

# Parenting

**10** SIGNS OF  
POOR NUTRITION  
DURING  
**PREGNANCY**

TRAVEL  
DIARY

**10** Things  
Your **Child**  
Expect

WHEN  
TO STOP  
WORKING  
DURING  
PREGNANCY?

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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](http://www.drdad.in) with our focus shifting towards quality content and getting the best content writers on board with us. We needed to make a panel of Paediatricians, OBGYNs, Psychologists and Parents. In Middle of all this, we pushed back our product line and Voila, Dr Dad Is Here.

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

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

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

Write to us on our email address [soparenting@drdad.in](mailto:soparenting@drdad.in) . We would love to hear from you. We might even feature you in our future editions.



## EDITORS NOTE

# FOR THE LOVE OF READING



# SO PARENTING GLOBAL CONTRIBUTORS



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

\*To check our contributor's list, visit our website [www.drdad.in](http://www.drdad.in)

# 10 THINGS YOUR CHILD EXPECT

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 towards their mistakes or decisions we slowly crush their own drives for self-improvement.

## PATIENT

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

Counselling 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 realise 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 criticise 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 behavioural 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 behavioural 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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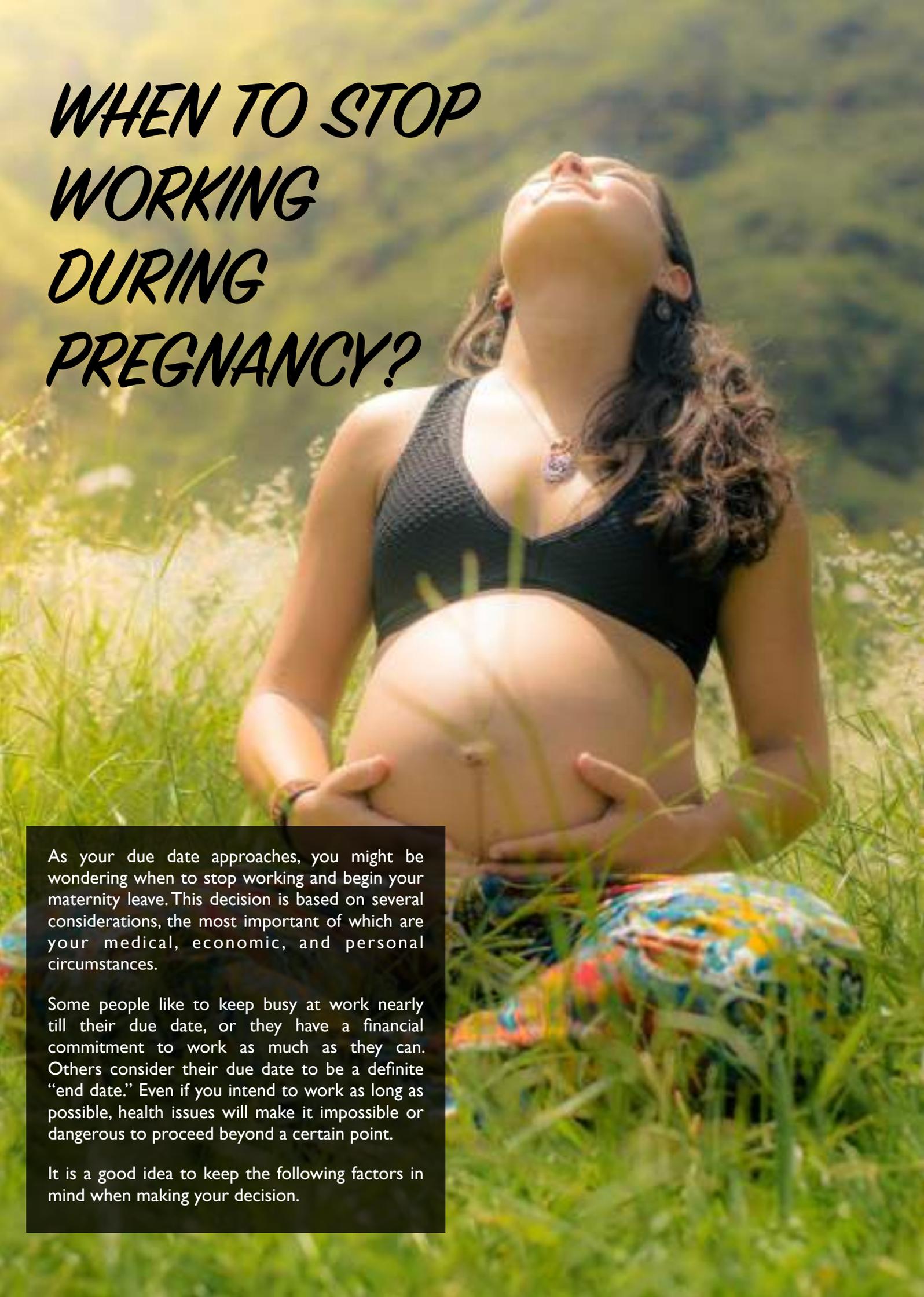
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# WHEN TO STOP WORKING DURING PREGNANCY?



As your due date approaches, you might be wondering when to stop working and begin your maternity leave. This decision is based on several considerations, the most important of which are your medical, economic, and personal circumstances.

Some people like to keep busy at work nearly till their due date, or they have a financial commitment to work as much as they can. Others consider their due date to be a definite "end date." Even if you intend to work as long as possible, health issues will make it impossible or dangerous to proceed beyond a certain point.

It is a good idea to keep the following factors in mind when making your decision.

## Medical Points to Consider

You may need to take time off work earlier rather than later if you are pregnant with twins or have complications such as preterm labor. Even a safe pregnancy is physically demanding, so keep track of how you feel as time goes by.

Certain conditions during pregnancy can necessitate bed rest since you are not supposed to sit in a chair for more than 1 hour at a time when on bed rest; working is usually out of the question. Standing time should be limited to no more than 1/2 hour at a time.

The following are examples of situations that could cause your doctor to put you on bed rest:

- **Carrying multiple babies:** Carrying two or more babies puts the body under extra pressure.
- **Cervical effacement:** If the cervix is thinning, you might be at an increased risk.
- **Concerns about fetal development:** If your baby is not developing as predicted, you might need to take it easy at work.
- **Complications in the past:** A history of premature birth, stillbirth, or fetal loss can warrant bed rest.
- **Cervical incompetence:** A weakened cervix will lead to early labor.
- **Preeclampsia:** It is a condition that increased the protein in the urine, high blood pressure, and swelling; it is dangerous for both you and your baby.
- **Premature Labor:** Bed rest can help to slow the progression of early labor.
- **Vaginal bleeding:** This may be a sign of a problem with the placenta.

Even if bed rest is not needed, you can talk to your doctor about your everyday life demands. Give specifics on what you are expected to do at work and at home and how your job affects your stress level.

### Consider how you feel while making the decisions:

Before taking your maternity leave early, think of ways to make work more enjoyable if you are having sleepless nights, swelling, back pain, or other issues. If you can change your work environment or schedule, it could help.

Wearing more comfortable shoes, switching to a different chair, bringing a fan to your desk, taking more frequent breaks, or working an earlier shift are all possibilities.

### How Does Your Commute Go?

If your commute involves a long car ride during rush hour, you might be adding to your day's stress (and risk). As your pregnancy progresses, standing on the train or subway, or waiting outside for the bus, may become more difficult to handle. If you have no choice but to go to work and your commute is becoming too much for you, taking an early maternity leave could be the best option.

### Monetary considerations

Your decision will most likely be influenced by the specifics of your maternity benefits and your family's financial needs. If you are on unpaid leave, you may want to put off your last day of work as long as possible.

Saving up some extra money if possible, to allow some leeway at the end of your pregnancy is always a good idea. Nonetheless, you should never have to compromise your health for financial conditions.

### How Many Days Off Do You Have?

If you get six weeks off, leaving work on or before your due date will begin the countdown to the birth of your child. If you are two weeks late, you will only have four weeks with your baby. If your child is not old enough for daycare or other childcare options, you will need to take two weeks off without pay.

