

So Parenting

Is it okay to have
peanut butter/ fish/
cheese in Pregnancy?

What To Do
When Your
Teen Wants To
Quit?

TRAVEL
DIARY

**5 Ways To
Handle
Fussy
Eaters**

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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.

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Eggs Are Viable For These Many Days- And How To Take Maximum Benefit Out Of It

Eggs are a nutrient powerhouse, they form a quick and tasty snack, they also form the base of many dishes, so the temptation to stock up on them is always there. The fat present in egg yolk increases its shelf life. Hence we often tend to forget about them and find them a month later when we need them for a recipe. So how long do the eggs last?

- Refrigerated eggs last for 4-5 weeks.
- It depends on how well the eggs are stored and refrigerated; it is essential to refrigerate them. As per a report by FSSAI; eggs when stored at room temperature lost quality, and recommend to refrigerate to maintain their nutritional integrity.
- In countries like the US, it is essential to refrigerate the eggs because they are washed and sanitized as soon as they are laid, to prevent their contamination with *Salmonella*; this might damage the protective cuticle of the egg and make it easier for bacteria to invade it.
- Refrigerating also slows down the growth of bacteria, but the longer the egg is refrigerated, the more its quality declines. So, it is better to eat them once they cross the 3-week mark.
- Can be stored in the freezer:
- Eggs can be stored in the freezer for months at length, but they need to be stored without the shell. So, you must store the raw egg yolk and egg whites in a container marked freezer safe.

- The temperature of the freezer must be -18 degrees Celsius or 0 degrees Fahrenheit to prevent the bacteria from growing.
- This will not prevent the egg quality from deteriorating.
- After you take them out to thaw, you must use them within a week.

Ways you can derive maximum benefits from eggs: Eggs are the quintessential tool not only in food preparation but also for practical and beauty uses.

- **Eggs can act as thickening and emulsifying agents in food:** Ran out of psyllium husk or cornstarch? You can always use eggs.
- Not only are eggs tremendous binding and glazing agents they can also be used to give your sauce a thick, creamy texture along with enhancing its taste.
- They can carry up to 4x of their weight in terms of moisture which makes them a good thickening agent for not only sauces but also custards and curds.
- The setting of proteins present in eggs takes place at different temperatures which; when cooked and heated gently acts as a thickener.
- The smooth batter of your cake is a result of lecithin in that egg yolk working its magic, not only that eggs also give a structure to your cake by binding it.
- **Eggs in Beauty:** Eggs have been a part of beauty routines for centuries in different parts of the world. They contain Vitamin B2 (Riboflavin), which prevents cell-damaging; magnesium which prevents aging and proteins which improve the shine and elasticity of the skin and hair.

If you are unsure if the eggs are safe to be eaten, just crack them open and if they smell fine, just make them a part of your beauty routine.

- No matter which skin type, eggs improve the skin texture and elasticity. Egg whites contain a protein named albumin, which tightens pores which getting rid of excess oil. While egg yolks are packed with fatty acids, moisturize the skin. So, using them in a do-it-yourself or DIY facemask will give your skin a nice and soft texture.
- Eggs also make wonderful eye-masks. Put a little egg-white on a cotton swab and voila your eye mask is ready.
- Eggs are miracle workers for damaged hair. The essential nutrients present in eggs consisting of antioxidants, vitamins, and proteins rebuild hair since hair is 70% keratin protein.
- Eggs strengthen the hair follicles and nourish them, preventing hair fall giving hair a natural shine.

- Just like in skin the fatty acids present in eggs moisturizes and condition the hair as well as the scalp and, hence reducing dandruff. This also helps the elasticity of hair and solves issues of split ends and breakage due to brittle hair. Using hair-masks once a month would help achieve this.

Other Uses of eggs:

- Bruises: You might have seen a thin one in a K-Drama, if you are bruised just roll a warm hard-boiled egg (after removing the outer shell/skin) in the affected area, it helps with the pain and swelling.
- Edible paint: Bakers might know this; using an egg yolk along with ½ tablespoon water and a little food coloring can create the perfect paint for those cakes and pastries. Just apply it before baking.
- If you are a gardener, use eggs shells to ward off pests and insects.
- Egg whites also work as excellent leather cleaners.



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5 Ways To Handle Fussy Eaters

Sometimes mealtimes can be the most dreaded part of the day for parents, the amount of creativity and effort put in the preparation of the meal might as well get them a Michelin star. But after all the effort, children just shake their head and go back to munch on their favorite snacks or just rage cry to sleep, either way, it ends up in concern and frustration. These eating patterns later develop into poor eating habits. As found in a study by The Obesity Society, 10% of American babies in the early years of age 2 to 5 are obese, and it is linked with their poor eating habits which began around the age of 12 to 24 months.

Here we suggest some ways that might help you make your child's mealtime nutritious and fun and develop hygienic eating habits:

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Here we suggest some ways that might help you make your child's mealtime nutritious and fun and develop hygienic eating habits:

1. Presentation of the Food:

- The very first judgment we make is based on appearance, so if a sad-looking vegetable greets you at your dinner table, you probably would not want to eat it. Presentation of the food matters a lot, making it look good is half the battle won. Also, children love colors, and thankfully nutritious foods come in various vibrant colors.
- Eat the Rainbow: Have you heard of the Rainbow Diet? It is created by Dr. Deanna Minich, a nutritionist, the famous diet promotes eating colorful VIBGYOR fruits and vegetables. So why not make it an activity, instead of feeding them the seven colorful food in one day, make it a weekly activity. Every week at least 2 rainbow days and it is also a great way to involve lots of beautiful and nutritious fruits and vegetables in their diet and while you get to out new recipes.

