

# Parenting

**N**aturopathy

Ovulation pain:  
Can it be a  
sign?

TRAVEL  
DIARY

Semolina  
Jaggery  
Rusks

*home furnitech*



[www.drddad.in](http://www.drddad.in)

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](http://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](mailto: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](http://www.drdad.in)

# Ovulation pain: Can it be a sign?

An unpleasant sensation of cramps always bothers us, which you already know comes with the menstrual cycle, but what about abdominal pain between your periods or in the middle of the cycle, this indicates you are experiencing ovulation pain though unpleasant is completely a normal phenomenon which occurs when your ovary releases its monthly egg.

It's not common for everybody to experience ovulation pain, but if you do, it can be a good marker, especially if you are trying to get pregnant.

## What does ovulation pain feel like?

Generally, just before two weeks to your period, ovulation may cause a dull and crampy achiness or sharp and sudden pain on either side of your lower abdomen.

You can feel pain on the same side for several months in a row or different sides each month, depending on which ovary releases an egg. But if severe, check in with your gynecologist.

## Causes of ovulation pain and cramps

Experts have their opinion on some prime suspects which can cause ovulation pain; these are:

- Normal follicle growth before ovulation stretches the outside of the ovary, causing discomfort.
- When a follicle naturally ruptures and releases an egg during ovulation, it releases blood and fluid that may irritate surrounding abdominal tissues.

## Can it be a marker for ovulating?

Whether you are trying to conceive or merely want to know your body's temperature, signs of ovulating is significantly quite important. Among many signs, ovulation pain is one of them.

Mild pain or ache in the lower abdomen, usually on one side, not on the same side every time, the ovulation pain called Mittelschmerz, can last anywhere between a few minutes and a few hours. You might also experience vaginal bleeding, discharge, or nausea along with the ache or pain, but it's usually mild and short-lived.

There is no need to worry about ovulation pain that goes away with a simple anti-inflammatory medication (Motrin). If you are experiencing it severely or persistently, see a doctor to rule out conditions like ovarian cyst or endometriosis. It's better to monitor and record your ovulation symptoms every month to get a sense of what is normal for your body.

Apart from ovulation pain, some other symptoms can be a marker for ovulation; they are as follows:

- Cervical Mucus Changes
- A heightened sense of smell
- Breast soreness or Tenderness
- Light Spotting or Discharge
- Changes in the Cervix

## Summing up

Ovulation pain is usually not much to worry about, especially if you are trying to conceive it; ovulation pain can be a significant marker that can help you get pregnant faster. But if you are concerned about severe pain or symptoms, it is better to check in with your health care practitioner.



Merry  
Christmas

**AND A HAPPY NEW YEAR**

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*#2 on Dr Dad Travels*



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**Rusks**



Suji Jaggery Rusks are a healthier tea time snack. One of the best accomplishments with tea or coffee.

**Course:** Tea time snack / School Time Snack

## Ingredients:

1.5 cups Semolinna/Suji  
2 tps powdered jaggery  
¼ tsp. salt  
1 tsp. oil  
¼ cup whole wheat flour  
¼ cup milk powder  
2 tsp Custard powder (optional) I used for flavor as well as for the beautiful colour  
1cup water  
1.5 tsp instant dry yeast  
1tsp Saunf/fennel

## Instructions

Take a large bowl and Mix everything except the saunf.

Start kneading until everything comes together and comes to a soft dough-like consistency.

Apply a little oil and let it rest for 1.5to 2 hrs. Or until it doubles in size.

After 2 hrs. take the dough on a flat surface and punch down the air.

Give it a quick knead and add the saunf and knead again so that saunf is uniformly mixed in the dough.

Take a baking pan, flatten the dough and let it rest till it doubles (approx. 1 hr.)

After 1 hour, Give a milk wash and bake this bread in a pre-heated oven at 180 degrees for 25 -30 mins.

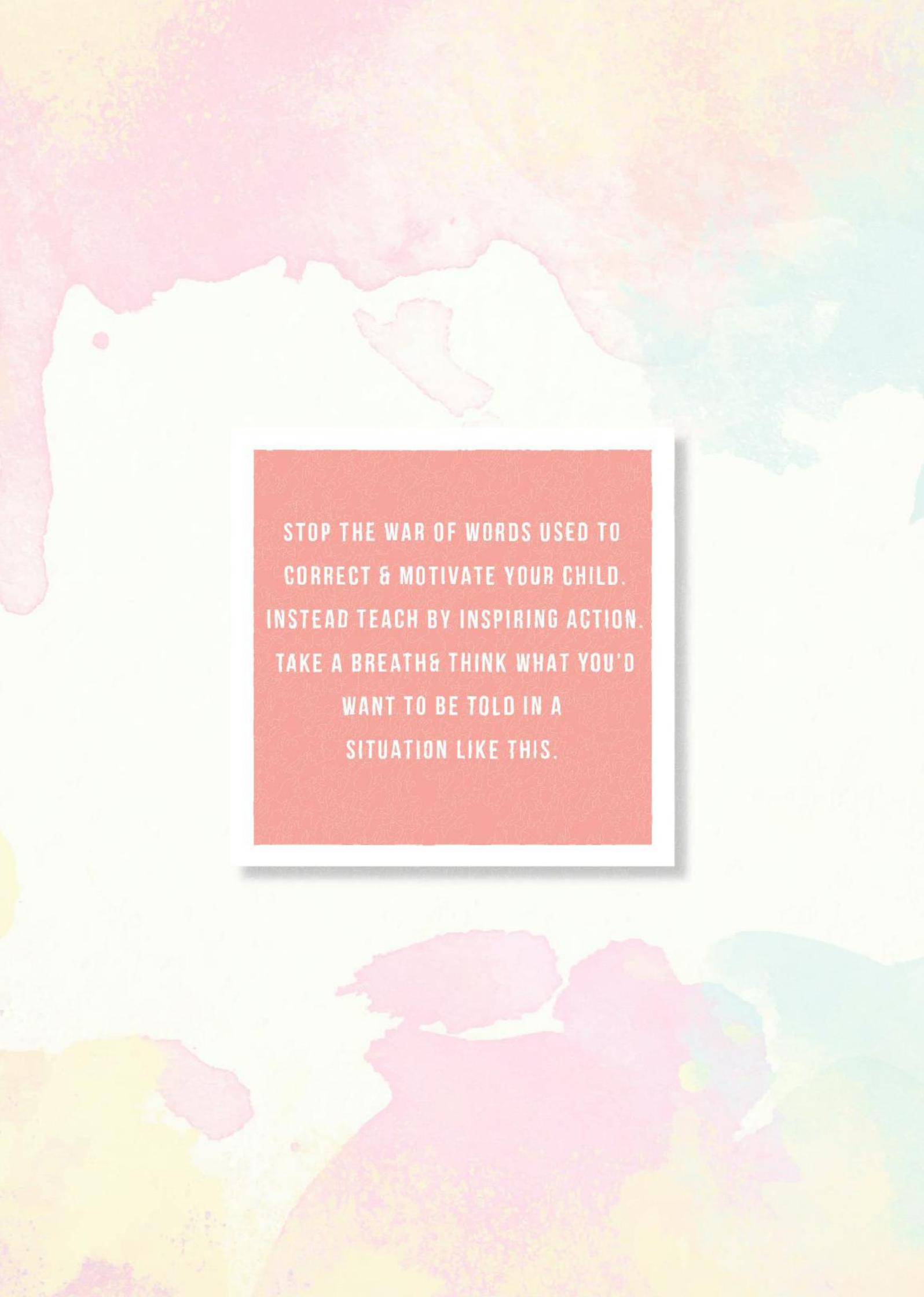
After 30 min. take it out from the oven and let it cool down completely and then slice it.