### Career Considerations

If you are not yet ready to start maternity leave but are having trouble getting through your regular workday, talk to Human Resources or your boss about your concerns. Employers should be respectful of your medical and family needs because pregnancy is a human right.

Prepare ahead of time and bring up ideas that highlight your value as an employee throughout the conversation. Describe how a flexible schedule would help your business. Some employers place a higher value on family than others. Consider the other choice if you are unable to come up with a satisfactory arrangement.

Working up until the start of labor is possible for a woman who is having a natural, healthy pregnancy. You may, however, decide to stop working whenever it is convenient for you.

Sabudana Vada, one of my favorite fasting snacks is a savory and mildly sweet patty featuring tapioca pearls (sago), potatoes, peanuts and herbs. It is naturally gluten-free and vegan. This fool proof recipe gives you a super delicious, crispy Sabudana Vada with a soft and light interior.

# Sabudana Vada



## INGREDIENTS

- 1 cup sabudana / sago / tapioca
- 2 potato / aloo (boiled & mashed)
- ½ cup peanuts (roasted & crushed)
- ½ tsp ginger paste
- 1 tsp cumin / jeera
- 1 chilli (finely chopped)
- 2 tbsp coriander (finely chopped)
- ½ tsp salt
- 1 tsp lemon juice
- oil for frying

minutes, allowing to drain off the water completely.

- now take the soaked sabudana in a large bowl.
- also, add 2 potato and ½ cup peanuts.
- additionally, add ½ tsp ginger paste, 1 tsp cumin, 1 chilli, 2
- tbsp coriander and ½ tsp salt.

pan.

- finally, serve sabudana vada hot along with masala tea.

## Notes:

- firstly, soak the sabudana till they are soft. some sabudana just need 2 hours of soaking. so vary accordingly.
- also, adding roasted and crushed peanuts give a crunchy bite to vada and also absorbs moisture.
  - furthermore, if the vada burst while deep frying, it means you haven't soaked well or mashed or drained sabudana well.
  - additionally, if you are not able to form a dough then add another boiled potato and mash well.

## INSTRUCTION



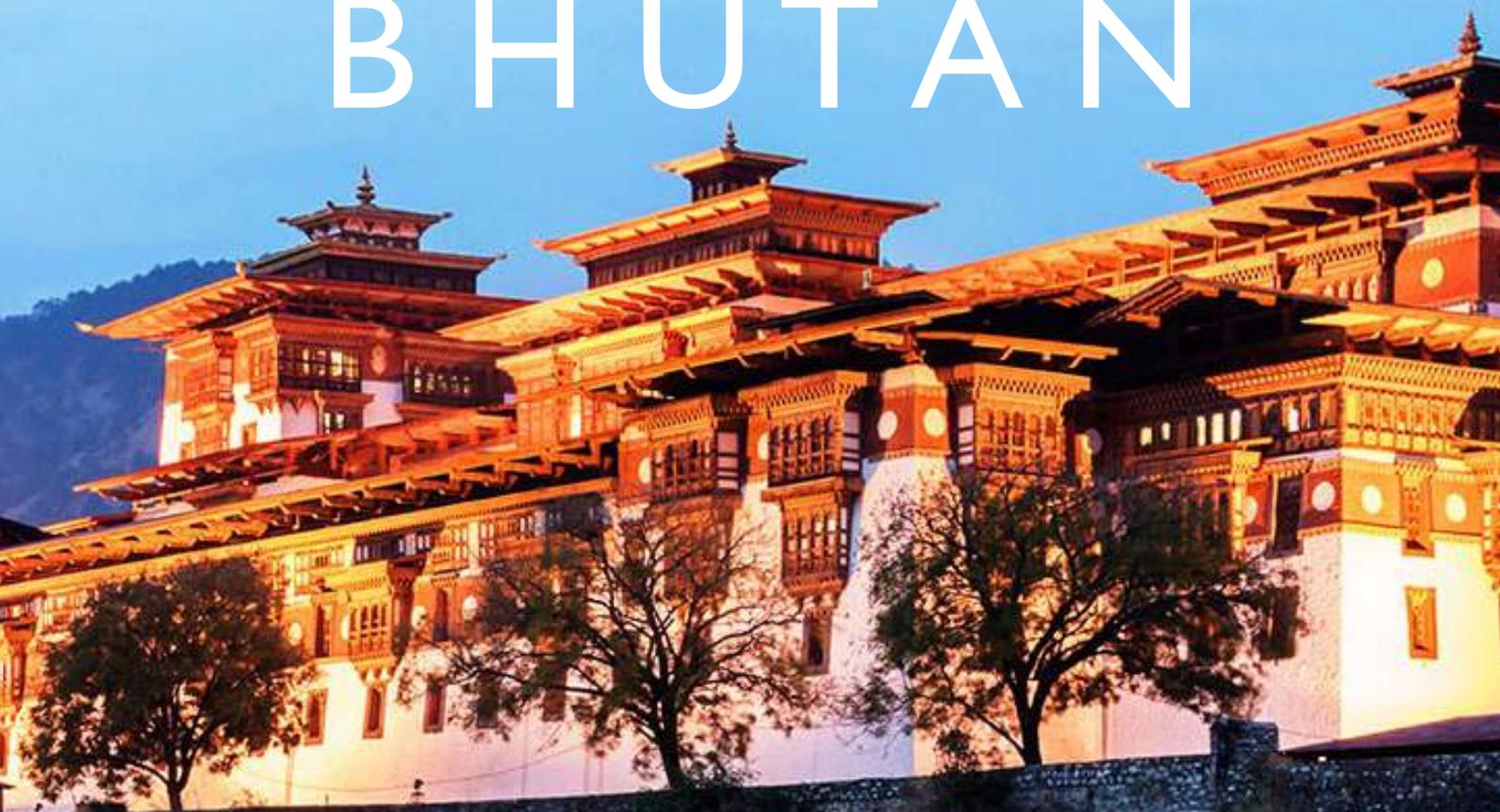
- firstly, in a large bowl take 1 cup sabudana and soak with enough water for 3 hours.
- drain off the water and rest for 30
- mix and mash well with your hand.
- prepare vada by deep frying or fry in a
- finally, **sabudana vada recipe** tastes great when served hot and crispy.

*#3 on Dr Dad Travels*



**Dr. Dad**  
TRAVELS

# BHUTAN



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## Shuffle - Foldable Wall Mounted Study Table With Storage

Designed to offer convenience and ease, Shuffle, our Foldable Wall Mounted Study Table Integrated With Storage Shelves is one sure way to save on space and yet have a multifunctional workspace at home. Made using sturdy engineered wood and a rich teak finish, the wall mountable furniture folds out to reveal a fully functional desk space with ample elbow room. The unit also features multiple storage shelves that are height-adjustable to realistically accommodate your books, files, stationery and what not. You can simply fold it back whenever it is time to unwind.



Shuffle by Duroflex is a foldable study table with storage meant to conveniently be wall mounted for ease of use. You can hang it on the wall and use it as a space saving wall mounted table that can be folded out or in as per your requirement. The foldable table is ideal for those looking to save space with generous storage space for their work space or study table. The foldable wall table comes fully assembled and only needs to be mounted on the wall at the right height. All the necessary instructions are shared along with the product.

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## Crystal Furnitech Engineered Wood Open Book Shelf

A Bookshelf is Every Bookworm's Solace. Whether in times of happiness or sadness, books will always be human's second-best friend (dogs first, of course). Bookshelves provide a sense of organization for, well, books of all shapes and sizes but also can provide space for other items like picture frames, decorations, or memorabilia you wish to show off to visitors.

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# CuddlyCoo Tent For Kid

CuddlyCoo Tent can be your baby's fun-filled nook, an activity corner or a cozy reading space. Engage your little one in hours of tech-free entertainment. See them love pretend plays, Crawl into their little tent, invoke the child in you and see them laugh and giggle. Create lasting memories with your baby with CuddlyCoo Tents!