2. Maintain a Positive Climate at Mealtimes:

- Mealtime is also family time; parents should avoid disciplining the child at the dining table. According to a [study](#), fussy eating is linked with a negative emotional climate, thus stressing the child during mealtime.

- Being patient is the key, never rush your child through the meal or force-feed them, they might get anxious or angry and if this became a daily occurrence, they would associate mealtime with negative emotions from their early years. Also, avoid feeding them when they are tired, a tired child will be fussy while eating, allow them a power nap before they eat. Forceful feeding practices sometimes re-enforces fussy eating.
- Feeding them when not hungry or asking them to finish the meal on the plate even when they are full, creates an unpleasant environment for them.
- Punishing or rewarding them for eating leads to both poor eating and behavioral habits. These punishment or reward treatments create fussy eaters and even lead to obesity. Instead, avoid in-between mealtime snacks and serve them in small portions, if they are hungry, they will ask for more.

3. Include them in meal preparations:

- You might have seen some YouTube or Instagram pages dedicated to cute children in their little aprons cooking some meals with their parents. It is a very good strategy, according to a [study](#) "Between before cooking and directly after cooking the meal, children in the child cooks condition reported significantly increased feelings of valence (feeling positive) and dominance (feeling in control). This study confirms that involving children in meal preparation can increase vegetable intake."
- It might not always be possible but whenever you can include children in preparing food. It could be as simple as asking what they would like to eat letting them help you do a pre-meal preparation or the actual cooking. This also increases the parent-child bonding and goes a way towards making the child learn teamwork at the same time-independent.

4. Make Food and Experience but Do Not Overdo It:

There are so many varieties of natural and exotic variety foods available at the local grocery store thanks to



capitalism, that you can let your child try a variety of new food with very little cost and preparation.

- Serve food of different tastes and textures to them, it will also help you diversify the palate choices. If they do not like it do not

force them to eat, just remove the plate and try again after a few days.

- Children are sensitive to spices, so while serving an international cuisine be mindful of the seasoning. Yet try to use different types of spices to introduce more flavorful meals.

•Also, while serving something new pair it up with something familiar that they like. Or create fusion foods of something healthy and delicious. Create a consistent routine and add something new once or twice a week, if you offer too much at once, you will end up exhausting your choices and your child will be too overwhelmed to eat.

5. Children Learn from their Parents:

If you yourself have hygienic eating habits and do not skip meals, chances are your child will have these habits too. Maintaining a proper eating schedule and avoiding too many in-between snacks would go a long way.

Understanding the likes and dislikes of the child is not important and lecturing them at the dining table about the importance of food would also irritate them further. Also giving in to their demands for eating junk food after a tantrum would only make them think that they can get away with it, so addressing their misbehavior is also important, just not while they are eating.



**Grilled
Portobello
Mushrooms with
Mashed
Cannellini Beans
and Harissa
Sauce**

This appetizer is loaded with so many flavors and it's vegetarian and healthy. Give it a shot if you want to impress! It may sound like a ton of work, but it really is simple. If you like bold flavors, you will love it!

Ingredients

Harissa Sauce:

- 1 roasted red pepper, peeled and minced
- 2 tablespoons chopped shallot
- 1 teaspoon minced garlic
- 1 teaspoon olive oil
- 1 teaspoon chopped fresh mint
- 1 teaspoon lime juice
- $\frac{3}{4}$ teaspoon Dijon mustard
- $\frac{1}{2}$ teaspoon minced fresh cilantro
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon red pepper flakes
- 1 pinch ground coriander
- 1 pinch ground black pepper
- 1 pinch cayenne pepper

Mashed Beans:

- 2 cups canned cannellini beans
- 2 cups water, or as needed
- 2 teaspoons truffle oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper

Portobello Mushrooms:

- 4 large portobello mushroom caps
- 4 teaspoons olive oil
- $\frac{1}{2}$ cup vegetable broth
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper

Directions

Step 1 Mix roasted red pepper, shallot, garlic, 1 teaspoon olive oil, mint, lime juice, Dijon mustard, cilantro, $\frac{1}{2}$ teaspoon salt, red pepper flakes, coriander, 1 pinch black pepper, and cayenne pepper together in a bowl to make harissa sauce.

Step 2 Combine cannellini beans and water in a small saucepan over medium-low heat; heat until warmed through, about 5 minutes. Drain.

Step 3 Combine drained beans, 2 teaspoons truffle oil, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper in a food processor; puree until smooth.

Step 4 Preheat grill for medium heat and lightly oil the grate. Brush mushroom caps on both sides with 4 teaspoons olive oil; season with $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Grill mushrooms, gill-side up, basting frequently with vegetable broth, about 4 minutes per side.

Step 5 Top each mushroom cap with $\frac{1}{2}$ cup bean puree and 2 tablespoons of harissa sauce.

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FREEZING EMBRYOS: A LOT OF PEOPLE ARE TURNING FOR THIS OPTION

Aging makes conceiving difficult, adding to that the biological clock slows down and reproductive issues like infertility and Polycystic Ovary Syndrome/Disorder (PCOS) make pregnancy more tough, expensive, and painful. Freezing embryos or eggs is in a way stopping your biological clock; it involves freezing healthy eggs at a younger age for the future.

Freezing embryos or *oocyte cryopreservation* is a process in which women are given hormone injections to stimulate their ovaries which results in the production of multiple eggs, then these eggs are recovered from the ovary and quickly frozen and stored in a storage cell containing liquid hydrogen for a future date. Many women choose to donate their eggs, these eggs help in assisted reproduction; this process is known as frozen embryo transfer (FET). In FET, the frozen embryos from either the last or fresh IVF or the donated egg are thawed and transferred into the woman's uterus.

Why do people freeze embryos?

