

Parenting

Why do you have to go to the toilet so much?

What is the NHS Pregnancy journey like?

TRAVEL
DIARY

Are you
scared to
give
birth?

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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

Let's Go In the Out & Run

Benefits of Studying in the Outdoor for Kids

Kids these days no longer enjoy outdoor activities anymore. For them, staying indoors in the comfort of their room in front of their TVs or Laptops is the only break they want to have. The only alternative would be, if going out is

made compulsory, and they are taught something in a fun way when they go out.

There are several schools and afterschool centers that are using Outdoor methods to teach children.

Here are some benefits of studying outside for the kids.

mandatory, the kids will go out on a regular basis, that will make them healthy. Outdoor education is also a key factor in avoiding childhood obesity. If the kids spend less time in the natural surroundings, their senses tend to narrow and their psychological development is also jammed.

MAKES THEM HEALTHY

We are well aware of the fact that moving around and going out is really good for the health as well. If made

DECREASES STRESS LEVEL

Kids think that they are happier when they are at home, with their gadgets and comfort, but little do they know that their stress needs to be released with the help of outdoor activities. Being exposed to the nature helps them release stress. Educational activities like monitoring a plant's progress is important for stimulating production of dopamine. Outdoor Studying can help them release stress and focus on their lessons in a better way.

INCREASES MOTIVATION

When it comes to outdoor studying, kids tend to enjoy it more than traditional classroom studying. This doesn't only ensure that they are having some outdoor activity, but also builds interest in studying, and they become more keen in knowing more about what they are being taught.





WRITING ACTIVITIES

By involving children in writing activities have multi fold benefits. On one hand it helps in knowing kids better by the way of diary writing and on the other hand it increases creativity through story writing. These days a trend of increasing communication gap has been noticed in families. Here diary writing can be used in an innovative way by allowing kids to express themselves.



PUZZLES

Puzzles involve s brain streaming to come to a solution. Brain storming is an integral part of solving puzzles. It enhances the “out of the box” thinking. A picture divided into small parts...and asking child to rearrange them...or else listing some facts, characteristics and asking what it closely resembles to, are a few such examples.

When children come in picture, there are no hard core rules that can be followed. Every child is a unique package in itself. So parents need to appreciate the peculiar needs of their children and have to come up with an activity that fits them best, is able to extract maximum from them and provides for the deficit to make them achieve their full efficiency.

To conclude probably it would not be wrong to say that a blend of different activities in child's life can result in his beautiful unique story.



NUMBER ACTIVITIES

Since the time immemorial, some kids fail to establish chemistry with numbers. So parents need to give special emphasis that this initial hesitation to numbers should not turn to fear or phobias. From the very beginning numbers need to be the very part of conversations. Children can be involved in routine activities involving simple mathematics like: checking grocery bill, comparing the prices of different items, counting the notebooks, calculating distance during driving, in summing the sum of characters in number plate and solving Sudoku etc.



ROLE PLAYING

Involving kids in various role playing activities make them undergo various situations that are unique to that particular character. They become more sensitive to various role characters and helps them to understand their current position and also in better adjustment in next level of maturity. For example, involve kids in kitchen activities or in some family related decision making. Assigning some responsibilities also helps in developing a virtue of accountability.

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Brain Games

Top 6 Mind Activities That Perk Up Your Child's Cognitive Ability

By Dr. Ashish Kumar Mittal

GAMES - just listening to the word we experience an adrenaline rush. The enthusiastic attitude tagged with "Games" is easily appreciated by everyone, right from an infant in brim smiling to primary care taker to an elderly person.

But in an era of competition where everyone wants to excel in almost everything and not to forget to mention

at the same time saving **TIME**. At this time probably trying to evolve our concept of game matching today's need - **brain games** may be a solution to it.

Brain games play an impeccable role in developing cognitive skills especially in children. Cognitive skills involve the progressive building of learning skills, such as attention, memory and thinking.



OUTDOOR ACTIVITIES

Exploring, climbing, visiting play ground, play ground sports. By involving kids in sports it's not just their motor skills develop but confidence, situation handling, decision making, application of knowledge, team work and targeted effort for goal accomplishment also improve.



WORD GAMES

Having a good vocabulary is also a part of cognition. Newspaper reading, learning a new word daily and simultaneously making their use in sentence formation, maintaining an individual dictionary, cross words, asking for various synonyms, etc can be very helpful.



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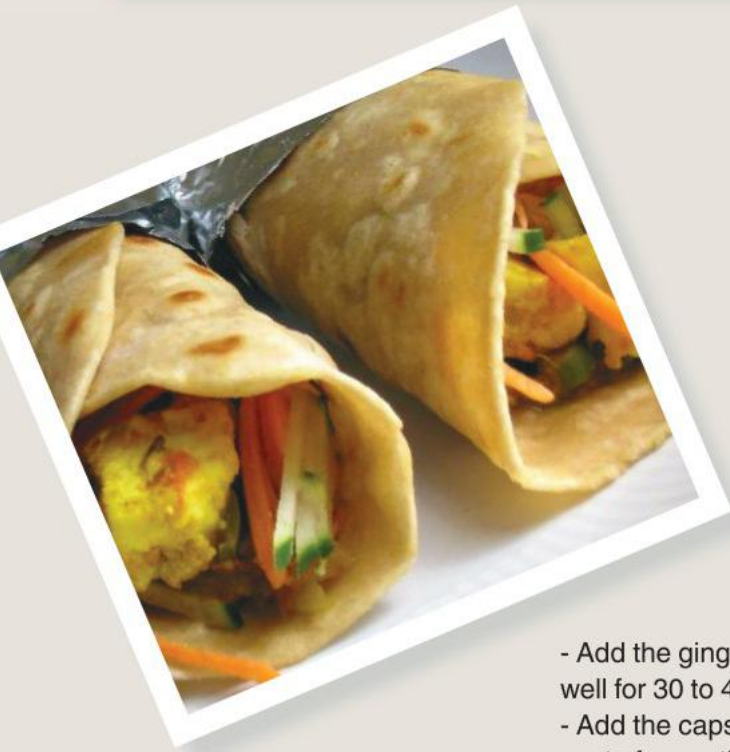
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Healthy LunchBox Recipes