Bake again in a pre-heated oven at 150 degrees for 15-20min or until it becomes crisp. (keep flipping in in-between for uniform heat)



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TAKE A BREATH & THINK WHAT YOU'D  
WANT TO BE TOLD IN A  
SITUATION LIKE THIS.

# DEAR PARENTS, THINK BEFORE YOU SPEAK!

By Dr. Pallavi Joshi

You are the only  
reason behind this  
problem (Tumhare wajah  
se hi ye problem hai)

Why Can't You Be More  
like Your  
Sister?



**“ We have gone through a lot for you and just look at you. (Tumhare liye hum logo ne kya kya nahi kiya aur tum ho ki.... )**

**R**emember. how it feels after hearing this statement from your parents? Almost one of the inevitable reactions it generates is of guilt. Unfortunately, our Indian parents use this guilt trap technique consciously or unconsciously to keep their kids under their control (*irrespective of their kids age*). This guilt trap technique is just one example which is so common that is almost like socially accepted but there are many habitual patterns of parents that are very detrimental and damaging for the normal child growth.

Comparing between two siblings is very common which might lead to sibling rivalry and can impact as an inferiority complex in a child.

**“ Why Can't You Be More like Your Sister? ”**

is another statement which creates inferiority complex among siblings. Parents must be careful and should think twice before using any abusive language. Children, especially of the age 5 to 16 years, learn it quickly. To them, it would just be a word to make fun of someone or use when angry. They learn everything first from you. So, parents must first train themselves not to use such languages at home.

Parents should abstain from blaming their child for various reasons



as it creates a negative impact on the child's mind. Use of blame game like saying

**“ You are the only reason behind this problem. (Tumhare wajah se hi ye problem hai) ”**

such type of statement leads to low self esteem.

**Parents should abstain from blaming their child for various reasons as it creates a negative impact on the child's mind.**

Criticizing is also another national hobby generally done in a very look down upon manner and unreasonable or heightened way in front of kids upto 18/ 19 years of age leads to biased/ inaccurate perceptions about self, society and life in general. Gossiping, abusive language, comparisons, criticizing school teachers in front of the kids are some of the

things that needs immediate efforts.

The problem arises when parents are told not to criticize, not to gossip and not to watch serials in front of the

child. For some parents it can be a difficult task but this is also a key to improve your life and the life of your children.

Kids need their parent's honest answers, genuine explanations, reasons for the fight or tiffs between parents and it is healthy to share their current financial, emotional and mental status with their kids openly rather than denial of facts. Being aware about facts of their significant others matters a lot for a kids' and it helps them prepare for better future. Being a parent means you are ready to learn more in your life from your own child. So parenting becomes bliss when you are open, honest and exploring. Each and every new thing in life comes with either positive or negative consequences. So when things turn out to be unpleasant, parents should take their time and should relax. They must resolve the issues patiently and communicate effectively with their children. Parents just need to keep these few things in mind, and can win all the challenges.



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# IS MY CHILD GROWING WELL?

BY Dr Rahul Nagpal



**E**ach child is special and develops at a special rate. Like adults, children come in many different sizes and shapes.

Although your child may be taller or shorter, or heavier or lighter than other children of the same age, changes in height and weight generally follow a regular pattern that is right for your child.

Babies grow at different rates. For example, breastfed babies tend to grow more quickly than non-breastfed babies in the first six months of life, and tend to grow more slowly in the second six months of life. Non-breastfed babies tend to grow faster in

## Here's why you should keep a track of your child's growth

The way a child grows tells us a great deal about that child's health. Growing too fast or too slowly can be a sign of possible problems with health or nutrition.

Starting from birth, your child's weight and length/height should be measured on a regular basis to see how he is growing over time. Babies and toddlers should also have the size of their head measured (head circumference). It is best if children have their weight and height measured regularly so we can see how they grow over time. Then we are able to compare the child's growth with other children of the same age and sex. If we measure a child just once, it only tells us how big the child is at that particular time.

## How can one track their child's growth?

With use of growth chart one can measure their child's growth. A growth chart is a type of graph used to track your child's growth pattern.

Each time your child is measured, the new weight and

## How often should a child be weighed and measured?

Your child should be weighed and measured at all regularly scheduled well-child visits and/or at visits when your child is ill.

Typical well-child visits may occur:

- Within 1 to 2 weeks of birth,
- At 2, 4, 6, 9, 12, 18 and 24 months &
- Once per year for children older than 2 years of age and for adolescents.

length/height measurements are marked on the growth chart. The chart helps to show whether your child is growing in a healthy way.



### GROWTH SPURTS CHART

#### 0-12 MONTHS

Most moms notice times when their babies just can't seem to get enough to eat. Increased hunger is the usual sign of a growth spurt. During the first year, there are plenty of them. Expect a lot of growth at 10 days to 3 weeks, 6 weeks, 3

months, and 6 months.

By age 1, a typical baby will have tripled her birth weight and grown 25cms

#### 1 YEAR

Growth slows a bit, but your baby will add an average of 10 to 12.5 cms and gain about 200 gms per month.

## 2 YEARS

Expect your toddler to grow 7 to 10 cms and gain one to two kgs. By the time they turn 3, most kids have grown to about 50 percent of their ultimate adult height. But soon the rapid pace of growth will slow down and become more subdued until puberty.

## 3 YEARS

By the end of this year, your child will add another five to 7 cms doubling his birth length.

## 4-10 YEARS

Your child should grow about five cms and gain about 2.5 to 3 kgs per year. Some kids may experience a small spurt between 6 and 8 years.

## PUBERTY

Puberty in girls usually begins between ages 8 and 13. She'll grow five to twenty-five cms and gain 7.5 to 27 kg before reaching her final adult size. Puberty in boys starts between ages 10 and 15. He'll grow anywhere from 10 to 25 cms and gain 7.5 to 30 kg.

## Why do some children grow faster or slower than others?

Many things affect the growth of children. Small changes in patterns are normal, especially during the first two years of life and during the teenage growth spurt. Growth spurts are part of normal growth and development. Children may be short or thin because their parents are short or thin. If children do not eat enough, growth and weight gain may slow down. They may also become more tired, cranky, and have less energy and strength than before. Babies and children who eat well but still grow poorly may have health problems. Weight can get ahead of height for many reasons. If a child is overeating and doesn't get much exercise, or has a health problem, the child might gain weight very fast.

See your health care provider for more help with these types of concerns.

## Do boys and girls grow at different rates?

- .....▶ Children grow the fastest when they are babies. During preschool and the early school years, growth is gradual in both boys and girls.
- .....▶ During the teenage growth spurt, boys and girls grow quickly as they move from being children to becoming adults.
- .....▶ Children mature at different ages. Girls generally mature earlier than boys. When they mature, girls gain more fat tissue (breasts, thighs and hips), while boys gain more muscle tissue.
- .....▶ Teenagers can be very sensitive about their changing bodies. Parents need to tell their teenagers that this process is normal. These reassuring words will have a positive influence on how teenagers feel about their growth.