IVF or In Vitro Fertilization can be taxing not only emotionally and physically but financially as well. Many couples want many children and freeze the embryos to plan a family in the future. This helps them avoid the whole process of IVF again.

Many women freeze their embryos as they do not see themselves having children anytime soon; it may be due to their career decisions or their relationship status. And they worry about their declining reproductive health as they age, freezing their embryos enables them to use them in the future and have increased chances of conceiving. They hope to have more than one child and welcome the chance to freeze embryos for future use.

Other than that, many women freeze their eggs before going into chemotherapy, as a cancer treatment is toxic for the ovaries and menopause is one of the side-effects of the treatment. There are many other medical reasons that women chose to have their eggs frozen.

What is the correct age to freeze eggs?

The ideal age to freeze embryos in the late 20s or the early 30s as they are the most reproductive years. The nature and number of eggs that are harvested influence the success rate. As age increases, there is a decline in embryo fertility and often more chromosome anomalies. And not all eggs can be successfully frozen and thawed, some of them get damaged during the process. But the average age of women freezing eggs is 36 years.

What does the process involve and what are its risks?

It is like an IVF process.

The patient will be given anesthesia and a needle will puncture the vaginal tissue. It has a chance of contamination, but as far as surgical operations are concerned, it is a low-risk operation.

The treatment starts as a woman is given a round of hormone injections, which induce the ovary to produce several eggs. In this stage, you are required to visit the

a suction device that removes the embryos from the ovary follicles. This process is often compared to drawing blood.

Although the surgical operation is largely safe, the hormone injections do hold a threat of ovarian hyperstimulation syndrome (OHSS) which leads certain women to get sick, this happens when a woman's body's reaction is too strong to the hormones. This further leads to ovaries getting inflamed and painful. She might also experience stomachache, nausea, and vomiting.

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fertility clinic multiple visits to the Fertility Clinic, around 5-10 times as the ovaries are examined using vaginal ultra-sound. After around a week or two of hormone injections, the doctor removes the embryos from the ovary.

The process of removing embryos takes around ten to fifteen minutes and thankfully you are knocked out or sedated by anesthesia during this process.

The doctor uses ultrasound to guide a long needle through the vagina towards the ovarian follicle that contains the eggs. Attached to the end of the needle is

related issues and blood clots also in exceedingly rare occurrences, it was fatal.

In most fertility centers, egg extracting costs about \$10,000, and add that to the cost of drugs include drugs that can range from \$3,000 to \$5,000. The annual cost of keeping the embryos in the cold storage is from \$500 to \$1,000. And when you are ready to use the eggs, they must be thawed and then fertilized to prepare for the IVF process. Each IVF round costs between \$3,500 and \$5,000. So, it is an expensive process, if you are considering it ask your fertility center if they provide a guarantee program or not.





What To Do When Your Teen Wants To Quit?

Teenage life is full of changes; it sometimes extends to their hobbies and career choices. Adolescence starts a new phase in their life when they seek autonomy and seek their identity. It is natural they might want to quit some activities they no longer enjoy or relate to. But quitting some activities like a sport might be alarming to parents. Athlete kids spend a lot of time building their parents' skills and finances on coaches and equipment. So, it is understandable that for parents, it might be a huge shock. Forcing or guiltting them to continue an activity or sport will only lead to your teen distancing.

- **Let them find their new favorite activity.**

As your teen will make new friends, they will get to pick from many new activities. Also, the school curriculum and activity clubs will engage them in extra-curricular activities. Taking a break will let them find a new favorite activity. After a few months, they will settle on an activity they enjoy. Quitting might be triggered because they want to take up the activities they consider important for college applications. Or simply because they no longer enjoy the previous activity.

As they develop an interest in a new activity, they will cut down on their previous activities. As they will have a lot on their plate, and they would simply be prioritizing their time.

Also, parents need to realize that they might not be perfect in the new activity. All that matters is that they enjoy doing that. So, comparing their expertise in their previous and new favorite activity is not a good move. It will further demotivate them from exploring new things. Instead, in this phase, parents must remain understanding towards their teen.

Along with their interest in the new activities, the teen also tries to define themselves and find their true passion. It will be understandable if they drop and pick new activities initially. They are searching for what suits them the best let them take their time. For all its worth, they might gravitate back to their old activity. But after a few months, they will settle in their new activity. What is important is that they are happy.

- **Try to understand their reasons.**

Sometimes teens themselves do not understand the reason, and they need parental guidance. Parents need to sit down with their kids and figure out why they want to quit.

It might just be a temporary break: Or as everyone calls it 'a phase'. As teenagers grow up, their behavior and interests evolve with them. They might find a new passion in their high school years. These are busy years; they juggle academics, activities, and friends. So, they might need to take breaks in a few activities before they hit their burnout point. Often doing an activity for years builds a schedule, and

they might want to get out of that schedule. This break might help them explore other things, and they will benefit from that.

The stress to be perfect: Especially in the case of athletes, the stress to perform well, competition, and rigorous coaching hours lead them to quit. They miss out a lot on their sport, and the constant demand for perfection over the years can be exhausting. An activity stops being enjoyable when you are being judged for it and constantly told to do better. It is important that parents understand that and not force them to continue. Instead, they must find out ways to resolve this conflict. It might or might not end up with them quitting the sport. The true goal is their happiness, so the focus should be on that.

- **Realize when it is becoming a behavioral pattern.**

Quitting becomes an issue if the teen is in the habit of frequently taking up and leaving activities. Talking to them about it is important. Often, the issues can be as simple as the friends' circle, but sometimes they might have deeper causes. Addressing these issues will help them figure out where they are going wrong and how to resolve that. Parents should not punish or guilt the child to do something they no longer enjoy; you will add to the misery. Instead, it is time you should show support.