Veg Paneer Roll

Ingredients

Chapati (or Tortilla) - 3 to 4, Paneer - 3 tbslp, grated, Carrot - 2 tbslp, finely chopped or sliced, Capsicum - 1, small, chopped, Cucumber - 2 tbslp, chopped (optional), Onion - 1, small, chopped, Green Chilli - 1, small, finely chopped, Ginger Garlic Paste - 1 tsp, Tomato - 1, small, finely chopped, Red Chilli Powder - 1/2 tsp, Garam Masala Powder - 1/2 tsp, Cumin Seeds - 1/4 tsp, Saunf - a pinch Curry Powder - 1/4 tsp, Coriander Leaves - handful, chopped, Salt as per taste, Oil - 2 tsp

Method

- Heat oil in a pan over medium flame.
- Fry the saunf and cumin seeds for 30 seconds.
- Add the onions and green chillies.
- Saute for a minute or until onions turn light golden.

- Add the ginger garlic paste and stir well for 30 to 40 seconds.
- Add the capsicums, carrots and saute for another minute.
- Add the tomatoes and cook for one more minute.
- Add red chilli powder, curry powder and salt.
- Stir well.
- Add the grated paneer, cucumber and garam masala powder.

- Cook for a minute or two on low-medium flame.
- Garnish with coriander leaves and switch off the flame.
- Heat a tawa over medium flame.
- Warm the chapati (or tortillas).
- Add some of the paneer vegetable mixture.
- Roll the chapati tightly.
- Serve at once.

Egg Salad Sandwich

Ingredients

Bread Slices - 4, Eggs - 2, hard-boiled, finely chopped, Mayonnaise (or Butter) - 4 tsp, Red Chilli Flakes - 1/2 tsp, Salt as per taste, Pepper Powder as per taste, Ghee as required .

Optional

Tomato - 1, sliced ,Spring Onions - 1/4 cup, finely chopped
Red Onion - 1, sliced , Lettuce Leaves - few, chopped

Method

- Mix the eggs, mayonnaise, red chilli flakes, salt and pepper powder in a bowl. Spread this on 2 bread slices. Top up with the tomato, spring onions, red onion and lettuce leaves. Cover with the remaining slices. Heat a tawa over low flame. Place the sandwiches and apply little ghee around the edges. Cook for 30 seconds on each side and remove. Serve with french fries.



Chickpea Curry



This creamy south Indian style Chickpea Curry with coconut milk and spices like fennel seed and cardamom is aromatic and so delicious, you might have a hard time stopping yourself from eating it straight out of the pot. It is super easy to make and there's nothing here that's not absolutely great for your health.

Ingredients

- 4 cups chickpeas (canned or boiled. Drain before adding to recipe)
- 1 teaspoon vegetable oil
- 1 teaspoon cumin seeds
- 2 sprigs curry leaves
- 1 medium onion (finely diced)
- 1 tablespoon ginger garlic paste (or crush together 4 pieces garlic and a 1-inch knob of ginger)

- 2 medium tomatoes (finely diced)
- ½ teaspoon turmeric
- 1 teaspoon paprika
- ½ teaspoon cayenne
- 1 cup full fat coconut milk
- ¼ cup cilantro (chopped)
- Salt to taste

For masala powder or spice mix:

- 1 teaspoon cumin seeds
- 1 tablespoon coriander seeds
- 1 teaspoon fennel seeds
- ½ teaspoon methi seeds
- 2 pods green cardamom pods
- ½ inch cinnamon stick

Directions

- Make a powder of all of the masala ingredients in a spice grinder or a blender. Set aside.
- Heat the oil in a saute pan or saucepan. Add cumin seeds. When they sputter, add the onions, curry leaves and ginger garlic paste.
- Sprinkle some salt and saute, over medium heat until onions turn translucent.
- Add the tomatoes, paprika, cayenne, turmeric, and the spice mix.
- Cook over medium heat, stirring frequently, until the tomatoes darken and most of the liquid has evaporated.

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This versatile product functions as an air fryer, rotisserie spit, oven, and dehydrator, perfect for nearly any rapid cooking or baking task. Make healthy fries with less or no oil for that perfectly crispy and tasty, roast a whole chicken, or dehydrate that leftover produce you've been meaning to eat.

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TRAVELS



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caterenoids and
rich in iron

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reduces risk of colon and
kidney cancer.
Great source of natural
energy,
contains tryptophan
which can lift the spirit
bananas have a level of vi-
tamin B6 that helps to reg-
ulate blood glucose level
may calm morning
sickness
Banana peels helps to
soothe mosquito bites.
help produce
haemoglobin production.

WARREN BUFFET
Chairman & CEO of Berkshire Hathaway



Investment: reading **800 pages** a day. He reads more than the average CEO. He is a compound interest. He has owned the company for more than **40 years**, and he's accumulated more than 100 years.

COMPANY **BERKSHIRE HATHAWAY** **WORTH \$ 66.7 billion**

“It takes **20 years** to build reputation and **5 minutes** to ruin it. If you think about it that way, you will do things differently.”

Let's learn more about about daily rituals and hobbies of some of the MOST successful and richest MINDS in the world.

BILL GATES
Technology Advisor of Microsoft
Co-Chair of the Bill & Melinda Gates Foundation
CEO of Cascade Investment
Chair of Corbis



Sleeps for 8h by working out in a treadmill. He can't leave until he watches the sunrise from Teaching Company.

