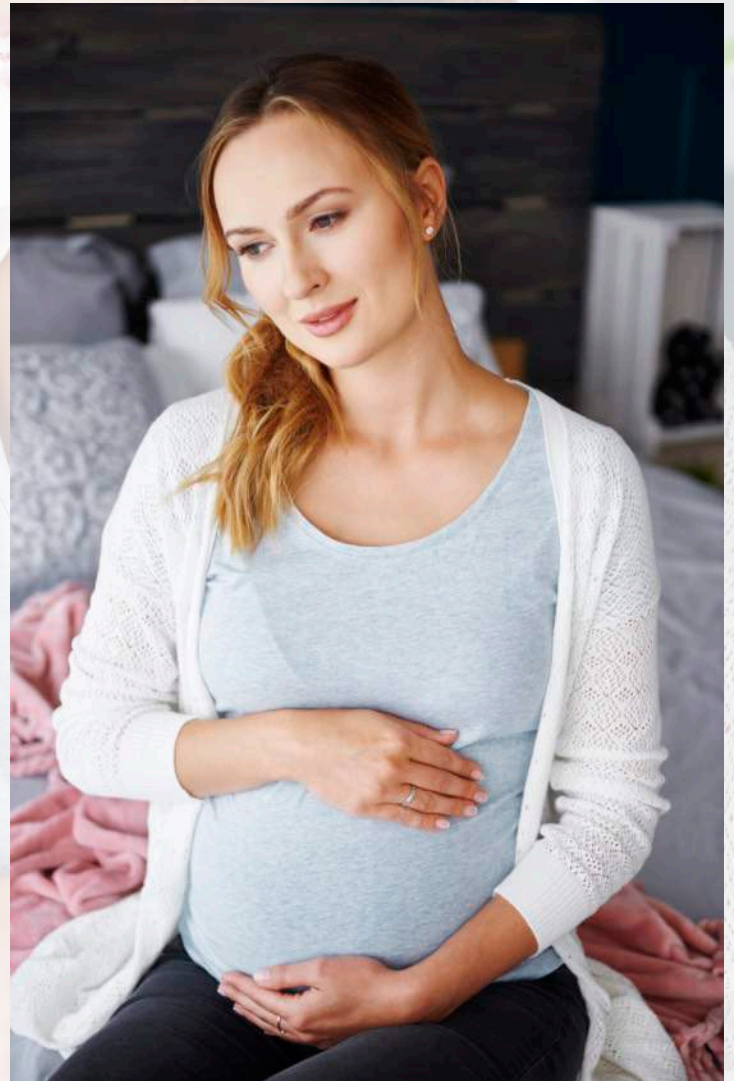
It is very important that you keep track of the time when your period happens every month. It might be after a fixed number of days or maybe irregular. Depending on this you may also understand when you are ovulating and try to conceive during that period. According to reports, a woman's egg remains 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.

EMERALD PURE

Mineral Water

Natural Water from
the source of
Himalayas



Be Refreshed
Always



EMERALD PURE

10 facts might make your kids knowledge stand apart.

Languages are spoken everywhere. All social animals, be it as small as ant to as large as whales, do communicate, but it's only humans who have developed a full-fledged communication skill through language, at least as we know it.

From smaller groups to native populations. From smaller cities to vast continents, there's so much diversity in the language that it's hard to keep track of how many are there. The best estimate would be more than a million.

We have something fascinating for you here. Today, we want to talk about :

Top 10 countries with the most languages in 2020

1. Papua New Guinea — 840 languages

This country is in Oceania with the capital being Port Moresby. Papua New Guinea is one of the most culturally diverse countries in the world. As of 2019, it is also the most rural, as only 13.25% of its people live in urban centers.