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A play tent or kids tents gives your little ones a cosy nook they can call their own. It can be a scene of many adventures - just let their imagination set the scene.

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The Zoe Solidwood Magazine Rack is an elegant addition to your living room, bedroom, or study. It is not just good looking, but also provides incredible utility. The magazine rack is made of kiln-dried and chemically treated solid Sheesham wood. The top of the magazine rack has a thickness of 17 mm, and it also contains a shelf for books and magazines of most sizes. The wooden look imparts a subtle beauty to not just the rack but most of its vicinity. The rack comes with a warranty of one year against manufacturing defects.

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TRAVELS

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It is very important that our diet consists of proper minerals and vitamins and especially during pregnancy times. The nutrient requirement during pregnancy is very important as it is not only required for the mother but also for the growth and development of the baby. So poor nutrition or malnutrition during the pregnancy period is very dangerous. Keeping track of the nutritional needs during the pregnancy period is a hectic job, and sometimes we end up having less or the wrong food. But ladies, through this post, we are going to help you by discussing some of the signs related to poor nutrition during pregnancy.



# 10 SIGNS OF POOR NUTRITION DURING PREGNANCY

# BUT BEFORE WE DO SO, WE NEED TO UNDERSTAND WHAT DOES POOR NUTRITION REFERS TO:

## What is Malnutrition/Poor Nutrition?

This happens when the body is unable to get the requisite nutrients that are required for the body to function in normal circumstances. A nutrient is a composite term, and it consists of two types of nutrients; Macro Nutrients (Proteins, Carbs, and Fats) and Micro Nutrients (Vitamins and minerals). So serious deficiencies of such nutrients create a lot of problems and lead to various complications like stillbirth, premature delivery, miscarriage, defects.

But these can be prevented if you take proper steps when you see the signs of poor nutrition.

### 1. Dental problems:

If you are suffering from recurrent tooth decay and dental problems, then it is a sign that you are malnourished or not getting the proper nutrients, especially calcium and vitamins.

### 2. High Blood Pressure Levels:

High blood pressure is a very dangerous sign that indicates you are poor in nutrition. It also happens due to excess protein levels in the blood, thereby endangering both the mother and the baby.

### 3. Osteomalacia:

It is a condition related to softening of bones where your bones become soft or brittle. This is also a sign of poor nutrition.

### 4. Anemia:

This happens when there is an iron deficiency in your body, which leads to fewer red blood cells leading to anaemia. Lack of proper iron-enriched food leads to such problems.

### 5. Lack of an Appetite:

A very important sign of poor nutrition is a lack of appetite. You would not even like your favourite food

or have any cravings, which indicated that there is something wrong.

### 6. Hair fall:

Hair fall is common, but if you are noticing that you are having excessive hair fall, this also indicates that you are suffering from poor nutrition.

### 7. Falling ill regularly:

When you don't have a proper diet, your body is not able to get the proper nourishment, and especially during pregnant times, it leads to a lack of body defence mechanism and low immunity. Thereby you fall easily to several diseases that can be harmful to you and your baby.

### 8. Vomiting and diarrhoea:

Morning sickness is common during pregnancy, but regular vomiting and diarrhoea indicate that something is not right and you are suffering from poor nutrition.

### 9. Chance of higher infections:

When you possess a low level of nutrition, your white blood cells are unable to act as a defence mechanism for infections. Hence pregnant women with a lack of nutrition become very susceptible to infectious diseases.

## 10. Lack of proper productivity:

Without proper nutrition during your pregnancy, you would always feel tired and would be unable to regain your energy back to do things productively.

Lack of proper nutrition for your body during your pregnancy can also lead to several long-term effects on your baby.

## Risk of Diabetes Mellitus:

Since malnourishment also affects the baby, there are



also several risks like developing type 2 diabetes.

## Cardiovascular Diseases:

Malnourishment often leads to the baby developing high blood pressure and heart diseases as he grows up.

## Development of Osteoporosis:

Lack of proper nutrition in your pregnancy days can lead to your baby suffering from osteoporosis, where



bones become brittle and susceptible to fracture.

So, when you notice any of the signs mentioned earlier, immediately contact your gynaecologist for the same. Apart from this, to prevent malnutrition or poor nutrition, try eating healthy, nutritious food which will consist of a lot of fruits, vegetables, dietary fibers, protein, fats, and carbohydrates. Also, you can take prenatal vitamins and exercise regularly. You can try some specific foods like fish, eggs, lean meat, dairy products, avocado, broccoli or dark green vegetables, sweet potatoes, and legumes.

## Conclusion

Do make sure that you are having a proper diet so that you and your baby don't suffer from any complications. Always ask your gynaecologist to prepare you a proper diet chart during your pregnancy period so that you become well aware of what to eat or what to not.

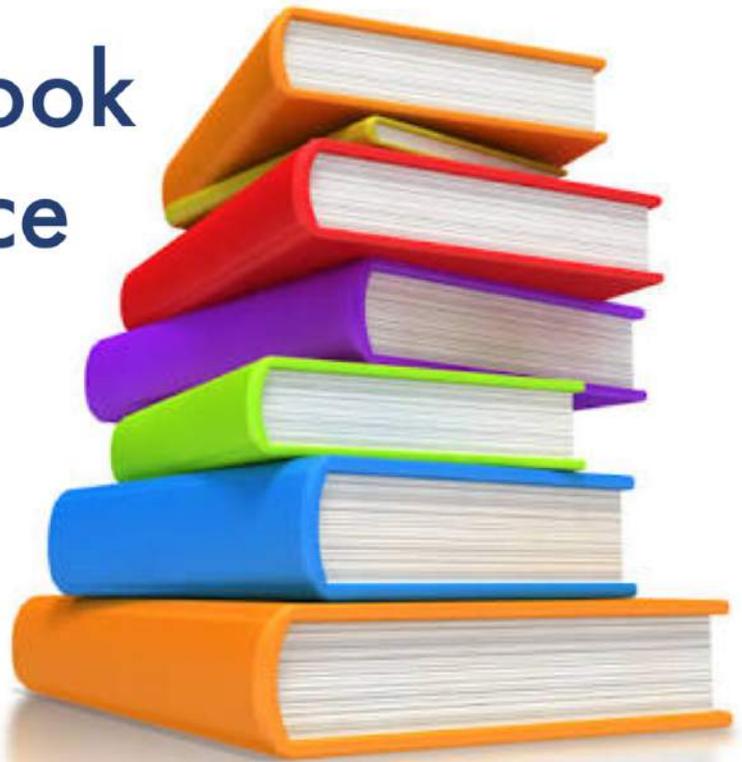
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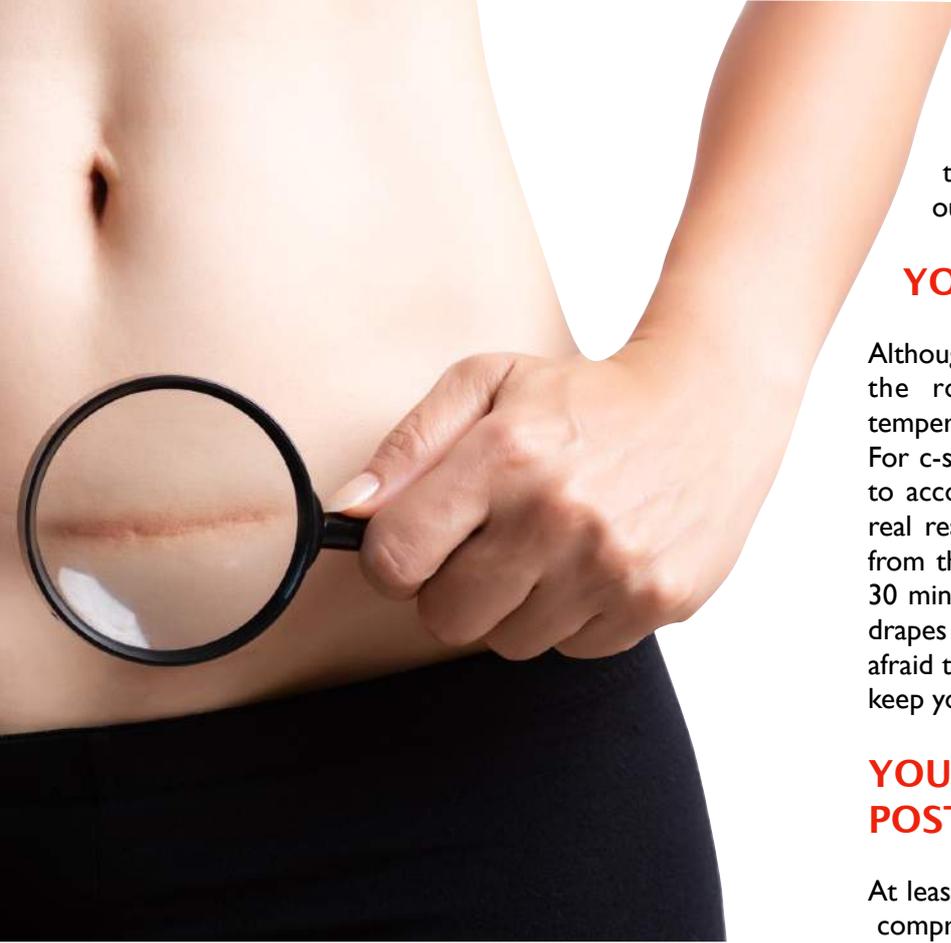
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## **YOU'LL PROBABLY FEEL COLD**