COMPANY **Microsoft** **WORTH \$ 79.2 billion**

“**SUCCESS** is a lousy teacher. It seduces smart people into thinking they can't lose.”

INDRA NOOYI
Chairperson & CEO of PepsiCo




Wakes up as well as 4 am and arrives in office by 7 am.

COMPANY **pepsi** **WORTH \$ 144 billion**

“They say **sleep is a gift God gives you...** That's one gift I was never given.”

STEVE JOBS
Co-founder, Chairman, and CEO of Apple Inc.
Primary investor and CEO of Pixar
Founder and CEO of NeXT



Wouldn't start his day with an framed question in the mirror, he also avoided immediate hair styling. He leaves his house to check his work.

COMPANY **APPLE** **WORTH \$ 10.2 billion** upon his death in 2011

“I have looked in the mirror every morning and asked myself: **“If today were the last day of my life, would I want to do what I am about to do today?”** And whenever the answer has been **“No”** for too many days in a row, I know I need to change something.”

JEFF BEZOS
Founder, Chairman and CEO of Amazon.com



Wakes **8 hours** a day, even has a sleeping bag in his office, avoids early meetings, no executive days on **Tuesdays and Thursdays** when he has to go to schedule meetings.

COMPANY **amazon.com** **WORTH \$ 46.7 billion**

“**EVERY DAY is a DAY ONE.**”

JACK MA
Founder and Chairman of Alibaba Group



Starts his day by exercising and his 2h 30 min fitness with him when necessary, sometimes he will perform as a rock star at concerts for his employees.

COMPANY **Alibaba Group** **WORTH \$ 22.5 billion**

“Today is **HARD**, tomorrow will be **WORSE** and the day after tomorrow will be **SUNSHINE.**”

How 10 Successful Entrepreneurs Start Their Day

JACK DORSEY
CEO of Square, Inc. | Twitter
Computer programmer, entrepreneur



Wakes up at **5:30** to meditate. Even runs several miles.

COMPANY **Twitter** **WORTH \$ 2.3 billion**

“The only way to do this is to be very disciplined and very practiced.”

Sergey Brin
Co-founder of Google
Directing Google X




Exercises intensely and drinks green tea **two times a day** to increase chances of getting Parkinson's disease.

COMPANY **Google** **WORTH \$ 34.3 billion**

Solving **BIG PROBLEMS** is easier than Solving **LITTLE PROBLEMS.**

MARK ZUCKERBERG
Co-Founder of Facebook



Wakes at **8 am** and he has been working out every night, since he wears T-shirt every day to avoid making extra decisions.

COMPANY **Facebook** **WORTH \$ 35.7 billion** (2015)

“I'm here to **BUILD** something long-term. Anything else is distraction.”

ELON MUSK
CEO and CTO of SpaceX
CEO and Product Architect of Tesla Motors
Chairman of SolarCity
Co-Chairman of OpenAI



Wakes up at **5:30** and he has been working out every night, since he wears T-shirt every day to avoid making extra decisions.

COMPANY **PayPal** **WORTH \$ 13 billion**

“Constantly **THINK** about how you could be doing better and keep questioning yourself.”

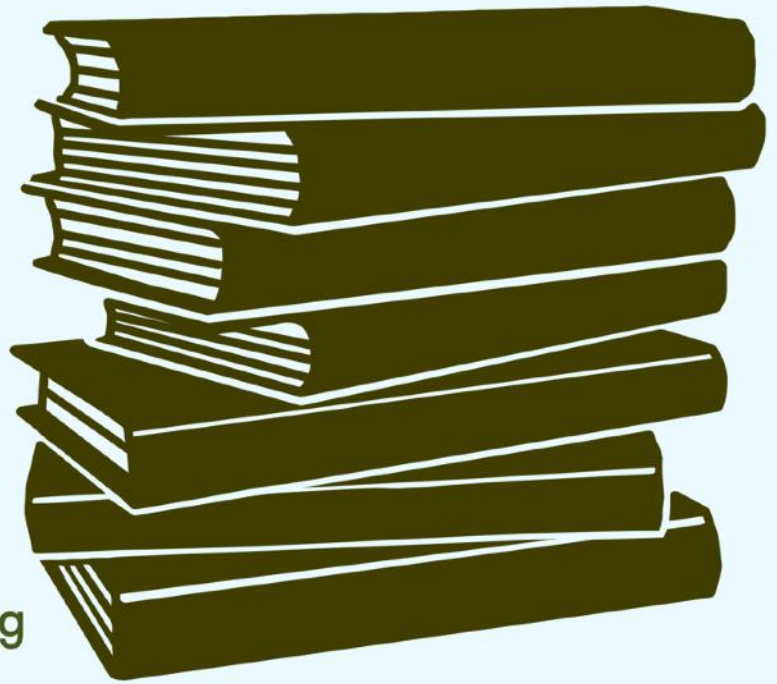
Successful entrepreneurs have one thing common: they cherish their mornings and have crafted morning routines that maximize their energy, productivity, and creativity all day long

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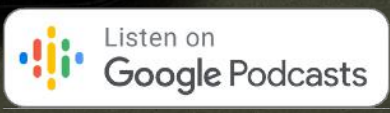
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Fighting in Front of Your Kids and Why You Need to Stop

No matter what you're fighting about: money, sex, kids or something else, the fighting is an indication that your communication isn't working. If this happens only occasionally, such as when one or both of you are tired or stressed; it's not too big a problem. However, if you argue or bicker on a daily or weekly basis, or you keep fighting about the same thing over and over, then your communication is not functioning as it should, and you don't know how to move from a problem to the solution. When this happens, problems are recurrent, endless, and they can be exaggerated into relationship disasters.