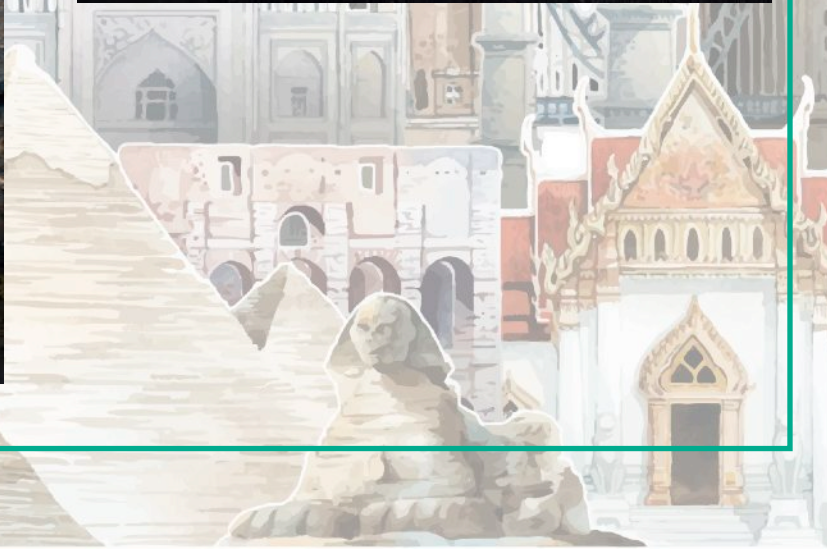
2. Indonesia — 711 languages

Indonesia, officially the Republic of Indonesia, is a country in Southeast Asia and Oceania, between the Indian and Pacific oceans. It consists of more than seventeen thousand islands, including Sumatra, Java, Sulawesi, and parts of Borneo and New Guinea.



3. Nigeria — 517 languages

Nigeria, an African country on the Gulf of Guinea, has many natural landmarks and wildlife reserves. Nigeria has a diverse geography, with climates ranging from arid to humid equatorial.



4. India -456 languages

India is one of the largest democracies in the world with varied climate conditions. New Delhi being the capital of the country, India has a diverse culture.



5. United States — 328 languages

One of the superpowers of the world is located in the majority of the North American continent. It consists of 50 states, with a diverse ecosystem. Washington DC is the capital and New York being the financial capital.



6. Australia -312 languages

This is the 6th largest country in the world. And it is the largest in Oceania. Australia also happens to be the smallest continent in the world and comprises some most liveable cities in the world according to various surveys like Melbourne and Sydney.



7. China -309 languages

China, officially the People's Republic of China is a country in East Asia. It is the world's most populous country, with a population of around 1.4 billion in 2019. Covering approximately 9.6 million square kilometers, it is the world's third-largest country by area.



8. Mexico — 292 languages

It is one of the most Spanish-speaking countries in the world. And most of its population lives in urban areas comprising to be almost 70%. It borders with the United States and is a country in North America.



9. Cameroon — 274 languages

It is a Central African country of varied terrain and wildlife. Large numbers of Cameroonians live as subsistence farmers. The country is often referred to as "Africa in miniature" for its geological and cultural diversity.



10. Brazil — 221 languages

It is the largest country in both South America and Latin America. At 8.5 million square kilometers and with over 211 million people, Brazil is the world's fifth-largest country by area and the sixth-most populous.





Travel Diaries

Travelling Liberates me

I am Jatin Negi, a millennial, living with my wife in The IT city -Hyderabad.

I come from the Land of Mountains -Uttarakhand.

Having settled here in Hyderabad and been busy with my IT work has somewhat made me miss my hometown a lot less. But like they say, what goes around, comes around. I started having the craving to be in the mountains again.

And finally, I shifted my work from home pad to my hometown, Ranikhet.

On my visit to my hometown, I realised that lot of houses around mine are accommodating guests coming from hustle bustle of city life and need a staycation (somewhat a new term). I, too, happen to have a beautiful ancestral property with lush green garden overlooking the snow capped mountains.

I was a little sceptical in the beginning, but after a lot of thought I opened up 2 rooms in my house for a workstation experience to the travellers. Furthermore, I listed myself online and voilà, enquiries started pouring in.

And finally after 3 months of doing this, I quit my job and now doing organic farming and maintaining my little paradise that we keep innovating to give our guests a better experience.

Do visit us whenever you get a chance : Its c'est la vie villa, Ranikhet.



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Email: sell@h2ocean.com for bulk order

HOW LATE IS TOO LATE TO HAVE A BABY



From higher education to economic stability, there are various reasons women delay the process of childbearing.

While 15 years to 30 years is the time when a woman is most fertile, not everyone is ready to bear the responsibility of a child this age.

From a career perspective, 35 to 45 seems the most perfect age for childbearing but this is the time when there is a terminal decline in a woman's fertility. So, if you are waiting for a bit more to become a mom, here is how late it is too late to become a mom.

Advanced maternal age and fertility

The conception after the age of 35 comes under 'advanced maternal age', also called AMA.

But one should not be terrified of the term because getting pregnant even after the age of 35 is possible with or without assisted reproduction. But it is usually not advisable to wait so long as it can lead to complications.