## What are the factors that affect growth?

- .....▶ **Heredity** Your child's genetic history is the number-one influence on his/her growth. Look at mom and dad's height, shape, and rate of growth to predict how your child will turn out. Need proof of the power of genes? Studies show that identical twins grow to within an inch of each other in final height.
- .....▶ **Nutrition** Without a good diet, kids won't grow normally.
- .....▶ **Medical Conditions** Some children are born with or develop serious medical conditions that can stunt growth if not treated. The most common: gastrointestinal disorders such as celiac disease; food allergies; thyroid problems; hormone deficiency; heart, kidney, or liver ailments; and certain chromosomal abnormalities.
- .....▶ **Exercise** Regular physical activity promotes growth by strengthening bones and muscles
- .....▶ **Sleep** Make sure your child snoozes soundly each night. About 70 to 80 percent of growth hormone is secreted during sleep
- .....▶ **Emotional Well-Being** Kids reach their full growth potential when they're in a loving, nurturing, and supportive family environment

# NATUROPATHY

## Heal By Nature

*Simple remedies that  
work wonders*

### TOOTHACHE

Toothaches range from throbbing to excruciating .Try these home remedies to get relief from pain till you go to dentist.

#### Kill the pain with spices

Dab some **clove oil** directly on your bad tooth. It has bacteria killing properties - and it also has a numbing effect , which is why it's long been used for toothache.It may sting at first but then relief sets in.



Don't have cloves donot worry make a paste with **powdered ginger and cayenne pepper**. Pour the powdered ingredients in the bottom of a cup,then add a drop or two of water to form the paste. Roll a small ball of cotton into enough paste to saturate it and place it on your painful tooth.

#### Pain relieving mouthwashes



Rinse your mouth out with a solution of **myrrh**.

Simmer 1 teaspoon of powdered myrrh in 200 ml water for 30 min. Strain and let cool. Rinse with a teaspoon of the solution in 1/2 cup of water 5 to 6 times a day.

**Peppermint tea** has a nice flavour and numbing power. Put a teaspoon of dried peppermint leaves in a cup of boiling water and steep for 20 minutes. After tea cools strain it,swish it around in your mouth.,then spit it out or swallow.

Repeat as often as needed.



Stir a teaspoon of **salt** into a glass of warm water and rinse for upto 30 seconds before you spit it out . Salt water cleanses the area around the tooth and draws out some of the fluid that causes swelling. Repeat this treatment as often as needed.

### Compress for comfort

Place a small **icecube** in a plastic bag ,wrap a thin cloth around the bag and apply it to the aching tooth for about 15 minutes to numb the nerves. Alternatively, put an ice pack on your cheek , over the painful tooth.

A warm wet **tea bag** is a traditional remedy for toothache that may be worth a try. Tea contains astringent tannins which may reduce swelling and give you temporary relief.

Another cure is soaking a small piece of **brown paper in vinegar**, sprinkling one side with black pepper and holding this to the cheek. The warm sensation on your cheek may distract you from your toothpain.

### A gentle Brushing

Use a **toothpaste** made for sensitive teeth. If you have problem with shrinking gums ,this could relieve a lot of pain.

You probably experience from hot or cold foods . when gums shrink, the dentie beeath tooth enamel is exposed, and this material is particularly sensitive.

### Caulk it

If you've broken a tooth or lost a filling

,you can relieve some pain by covering the exposed area with softened chewing gum. This might work with the loose filling, too, hold it in place until you can get to the dentist. To avoid any further discomfort. Avoid chewing anything with that tooth until you have had it repaired.

### Press here for relief

Try an **Accupressure** technique to stop tooth pain fast. With your thumb ,press the point on the back of your other hand where the base of your thumb and your index finger meet. Apply pressure for about 2 minutes. This will help to trigger the release of endorphins ,the brain's feel - good hormones

*(Alert : Do not try this if you are pregnant.)*

# Healthy LunchBox Recipes

## KALA CHANA BURGER

M

### Ingredients:

Burger buns  
2 tablespoons butter soft  
For patties  
1/2 cup kala chana also known as Bengal gram  
1 cup potato boiled peeled and mashed  
2 teaspoons ginger chopped  
1 green chili cut into 3-4 pieces adjust to taste  
2 tablespoons cilantro chopped (hara dhan-  
nia)  
2 teaspoons fennel seeds coarsely ground  
2 teaspoons coriander powder (dhan-  
ia)  
1/4 teaspoon garam masala  
1 teaspoon mango powder (amchoor)  
1 teaspoon lemon juice  
1/4 teaspoon red pepper adjust to taste  
1 teaspoon salt  
2 tablespoons oil  
For garnishing  
2 cups cabbage sliced long ways  
1 bell pepper seeded and sliced long ways  
2 teaspoons oil  
1/4 cup tamarind chutney  
1/4 cup hari cilantro chutney

### Method

In heavy bottom frying pan heat 2 teaspoons of oil and stir-fry cabbage and bell pepper for about 2 minutes, they should be still crispy. Set aside.

Wash the Bengal gram changing water 3-4 times, and soak them in 3 cups of water for at least three hours.

Cook them in 2 cups of water until kala chana is soft and tender, after it comes to boil it should take about 20 minutes. Notes: Cook them without salt whole lentils cook faster without salt.

Drain the remaining water.

Grind the Bengal gram (without adding any water), ginger and green chili in food processor. This will become grainy and thick dry mix.

Remove from food processor and add potato, cilantro, fennel, coriander, red chili powder, mango powder, garam masala, salt and lemon juice, mix it well. If it is too dry add little water as needed. Divide them in six equal parts and make them in thick patty.

Heat the skillet over medium heat, grease the skillet generously and put the patties over. Grease the patties from the top and grill from both sides until they golden brown. It should take about 8 minutes.

Next grill the buns lightly butter.

Assemble the vegetable burger one side of the bun spread the cilantro chutney put patty over, put some grilled veggies and drizzle the tamarind chutney.

Delicious veggie burger is ready to serve.

These patties can be refrigerated for 3 to 4 days or patties can be frozen for about a month. Veggie patties you can also serve them as an appetizers with chutney.



Ingredients:

1 cup potato peeled and cut into very small pieces  
1 cup cauliflower cut into very small pieces  
1 cup packed spinach roughly chopped  
1 cup cabbage thinly sliced  
2 green chilies finely chopped adjust to taste  
1-1/2 cups besan (gram flour)  
3 teaspoons oil  
1 tablespoon coriander coarsely ground (Dhania)  
1 tablespoon fennel seeds coarsely ground (saunf)  
1/8 teaspoon asafetida  
1/2 teaspoon red chili powder  
1/2 teaspoon mango powder (am-choor)  
1/4 teaspoon garam masala  
1-1/2 teaspoons salt  
Oil to fry

## MIXED VEGETABLE PAKORAS

### Method

Combine all the dry ingredients, besan, coriander, fennel, red pepper, salt, and asafetida in a bowl. Mix it well. Add potatoes, cauliflower, spinach, cabbage, and green chilies and oil into dry mix, mix it well keep aside for about ten minutes. When you are ready to fry pakoras if mix is too dry add as needed 1 or 2 spoons of water to make texture of soft dough. Heat at least one inch of oil in a frying pan over medium high heat. To test, put one drop of batter in the oil. The batter should come up and not change color instantly. Place about two tablespoons of mix holding with your fingers into the oil. Do not overlap the pakoras. Fry the pakoras in small batches; after you turn the pakoras one time press the pakoras lightly. This will take five to six minutes per batch. Fry the pakoras, turning occasionally, until both sides are golden brown. Repeat this process for the remaining batches. The crispy, delicious pakoras are now ready to serve.

### Tips

If the oil is too hot the pakoras will not be crisp; if the oil is not hot enough, the pakoras will be greasy.

#### Serving suggestions

The vegetable pakoras are best dipped in a mint chutney, tamarind chutney, or sprinkled with chat masala.

Pakoras taste best when they are served hot.

You can make the pakoras one day in advance, do not refrigerate. When ready to serve re fry them in moderately hot oil.