5 tips for ending arguments.

Don't Participate

Disagreements always require two people. If you don't participate, your partner can't argue without you. If the issue arises at an inopportune time, you can just find a temporary resolution (temporarily give in, go home, leave the restaurant) and wait until things calm down to discuss what happened (the squabble may just have been a case of too much alcohol, or being tired and irritable.) Then talk about what you can do instead if it ever happens again.

Discuss Recurring Problems

To resolve recurring problems, discuss related decisions with your spouse and find out what each of you does and does not want before making important decisions. You have a lot of options; so don't let confusion add to the stress.

Seek to Understand

Make sure you and your partner understand each others' point of view before beginning to solve the problem. You should be able to put your mate's position in your own words, and vice versa. This does not mean that you agree with each other, just that you understand each other.

Solve It for the Two of You

Come up with a solution that works for just the two of you, ignoring anyone else's needs. It's much easier to solve a problem for the two of you than for others you may not understand. After you are clear with each other, discuss the issues with others who may be involved.

Talk to Others

If extended family members or friends might have problems with your decision, talk about what objections they might have, so you can diffuse them beforehand. Discuss possible ways to handle their objections.

Squabbles often occur because you're following automatic habit patterns that lead to a problem before you know it. Using these guidelines will help you overcome negative habit patterns you may have built that lead to arguments or bickering.

TRAVELS DIARY

TOP 8 KID TRAVEL ESSENTIALS YOU SHOULDN'T LEAVE HOME WITHOUT

The part that most parents find difficult while traveling with kids is what to pack for them since the packing requirement is different for each age group. So the travel accessories for an infant will vary from that of a toddler or a tween. However, here are 10 essential items which are must-have accessories when your traveling with kids.

1. Medicines

This is the most important thing to pack. I'm sure nothing wants to run from one medical store to another in hunt of drugs with a sick child in hitch during a trip. Medicines for common problems like fever, cold, dysentery, and cough along with a digital thermometer, antiseptic poultices and band-aids should be packed in a small drug poke

and carried along. If your child suffers from any habitual illness make sure you pack his particular drug. This would save you time and the trouble of looking for a medical centre in an exigency.

2. Milk

We Indians love to feed our kids their daily glass of milk even on vacation. Therefore it is advisable to carry tetra packs of milk so that you do not miss out. Tetra packs are convenient even on trains, buses and flights. We do get milk in hotels however I personally prefer to carry my own pack. Take the small cartons of milk instead of the one-litre packs. For infants it's better if you carry formula milk even if your child is breastfed. Often, during trips it could get embarrassing to feed in full public view and that's when formula milk comes to the rescue.

3. Wet Wipes

kiddies are generally messy. They mess up while eating or playing. Wet wipes are the stylish thing to hygienically clean a child rather of looking for water in an strange position.

4. Sanitizer

After wet wipes this is another important item that helps you maintain the hygiene of your child indeed on a trip. kiddies have this tendency to put hands in their mouths without minding about origins. It's better to use a sanitizer at frequent intervals to clean their hands. It should also be used before and after refections and after using the bathroom.

5. Blankets

Some kids may have a favourite blanket without which they refuse to sleep. Even if they don't have any favourites, do carry a small blanket. Often, the air-conditioning in aircrafts and trains can make it chilly and uncomfortable for kids to fall asleep. A blanket provides them the warmth and cosiness required. Some parents may not want their child to use the common blankets in hotels/ aircrafts/trains due to hygiene issues.

6. Toys and Games

Kids of all periods love to play. However, carry their teethers, rattlers and treble toys, If travelling with babies. For toddlers, carry their dolls and buses and if the sprat is a little bigger, board games would be a rescuer on a trip. Board games keep the kiddies engaged for a long time. You can also play along with them. For the age group of 7- 12 times, load your smartphones ipads tablets with games to keep them enthralled.

7. Music

This is a great time to play them their favourite songs and let them enjoy it, as kiddies frequently get bored during a long trip. Soothing music is the stylish means to console a child or toddler. So, before you start your trip insure your Smartphone/ iPod/ tablet has the kiddies ' preferred music accessible. Indeed for slightly aged kiddies, music can keep them entertained when they get wearied.

8. Snacks

Always let the child munch on something. Often this proves as a boredom killer. For infants, a pacifier can substitute as they would keep sucking on it. Our brain stays busy when we suck or chew something. Ignore the calories and try to keep a stock of healthy snacks like Chips, Salted peanuts, Dryfruits, homemade chiwda and the like to keep them busy and hunger free.



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A photograph of a man and a woman embracing. The man is on the left, wearing glasses and a red shirt, with his arms around the woman. The woman is on the right, wearing a white shirt, smiling warmly. The background is a soft, out-of-focus white.

Birth control methods: Facts every couple should know

Birth control measures

Both men and women can use birth control to avoid becoming pregnant. With the increase in technology, humans are offered a wide variety of options today. They could be a procedure, medicine, or device that helps women avoid getting pregnant. There are different types of birth control available, some for men and some for women. They're all effective, but the one you pick entirely depends on your needs and comfort.

When does birth control come into the picture?

If you and your spouse aren't on the same page regarding unwanted pregnancy, it can have a lot of bad consequences. It can cause financial hardship, disrupt your relationship, and even impact the mother's emotional and physical health. When you engage in protected sex, the chance of unintended pregnancy is always present. Start using birth control right away if you're sexually active and don't want a child. When you have unprotected sex, an unplanned pregnancy can occur.

Let's look at some common birth control options that you must know about.

1. Diaphragms

Diaphragms are reusable birth control devices that are tiny, soft, and silicone. They're soaked in spermicide before being inserted into the vaginal canal to keep sperm out of the womb. It is approximately 96% effective and must be fitted by a physician. However, it is ineffective at preventing STDs and should not be used when menstruating because of the risk of toxic shock syndrome.