Also, the way they quit is important, especially if it is a team activity. Convince them to complete the season or the activity as it was planned. Leaving a team activity without notice will make them think it is okay to bail out on people. The team relies on them, and seeing the activity through is the right way to quit. And if they quit suddenly, they might be viewed as unreliable and lose a few friends. Completing the team task will also help ease the guilt they will feel after quitting.

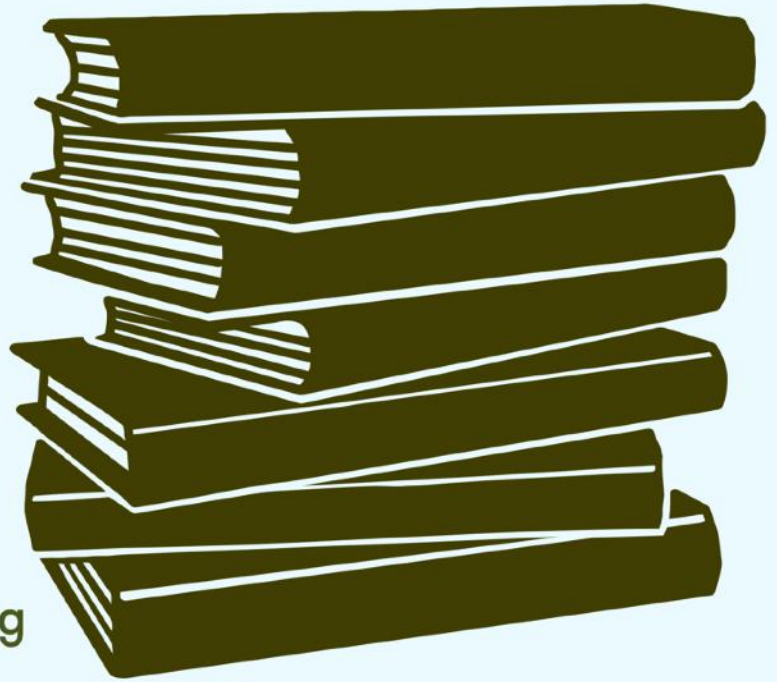


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Pregnancy is a phase with different emotions and feelings ranging from one part to the other. Though carrying a life within you is the ecstatic feeling beyond explanation, but the mood swings surely can't be ignored.

The soon-to-be mothers discover themselves just like they feel their baby inside. Every baby born a mother. And, at this moment it is hard to stop yourself from those stressed feelings of being the best to self-satisfying their feelings against the errors in their thoughts.

Becoming a mother isn't easy. From that, overly grown belly to the inconvenience of fetching things from the floor can be distressing sometimes. Due to the pregnant brain, expecting mothers often forget important tasks. Also, some dumbest behaviors can be observed, while the ladies are pregnant.

1. Trying to lose weight

In the urge of looking beautiful during pregnancy, many women start with an extensive workout. This must be avoided during pregnancy as it increases the chances of miscarriage. A little workout is good to go, for example, squats or any prescribed workout by your gynecologist. Remember after giving birth you'll be back to your normal belly with a little bit of fat here and there, that is fine. You can continue workout after that and whenever your doctor but till then

please embrace yourself, the beauty of your bump, and that glow on your face.

2. Be up and about all-day

Pregnancy is often associated with being a couch potato, which isn't the case for real. It is important to move around and avoid lethargy. But, some women try to extend their walking hours by staying upright all day. This isn't healthy as it pressurizes your lower body and can even cause damage to a restless body. Therefore, moving around a bit is required and necessary but the overdo of the process isn't recommended at all.



**Shortness of breath
during pregnancy- why
does it happen?**

3. Rant and Rave

We understand that your pregnant body and mind are facing vigorous mood swings. Your hormones aren't in your control and are going haywire. This is a new start for you also and not just your baby. You might be facing feelings that are not so great and sometimes you're unable to control your intensified stressors, which explodes like a frustration bomb. Your family members can be there to support you as they understand what all you are going through, but if you get too abusive with words, then they're chances of them exploding as well. If you get on the streets shouting your stress out, the people will eventually end up hurting you with their behavior and words, increasing your stress levels again.

4. Having all sorts of vitamins in form of pills

That's a trend in pregnant ladies to have the necessary vitamins and minerals through pills, which is quite dangerous. It's always preferred to have vitamins and minerals in form of fresh fruits and veggies. Maybe there are some prescribed pills you have to take daily but during pregnancy, speak to your specialist to minimize the doses or include the important ones only on regular basis.

5. Get cleaning

Ladies love to be perfect when it comes to maintaining cleanliness. During pregnancy, they grow possessive about the clean environment in the spaces they spend more time in. Cleaning is also the best alternative to the boredom of pregnant ladies.

Cleaning isn't dangerous if done within the limit but if exploited then it can cause damage to the fetus. This can be dangerous because cleaning involves sprays or soaps filled with chemicals that can go inside you as toxic fumes causing damage to the fetus.

6. Cleaning litter trays of the pet animals

Caring for your pet animals is fine until you start cleaning their litter which can be again dangerous for the baby and you. For example, if you have a feline

friend at your place, then you should be extra cautious as it plays the role in spreading parasitic *Toxoplasma gondii*, which can be dangerous for the fetus to the extent that a miscarriage can happen. Involve yourself in any petting activities and avoid yourself from the duty of litter trays.

Final words

Don't panic or feel caged with the above points. Enjoy your pregnancy and involve yourself in activities that don't cause you much pressure and stress. Practice meditation to calm your nerves when you feel frustrated. Try walking around your home but also remember to walk the limited steps. Bear the changes for 9 months and you'll experience the biggest joy at the end in your arms. You'll be overjoyed to grip those tiny arms in your hands. You are holding life within you, respect yourself, enjoy yourself and create everlasting moments in these times.