Though some women might have a hard time in late motherhood, some sail through it very easily. There are many factors including how close you are to your menopause that plays an important role.

Here are a few things you should know about conceiving at an older age, what risks it has for you and the baby and what you should ask your doctor before you embark on the journey.

What is assisted conception?

There is an increase in the number of women of advanced maternal age (AMA) options for assisted reproduction. Women opting for late pregnancy should know that there is age-related complexity to fertility, including a decline in the oocyte quality and reserve in addition to an increase in the number of

oocyte chromosomal aberrations.

Success rates of assisted reproductive technology (ART) cycles decrease with advanced maternal age. There are different fertility options for women of AMA including fertility preservation, IVF treatment, genetic screening and oocyte or embryo donation.

Detailed counselling needs to be done as per the risks. Women of AMA should be screened for any underlying medical condition that can have an impact on maternal and neonatal morbidity and mortality.

The natural deterioration in female reproductive ability has two main reasons

- Progressive depletion of the number of oocytes in the ovary
- Age-related decrease in oocyte quality

Reproductive choices for women at an advanced maternal stage

- Social egg freezing
- Embryo freezing
- IVF

Maternal health risks of pregnancy at an advanced age

Elderly women who become pregnant are at a higher risk of caesarean delivery, gestational diabetes, preeclampsia and preterm delivery of the baby with low birth weight. These risks vary widely, depending on the woman's health status and increase with maternal age at delivery.

Other ways to conceive if you are older

IVF with donor eggs: in this process, instead of doing a traditional egg retrieval to later fertilize and transfer, you can do an embryo transfer using embryos created with donor eggs that are fertilized with either your partner's sperm or donor sperm.

Egg freezing: If you know beforehand that you want to wait to have a baby and you are under the age of 35, you might consider freezing your eggs right away. If you are freezing your eggs in your early 30s and plan to use them in your 40s, your odds of having a healthy baby will relate to your age when you freeze your eggs and not your current biological age.

Embryo adoption: Either you choose to do IVF yourself or to use a surrogate embryo adoption is another favourable option. Embryos are generally frozen and donated by couples who aren't using them in their own ART procedures.



HARD WORK LEADS TO SUCCESS

This is one of the best inspirational stories for children. The Sports Day was fast approaching in the school. All the children were very excited and were practicing for the big race. Shubham, one of the fast runners of the school was confident that he would win for he was not doing anything at all. “You have to work hard to come first in the race, Shubham. You are not practicing at all,” said Shubham’s mother.

“Mom, you know how fast I am! Then why should I waste my time running? Only I will win, no one else will win!” exclaimed Shubham. “Shubham, you may be right but talent without hard work is not good at all. This laziness of yours will cost you greatly,” his mother warned him. Shubham just laughed and shrugged his shoulders. He was so confident that he would win trophy as no one else in his class was as fast as he was!

Yash, a classmate of Shubham was also participating in the running race. He was not a fast runner. However, he was very dedicated and practiced till late night and had developed great endurance and willpower to run the race.

There were a few days left for the Sports Day but Shubham did not practice at all. On the other hand, Yash practiced day and night. The sports day was almost around the corner but Shubham was confident that no one could beat him and had practiced not all all. But Yash with his dedication and hard work had become a very swift runner.

At last, the Sports Day arrived.

All the students crowded the ground to cheer their favorites. The signal was given to the participants to begin the race. The coach blew the whistle and everyone began to run towards the finishing line. It was so exciting. Shubham and Yash left all the racers far behind. Both of them were neck to neck.

Suddenly, Shubham went ahead of Yash. The crowd cheered for him. Soon, it was clear that Shubham was going to beat Yash. But, when they were just a few meters away from the finishing line, Yash surprisingly took speed and ran ahead of Shubham and reached the finishing line. Yash surprised everyone with his brilliant

performance. He proudly received the trophy and the prize money.

Shubham's mother came to Yash and praised him for his hard work and said, "You deserve it for your dedication and effort!" "Thanks, Miss!" Yash replied with an open smile and walked happily with his trophy. Shubham hung his head in shame. His mother turned to him and said, "Look Shubham, talent without hard work is simply useless. That boy put efforts and got rewarded for his hard work. Hard work is the only way to success!" Now, Shubham understood the importance of hard work. This incident brought about a major change in his life.

MORAL OF THE STORY:

NOTHING CAN BE ACHIEVED WITHOUT HARD WORK.





How
Much
Water
Should a
Toddler
Drink?