2. Internal condoms

Internal condoms, often referred to as female condoms, are latex-free, hormone-free polyurethane sachets placed inside the vaginal opening to prevent semen from entering the womb. Female condoms are 95% efficient at preventing pregnancy and sexually transmitted diseases. However, remember that even before a man fully ejaculates, some semen can still flow out of the penis. As a result, before sex, the condom should be inserted into the vaginal canal. Before inserting the condom, check for the expiration date and any tears or defects.

3. External condoms

Men use external condoms as contraception. They're usually composed of latex, so males with latex allergies should avoid them. This type of condom resembles a bag that fits over an erect penis to prevent any fluid from getting into a woman's vaginal canal, resulting in an unprotected pregnancy or STD. External condoms are approximately 98% effective and should be discarded after one use.

4. Oral contraceptive pills

Oral contraceptive pills are perhaps the most widely used technique of preventing pregnancy worldwide. These are little tablets. They are a type of pill that combines estrogen and progestin and come in various forms. Oral contraceptive pills work in two ways: first, they block the ovaries from producing eggs, and second, they prevent conception. They must be taken to work every day at the same time. Contraceptive

pills are nearly 100% effective; however, they do not protect you from STDs.

5. Intrauterine device

A doctor or nurse inserts an intrauterine device (IUD), a little T-shaped device made of plastic and copper, into a woman's womb (uterus). It is threaded through the cervix and into the top end of the vagina with a nylon thread. The device releases copper for around 5 to 10 years, which keeps you from becoming pregnant (depending on the type). The device must be replaced when this time period has passed. This technique of contraception prevents pregnancy with a 99 percent success rate. It does not, however, protect you from STDs.

6. Female sterilization – tubal ligation (surgical)

Tubal ligation is a surgical technique in which a woman's tubes are tied together (fallopian tubes). This stops the egg from reaching the uterus, resulting in sterility for the rest of the woman's life. This also prevents sperm from passing up the tube to the ovulating ovary, where fertilization normally occurs.

7. Male sterilization – Vasectomy

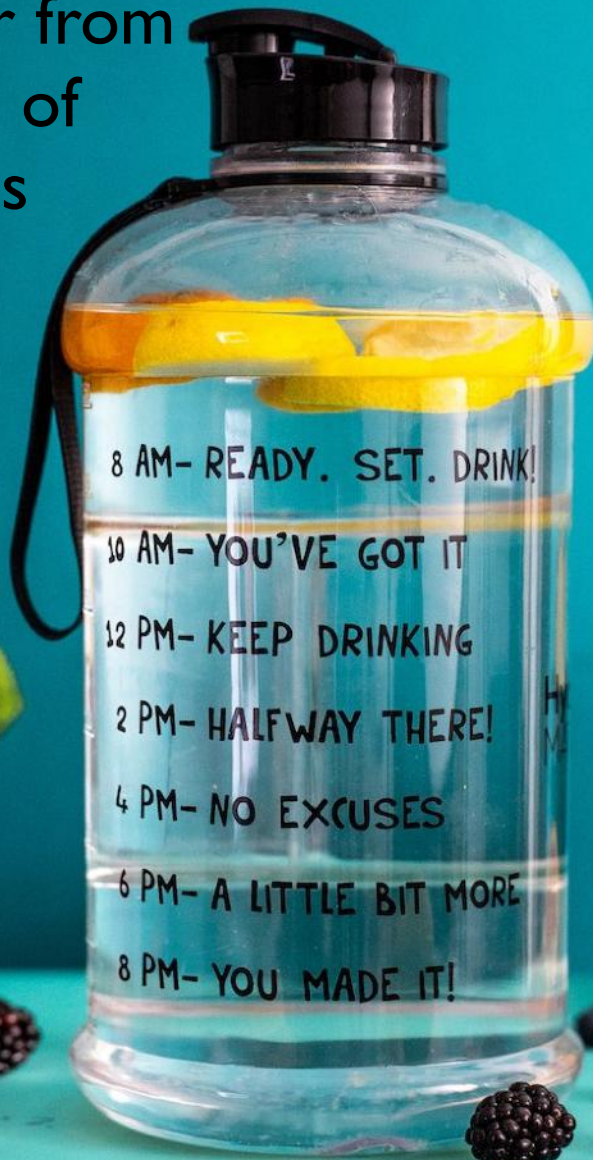
A vasectomy is a quick and painless treatment that permanently sterilizes men. The vas deferens, or sperm-carrying tubes in the male reproductive system, are cut and sealed during the procedure. It is usually done in a physician's surgery. The transport of sperm out of the testes is prevented by a vasectomy. The surgery does not affect a man's ability to orgasm or ejaculate (potency). Although there will be a flow of ejaculate, it will be devoid of sperm.



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10 ITEMS TO BOOST FERTILITY FOR MEN

Did you know that most couples face fertility issues while planning for a baby? The problem can be present on either side, both the woman and the man. So, don't be afraid of infertility because it affects about one in every six couples. While infertility is sometimes incurable, a few things can help you boost your fertility chances.

Here is a list of some of the important lifestyle factors, nutrients, and foods that have been associated with improved fertility in men.

How to Boost Fertility in Men?

There are some easy lifestyle changes that every man can do to boost fertility, including –

1. Avoid Frequent Sex:

Many people think that everyday sex is important for increasing the chances of conception.

Actually, having sex too frequently can decrease the number of healthy sperm. It's also not advisable to store the sperm, resulting in a lower number of active and healthy sperm in the semen.

According to the studies, the conception rate is higher in couples who have sex every one-two days.

2. Maintain a Healthy Diet:

You should eat foods that help in boosting fertility, such as eggs, spinach, banana, Maca roots, asparagus, walnuts, etc., to boost your sperm count. You have to drink at least six to eight glasses of water every day. You can take supplements like zinc or Vitamin E after consulting with your doctor.