Although it is normal to assume, you are cold because the room is cold (after all, operating theatre temperatures are typically low to keep things sterile). For c-sections, doctors often increase the temperature to accommodate the arrival of the new baby. But the real reason you are cold is that you have been numb from the waist down, partially naked, and lying still for 30 minutes—and it only gets colder when the surgical drapes are removed at the end of surgery. Do not be afraid to speak up; you can usually get warm blankets to keep you warm.

## **YOU WILL RECEIVE A POSTOPERATIVE LEG 'MASSAGE'.**

At least in a way, your legs will be fitted into sequential compression devices (SCDs), that inflate and deflate to boost circulation and avoid blood clots. As a result, it can resemble a massage. SCDs are always worn before surgery and remain on for most of your stay, except for when you go for a stroll, which is another safe way to avoid clots and keep your blood circulating.

## **YOU'LL GET A VAGINAL WASH AFTER YOUR SURGERY**

This might catch you a little off guard, you will receive a vaginal wash after the c-section. Even though your vagina was not the baby's escape route, it is still a vital part of your recovery. It is essentially a post-delivery peri-bottle wash and dry-cloth pat down to clean up any blood that could have leaked during the surgery (more on that below). If your labour began vaginally but was switched to a c-section, you could experience more bleeding and, as a result, need more washing. A small sponge may be inserted to clean the inside of your vagina in this situation, to prevent or reduce the risk of infection.

## **THERE WILL BE BLOOD**

Since the vaginal cavity is swept clean at the time of your operation, you will not experience as much postpartum bleeding as you might for a vaginal birth, however, bleeding can still occur. It is how the uterus cleans itself after giving birth, and it is perfectly normal as it is healing. Hormone variations cause changes in the blood vessels. The thick lining that grew to protect your baby during pregnancy is shedding. But do not worry: any bleeding should only last six weeks.

# THESE 7 THINGS NO ONE TELLS YOU ABOUT C-SECTION

If you have planned a c-section, you have probably done your research. You understand what a c-section means and the choices for making it more comfortable. Maybe you also went online to watch some videos and curate your playlist. However, people forget that this is still a major operation. Because they get their little one at the end, and as a result, they do not know the small and big things that sometimes happen when you undergo this form of procedure.

## **YOU MAY GET THE SHIVERS.**

If you have a spinal block, you can experience spasms, which is a common side effect of the drug. It can appear odd, but "it isn't excessive." It is more like a "light shiver," and when the anaesthesia wears off, it should go away.

## **YOU COULD EXPERIENCE SOME TUGGING**

Your caesarean will be painless due to the anaesthesia you will get, but you will always feel something. Anaesthesia is meant to strip away discomfort, sharpness, and pinching, but you will always be able to feel contact. If your baby has been curling up

## STOOL SOFTENERS: YOUR NEW BEST FRIEND

Pooping can be difficult after a c-section because pushing is difficult when the abdomen is tender and sore. Even though your abdominal muscles were not cut during the procedure, it is still engaging your vulnerable heart. Plus, it is hard not to believe that pressing could bust your abdominal stitches (though it will not, even though everything feels like it is opening). That is why doctors strongly advise taking stool softeners after childbirth to help you get back into your normal routine. Drinking plenty of water and getting out as soon as possible after the c-section would also help with the poop situation. Other than this you might have gas pain- in your shoulders. Also coughing and sneezing will be torture and your new surgery scar might freak you out. But you will slowly heal, and all the pain will fade soon. It is a good idea to get up and walk around as soon as humanly possible. Yes, walking might be the last thing in your mind, but it will be beneficial, it also aids in the prevention of blood clots. Getting out of bed every few hours should be a priority. Instead of using a bedpan, go to the bathroom and help yourself as you walk up and down the corridor. But do not force yourself beyond limits.

*Happy Healing!*



## How much IVF costs – Know All About IVF

A research carried out in the USA states that about 9% of men and 11% of females are infertile or has infertility issues and need assistive technology to get pregnant. These numbers are pretty much similar in other continents too, with slight variations. There are many primitive methods of curing infertility like fertility drugs, surgeries, etc. But when the problem is more severe, unidentifiable or the woman is past her mid-thirties, In Vitro Fertilization (IVF) is the only option.

### WHAT IS IN VITRO FERTILIZATION?

In Vitro fertilization (IVF) is a complex process, with a certain amount of risk factors and a low rate of success. This process involves a total of three steps, and it is performed in cycles. 1st Step: In this step mature eggs are retrieved from the woman's ovaries. 2nd Step: These eggs are then fertilized by the sperm in the laboratory. 3rd Step: The externally fertilized



eggs called embryos are then transferred back to the woman's womb. The total time required to complete one full IVF cycle is about three

weeks. It also highly depends upon the ovulation time of the women and may take a little longer than usual. Sometimes, women going through IVF are medicated for ovulation during the initial step on IVF.

### COST OF IVF

Before planning an IVF treatment couples need to know that In Vitro Fertilization is a costly affair. The number one obstacle in the way of IVF treatment is its cost. Not all couples going through infertility issues can afford an IVF, despite it being one of the best cures to infertility.

In India, In Vitro Fertilization is much cheaper compared to the western countries. The increasing rate of infertility issues along with the demand for good quality treatment has led some of the Indian cities to be hotspots for IVF centers.

The top-quality treatment and English-speaking expert doctors, all at an affordable rate have attracted a lot of medical tourism to India. In the past two decades, there has been a considerable increase in the number of western patients seeking medical treatments in India. This also includes couples looking for a cheaper IVF. Cities like Mumbai, Delhi, Bangalore, Chennai, and others have attracted a lot of medical tourists. On average in India, one cycle of In Vitro Fertilization (IVF) will cost about 75,000 Rs. to 2,50,000 Rs. This value may differ depending upon the city or the clinic you are planning to get an IVF treatment from. But, compared to the west it's much more budget-friendly.

Whereas, in the USA the starting price of a fresh IVF cycle is around \$20,000. Couples need to understand that the cost of an IVF cycle includes only the three-step process. But, before starting an IVF treatment several tests need to be done. Sometimes the woman needs to be on medication before the cycle begins. The overall IVF cost excludes the expense of these tests and medications. Therefore, it is advised to inquire about the total price of an IVF including these tests, before you plan on starting an IVF treatment.