Leftover pakoras make good sandwiches.



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# NEED FOR OUTSIDE ACTIVITIES

By Dr. Ashish Shah



**T**oday's world kids are glued to gadgets and spend major amount of their time with T.V., computer, mobile and on social networking sites. They live in a virtual world. Hence it is important for them to go out and play out door in real life.

This definitely will help them in following ways

Experience the real life as against the virtual world.

Less dependence on technology and improve their ability to live with limited resources.

Improving their co-ordination skill, co-operation, competitiveness, physical and mental health.

Increasing their tolerance level, patience.

## Fun activity for kids:

**Craft** like Origami which incorporates science, mathematics and improves their concentration, co-ordination and motor skill.

**Classical music** This is proven to have soothing effect on the mind and decreases the agitation, anger, etc. Schools can arrange to attend so many music performance in the city

**Classical Dance**

**Drawing:** On a outdoor trip they can be asked to draw what is seen in nature  
Reading the news items and discussing by creating groups and make them argue  
On a yearly trip with family, they can be asked to read on the places they are going to visit. Yearly trip should be of some historical importance rather than visiting water park or Esselworld or location with such background like going to resort and spending unnecessary time in swimming pool or sitting and watching T.V. in the hotel room. They can make a project of a current news item by collecting material from different newspaper clipping, e.g: Tsunami in Japan, 26/11 attack and its implications, etc.

Visits to different nearby museum or historical places in the city

Visiting Blind home, orphanage, etc to make them aware about their social responsibilities

Arranging trips to the draught affected areas, or any other disaster affected areas.

## Parental involvement:

Parents can take active participation in all the above activities by accompanying their kids and helping their kids to gather all the information. This will definitely make this a social event and on a long run will help to build healthy bond between parents and kids.

## Ultimate Aim:

Is to arrange current activities in such a way so that their activities can be done by them even when they are old, alone, sitting in a corner of a room with limited resources and minimum dependence on the technology without burdening the society.



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# NATUROPATHY

## Heal By Nature

*Simple remedies that  
work wonders*



### Ginger for Asthma

Asthma in children is steadily increasing. Asthma a lung disease with typical symptoms being wheezing, coughing, tightness around the chest and shortness of breath. The condition can be triggered by allergies, air pollution, respiratory infections and a humid climate.



**Ginger** is a time-honored natural treatment for asthma. Its anti-inflammatory property helps reduce airway inflammation and inhibit airway contraction.

Mix together equal amounts of ginger juice, pomegranate juice and honey. Give your child 1 tablespoon of this mixture 3 times a day. You can also give your child ginger candies. Ginger candies can also help ease the symptoms.

### Asafetida for Toothaches

The most common cause of toothaches in children is tooth decay and cavities. They can also occur due to a small scrap of food caught between the teeth, which can be removed with brushing and flossing under your supervision.



**Asafetida**, also known as hing, is a good remedy for toothaches.

Fry a pinch of powdered asafetida with clarified butter.

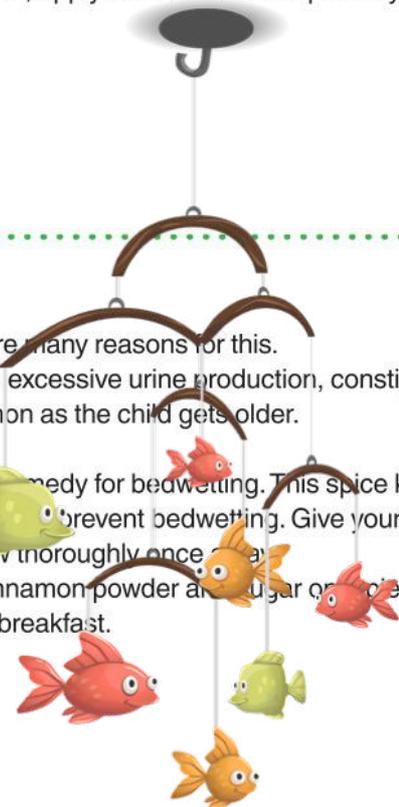
Using a cotton swab, apply it on the affected part of your child's tooth.

### Cinnamon for Bedwetting

Do your child still bed wets . There are many reasons for this. It happens due to a small bladder, excessive urine production, constipation, or stress. It becomes less common as the child gets older.

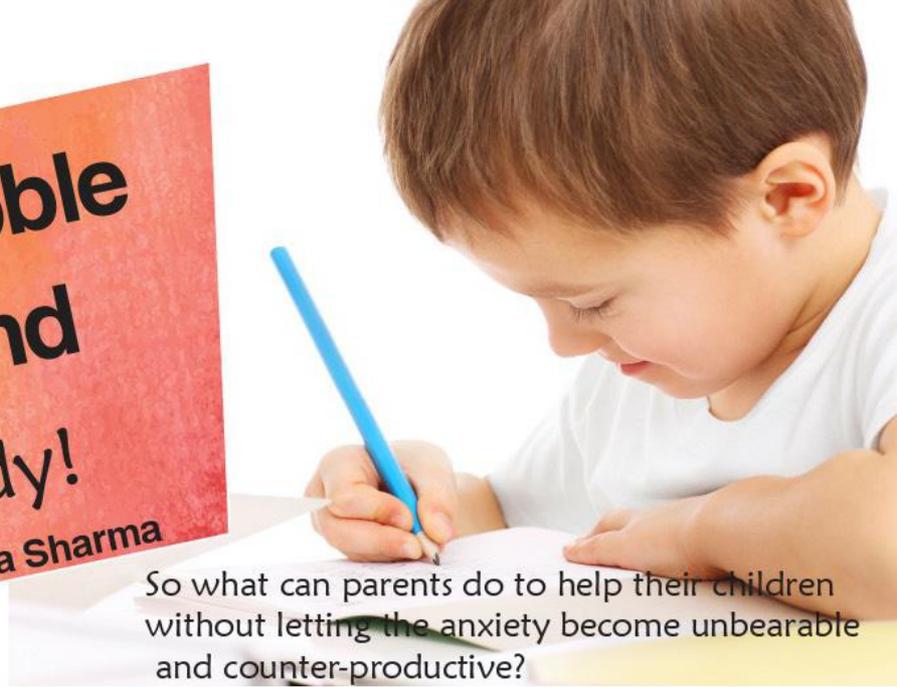


**Cinnamon** is the best home remedy for bedwetting. This spice keeps the body warm, which in prevent bedwetting. Give your child a small cinnamon stick to chew thoroughly once a day. Another option is to sprinkle cinnamon powder and sugar on a piece of toast and give it to your child for breakfast.



# Burst That Bubble of Anxiety and Be Exam Ready!

BY Poorva Sharma



So what can parents do to help their children without letting the anxiety become unbearable and counter-productive?

## Tips For Parents:

### ENCOURAGE DE-STRESSING ACTIVITIES

Taking regular breaks from learning for exams is also as important as learning in a distraction-free environment. Encourage your child to take regular breaks and preferably engage in sports/exercises that he/she enjoys. These breaks will ensure that the monotony is broken, and he can resume the preparation with a fresher mind.

### DIVIDE THE SYLLABUS IN SMALLER PARTS

It can be very overwhelming for the child to try and finish the whole syllabus quickly. Rather, he should be asked to plan for smaller lengths of time, and achieve as much as possible in that time. For instance, he can be asked to break the syllabus into bits and make goals for every three days.

### EFFICIENT TIME MANAGEMENT

The child can be helped to manage her time efficiently. She should spend more time with difficult topics that need more in-depth understanding, and lesser with simpler topics.