3. Lose Excess weight:

Being overweight enhances the risk of developing blood-flow problems that may affect your erections and also affect your sperm.

4. Exercise Regularly:

Exercise is not only good for general health, but it can also boost testosterone levels and improves the chances of fertility. According to the studies, men who do regular exercise have higher testosterone levels, and their semen quality is better than inactive men. However, doctors suggest avoiding too much exercise as it may have the opposite effect and can potentially reduce testosterone levels.

5. Don't Drink Too Much:

Drinking too much alcohol is bad for health as well as it can adversely reduce testosterone levels and damage semen quality. The department of health recommends 14-to-21-unit drinks per week for men.



6. Don't Smoke:

Smoking affects the sperm count and may decrease the chance of fertility. However, stopping smoking will improve your overall health as well as your life expectancy.

7. Consult Your Doctor Before Medication:

Consult with your doctor before taking any medicines as few medications cause infertility and disturbance in sexual functions. Fertility can be affected by several medicines, for instance, those for depression or high blood pressure.

8. Avoid Recreational Drugs:

Cannabis affects sperm quantity and quality. So, it is recommended to avoid recreational drugs. If you seek expert help, consult with your doctor.

9. Get Adequate Sleep:

Getting a sufficient amount of sleep is essential for maintaining a healthy life. However, excessive or restricted sleep can affect your semen quality and quantity.

10. Stay Relaxed and Stress-free:

Stress, be it emotional or physical, has numerous adverse effects on the body. It affects erectile function and may impair your fertility.

To get relief from stress, you can go for a walk or do meditation or exercise or you can spend time with your friends.

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PARENTING HABITS THAT CAN SLOW DOWN YOUR CHILD'S DEVELOPMENT

Parenting habits have significant effects on your child's development. Improvements in your kid's physical growth are referred to as "development." Changes in your child's social, intellectual, behavioral, emotional, and communication skills are other factors. All of these areas of development are intertwined, and one is influenced by and reliant on the others.

You're always learning as a parent, grandparent, or foster parent while parenting a child. It's OK to be sure of yourself and what you want from your child. But sometimes, we do too much of everything and only listen to ourselves. We don't care to listen to our children or learn about their needs and wants.

Let's look at some parenting habits that can slow down your child's development.

1. Overdoing everything
2. Let Kids learn things their way, do not do everything for them. Making things easy won't help them in life. Instead, they should do small things like washing their plate and folding their clothes independently. Be their guide, not their assistant.
3. Not Being Flexible with the Rules

Simple guidelines should be established based on your children's maturity. While establishing the rules, you should assess their capacity to follow them. As your children become older, you'll need to adjust the boundaries. Being too set in your ways with the regulations that have been in place for the past decade might lead to poor parenting; remain adaptable.

4. Not Setting Rules

Rules allow your children to be accountable for their actions. Your children will undoubtedly lack discipline if you overlook creating guidelines. They'd be terrified of going off on their own, or they'd misbehave if someone tried to draw a line later.

5. Constant yelling

Screaming at your children, yelling at them, and occasionally threatening them - these poor habits can make you feel unapproachable to your children. As a result, they may remain silent and inflexible, believing you have just lost control, and they may eventually begin to ignore you.

6. Comparing and criticizing

Do not compare your children to other children; do not publicly shame your children - all of these things can have serious consequences. Child shaming is a terrible parenting method. Your youngsters may become demotivated and lose interest in doing things independently.

7. Being a Friend Before Being a Parent

You aren't a pal; you are a parent. And that's exactly what your child requires and desires from you. You can't be a friend and tell your kids what they can and can't do at the same time. Teachers, providers, leaders, and disciplinarians are all roles that parents must play. That's natural because children rely on their parents to look after them. It's never fun being the enforcer of the rules, especially when you only get a few hours with your child each day. Regardless of what they say or how often they tell us that all their friends' parents are more fun than we are, children want parents to be in charge.

8. Not Listening Enough

Listening is a far more effective method of assisting your child with problem-solving and decision-making. After all, these are crucial life skills that require practice to improve. Rather than telling your child what to do in a particular situation, sit down with them and ask what they want to happen in the end. Pay attention to your child's emotions and moods. Listen to and learn about the challenges and successes that you face daily. Then inquire about your child's ideas for getting to that objective. This brainstorming session allows your child to explore options while also providing you with a better knowledge of how your kids feel and think.

Once upon a time, in a desert far away, there was a rose who was so proud of her beautiful looks. Her only complaint was growing next to an ugly cactus.

Every day, the beautiful rose would insult and mock the cactus on his looks, all while the cactus remained quiet. All the other plants nearby tried to make the rose see sense, but she was too swayed by her own looks.

One scorching summer, the desert became dry, and there was no water left for the plants. The rose quickly began to wilt. Her beautiful petals dried up, losing their lush color.

Looking to the cactus, she saw a sparrow dip his beak into the cactus to drink some water. Though ashamed, the rose asked the cactus if she could have some water. The kind cactus readily agreed, helping them both through the tough summer, as friends.

The Moral:

Never judge anyone by the way they look.

THE PROUD ROSE



A baby wearing a white chef's hat and a white cardigan with a yellow polka-dot bib, holding a yellow bell pepper. The background is a warm, yellow-toned kitchen setting with a basket of fruit visible on the right.

8 FOODS YOU SHOULDN'T FEED YOUR CHILDREN

According to studies, it is found that young children suffer from various diseases, one of the prominent being infant botulism, caused by a special type of bacteria that occurs in honey. Such infections at a tender age make their immune system receive a major setback. There are many food items which we as adults may find completely normal and feed to our children. But that is what goes wrong. After carefully analyzing these are some food items that you should not be feeding your child.