DUMBEST
THINGS
PEOPLE DO
WHILE YOU ARE
PREGNANT

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

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

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

Still, different causes take place in different periods.

Early pregnancy



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

Later pregnancy

As pregnancy progresses, breathing difficulty occurs. One reason may be that the baby gets bigger. The second reason can be some changes in the functioning of the heart. The number of blood

How to breathe easier

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

Additional causes

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

Asthma:

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

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

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

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

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

- Worsened breathlessness
- Pain when breathing
- Wheezing

Homemade Black Bean Veggie Burgers



With this black bean burger recipe, you will never want to eat frozen veggie burgers again. These are so easy, and you'll be proud to have created such a vegetarian delight.

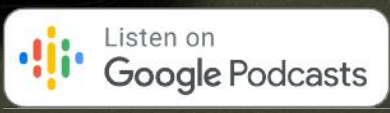
Ingredients

- cooking spray
- 1 (16 ounce) can black beans, drained and rinsed
- ½ green bell pepper, cut into 2 inch pieces
- ½ onion, cut into wedges
- 3 cloves garlic, peeled
- 1 egg
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon Thai chili sauce or hot sauce
- ½ cup bread crumbs

Directions

- **Step 1** Preheat an outdoor grill for high heat. Lightly oil a sheet of aluminum foil with cooking spray.
- **Step 2** Mash black beans in a medium bowl with a fork until thick and pasty.
- **Step 3** Finely chop bell pepper, onion, and garlic in a food processor. Stir chopped vegetables into mashed beans.
- **Step 4** Stir together egg, chili powder, cumin, and chili sauce in a small bowl. Add to the mashed beans and stir to combine. Mix in bread crumbs until the mixture is sticky and holds together. Divide the mixture into four patties and place on the prepared foil.
- **Step 5** Grill on the preheated grill for about 8 minutes on each side.

科技灯芯绒绿松石色暗人字纹罗纹卫衣
(27950元 from Hermès 爱马仕)
绿松石色羊毛与羊绒混纺雪衫
(15950元 from Hermès 爱马仕)



HOW LONG DOES MORNING SICKNESS LAST?

Pregnancy is a blessing but morning sickness is a bummer that just tags along during the initial few months of the journey. Nausea and vomiting consist of morning sickness. They are part of a majority of pregnancies. Although they are called morning sickness, they can happen at any time after or before meals.

What is morning sickness?

- They get triggered by certain strong tastes and smells of foods and other things.
- They are not an immediate threat to the fetus, but they make pregnant women tired and exhausted.
- There are ways to control the morning sickness to prevent the vomiting or nauseous feeling from getting any worse.

How long does morning sickness last in pregnancy?

- In pregnancy, morning sickness starts before the end of the first trimester.
- Most pregnant women experience morning sickness till 14 weeks of their pregnancy.
- But, some pregnant women experience morning sickness till the end of their pregnancy.

How long does morning sickness last every day?

- Some pregnant women get nauseated for short times each day and thus vomit once or twice.
- Some pregnant women start the

day with morning sickness and are unable to consume any food in the morning.

- But rarely, some women have morning sickness which lasts for hours every day forcing them to vomit quite frequently.

When can morning sickness be a problem in pregnancy?

- Morning sickness is normal in pregnancy.
- But it becomes a problem only when the food and liquid are not consumed in the same amount as the number of times vomiting takes place.
- Losing weight due to morning sickness affects the growth of the fetus.

Conclusion

The trick here is to consume food and liquid every time a smell or taste forces you to vomit to prevent weight loss. You could consult your doctor in case it gets any worse.





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**Can I Give My Child
Vitamin C?**

Vitamin C is an essential nutrient that is needed for the well-functioning of your body's metabolism. This applies to your children as well. If you have doubts in your mind about whether you can give your child Vitamin C supplements and what is the recommended quantity, then do not think so hard. We're here to answer your questions.

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

- For infants, the requirement for Vitamin C is lesser than in a full-grown adult but it is recommended that you ensure your child receives a stipulated quantity of it every day.
- For babies of less than 6 months of age, 40 mg of Vitamin C are recommended but you

- Vitamin C helps to fight off various kinds of viruses and bacteria by building the body's immunity.
- Vitamin C helps in the formation of healthy teeth and bones for children. This is an important factor for the proper growth of your child during infancy.
- Since Vitamin C is mostly found in colorful and flavorful fruits and vegetables, it may also help you to get your picky eater into eating something that is very beneficial for their health and also tasty.

With COVID-19 spreading its claws all around the world, everyone needs proper precautionary measures to fight this monstrous virus. Vitamin C has come about as one of the best supplements that can help your body boost immunity. Thus, make sure your kids get the right amount of this supplement.



don't have to give since breast milk has plenty of it. and for babies aged 6-12 months of age, 50 mg is enough. You do not require this if you are feeding them infant formulas.

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

Why is Vitamin C so important for your child?

Note: The information contained in these topics is not intended nor implied to be a substitute for professional medical advice, it is provided for educational purposes only. You assume full responsibility for how you choose to use this information. Always seek the advice of your physician or another qualified healthcare provider before starting any new treatment or discontinuing an existing treatment. Talk with your healthcare provider about any questions you may have regarding a medical condition. Nothing contained in these topics is intended to be used for medical diagnosis or treatment.

WHY IS MY CHILD HYPERACTIVE?

It isn't unusual to spot a child in a public setting who is causing a ruckus and is getting on the nerves of everyone present in that situation. Most people think that it is a predominant characteristic of a child to be hyperactive during the formative years of childhood. This fact may not be as credible as you think it is. We're going to answer the question raising in your head right now as to why is your child so hyperactive all the time.