Water is the most essential component for the survival of the human race. We need water in our body at all times to make sure everything works smoothly, and that dehydration is kept at bay. In the case of toddlers, though, things are a bit different. Their main source of fluid intake is milk. Till 3 years of age, milk is the basis of all the nutrients that they secure in the body. So, with milk fulfilling most of their bodily needs, how much water does your child actually need? Let's find out.

Water Intake requirements for toddlers:

- Some pediatrics recommend that the age of your child in years is the number of cups of water that he needs to drink per day. So, if your child is 2 years old- he needs two cups of water to drink daily.
- This might come around as a very vague estimate of the amount of water that your baby needs. Considering the amount of milk that they consume and also the liquid base of every meal that they eat, there seems to be already enough fluid intake.
- But water, in its original form, is as important for a toddler as-is for a full-grown adult.
- They need it to steer clear of constipation and related problems. Water also helps in regulating their body temperatures as they move around and play.
- The best-stipulated quantity of water intake that should be followed for toddlers is 2-4 cups daily. The limit should roughly be around 32 ounces per day.

Dehydration can be a serious problem in kids. Their stature is small, and thus it is difficult for them to store enough water inside their body. You need to keep track of the amount of water that your baby consumes to keep them healthy.





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Jawahar Lal Nehru: Top 10 facts about Chacha Nehru

Jawaharlal Nehru was a prominent figure in India's freedom struggle against British rule and played a major role in the implementation of notions such as secularism in the country. He became the first Prime Minister of independent India.



Here are 10 lesser-known facts about him

Jawahar Lal Nehru was born on November 14, 1889, in Allahabad (officially known as Prayagraj) to Pandit Motilal Nehru and Swarup Rani. He was the eldest of his siblings.

1. Jawaharlal Nehru was nominated 11 times for Noble Prize mostly for Peace during 1950-1955 but he never able to get a Single Prize from Nobel.

2. Pandit Jawaharlal Nehru went to Trinity College, Cambridge in October 1907 and graduated with an honors degree in natural science in 1910.

3. In August 1912, after returning to India, Nehru enrolled himself as an advocate of the Allahabad High Court and tried to settle down as a barrister.

4. He had two more siblings, both of whom were girls. The name of her elder sibling was Vijay Lakshmi Pandit and the other was Krishna Hutheesing.

5. In 1929, Nehru ascended to the post of Congress President and played a pivotal role in the independence struggle lead by congress since then.

6. In 1935, he wrote his autobiography in Prison. The book that was written by Nehru titled "Toward Freedom" was published in the year 1936 in the USA.

7. Pandit Nehru died because of a Massive heart attack on May 27, 1964. Around 1.5 million people gathered to watch his cremation.

8. During India's struggle for freedom, Pandit Jawaharlal Nehru was imprisoned 9 times. Nehru was jailed by the British for a total of 3259 days which adds up to 9 years of his life spent in jail.

9. He was a great admirer and supporter of Annie Beasant and became a member of the Home Rule League founded by Annie Beasant in 1916.

10. Pandit Jawaharlal Nehru is also called as the Architect of Modern India.

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. Why was the weightlifter upset?

A. She worked with dumbbells.

Yash, 4 Yrs, New Delhi

Q. Why are teddy bears never hungry?

A. They're always stuffed!

Swati, 7 Yrs, Bhopal

Q. What did the policeman say to his tummy?

A. "Freeze. You're under a vest."

Surbhi, 5 Yrs, Jaipur

Q. What does one volcano say to the other?

A. "I lava you!"

Ritik, 6 Yrs, Pune

Q. What's Thanos' favorite app to talk to friends?

A. Snapchat.

Manit, 4.5 Yrs, New Delhi

Q. What event do spiders love to attend?

A. Webbing.

Maraya, 7 Yrs, Mumbai

Q. What did one math book say to the other?

A. "I've got so many problems."

Aanaya, 4.5 Yrs, Mumbai

Q. Why do ducks have tail feathers?

A. To cover their buttquacks.

Pihu, 3.7 Yrs, New Delhi

Q. Why can't you ever tell a joke around glass?

A. It could crack up.

Akansha, 7.8 Yrs, Noida

Q. How do you know when a bike is thinking?

A. You can see its wheels turning.

Gitika, 8 Yrs, Ranchi



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

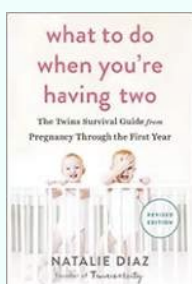
BUMPIN': THE MODERN GUIDE TO PREGNANCY



Parents-to-be will appreciate that this choice is written in a frank and funny style. The modern guide includes clinical research mixed with

practical advice from a bevy of experts including ob-gyns, therapists, doulas, lactation experts, pelvic floor therapists, and more.