1. Fruit juices and soft drinks

If your child is below the age of one, you should definitely refrain from feeding juices and even if they are above one, it is better if their consumption is limited. Generally, fruit juices especially packaged mostly carry lots of sugars contributing to calories and no essential vitamins. Well, feeding soft drinks are just like poison, it contains harmful brominated vegetable oil leading to toxicity affecting your child's skin and even nervous system. Feed them with a fruit smoothie or yogurt which would be a healthier option.

2. Microwave Popcorn

Most parents prefer to feed their child with microwave popcorns which is quite an evening snack. But these popcorns come in bags made of perfluorinated chemicals and when heated emits toxic compounds which are really dangerous for children. Yes, it is quite quick and easy to make but huge damage to your child's health. So why go for this? You can always make some fresh popcorn for your child at home and let them enjoy it as an evening snack.

3. Honey

Quite a surprise, right? Yes, honey is a really nutritious and healthy food for everybody. But not so for your young one who is below than one. There is a specific type of bacteria that is present in honey that causes infant botulism causing serious damage to children's immune system and induces breathing problems. But if your toddler is above the age of one, they can eat honey but in limited quantities. Before one it's better if you feed them, some fruits smashed by hand.

4. Canned food

Generally, canned foods are packaged items, and most packaging materials like that found in can contain a toxic element like Bisphenol-A (BPA). It is a very dangerous type of food that makes a deep impact on a child's health especially their nutrition system and is also linked to cancer. If you have to use canned food or ingredients make sure you use glass jars but it is highly recommended that you use fresh vegetables and ingredients.

5. Hot dogs and burgers

It's a fact that most hotdogs and burgers made of meat are processed ones. Now processed meat especially for children is at all not good. It not only increases calories and trans fats as they are made from brominated oils. Instead, if your child really loves to eat burgers and hotdogs, you can make one at your home filled with veggies or fish. Consuming red processed meat is a major cause of cancer in the USA. So, it is better if you start making them avoid such things from a young age.

6. Chewing Gums

Most parents are in the habit of feeding their children with whatever they have. One of them includes chewing gums. Now chewing gums contain a huge amount of sugar not only causing cavities but also increasing calories. Another prominent reason for not allowing children to have chewing gums is that they can swallow it accidentally and this can cause a choking accident and also cause a block to their digestive system. So it's better if you avoid them as a whole.

7. Potato Chips

We all love chips and so do every kid. Munching potato chips with their favorite T.V show is all they need. Unfortunately, it's not at all a healthy snack as it contains a lot of fat, salt, and oils contributing great calories. This not only leads to an increase in obesity but your child can also suffer from high blood pressure that too at a young age. So, it's better you bake chips in your home and serve them fresh which will be quite a healthy snack and will be flavorful.

8. Pizza

Yes, it is one of the popular fast food that everyone loves but Pizza from stores or even frozen pizza is not at all a good choice of food. The toppings add a lot of fat and salt which has a cumulative effect. Diabetes and Child obesity are two diseases that most urban toddlers are facing with. It does depend a lot on foods that they are eating regularly. Pizza, especially take-outs and frozen, is a big no. But you can always bake a fresh pizza in your home with healthy ingredients.

Summing up

Try to follow these and feed the best to your child in their growing years

Are you scared to give birth?

Pregnancy has never been easy for a soon-to-be mom. The tension begins from family planning to being pregnant. This fear also envelopes childbirth in some mothers' minds. This fear is called Tokophobia where a woman feels to have a baby but is too scared of birth, preventing her from getting pregnant or even opting for a cesarean, in case they can't deny pregnancy. In this blog, we will discuss tokophobia in detail to help you understand your fear of childbirth in simple language.

Tokophobia: Scared of Childbirth

This phobia is related to over-anxious women over the topic of childbirth and pregnancy. The women who experience this phobia will neglect giving birth or becoming pregnant altogether. If by any chance they are unable to terminate their pregnancy, they'll shift for the

C-section, then going for the vaginal birth.

These women don't dislike kids but, the pathological fear stops them. This phobia can be observed in new mothers and even in moms who experienced traumatic birth incidents.

Some men even experience Tokophobia, where they fear extremely about the safety, and health of their partner, and the baby.

Symptoms:

Tokophobia comes under the category of specific phobia, further categorised under anxiety disorder where excessive and irrational fear is observed over certain situations or objects.

After knowing about what Tokophobia is, now let's figure the symptoms of this phobia.

1. Panic Attacks are quite common.
2. Sleep disturbances can occur frequently.
3. Nightmares can worsen the situation.
4. The woman facing this phobia will often have an avoiding behavior for the situation.
5. Depression because of the overwhelming anxiety.
6. Extreme feelings of fear at the thought of birth and pregnancy.
7. The woman facing the phobia will deny vaginal birth and will insist on a C-section.
8. The woman filled with a phobia will severely fear defects in birth, maternal death, or stillbirth even before all this happens.

Types:

To understand Tokophobia a little better, let's first figure out its types. Tokophobia has two different types:

1. Primary Tokophobia

This type of phobia is an experience by women who haven't yet experienced this birth process. It can begin from the early age of adolescents or even if they are currently pregnant. It is most common in raped or sexually assaulted girls. Sometimes medical exams performed during pregnancy or childbirth can often lead to original trauma flashbacks.

2. Secondary Tokophobia

This type of phobia is an experience by women who had traumatic birth past experiences. It is experienced by women who had miscarriages, unsuccessful fertility treatments, termination of pregnancy, and stillbirth. In some cases, women having no past traumatic experiences can also face it.

Factors:

The contributing factors that can lead to scaring regarding childbirth and pregnancy are:

1. Fear of Pain.
2. Fear of death through miscarriage or any complications related to birth.
3. No trust in the medical practitioners.
4. Faced child abuse or have a history of depression and anxiety.
5. Reading or hearing distressing stories or news over social media related to childbirth.