Signs of Attention Deficit Hyperactive Disorder (ADHD):

- Only hyperactivity may not be a proper sign to label your child as an ADHD child. You must look for a few other symptoms to substantiate this claim.
- If along with being hyperactive, your child is also inattentive during class hours or very impulsive when it comes to making decisions, then probably your child has ADHD.
- Disorganized and disruptive behavior with a small attention span is one of the leading signs of ADHD.

It is to be noted that if you are suspecting ADHD in your child, It is important to consult your doctor.

If not ADHD, then what is causing the Hyperactivity?

- If you have established that your child is not suffering from ADHD, then his hyperactivity can be explained by a lot of other reasons such as stress, emotional issues, lack of sleep, or some other medical condition.
- Children face trouble trying to communicate their feelings with everyone around them. When a chaotic situation arises and causes them distress, their coping mechanism is highly based on doing the extra activity.
- Being energetic is different from this hyperactivity and you must be able to differentiate between the two.

Be attentive towards them and make sure you are keeping note of all their anger outbursts. If the situation persists, then you must take your child to a child counselor who would help you to figure out the root cause of this behavior.

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Is it okay to have peanut butter/ fish/ cheese in Pregnancy?

Pregnancy makes women want to snack all the time. But it is also crucial that you maintain a diet that is healthy and well-balanced, including the snack. But often healthy snacks which you liked to consume before being pregnant might not be a healthy option now. Let's find out which snacks are good for your baby and which aren't.

Combine snacks that are protein, fat, and carbohydrates rich.

Peanut butter

- Studies have shown that consuming peanut butter during pregnancy helps to reduce the chances of the baby having peanut butter allergies.
- Peanut butter is high in antioxidants and contains a good amount of folic acid which reduces the chances of the baby having any birth defects.

Fish

- Sea fishes in particular are rich in proteins, iron, and zinc.
- DHA and other mega-3 fatty acids present in some fishes enhance the process of a baby's brain development.
- Although, fishes like sharks, swordfish, tilefish, and king mackerel which are rich in mercury should be avoided.
- Pregnant women are allowed to have fish two to three times a week.

Cheese

- Other than soft cheeses, which contain listeria, hard cheeses can be consumed without guilt

during pregnancy. Listeria is harmful to your baby.

- Soft cheeses contain a good amount of water in them due to which they have high bacteria growth.
- Consuming cheese is healthy as they are a good source of fats, proteins and even calcium, but one must make sure that it is made from pasteurized milk.
- Yogurts, probiotics, and sour cream are also healthy cheeses that are safe to consume during pregnancy.

Conclusion

Most pregnant women have the urge to snack even after consuming a full meal. The key is to make sure that the snacks are healthy and rich in protein, calcium, and fats so that the baby's growth is not hampered and you get enough energy to pass the day.



5 essentials you must carry with you when you travel.

Travelling is always magical. You go from one place to another and you create this magic. Someone has rightly said, "first, you travel, and then you become a storyteller".

we have curated these 5 must-haves for you when you travel. Let's dive in.

1. **A power bank or a portable charger.**

Truth be told, you can't have a vacation without a camera, and our cameras have turned into phones. And then there's so much more - Social Media, Video Calls and SO many things. You definitely do not want to miss those things just because you ran out of battery.

2. **A book or a Kindle.**

If you are a voracious reader then it goes without saying that you would be carrying a book. But just in case you are not, grab a magazine. It's always good to sit and flip through pages, especially with that chilling iced tea.

3. **Flip Flops**

whether it is a sandy beach or hillside cosy cottage. The comfort of a flip-flop can never be replaced. Speaking of that, the best part is the variety that these are available these days. Pick up your favourite colour and style.

4. **A handy pocket bag.**

We all love to shop. We all love to get sandy on the beach and we all have been in a situation where we desperately needed a carry bag to carry something strange. For all those moments, and more - it's downright the best decision to carry one fist-sized bag that can be opened up to become a full-size bag.

5. **Your best pair of Sunglasses.**

We need to look our best for that social media post or just feel good about ourselves - sunglasses can never go wrong. it's always better to carry a reasonable priced



Travel
Diaries

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A close-up photograph of a woman's hands. Her left hand holds a single white, oval-shaped pill between her thumb and index finger. Her right hand is holding a clear glass filled with water. She is wearing a light blue and white vertically striped button-down shirt. The background is a plain, light-colored wall.

HOW MUCH FOLIC ACID
DO YOU NEED TO HAVE?

Also known as Folate, folic acid was formerly known as folacin. It is an important vitamin B that helps in efficient metabolism and cell growth in general, but it is even more important for pregnant women. This guide on Folic acid covers everything that pregnant women should be aware of. Right from the daily dosage to foods rich in folic acids, everything you need to know about folic acids is in this guide.

Why are folic acids important?

- Pregnant women are given folic acid supplements because it significantly decreases the chances of their baby having any birth defects in the brain or spinal cord.
- Studies have also shown that consuming folic acid supplements while being pregnant reduces the chances of preeclampsia and early labor.
- It also helps to treat anemia among other disorders.
- Folic acid deficiencies cause digestive disorders, kidney and liver diseases in people.

Folic acid dosage

- Pregnant women are advised to take a folic dosage of around 600 mg per day.
- Breastfeeding mothers need a folic acid dosage of around 500 mg per day.

Where to find folic acid?

- Spinach, broccoli, lettuce, and other leafy vegetables are good sources of folate.
- Beans, pulses, and lentils are rich in folic acid too.
- Among fruits, you can find a good source of folate in bananas, lemons, and melons.
- Packaged and processed ready-to-eat foods like loaves of bread, jams, cereals also contain folic acid.