Moreover, a very less number of couples can conceive after the first cycle of IVF. Usually, for an IVF pregnancy to be a success, a couple needs to go through 3 to 5 cycles of IVF. By the 6<sup>th</sup> cycle, the chances of conception through IVF are around 80%. Most basic IVF packages comprise egg recovery, sperm preparation, conventional IVF fertilization, and one fresh IVF transfer. But, unfortunately, these steps alone are not enough for an IVF cycle to be a

success. Most of the patients need Fertility medications, monitoring, and retrieval anaesthesia which often have extra fees associated with them. All these extra charges increase the overall cost of an IVF treatment.

If you are from the USA or Europe and are planning to visit India for an IVF treatment, your total IVF cost along with travel and accommodation will be much more affordable than a single IVF in the US.

And as IVF is not always successful on the first go, it may take several trips from abroad to bring a baby home.

The woman's age is the single most influential factor for an IVF. In many IVF treatments, couples consider an egg or sperm donor. This may depend upon the infertility issues faced by the couple or it could be completely be the couple's choice. But keep in mind all these factors may affect the success rate of an IVF treatment.

The success rate of IVF in India is way better than the rest of the world, not only is the treatment cheaper here but of equally good quality.

With the increasing advancements in technology, the success rate of IVF will hopefully increase for women of all ages. Also, the cost of IVF may reduce in the coming years, making it an affordable endeavour for many couples.



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Soft, pillowy, buttery brioche donuts filled with fresh mango cream!

- Prep Time: 30 mins
- Cook Time: 20 mins
- Total Time: 50 mins
- Makes: 5 large or 10 small donuts

# Brioche Donuts with Mango Cream Filling



# INGREDIENTS

- 1/3 cup plus 1 tbsp water (95 ml)
- 1/8 cup caster sugar (25 gms)
- 1 and 1/8 tsps active dry yeast
- 1 egg, lightly beaten (see notes)
- 1 tbsp rum
- 3 tsps vanilla extract

- 2 cups all-purpose flour (240 gms)
- 1 tsp salt
- 1/4 cup butter, cubed and at room temp (50 gms)
- 1 ripe mango (see notes)
- 1 cup cold whipping cream (250 ml)
- Vegetable oil for frying
- Icing sugar for sprinkling

## INSTRUCTIONS

Heat the water in a bowl until it's warm but not too hot. You should be able to dip a finger in comfortably. Stir in the yeast and sugar till dissolved. Cover and set aside until foamy, about 10 minutes.

In the bowl of a stand-mixer fitted with the dough hook, (or a large mixing bowl if doing this by hand), combine the yeast mixture, egg, rum and vanilla. Mix and then add the flour and salt. Knead on low speed till a shaggy dough begins to form.

Add the butter, one cube at a time and mix on medium speed, adding the next cube after the first is mostly incorporated. I accidentally added them all at once, so had to work a little harder to get the glossiness, so gradually is best.

Knead for 6 to 8 minutes in the mixer (about 10 minutes by hand) until the dough is smooth and glossy. Cover tightly with clingfilm and set aside for 1 to 2 hours until doubled. Even in a hot kitchen, this dough will rise slower because of the butter and eggs.

If the risen dough feels sticky, place it in the fridge for 15 minutes to chill and become easier to handle.

Form the dough into 5 large or 10 small rounds (see notes). Place at least 2 inches apart on a silicone or parchment lined sheet. Cover loosely with clingfilm and allow to double, about 1 more hour. I found them becoming wider rather than taller but the final texture remained unaffected.

When the dough balls have almost doubled, pour vegetable oil about 2/3rds of the way in a large, sturdy wok or pot. Pinch off a small bit of the dough and drop it into the oil. If it rises to the surface and begins to brown, the oil is hot enough.

Carefully lift off the puffy dough balls, taking care not to deflate them as much as possible. If some lose their shape or become wrinkly, do not fret. They will still fry up well. Just slide them into the hot oil and cook for two to three minutes on each side until golden-brown. Place on a paper-towel to drain.

Allow the fried donuts to cool completely. Meanwhile, peel the mango and place the pulp in a blender. Puree until completely smooth.

To make the filling, place a mixing bowl and beaters from a hand mixer in the fridge about 20 minutes before beginning. This ensures that the cream stays cold while you whip it.

Pour the cream into the bowl and whip on medium speed with a hand mixer until soft peaks form and hold their shape when you take the beaters out.

Fold in the mango puree slowly. The cream will deflate and thin out a bit because of the water that mangoes contain, don't worry about it. Place the cream in the fridge while you

prep the donuts.

Use the end of a fork to poke a hole in the side of each donut, taking care not to poke all the way to the end. Move the fork around to loosen the donut just slightly.

Fill a piping bag or bottle with the filling, and attach a thin tip which won't break the donut. Fill each one till the mango cream reaches the outside, then stop. Dust liberally with powdered sugar and serve immediately.



The donuts are naturally best eaten fresh, but keep well in the fridge for 2 to 3 days. Preferably fill them just before you eat. They remain soft enough to be eaten cold! Enjoy :)

## NOTES

\*Preferably, form 10 small donuts, not 5 large ones. This makes it easier to lift them and put them into the oil without deflating them.

\*I used a medium sized Alphonso mango, roughly 2/3rds cup of pulp. If your mango isn't too sweet, or you like a sweeter donut, add icing sugar as needed while whipping the cream. Make sure your whipping cream is in the fridge at least 24 hours before making the filling.

\*A brioche dough is always made with eggs and if you're looking for an eggless option, try this recipe. \*Prep-time does not include rising or cooling time.



## 5 TIPS TO PREVENT YOUR CHILD'S BACK, NECK PAIN DURING ONLINE CLASSES

Incorrect posture, while sitting in front of a computer or laptop for long can strain the neck, eyes, and back. It's not just the adults who are affected. Kids, as young as 5 are now complaining of back aches and pain. Big kids and teenagers are being diagnosed with acute problems like spondylosis.

### Tips to reduce back pain, improve posture during your child's online classes

Experts feel that the problem can be aggravated by long hours of online schooling, improper sitting, and lack of physical activity by children.

Long screen time can impair your child's spine and lead to back stiffness, physical fatigue, and other health problems. With some more months extended into online learning, it has become all the more imperative that good posture and a suitable learning environment must be crafted even at home.

Here are 5 things to do to support your child's studies, and his or her health while they continue with online schooling and classes:

#### 1. Fix a steady table and chair position

A home desk should be patterned similar to that of a classroom. Do not encourage them to slouch, lie down, and watch classes on their gadgets.

Encourage them to maintain proper posture while they are sitting and studying at the table. Their feet should touch the ground, computer or laptop screen elevated at the right level so that

they don't have to slouch and look straight ahead at the screen.

If you have a child younger than 8, consider getting a special table or chair which suits their structure and doesn't harm their back.

#### 2. Encourage free time breaks between classes

Too much screen time is bad for your kid's body as it can induce unnecessary stress on his or her neck, eyes and back muscles. Long hours sitting down can also turn your little ones physically inactive.

A simple solution to this would be to tell them to take frequent breaks between classes. It could be a simple walk around the room or doing routine exercises that would stretch the muscles and improve flexibility. As a rule, every individual should get up for 5-10 minutes every hour and take a short walk.

Big kids or teenagers can also try using a standing desk, which may even improve productivity

#### 3. Support their lower back with soft pillow or towel

When we sit and focus on the laptop, we put a lot of stress on our lower back muscles and lumbar region. The extra

stress is also one of the reasons why a lot of children tend to slouch or have bad posture, which can end up causing problems later on. To fix this problem, try and support their lower back by rolling a comfortable pillow or towel at the back of the chair when they sit. This would make their desk a lot more comfortable.

#### 4. Do not encourage them to watch classes on the phone

If possible, instruct children to attend classes and complete assignments on a computer unit or laptop, preferably affixed to a desk. Mobiles and tablets have a smaller screen, which is bad for their eyes. Kids who attend online classes on the phone are more likely to lean back on the couch, bed, and be less attentive as well. Therefore, it's crucial you maintain a good study environment if you want their performance to match that of a classroom setting.