6. Sometimes, imbalance in hormones even influences anxiety levels making them out of control or hard to handle.
7. Fear of losing control or lack of privacy.
8. Sometimes psychological factors also operate in, for example, getting pregnant in adolescence, lacking the social support required, or getting impoverished.

Tips To Manage Childbirth Fears

Don't stress about knowing you have a particular type of phobia. Try to follow the below-listed points to make yourself better.

1. Remember, fear increases even more if you keep it caged in you. Talk to people about your fear without the feeling of judgment and ask suggestions to conquer it. You aren't the first one to experience there, are many on the list. Don't suffocate yourself with those constant negative thoughts. Breathe in the fresh air with the people who love you and care for you.
2. Talk to your doctor and the team responsible for the childbirth. Check on everything and clearly state your fears so that they can work on reducing your anxious feelings by providing you with a secure environment.
3. Don't communicate with yourself in a negative tone. Get your gear and attend a yoga session to make you feel calm and composed. You can even go to a nearby birthing class. And, don't forget to create a birth plan.



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Tickler

1. Why did the cracker go to the doctor?
It felt crummy.
Riya, 05 Yrs, New Delhi
2. What is cheese that doesn't belong to you called?
Nacho cheese.
Kesav, 07 Yrs, Pune
3. What's black and white and read all over?
The newspaper.
Mannit, 05 Yrs, Pune
4. What goes up but never comes down?
Your age.
Sushant 08 Yrs, Ranchi
5. Why did the scarecrow win an award?
It was outstanding in the field.
Navya, 05 Yrs, Noida
6. What did the left eye say to the right eye?
Between us, something smells.
Nandita, 07 Yrs, Kochi
7. Who did the ghost take to the dance?
His ghoul-friend.
Ranjana 05 Yrs, Bareilly
8. Why was six afraid of seven?
Because seven ate nine.
Sumit 08 Yrs, Faridabad
9. Why was it so breezy at the ballgame?
The stadium was packed with fans.
Pihu 09 Yrs, New Delhi
10. What do you call someone who only passes gas at home?
A private tutor.
Sanjana, 07 Yrs, Noida





The Book Bug

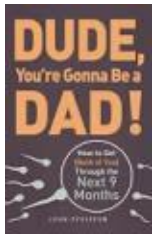
One of the best gifts you can give to your child is the love for reading. In due course of time if there's one thing that I have realised is that when you read a lot, you know a lot, but the real benefits of reading goes beyond the knowledge of the subject. You become a better person. You become articulate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

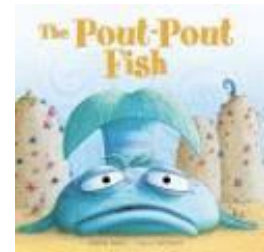
FIRST-TIME MOMMY



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.

Why do you have to go to the toilet so much?

Peeing is one of the major pregnancy symptoms. It is very common right from the first trimester of the pregnancy and can continue in the third trimester as well. It is harmful even though it might be annoying for pregnant women. This guide will provide you with all the possible causes of frequent urination during pregnancy.

What causes frequent urination?

- One of the primary causes of frequent urination is increased blood flow in the body.
- Kidneys are utilizing extra fluids to process the blood, and it later ends up in the urinary bladder.
- It is normal and completely harmless even though the frequent bathroom visits are irritating.
- Urination becomes frequent during the third trimester because the baby grows in the uterus and it pushes onto the bladder, reducing the urine holding capacity.

When is it considered as frequent urination?

- There isn't a number set that could determine whether urination is frequent or normal.
- But in general, when pregnant women have the frequent urge to visit the washroom to pass urine, it can be called frequent urination.

When does frequent urination start?

- Most pregnant women have the urge to pass urine frequently in the first trimester of their pregnancy, from around six to eight weeks from the start of the pregnancy.
- Although it might differ from woman to woman, most women don't have the urge to pass urine frequently during their second trimester.
- This however changes during the third trimester. Since the baby inside the uterus has taken up the most space, the capacity of the bladder is compromised and women have to urinate frequently as the bladder no longer has the space to store much urine.



Conclusion

Frequent urination is normal and is a result of increased blood flow and growth of the baby.

WHAT IS THE NHS PREGNANCY JOURNEY LIKE?

Pregnancy is an important part of every woman's life. Right from the day you conceive till the day you deliver your baby, the entire journey is quite memorable. But doctor's appointments every month could be challenging, this is why the NHS has designed a pregnancy journey to make all the doctor's visits easy and convenient. The entire journey is broken into several steps for easier comprehension.

First antenatal visit

- The first antenatal appointment is set with a midwife.
- Pregnant women visit the midwife between 6 to 12 weeks from the time they have conceived.
- This appointment creates a patient-medical professional relationship between you and the midwife.
- You will be asked in detail about your health, allergies, medical condition, and lifestyle.
- Knowing your daily lifestyle by the midwife would allow changes in your daily life to make the entire pregnancy much healthier, safer, and convenient.
- Knowing the details about your medical history will also allow the midwife to know

about any possible complications that you might come across during your pregnancy.

Medical care till delivery of the baby

- The medical professionals will keep you constantly updated on the well-being of you and your baby.
- You will be guided on the different birth plans by the time you are around 36 weeks pregnant.
- The risk assessment helps the midwife to rule out any possible events that you be a problem later.
 - You can choose the option which best suits you if the risk assessment results come back as normal and uneventful.
 - Women with low risk can have their baby at home, but those who have high risk need their baby delivered by an obstetrician.



Conclusion

NHS pregnancy is designed to guide you through every step of the way when you are pregnant. They have highly trained professionals and medical staff will experience.

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