WHAT TO DO WHEN YOU'RE HAVING TWO



Finding out that you are expecting twins can be a big shock. Calm some nerves with a well-loved twin survival guide.

The comprehensive book includes information from pregnancy through the first year.

BEST BOOKS FOR NEW PARENTS



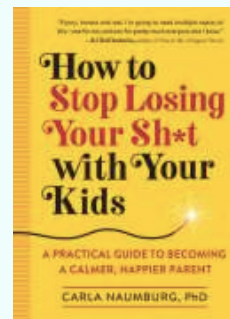
THE BABY FEEDING BOOK

The Baby Feeding Book is a unique, fascinating and holistic expert guide into the world of

feeding babies and becoming a parent. Central to the non-judgemental delivery of this book is the focus on the importance of the experiences of individual parents, alongside the health and wellbeing of their babies, standing it apart from any other book in this genre.

HOW TO STOP LOSING YOUR SH*T WITH YOUR KIDS

Stop the yelling, lose the guilt, and become a calmer, happier



parent. Drawing on evidence-based practices, here is an insight-packed and tip-filled plan for how to stop the parental meltdowns. Its

compassionate, pragmatic approach will help readers feel less ashamed and more empowered to get their, ahem, act together instead of losing it.

BEST BOOKS FOR TODDLERS

PRESS HERE



An interactive picture book containing coloured dots and inviting the reader to use their

imagination. When the reader rubs the dots they change colour, claps over the dots they grow, tilts the book and the dots slide around presenting a colourful array of images.

WHERE THE WILD THINGS ARE



Where the Wild Things Are is a 1963 children's picture book by American writer and illustrator

Maurice Sendak, originally published by Harper & Row. The book has been adapted into other media several times, including an animated short in 1975; a 1980 opera; and a live-action 2009 feature-film adaptation.

BEST BOOK FOR BIG KIDS

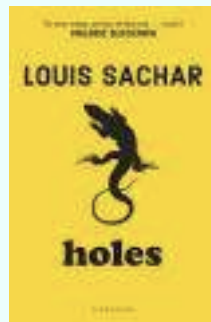
THE LITTLE PRINCE

A pilot stranded in the desert awakes one morning to see, standing before him, the most extraordinary little fellow.



"Please," asks the stranger, "draw me a sheep." And the pilot realizes that when life's events are too difficult to understand, there is no choice but to succumb to their mysteries. He pulls out pencil and paper... And thus begins this wise and enchanting fable that, in teaching the secret of what is really important in life, has changed forever the world for its readers.

HOLES (NOVEL)



Holes is a 1998 young adult novel written by Louis Sachar and first published by Farrar, Straus and Giroux.

The book centers on Stanley Yelnats, who is sent to Camp Green Lake, a correctional boot camp in a desert in Texas, after being falsely accused of theft.

BEST BOOK FOR TEENS

THE BOOK THIEF



The Book Thief is a historical novel by the Australian author Markus Zusak, and is one of his most popular works.

Published in 2005, The Book Thief became an international bestseller and was translated into 63 languages and sold 16 million copies. It was adapted into the 2013 feature film, The Book Thief.

LOOKING FOR ALASKA



Looking for Alaska is John Green's first novel, published in March 2005 by Dutton Juvenile. Based on his time at Indian Springs

School, Green wrote the novel as a result of his desire to create meaningful young adult fiction.



Turning
Away from
Parents
and Going
Towards
Friends.
A New
Walk of
Teenagers

As children become adolescents, the conflicts between parents and children start rising and they start seeking support from their friends. In this case, commenting on their friendship circles might push them farther away.

At this stage, the teenagers start forming their social circles and seek a sense of belonging with their peers. This is the stage that the shift in their reference groups takes place as they start



becoming independent and search for people of similar mindsets and goals. It is a natural process but that does not mean that teenagers do not need their parental support in making decisions, but the strife comes between them due to differences in opinions. Parents need to realize that their children start forming opinions during this stage of their life and seek respect and recognition.

Also, the support of friends plays a huge role in the development of the teenager and forming a sense of belonging.

There are many ways that friends help an individual; some of them are listed below:

Friends help alleviate stress:

According to a study, teenager's immediate response to stress was better when they were with their friends as compared to when with adults, it allows them to be open and receive support without fearing censure.