#### 5. Serve them a healthy diet

Lastly, make sure your kid gets all the necessary nutrients, vitamins, and minerals needed for growing ages. A complete, healthy meal that contains a rich source of calcium, magnesium, Vitamin B12, and D would help them strengthen muscles and bones, and may even combat the ill-effects of long hours of sitting and bad postural habits

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## 5 WAYS IN WHICH CHILDREN CAN RELEASE THEIR EMOTIONS.

Children are quite expressive in their growing years. They get to learn about the world in every activity during these years. From morning yoga to bed-time stories, every action affects their life. Based on the experiences gathered from such lessons, they gradually start to express themselves.

Expressions can have numerous interpretations. There can be seen instances where parents misinterpret the child's emotion, which gradually hampers the communication between them.

Children need to be guided the right way to express their emotions. Proper expression by the child helps the parents communicate well, assisting in their holistic growth and development.

The ability to express the right way can help the children gather the proper knowledge and understanding about the world they saw.

### Here are 5 simple ways by which children can express their emotions:-

**1** Starting from the beginning of the typical day in a children's life, they see their parents doing their morning exercise, meditation, etc. Children can be taught about the importance of expression, in their way, through meditation.

Parents can make their children understand by taking their example of how they control their anger by closing their eyes, taking a few deep breaths to cool down, and later explain the reason for anger. Expressing emotions would relieve the child from excessive thinking and fear.

**2** Emojis have become a part of our everyday life. Children can be taught the meaning and explanation behind each expression, the difference between a good and a bad expression with the help of emojis. Teaching in the form of pictures can help the children capture and retain knowledge for a longer time. It helps them build their confidence, self-awareness, understanding ability, and self-advocacy.

**3** Sketching and Colouring are common activities among children. They can also be taught the language of expression through colors, which colors depict emotions in the form of rhymes. They can also be asked to draw what they think about each expression and based on that parents can give an idea on how to implement their creativity in their expression. Not only the arts, but they can incorporate music, dance, etc., as a way of expression. It builds up the creativity among the children and boosts their self-confidence level. Enrolling them in drama schools is also a good option. It would give them a platform to interact with other children and know how they share their emotions. It helps them in communicating more effectively and efficiently.

**4** Parents often give their children any decision to make, such as, what to wear, what to eat, etc. Allowing the children the option to choose e.g., picking up one from any two outfits, picking up which Storybook to read, choosing between two dishes, etc., would incorporate in them 'the art of choice' which can give their parents an idea about the opinion of their child. This helps the children in expressing their likes and dislikes. The ability to choose would help them in their later phases of life as well.

**5** Reading Storybook is a nighttime routine in every household. Teaching your children the ability to express themselves through Storybook will help them understand what they are taught. Expressing emotions in all places is not acceptable. Just being able to express is not enough; getting to know the difference between good and bad feelings also needs to be understood. Parents, taking as an example, the characters of the story can make the child understand how they can release their emotions.



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# 10 things you should do so that your first born gets adjusted to the new baby.

Second pregnancy can be fun and tiring at the same time. The biggest thing that needs to tackle is making your first child comfortable and ready to welcome the newborn into his space. In this blog, we will discuss preparing the first child for the arrival of the newborn.

## 10 Preparatory Tips

Include these tips to make your first child comfortable with the news of your second pregnancy and to avoid sibling jealousy once the newborn arrives:

**I.** Let's start with teaching them in the form they love to explore. Start by explaining to them the importance of protecting their baby. Teach him the ways he can interact with his sibling through animated videos or storybooks. You can teach him almost everything about communication and handling a newborn. Encourage him to play as a big one to his sibling. If he feels stuck somewhere, demonstrate, talk to him and guide him again to improvise on his elderly performance to the young. And, when you are confident about his learnings, don't let him go instantly. Wait for the correct timings to work on other perspectives.

**II.** Don't forget to train your child for the soft touches that require soon. Train the older child by explaining the rubbing technique on the tiny back of the newborn. Incentives are always good. Don't miss on rewarding your child when he learns the art of touching his sibling. It will make your child learn to be physically positive with the newborn.

**III.** Be kind by your words. Don't let children think that you're looking down, at them, after the

arrival of the new baby, into the house. Respect the feelings of each child and support them with loving words. Try to understand their unspoken feelings and sit down to sort their tensions. Stop playing the blame game with your existing children after the new one is in place.

**IV.** Care for them and love them a little bit more than the newborn to make them feel that they're still the apple of your eye. Ignorance commonly finds a place in the heart of older children. In this, one cannot be held responsible. According to psychology, human nature and feelings of neglect stores in children's minds and hearts.

**V.** Make your child part of preparations happening for the newborn. You can ask him about the toys, bedding, and clothing. It will promote a sense of responsibility and happiness in your older child. After you show interest in his



choices, he'll get confident and excited to check on all decor changes done for the newborn. You can even make him choose the items you bought recently, like pyjamas or socks.

**VI.** Don't make your older child feel like they are not important. The mothers often fasten the potty training or shift the toddler to a new bed in haste which sometimes leaves the older baby thinking he has been disposed of or replaced by the new one. Take the process slow and don't let your child think he is getting replaced, instead make him feel he is about to get a companion.

**VII.** After your newborn has arrived, don't lose focus on your older babies. We understand that the newborn requires all your attention but don't let that attention disturb your older child. You can even give him something as a gift that's his favourite to assure that you love enjoying time with him. You two can go for a walk or play in the playground where he feels energetic and relaxing. Go for outings together to uplift that bond even higher.

**VIII.** Let your other children plan name celebrations for their siblings. Let them plan the location, menu, and games at the party. Go with them to fetch the necessary items needed for the celebration. It will help your older children feel better and responsible about the event.

**IX.** If you feel your child is experiencing thoughts of jealousy, anger, or separation, don't ignore them. Talk to him to make him realize his love for the sibling. You can cancel his negative thoughts using care. Remember not to snub because ignorance can cost you later.

**X.** Let him enjoy time with the newborn under your attention. Don't make him think he is dangerous for the baby. Let the two enjoy the time of togetherness, love, and care. Let your other children play with the newborn.