### REGULAR REVISION

Children are anxious to finish the whole syllabus and often forget things which they had already prepared. To avoid that, regular revision of the topics already prepared can be very helpful.

In addition to these, keeping the atmosphere at home as relaxed as possible can go a long way in conveying to the child that her worth is not dependent on any exam, and she is valued irrespective of her performance.

For students, perhaps the one “*monster*” that evokes most fear is an examination. We all can identify with feeling anxious right before an interview for a job, or giving a performance in front of an audience. It is rather natural to feel some nervousness before such evaluations. Examinations are not different from such occasions. Being evaluative in nature, they fill most children with many concerns and worries like “*what if I fail? What will I do in my future?*” or “*What will happen if I score a low grade? How will I show my face at home?*” or “*I must score a 95% so that I get into science, else I am a failure.*” At this time, they need a lot of moral support and understanding from parents.

### TALK TO THE CHILD ABOUT HER FEELINGS

First, when a child shares her anxiety with parents, instead of saying things like “it will be ok” or “don’t worry” it would help the child if she is asked about what makes her so anxious. This will give her a chance to honestly share about her concerns related to exams, which can be addressed by the parent in a non-threatening and understanding manner.

### REASSURE THAT AN EXAM IS A SMALL PART OF LIFE

The parents should introspect and dissociate themselves from having any unrealistic expectation from their child, and communicate in a manner which is very reassuring for the child. Often, parents burden their children with their own expectations which may cause a great stress. They should convey to the child that an exam is just a small part of a student’s life and has little bearing on the child’s future. After all, aren’t there too many examples we know of who achieved excellence later in life without necessarily being toppers?



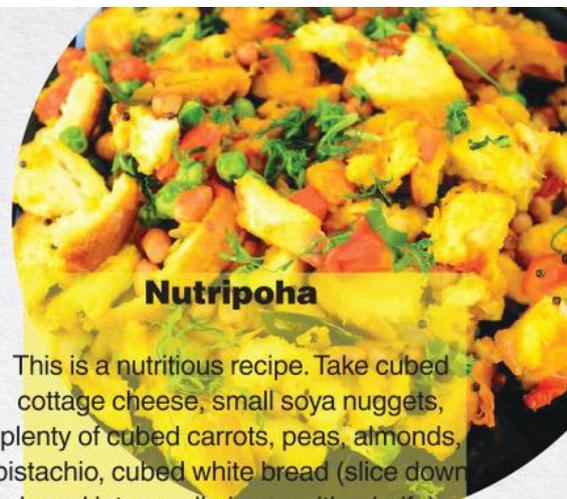
### Paneer Wraps

These can be made easily at home, all you need to do is to make chapattis and stuff small cubes of sautéed cottage cheese neatly in a row. Then make rolls. Bind these with a colourful ribbon after rolling them in a aluminium foil. Ribbons give rolls a beautiful look and rolls are packed with protein, calcium and B vitamins.



### Mini Burgers

So easy to make, and just so easy to disappear into your kid's stomach. All you need to do is slice bun into a half. Apply a thin layer of both mint dip and ketchup inside. Place a tomato/onion in the middle, you can mustard sauce if your kid is fond of it. Place a slice of cottage cheese in between for protein munch. Let them enjoy the nutritious home-made burger.

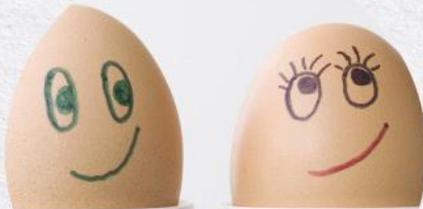


### Nutripoha

This is a nutritious recipe. Take cubed cottage cheese, small soya nuggets, plenty of cubed carrots, peas, almonds, pistachio, cubed white bread (slice down bread into small pieces with a knife). Sauté them in little oil and spices till all are well cooked, adding dry fruits in the last. Filled with proteins, vitamins and energy this is a healthy snack for kids. in between for protein munch. Let them enjoy the nutritious homemade burger.

## Nutritious Brown Bag Lunch Ideas for School Going Kids

By Simran Saini



### Boiled Egg Dummies

You can make boiled eggs look like a mouth-watering treat. Start by boiling the egg. Remove hard shell. Take a coloured marker make 2 eyes and a smile on the foil and wrap the boiled egg in the foil. These little dummies with different coloured smiles and faces are kids favourite. Send a little salt, pepper and bread along for your kid to enjoy.

**F**ood has a major impact on the mental and physical growth of kids. Indian mothers in particularly face a major challenge combining nutrition and taste in school's lunch box each day. Use of dry fruits, fruits, chopped vegetables, seeds in a number of ways can help to increase the nutrition in your child's daily lunch. Today, we will share with you all a few mouth-watering nutritious ideas to fill up those little bellies.

### Soya Tikki

Soya tikkis are an all-time children's favourite. Soyabean chura mixed with boiled potato, chopped onion, carrots and stuffed with peas can be shallow fried to make soya tikkis. These are rich in proteins, taste and can be served with mint dips in Tiffin

### Fruit Corn Salad

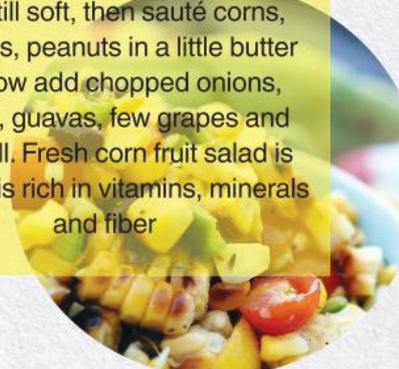
For this nutritious recipe, steam corns till soft, then sauté corns, almonds, peanuts in a little butter and now add chopped onions, apples, guavas, few grapes and mix well. Fresh corn fruit salad is ready. It is rich in vitamins, minerals and fiber

### Cheela Sandwich

Make 2 small sooji cheela made with batter of sooji, curd, water and salt, chilli powder with little oil on non-stick tawa. Take one cheela and place cottage cheese, salt and chopped onion, tomato and place second cheela on top. Press to join the 2 cheelas on the non-stick and make sandwich.

### Pin Wheel Sandwich

Colorful pin wheel sandwiches are heavenly. Yes, they are the eternal favourite small sandwiches made in three layer. On one side apply little butter and place tomato, and on second side apply little pudina chuntery and place cucumber. Top layer spread little ketchup and place on top with peanut butter facing the cucumber and sprinkle flaxseeds in between. These small sandwiches are bright, nutritious and full of vitamins.



# Vaccines For Children

## A GUIDE FOR PARENTS AND CAREGIVERS

**By Dr. Ashish Gupta**

Vaccines save lives and protect against the spread of disease.

If you decide not to immunize your child, you put your child at risk.

Your child could catch a disease that is dangerous or deadly.

Getting vaccinated is much better than getting the disease.

Your pediatrician knows that you care about your child's health and safety. That's why you need to get all the scientific facts from a medical

professional you can trust before making any decisions based on stories you may have seen or heard on TV, the Internet, or from other parents.

Your pediatrician cares about your child too and wants you to know that...



### Working mechanisms of vaccines.

**V**accines keep children healthy and have saved millions of lives for more than 50 years. Most childhood vaccines are 90% to 99% effective in preventing disease.

And if a vaccinated child does get the disease, the symptoms are usually less serious than in a child who hasn't been vaccinated. There may be mild side effects, like swelling where the shot was given, but they do not last long. And it is rare for side effects to be serious.