Also, friends provide distractions and since they are facing similar issues, they find it easier to relate to and understand the situation.

Better self-esteem:

High self-esteem makes a confident individual and a happier one at that. A person with a healthy self-esteem has positive behavioral traits like an independent approach to things, better handling of uncertain situations, and having compassion and empathy.

This in turn reduces the feelings of insecurity and helps them realize their potential, lowering the rates of anxiety and depression.

According to research, adolescent aged around 15 and 16 who had at least one close friend, instead of a bigger friend's circle, had higher levels of self-esteem and self-worth and low levels of social anxiety and depression at the age of 25 in contrast to the ones who were popular as teens.

More empathy and feelings of trust toward others:

Friendships play a huge role in developing complex behavioral cognitions and forging trust in the early years of a person's life.

They play a key role in providing a stable environment in the backdrop of so many changes that come in with becoming a teenager.

This also teaches them how to navigate relationships outside family and form their own social identity.

So how should parents deal with their teenager becoming distant?

Respecting their decisions:

Parents need to realize that as the child grows up, they want to make their own decisions and become independent.

Think of Maslow's Hierarchy of Needs, this stage is them fulfilling their social and self-esteem needs. If the parents demotivate them every time, they make a mistake the teenager will further distance themselves from the parents, instead it is a good idea to motivate them and ask them to rethink a decision.

Censure from parents creates feelings of insecurity in children, hence affecting their self-esteem.

Talking and Listening:

Conversations are a two-way process, instead of secretly keeping tabs having open communication with your teenager will promote the feeling of trust. Asking them about what is bothering them and listening before dismissing their concerns. Sharing activities with them and creating time for each other.

Communicating your hard limits is also necessary, many kids who fall under the wrong influence end up taking drugs, it is necessary to set ground rules and telling them *why* these rules exist.

Keeping an eye on the company they keep:

A friendship is only beneficial if it is healthy, there are many ways of falling into the wrong company can affect your child. So, keeping an open mind and friendly attitude towards their friends helps them understand the dynamics of the friendship. If you find out that the company is wrong instead of forcing them to cut ties it is important to make them realize how they are in the wrong company, and in what way it is affecting them mentally. And for this, the teen should have a healthy trusting relationship with the parents. Hence making sure that there is a good relationship between parent and teen is important.

Seeking Professional Help:

Sometimes it might get hard to break through the mental barrier teenagers create and seeking help from a psychologist might help both the parent and the child make sense of the dynamics of their relationship.

In conclusion, it is imperative for parents to realize that these years are crucial in the development of self-identity in the teen's life, and giving them space and freedom will bring them closer instead of distancing them. Also, setting rules instead of micro-managing the child would go a long way towards building trust. Friendships form a huge part of a teen's life experience and help them develop and cope with changes in many ways, they form an essential part of growing up.

Can Pregnant Women Do Anything to Reduce or Prevent Swollen Ankles?

Women who are well into their pregnancy feel their feet becoming ugly because the ankles and feet get swollen over time. Often it increases with time but there are ways pregnant women could reduce it through simple ways. This guide will provide you with all the necessary information about swollen ankles during pregnancy.

Why do ankles swell up during pregnancy?

- It is due to the extra fluid present in the body and the pressure generated due to the growing uterus that usually causes the ankles and the feet to swell up in pregnancy.
- The swelling gets worse as a woman is nearing her due date
- Or very hot weather could also increase the swelling of the ankles during pregnancy.
- Mild swelling of ankles and feet is harmless and quite normal.
- But, swelling of ankles and feet could also be the first signs of pre-eclampsia.

How to reduce swollen ankles during pregnancy?

- Pregnant women are advised against standing at a stretch.

- You can use a cushion or even a footstool to even keep your feet up. This would effectively reduce the swelling.
- You are advised to stretch every now and then even if you are sitting.
- Sitting for long periods could also induce swelling in the feet and ankles.
- Pregnant women can lie on their left side while sleeping.
- Staying hydrated is the key. The more dehydrated your body will become, the more it will retain fluids.
- Try exercising daily, it helps with blood circulation.
- Swimming reduces swollen feet and



ankles. It could be a perfect way to exercise during a hot summer day.

Conclusion

Swollen up feet and ankles are common in pregnancy. The pressure generated during the growing baby increases as your baby grows. It is harmless but you can try the home remedies to eliminate some of the swellings and feel relief.



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