Side-effects of folic acid

- There are no notable side effects of consuming folic acid supplements.
- Rather they come with a lot of benefits.

Conclusion

If you are pregnant, then make sure you consume enough folic acid through various foods and supplements to make sure your baby has no birth defects. It will also ensure that you have a good amount of blood to support you and your baby.





THE GOLDEN TOUCH

There once was a king named Midas who did a good deed for a Satyr. And he was then granted a wish by Dionysus, the god of wine.

For his wish, Midas asked that whatever he touched would turn to gold. Despite Dionysus' efforts to prevent it, Midas pleaded that this was a fantastic wish, and so, it was bestowed.

Excited about his newly-earned powers, Midas started touching all kinds of things, turning each item into pure gold.

But soon, Midas became hungry. As he picked up a piece of food, he found he couldn't eat it. It had turned to gold in his hand.

Hungry, Midas groaned, "I'll starve! Perhaps this was not such an excellent wish after all!"

Seeing his dismay, Midas' beloved daughter threw her arms around him to comfort him, and she, too, turned to gold. "The golden touch is no blessing," Midas cried.

The Moral

Greed will always lead to downfall.



**10 things your child
expect from you**

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

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

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

Love

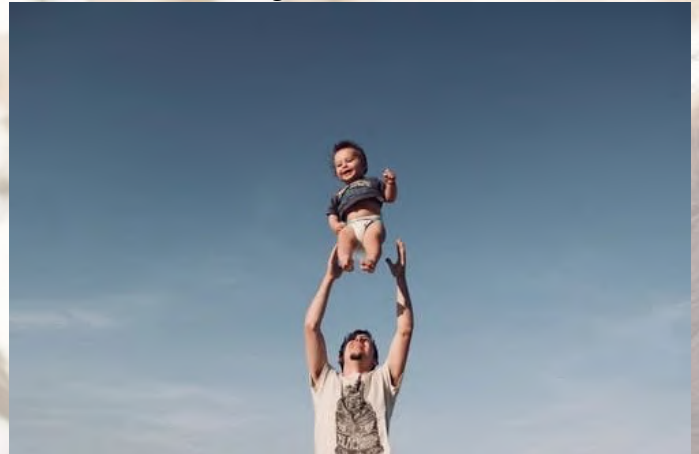


All children need love. All children deserve love. We can give our children all the worlds' materialistic love yet they will seem done because they want unintentional love and acceptance. What we can never give too much in love. Love is simple, it is nonmaterial and is the feeling we give to our children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

Faith

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

the controlling nature of our fears.



Confidence



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

Patience



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

Affection



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

Counsel



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

Pay attention! But also provide privacy.



In this fast-moving internet life, our life has become an open book to everyone. We've started to feel that we have the right to know everything about everyone, but this wrong everyone needs their privacy so do our kids. Sometimes the best

gift for a child can be the gift of privacy, not asking, not prying, and yet being available if and when your child does want or need to share.

Guidance



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

Time



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

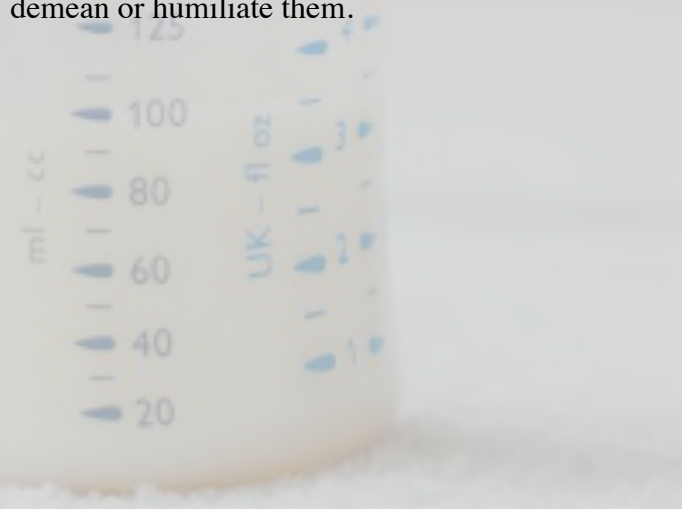
with parents juggling both home and work, and children being packed off to extra-curricular activities right after school.

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

Respect



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





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Because she will let it go!
Ankita, 6 Yrs, Mumbai

What do you get when you cross a snowman with a
vampire?
Frostbite!
Diya, 5.5 Yrs, New Delhi

What has four wheels and flies?
A garbage truck!
Sanjana, 7Yrs, Pune

Why did the man run around his bed?
Because he was trying to catch up on his sleep!
Reyansh, 8Yrs, Noida