### Vaccines are safe

Today's vaccines are safer than any in history. Vaccines contain antigens, which are either live but very weakened viruses, inactivated viruses, or small parts of bacteria or viruses that prompt the body to produce

protective antibodies without causing the disease. Even though children receive more vaccines now, the total number of antigens is less because today's vaccines are more refined than older versions.

At a very young age, children's immune systems are equipped to respond to many antigens at the same time, including those in vaccines as well as the ones they encounter in their daily activities such as eating, breathing and playing.

In addition to antigens, vaccines contain ingredients to prevent contamination and improve effectiveness. These ingredients have been found to be safe in humans in the quantities given in vaccines, which is much less than children are exposed to in their environment, food and water. Valid scientific studies have shown there is no link between autism and thimerosal, a mercury-based preservative once used in several

vaccines (and still used in some flu vaccine). However, since thimerosal was removed from childhood vaccines in 2001, autism rates have actually increased, supplying further evidence that thimerosal does not cause autism. Before a vaccine is licensed, it is studied in thousands of children and in combination with other vaccines. After licensure, the government continues to monitor a vaccine's safety. This continuous monitoring ensures researchers will uncover any rare side effects, even if they affect only a small number of children. Today's recommended vaccines have been shown to be safe and effective for millions of children.

All vaccines must be tested by the Drug control authorities. The authorities will not let a vaccine be given unless it has been proven to be safe and to work well in children. The data get reviewed again by concerned authorities before a vaccine is officially recommended to be given to children. Also, the DA monitors where and how vaccines are made. The places where vaccines are made must be licensed. They are regularly inspected and each vaccine lot is safety-tested.

## Vaccines are necessary.

Your pediatrician believes that your children should receive all recommended childhood vaccines. In the India, vaccines have protected children and continue to protect children from

many diseases. However, in many parts of the world many vaccine-preventable diseases are still common.

Also, children with certain health problems may not be able to get some vaccines or may need to get them later. Since each child is different, your child's doctor will know what is best for your child. You should get information about each vaccine at the doctor's office. Ask your child's doctor if you don't understand what you've read.

*Immunizations protect children from life-threatening diseases and decreases morbidity and mortality.*

## Importance of vaccines.

Immunizations protect children from life-threatening diseases and decreases morbidity and mortality. Vaccine-preventable diseases can have dangerous consequences, including seizures, brain damage, blindness and even death. Because of the success of the national immunization program, many young parents today have never seen a case of one of these illnesses, but measles, meningitis, chickenpox, pertussis and other diseases exist in the world and would re-emerge here if immunization rates fell.

## Is it okay to delay or skip vaccines?

It is not a good idea to skip or delay vaccines, as this will leave your child vulnerable to diseases for a longer time. Children are most vulnerable to complications from disease in their early years of life, when vaccines provide protection, and some vaccines produce a better immune response at particular ages. Parents should follow the schedule provided by the Pediatricians which is designed by experts to ensure maximum protection and safety for children at various ages. This schedule allows for some flexibility to delay certain shots when advised by a child's pediatrician due to illness, certain chronic conditions or other medical reasons. Parents should discuss any concerns with their child's pediatrician. Nowadays, the old concept of optional word from vaccines has been deleted. All children should get the benefit of protection from vaccine preventable diseases especially those which are common to that region. IAP (Indian Academy of Pediatrics) review the recommendations regularly. Currently, DPT (Diphtheria, pertussis, tetanus), IPV, HIB, Hepatitis B, Pneumococcal, Rota virus, OPV, MMR (Measles, Mumps, Rubella), Chicken Pox, Hepatitis A, Typhoid, HPV (cervical cancer). There are certain vaccines like Influenza, meningococcal etc are to be given in certain indications or during epidemics of these diseases.

**NOTE:** To make sure the vaccine continues to be safe, the FDA and the CDC created the Vaccine Adverse Event Reporting System (VAERS). All doctors must report serious side effects of vaccines to VAERS so they can be studied. Parents can also file reports with VAERS. For more information about VAERS, visit [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or call the toll-free VAERS information line at 800/822-7967.

Based on VAERS reports, vaccine safety professionals continuously look for any problem with a vaccine, study the prob-

lem, and decide what to do. And if there is a problem, changes are made as soon as possible.

For example, If a vaccine is no longer safe, it is no longer given.

If there are new side effects, safety alerts are sent out to your health care providers.

Another way the CDC checks vaccine safety is by studying information about side effects collected from 8 large insurance companies. The Vaccine Safety Datalink (VSD) helps identify if there are any serious problems or safety

issues from the records of thousands of children.

In the rare case that a child has serious side effects to a vaccine, parents can contact the National Vaccine Injury Compensation Program (VICP) at 800/338-2382 or [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation). This federal program was created to help pay for the care of people who have been harmed.



# BE PET SMART

## 5 Reasons Why ~~dogs~~ are Good for Kids

By Dr. Shruti Mehra

We've learnt of the old adage that says "**A man's best friend is a dog**", and having said that, through instinct and as kids we are always attracted to our four legged companions, confidantes; our pets. There are very good reasons why most families across the globe have adopted pets as household companions and family members too.

Children especially can learn a lot of skills from them; develop and grow better.  
Kids and pets mix well

### What experts have to say?

With regard to the natural bonding between kids and pets, there is a study that says when kids are raised with pets; they develop lesser allergies and allergic reactions towards the four legged babies. This is because of the special relationship a human baby and a pet shares right from the time they crawl and move around.

A pet could be a dog, a cat or a bird, a goldfish or a turtle; kids would from an early age consider the pet as a sibling-a family member which makes the latchkey child feel wanted in a house, especially when left alone for some time.

### Kids learn the art of being non-judgmental

*How often have you come back home, weary and tired*

*only to see your furry baby wag his tail at your arrival?*

Pure unconditional love sans judgments of any accord show, isn't it? Now imagine your little one out there; braving peer pressure, school or college, with or without learning disabilities or mental tension to deal with. Some of us face judgments almost everyday. Maybe for the way we live, talk, walk, dress or eat, sit or stand or just about anything; kids need someone to assure them of love, being whoever they are. This is exactly what pets can offer and give unconditionally. And kids learn the act of being non-judgmental through pets.

### Patience is a virtue best taught by pets

Research shows pets have a great role to play when teaching kids about the act of being patient. We know how



impatient our little ones can be, but with pets around, the wheel turns the other way. Kids and pets alike when not taught well and through compassion can be a destructive bunch of kids around the house. The two learn from one another the art of being patient whilst learning something new; especially when the human kid watches and observes his furry sibling obeying his master. Apart from patience, kids learn the art of compassion and of being gentle with one another too.

### **Pets teach kids how to be responsible**

A well-trained pet puts his or her toys in place, wouldn't pee and poop around the house, knows exactly where his meal and water bowls are, and also cleans up after playtime or when it does a mess. A child raised with a pet well-trained would follow suit.

This makes parenting an easier task without having mommy scream her lungs out for the cleaning up to be done.

### **Kids learn the art of socializing watching their pets**

The number one reason why you should allow your little one on walks with the dog or cat is to help them learn how

to socialize with people. Like animals, we humans too are social animals and need affection and attention most of the times. When kids watch how pets are adored and interacted with by strangers around, they too would learn how to take it in their stride and be responsible enough to respond when people talk to them. Socializing helps do away with depression, mood swings and tantrums, our kids could fall prey to.