***Boost his confidence,  
celebrate his friendships and  
love his actions. We know you  
can do this all!***



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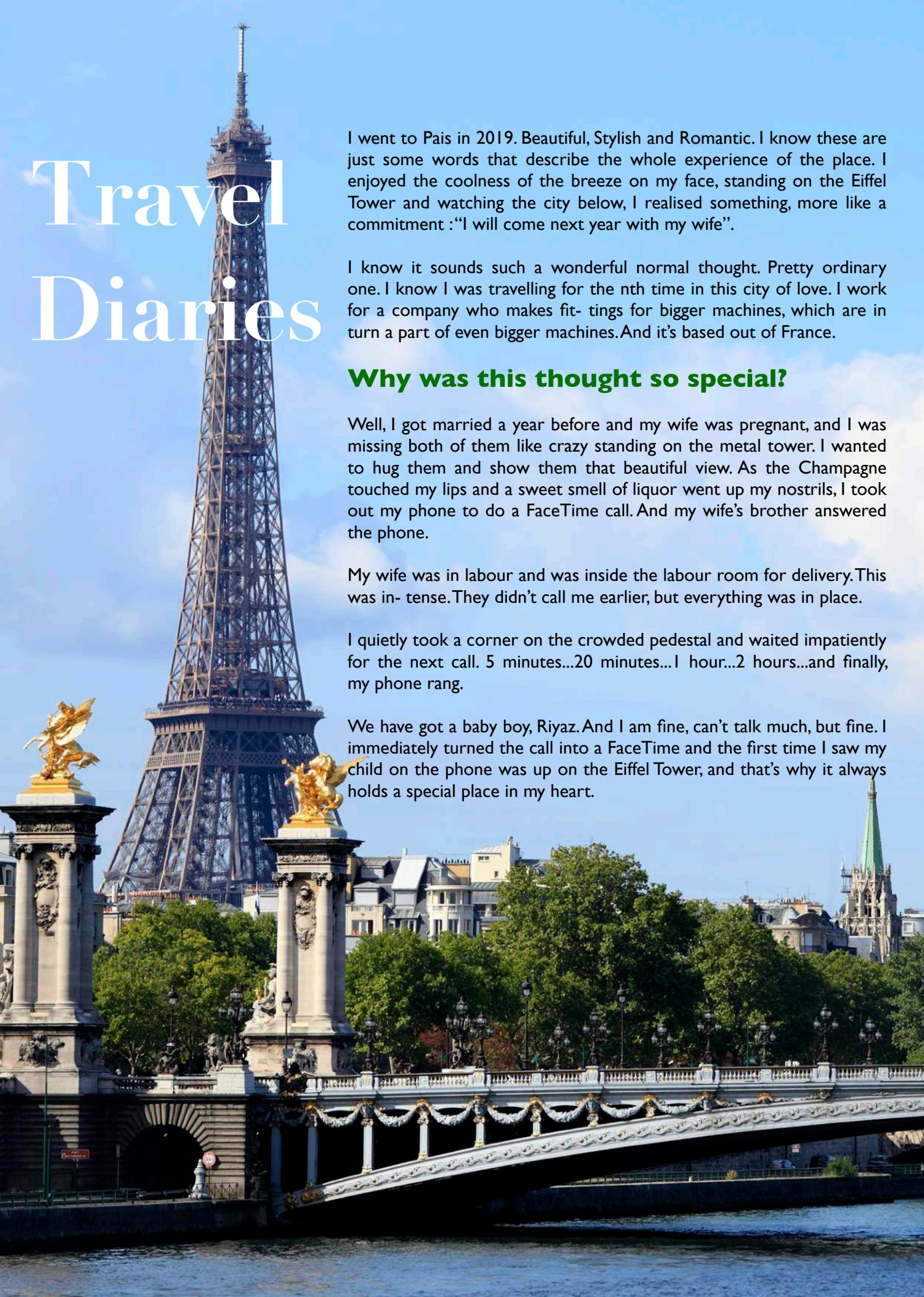
Natural Water from  
the source of  
Himalayas

**Be Refreshed Always**



EMERALD PURE

# Travel Diaries



I went to Paris in 2019. Beautiful, Stylish and Romantic. I know these are just some words that describe the whole experience of the place. I enjoyed the coolness of the breeze on my face, standing on the Eiffel Tower and watching the city below, I realised something, more like a commitment :“I will come next year with my wife”.

I know it sounds such a wonderful normal thought. Pretty ordinary one. I know I was travelling for the nth time in this city of love. I work for a company who makes fittings for bigger machines, which are in turn a part of even bigger machines. And it's based out of France.

## **Why was this thought so special?**

Well, I got married a year before and my wife was pregnant, and I was missing both of them like crazy standing on the metal tower. I wanted to hug them and show them that beautiful view. As the Champagne touched my lips and a sweet smell of liquor went up my nostrils, I took out my phone to do a FaceTime call. And my wife's brother answered the phone.

My wife was in labour and was inside the labour room for delivery. This was intense. They didn't call me earlier, but everything was in place.

I quietly took a corner on the crowded pedestal and waited impatiently for the next call. 5 minutes...20 minutes...1 hour...2 hours...and finally, my phone rang.

We have got a baby boy, Riyaz. And I am fine, can't talk much, but fine. I immediately turned the call into a FaceTime and the first time I saw my child on the phone was up on the Eiffel Tower, and that's why it always holds a special place in my heart.

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# A sample vegetarian and non-vegetarian diet for a breastfeeding mom

At the time of breastfeeding proper caring is necessary for a mother to be energetic enough to carry out the process. In this blog, we will discuss the sample vegetarian and non-vegetarian diets you can consume during your breastfeeding phase.

## **DIETS YOU CAN CONSUME**

Having a balanced diet is required for the new mother and the baby to have nutritious breastmilk. Let's check on some restricted diets followed by breastfeeding mothers.

### **Lacto-Ovo Vegetarian**

It is the most common type of vegetarian diet followed by breastfeeding mothers. In this, they only consume eggs and dairy products. They stay away from meat, fish or any non-vegetarian item. The positive of this is it contains protein, minerals, and vitamins necessary during this time. Also, you don't need any supplements.

### **Lacto Vegetarian**

It is another common type of vegetarian diet where breastfeed mothers only consume plant-based products including, dairy but not eggs. Dairy products are rich in fortified Vitamin D, Vitamin B 12, and all are excellent sources of calcium and protein.

### **Ovo Vegetarian**

It isn't so common in breastfeeding ladies but is counted under the vegetarian diet options. In this, eggs are consumed, excluding dairy and meat. Eggs are rich in Vitamin D, Vitamin B 12, iron, zinc, calcium, riboflavin and Omega-3 fatty acids.

### **Semi- Vegetarian**

This type of diet contains plant-based products and meat on some days, including other animal products. If you consume a balanced diet under this category, you won't need supplements, as you won't feel any deficiencies.

### **Pescatarian**

It is kind of a vegetarian diet because it has no consumption of poultry, beef or pork. This diet includes fish consumption, which is an excellent source of Omega-3 fatty acids, minerals, vitamins, and protein needed for your body.

### **Vegan**

This diet excludes everything made of animals or extracted out from them, including dairy and honey. Though this diet is healthy, you may require supplements to support your health expectations during breastfeeding. Supplements like iron, zinc, Vitamin D, Vitamin B12 and DHA can be required to consume in gaps. Do consult your doctor before indulging in these.

Remember to consume a non-vegetarian diet after consultation because it can cause constipation or gas which can affect your breastmilk and your baby.

## Sample Diet Plan for 1 Day

Don't consume everything at one time. Be patient and creative with what you have. Consume at least 6 meals a day.

### Day 1

#### Meal 1:

Greek yogurt, full fat, 5oz

Strawberries, sliced, 1 cup

Honey, 1 tsp

Chia seeds, 1 tbsp

#### Meal 2:

Egg, 1

Avocado, 1/4

Whole Wheat Toast, 1 slice

Banana, 1/2

#### Meal 3:

Protein bar

{Opt for 15+ gms with less in sugar}

#### Meal 4:

Chicken or Fish, 4oz

Brown Rice, cooked, 1/2 cup

Vegetable, cooked, 2 cups

Olive Oil, 1-2 tbsp

Desired Spices

#### Meal 5:

Peanut Butter, 2 tbsp

Jelly, 1 tbsp

Whole Wheat Bread, 2 slices

Milk, 1 glass

#### Meal 6:

Triscuit Crackers, 7

Cream Cheese Tomato Slices, 1 tbsp

## Servings

Remember that the right quantity of servings gives you that balanced ratio of required nutrients during breastfeeding where no additional supplements are required.

### Let's check out the servings for each day.

3 servings of Protein

5 servings of Calcium

1 or more than 2 servings of Iron-rich foods

2 servings of Vitamin C



3 to 4 servings of seasonal fruits and fresh vegetables

1 or 2 servings of occasional veggies and fruits

3 servings of complex carbohydrates, including whole grains

2 to 3 servings of Omega-3 fatty acids, once a week

### Remember

Drink lots and lots of water. Keep yourself hydrated.

Daily intake of the prenatal vitamin is necessary.

Consuming high fats is optional.

Avoid consumption of high caffeine, some herbal supplements and fish high in mercury.

Don't stress yourself at the time of breastfeeding. Enjoy this beautiful time without quitting on your favourite foods. Be experimental and creative with your food. Don't forget to talk to your specialist before implementing any of these.

DON'T TELL YOUR KIDS, 'I'M PROUD OF YOU,'  
TELL THEM, 'YOU SHOULD BE  
PROUD OF YOURSELF.'