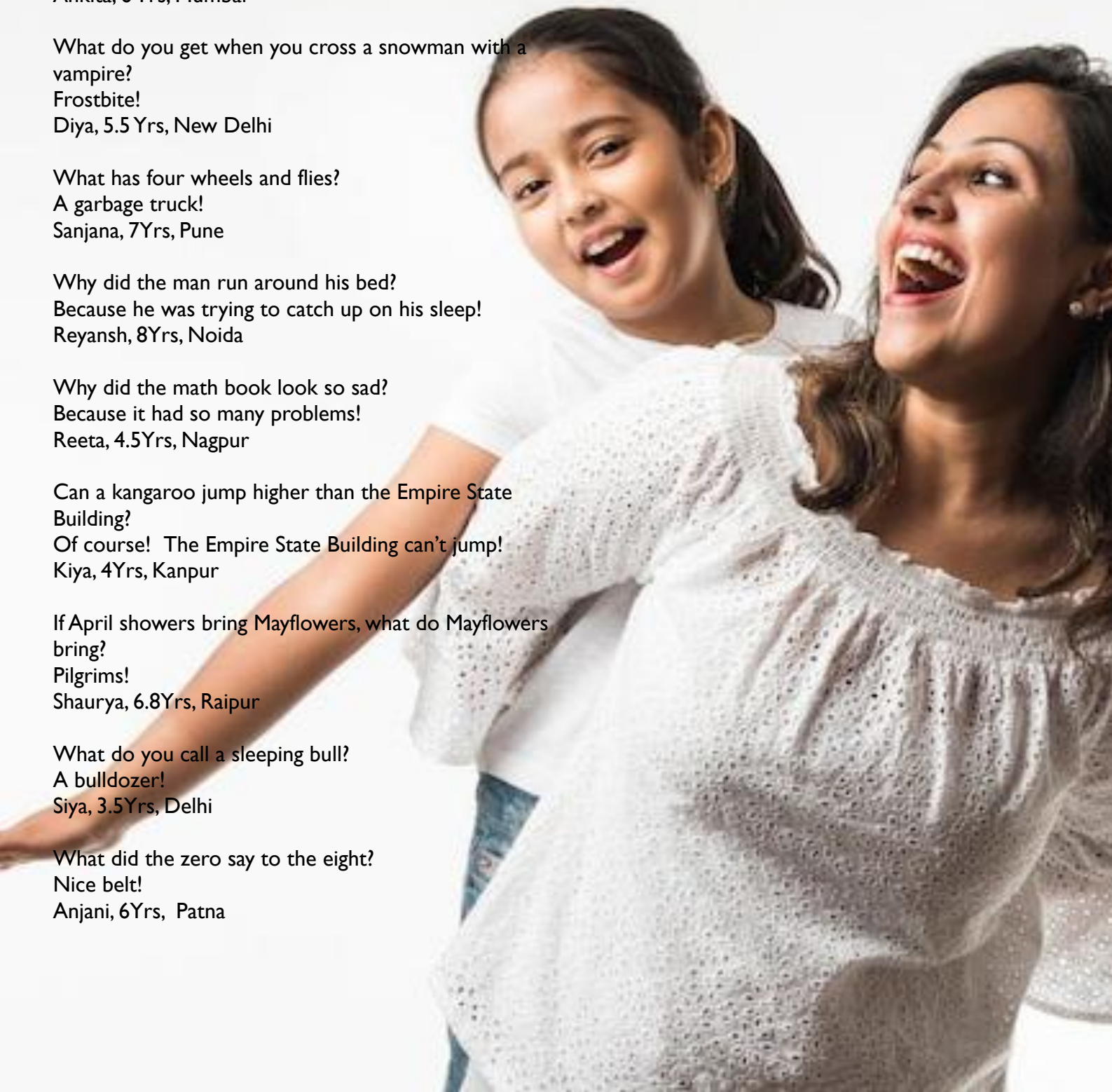
Why did the math book look so sad?
Because it had so many problems!
Reeta, 4.5Yrs, Nagpur

Can a kangaroo jump higher than the Empire State
Building?
Of course! The Empire State Building can't jump!
Kiya, 4Yrs, Kanpur

If April showers bring Mayflowers, what do Mayflowers
bring?
Pilgrims!
Shaurya, 6.8Yrs, Raipur

What do you call a sleeping bull?
A bulldozer!
Siya, 3.5Yrs, Delhi

What did the zero say to the eight?
Nice belt!
Anjani, 6Yrs, Patna





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.

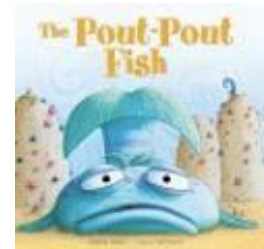
FIRST-TIME MOMMY



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 when tasted.

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

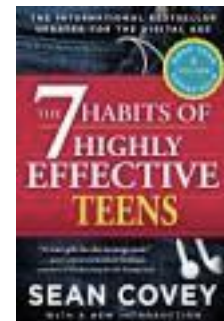
BEST BOOK FOR TEENS

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.

What Supplements Should You Take During Pregnancy?



Getting the good and right nutrients are important for everyone at all stages of life, even more, if you are pregnant. Since your baby gets all the nutrients it needs to grow from you, you must be aware of the food supplements that are necessary for both of you. During pregnancy, both macro and micronutrients are required to be consumed in the correct and balanced amount to allow effective functioning and development of both bodies. *It should be noted that any supplement should only be taken after consulting your Obgyn / doctor.*

Macronutrients

- The macronutrients consist of protein, carbohydrates, and fats, their regular intake has to be increased depending on the bodyweight of the pregnant woman.

Prenatal vitamins

- These multivitamins are created to meet the demand for extra vitamins and minerals during pregnancy.
- Prenatal vitamins help to reduce the chances of various birth defects and disorders, including pre-eclampsia.
- They don't replace your normal food diet, rather fulfill the extra nutrition requirement during pregnancy.

Folate

- Found in vitamin B, it helps in the formation of synthesis of DNA, red blood cells, and the all-over growth of the fetus and its development.
- Folic acid is the readily available form of folate which helps to reduce the risk of the fetus developing any neural tube defects.

Iron

- Iron helps to increase the production of blood.
- It helps to effectively transport oxygen to the baby which is necessary to ensure the healthy growth of the baby and the placenta.

Magnesium

- It helps to maintain blood pressure and prevents premature labor.
- It also helps to reduce the risk of defects in the fetus.

Fish Oil

- It contains DHA and EPA which is essential for any baby's brain development.
- It also reduces the chances of post-partum depression in New Mothers.

Conclusion

Supplements provide pregnant women with the important nutrients for the healthy development of their babies that they do not require otherwise.



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