**They motivate us  
to play,  
be affectionate,  
seek adventure  
& be loyal.**

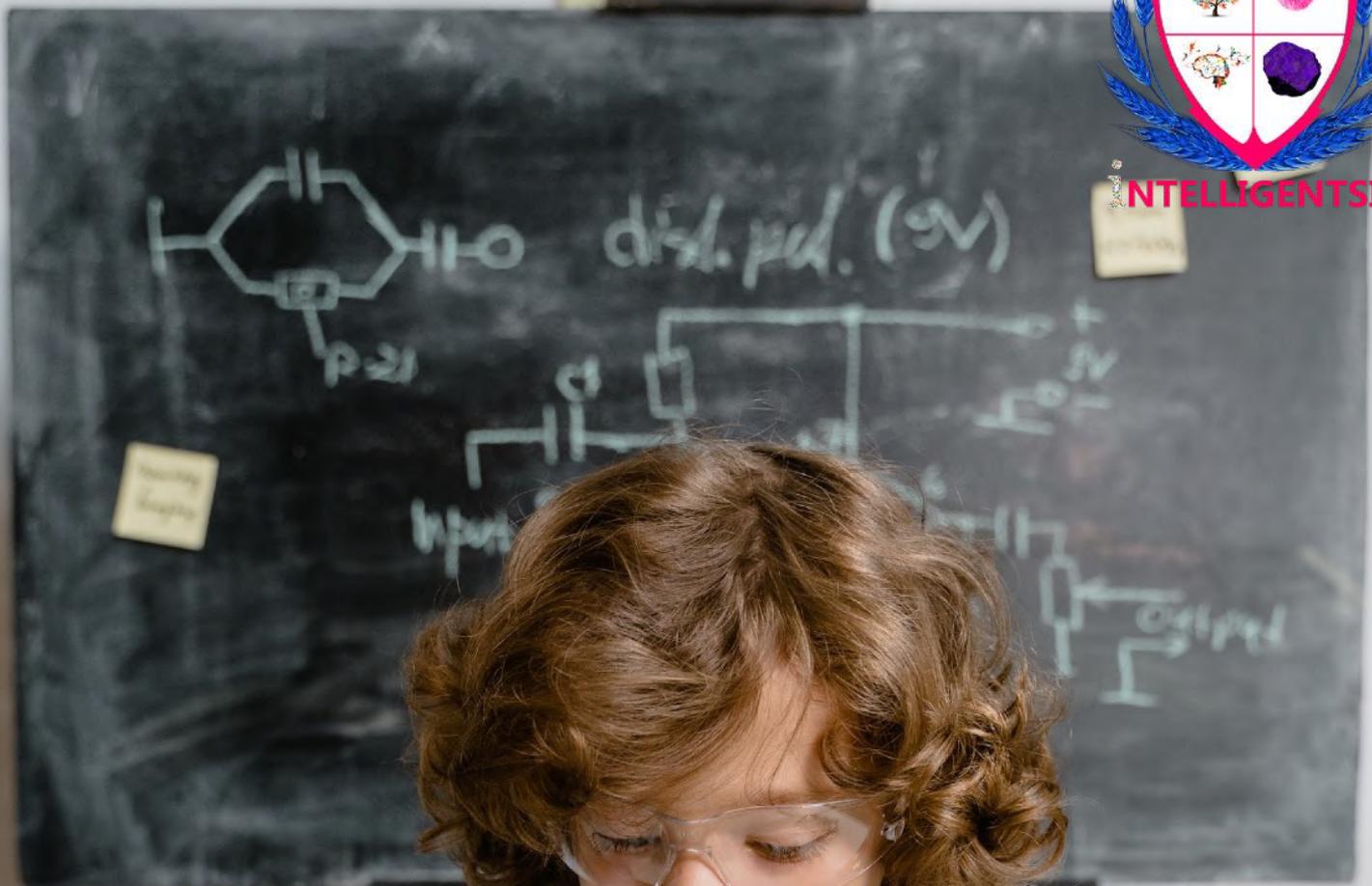
*My lovely  
pet* 



Above all, pets teach kids the importance of being empathetic and sympathetic, of valuing time and giving attention where deserved. If love makes the world go round, pets surely make the world for our kids; allow the two to mix and you wouldn't have a lonely child growing up at home!



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# LET THEM NOT RUN THE SHOW

By Dr. Kuljeet Singh

*Here's How To Break  
That TV Addiction  
For Your Kids*



**T**hat 'idiot box' or the television set needs to be turned off, especially when the exams are nearing and your kid is glued to his cartoons and games. Apart from that and these days, television channels are filled with adult content, violence and nonsensical features that fill the young minds with useless thoughts. For sure you could use child-locking systems to close that cable set-top box for good, however, in this day and age, kids are smarter and they could break a code or two. If you need more ideas on how to stop the kid from watching too much television, since you cannot completely put a ban, here are five ways to undo the harm of too much television viewing.

Five ways to stop your kids from overindulging in television. You could make watching television a family routine, and unplug for the rest too when there isn't anything interesting on. In addition to that, you could set up a playtime with adults and the kids alike, so that the television is not thought of as the only source of entertainment. Finally, you could even set limits for the kids if they want to watch television too;

however, these are ideas tried and tested that may or may not work. **So what do you do?**

### MAKE THEM CHOOSE A SLOT BY PRACTICING THE ACT OF PREACHING

The best way to curb the kid from addictive television viewing is to set a time zone. Only when the kid has finished his chores, his homework and has had his room cleaned, and as a brownie point act, would he be allowed an hour of television viewing. As a parent you have to set an example for the same. Show the kid how hard you work around the house and only when you complete certain important tasks, be patient on this one; it isn't rocket science but comes over time since kids have a penchant to follow their parent's behavior.

### CHALLENGE THE KID ON THE BASIS OF PATIENCE

Patience is a virtue best learnt the hard way.

For example, you could challenge your kids to not watching television for a day, and instead ask them to help you out with something that would interest them too. Just be sure to involve them in a lot of fun activities and colorful playtime; at home or maybe out in the park or the garden. When kids return from a playful time, they wouldn't want to think of sitting in front of the television. Kids rather would be motivated to sit and plan for the next day of fun, and maybe up the challenge for the same on their own.

### PLAY REWARD READING

What is reward reading and how can it help, you ask? Grab a nice book, age apt for your little one and hand it over to them. Ask them to read instead of sitting in front of the television set, and by the time they are done with one chapter, throw a fun activity to them. Your child would be entrusted to act out or teach you what they just read. Remember, when you playfully give your child the reigns to hold and since kids love being in power, they would forget the need to watch television and stick with the task given.

### KEEP A JOURNAL

Entrust your kid with a big responsibility, since they love being in power. Give him a journal to record his daily activities; television viewing included. At the end of the week, show your kid how much time was used in watching television and gently remind him of how he could have fruitfully used that time to do something else- more constructive. This would teach the little one why too much television is not needed, and how he could best use his time elsewhere.

*We hope these five fun ways come in hand when teaching your kids why too much television is not the right way to entertain oneself. Do write in with your thoughts and views on the same!*

### THEY NEED TO EARN TELEVISION TIME

We do earn our miles and points on travel and financial instruments to earn something better ahead, don't we? Make the kids earn the same, and this time by buying into the system. For every well-mannered act or job done, your kid would be rewarded with a coupon. A coupon gives them a few minutes of television time, which they can choose to use as and when required. This would curb the need for unnecessary television viewing and it is a fun way to make the kid a little more responsible too.

# Your Kid Wants To Join A Study Circle?

By Pooja Bhatnagar



## ***Don't Stop Them - Here's Why!***

**M**ore is better than just one, and we all believe in the same. However, when it comes to studying in a group, eminent researchers claim group studies help with better learning. Parents would want to disagree, stating too many distractions and more playfulness could happen, rather than digging through the books for knowledge. Let's just stop right there and check out the benefits of groups studies. These seven benefits hopefully would open our eyes to the concept of group studies and show us a better

way to score high at our academics too.

Reasons why group studies up the ante with grades and academics. If you thought studying solo was better than being in a group and attending discussions with peers, you could be wrong. Here are a few reasons why group studies are preferred by students these days, over solo silent ones.

*"Heterogeneity can boost group performance. Based on the research of Katherine W. Phillips, Katie A. Liljenquist and Margaret A. Neale"*

## **Developing new techniques to crack the code**

Everyone has their own way of studying; a technique that helps them score high and the best amongst their peers. Maybe you haven't thought of the same so far, but each individual and their unique way to crack the exam is a system we could all learn and use a tip or two from. When amongst peers and studying with them, you get to learn new ways to crack a problem, solutions and techniques which maybe much easier than what you've been cracking your head on. Memorizing information and data gets easy with new tricks and tips to use that genuinely helps you remember what you read. Everyone has their own way of studying; A technique that helps them score high and the best amongst their peers. Maybe you haven't thought of the same so far, but each individual and their unique way to crack the exam is a system we could all learn and use a tip or two from. When amongst peers and studying with them, you get to learn new ways to crack a problem, solutions and techniques which maybe much easier than what you've been cracking your head on. Memorizing information and data gets easy with new tricks and tips to use that genuinely helps you remember what you read.

## **Everyone motivates everyone**

Motivation is a must, and there are rainy days when everything seems so glum and dreary that you don't want to think of picking up that book and studying. In a circle, the same wouldn't happen. You may not wish to pick and read a subject for the day, however, someone else would and they would with their capability and understanding explain the topic to the group; you included. If there is a chapter you don't understand and have given up on; someone else would pick it up and explain. Motivation thus comes through to go back home and read.

## **Team experiences come by**

Post college, you would be filling our

applications for jobs where the question of 'team work' will be posed. Group studies help form the basis of team work, when you participate as a team to study a particular subject. The ample experience on team work that you gain from group studies could be shared with your potential employer; how to draw solutions to conflicts, how to spin ideas et al. Such skills impress the human resource team, more than just qualifications and grades. Team work helps teach you how to work in tandem with the rest, how to be patient and focused, and overall how to be an amazing team player too.

## **Becoming a subject matter expert**

You can only become an expert when you have the best understanding of a particular subject. When you read and learn, and discuss the subject with others or actively engage in the material learning in a group, there would be genuine dissipation of knowledge that benefits the listeners around; including you. You are thus empowered with new knowledge and skills, and are motivated to use it for your classroom activities.

## **Sharpen and hone your problem solving skills**

Being solo and studying alone would pose a challenge; what if you don't know the answer to a certain question? You would have to wait till the next day or call a friend for help. However, when sitting with like-minded and studious friends in a group, problem solving happens on the spot and you get to learn how to avoid distractions and disagreements whilst laying your focus on finding the right ways to solve issues. Three to four problems and their solutions would be presented, of which the group along with you would discuss to match the right one with the issues being discussed.

The next time your kid insists on studying with his or her peers do consider the same. However, check the group and then make a decision!



## The Book Bug

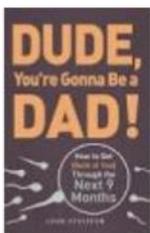
One of the best gifts you can give to your child is the love for reading. In due course of time if there's one thing that I have realised is that when you read a lot, you know a lot, but the real benefits of reading goes beyond the knowledge of the subject. You become a better person. You become articulate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

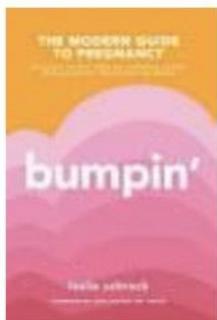
### BEST BOOK FOR PREGNANT MOM

**DUDE, YOU'RE GONNA BE A DAD!**



There are approximately 3,712 ways for a guy to look stupid during pregnancy - this book's here to help you avoid all(most) of them.

**BUMPIN': THE MODERN GUIDE TO PREGNANCY**



A smart, approachable guide packed with practical advice for parents who want a science-backed, individualized approach to pregnancy.

### BEST BOOK FOR NEW MOM

**MAMA YOU GOT THIS: A LITTLE HELPING HAND FOR NEW PARENTS.**



**THE SUNDAYTIMES BESTSELLER** You have a baby! Isn't it amazing - and also pretty terrifying?! I love being a Spice Girl, but what I am proudest of is being a mum.

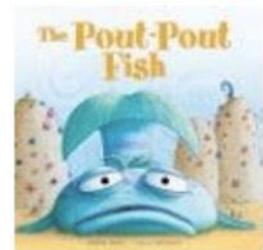
**FIRST-TIME MOMMY**



Becoming a mother for the first time can be so overwhelming. You're experiencing a whole new set of emotions while constantly caring for a newborn.

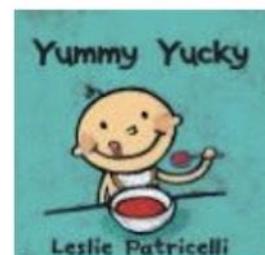
### BEST BOOK FOR TODDLERS

**THE POUT-POUT FISH**



Swim along with the Pout-Pout Fish as he discovers that being glum and spreading "dreary-wearies" isn't really his destiny. Bright ocean colors and playful rhyme come together in this fun fish story that's sure to turn little frowns into big smiles.

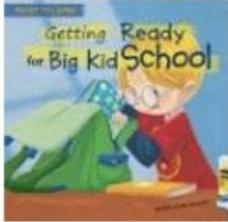
**YUMMY YUCKY**



Learning about opposites has never been more fun - or funny - than with this winning book. Yummy! Spaghetti is yummy, but worms - and blue crayons, and sand, and other things too gross to mention - are definitely yucky

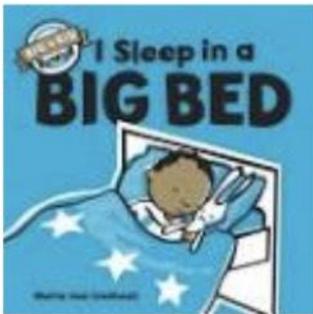
## BEST BOOK FOR BIG KIDS

### GETTING READY FOR BIG KID SCHOOL



The first day of big kid school is filled with new things. New books to read, new teachers to meet, new friends to hang out with, and new things to learn, but even though starting school is tons of fun, it can also be a little intimidating.

### I SLEEP IN A BIG BED



Babies sleep in cribs. Do big kids? No! Big kids sleep in a big bed. Every child's life is filled with milestones. Some happen easily; others need a little extra support. Artist and mom Maria van Lieshout has been there.

# THE BOOK BUG

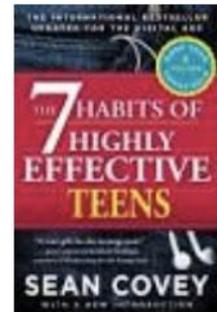
## BEST BOOK FOR TEENS

### MISS PEREGRINE'S HOME FOR PECULIAR CHILDREN



Miss Peregrine's Home for Peculiar Children is a contemporary fantasy debut novel by American author Ransom Riggs. The story is told through a combination of narrative and a mix of vernacular and found photography from the personal archives of collectors listed by the author.

### THE 7 HABITS OF HIGHLY EFFECTIVE TEENS



The Seven Habits of Highly Effective Teens is a 1998 bestselling self-help book written by Sean Covey, the son of Stephen Covey. The book was published on October 9, 1998 through Touchstone Books and is largely based on The Seven Habits of Highly Effective People.



PREGNANCY



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