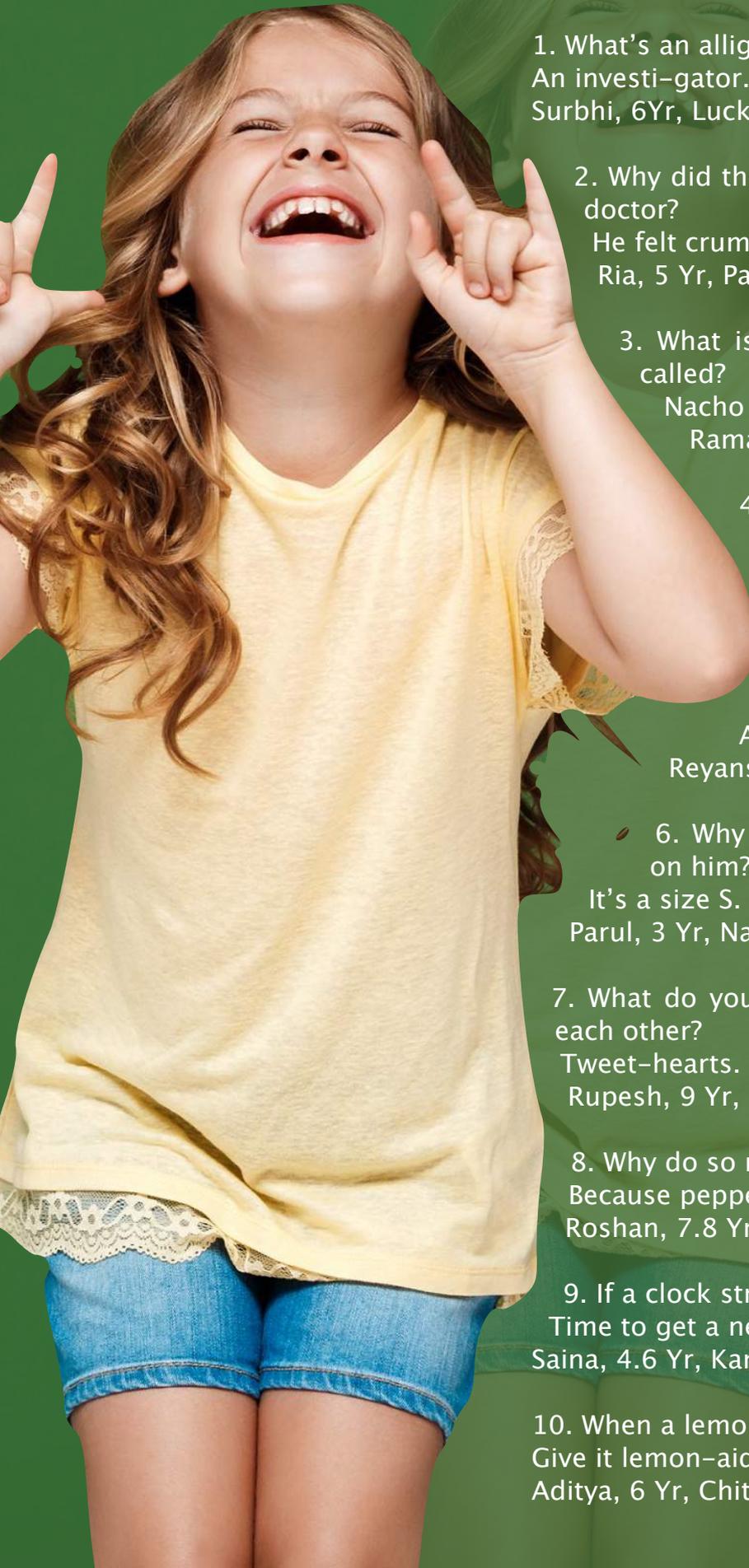
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# Tickler

*There's nothing better than the sounds of kids giggling*

*10 short and sweet ticklers—just like your kids! These funny jokes for the pint-sized set are guaranteed to get lots of laughs.*



1. What's an alligator in a vest called?

An investi-gator.

Surbhi, 6Yr, Lucknow

2. Why did the chocolate chip cookie go to see the doctor?

He felt crummy.

Ria, 5 Yr, Patna

3. What is cheese that doesn't belong to you called?

Nacho cheese!

Raman, 7 Yr, Nagpur

4. What's one way we know the ocean is friendly?

It waves.

Sanjana, 3.7 Yr, Delhi

5. What's one animal you'll always find at a baseball game?

A bat.

Reyansh, 6 Yr, Bhubaneswar

6. Why is Superman's outfit always so tight on him?

It's a size S.

Parul, 3 Yr, Navi Mumbai

7. What do you call two birds who are in love with each other?

Tweet-hearts.

Rupesh, 9 Yr, Noida

8. Why do so many fish live in salt water?

Because pepper water would make them sneeze.

Roshan, 7.8 Yr, Raipur

9. If a clock strikes 13, what time is it?

Time to get a new clock.

Saina, 4.6 Yr, Kanpur

10. When a lemon is sick, what do you do?

Give it lemon-aid.

Aditya, 6 Yr, Chittoor



## The Book Bug

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

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

So, lets start with our this months list:

### BEST BOOKS FOR PREGNANT MOTHERS

#### WHAT TO EXPECT WHEN YOU'RE EXPECTING BY

HEIDI MURKOFF

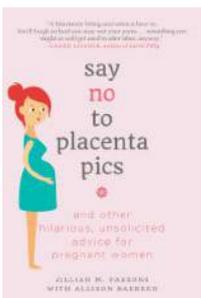


A classic book for good reason, this choice is a worthy option for moms-to-be that want one comprehensive

book. Don't be intimidated by the 600+ page book—you don't need to read every single page.

#### SAY NO TO PLACENTA PICS BY JILLIAN M. PAR-SONS

If a light and funny guide will put you at ease, choose this book. Co-written by two girlfriends, this funny pick is an uncensored tell-all guide to pregnancy. A great gift, this choice will have most expectant people cracking



up, although it's not as full of traditional information as some of the other options.

### BEST BOOKS FOR NEW PARENTS

#### WHAT TO EXPECT THE FIRST YEAR BY HEIDI MURKOFF

What to Expect the First Year takes a similar approach to your growing baby.

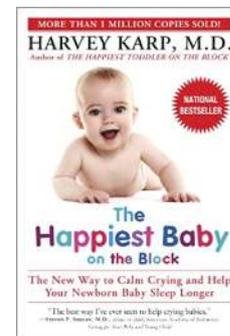


You can get a leg up on what behaviors are coming down the pike, what milestones the baby should be hitting, what symptoms are

red flags you should bring up to a doc- tor. And, if you really like the approach, there's also What to Expect the Second Year.

#### THE HAPPIEST BABY ON THE BLOCK BY HARVEY KARP

If you see a well-rested new parent, they might pull you aside and say that this book is their secret. Harvey Karp, M.D. — child expert and inventor of the much- loved SNOO bassinet — tells parents how to use what he famously calls the “5Ss”

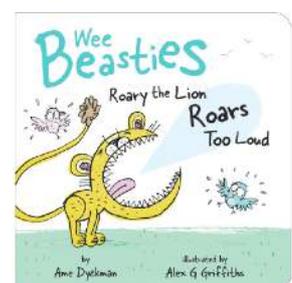


(swaddling, shushing, swinging, sucking, and putting them in a side-stomach position) as an "off switch" for baby crying. Heck, we'd try almost

anything to quite a screaming baby, right? For those who like Dr. Karp's methods, you can move on to The Happiest Toddler on the Block for help with tantrum-elimination and other toddler woes

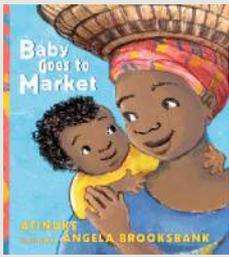
### BEST BOOKS FOR TODDLERS

#### ROARY THE LION ROARS TOO LOUD WRITTEN BY AME DYCKMAN AND ILLUSTRATED BY ALEX G GRIFFITHS, LITTLE SIMON (2-5)



Is any concept more frustrating for exuberant littles than the “inside voice?” Dyck- man’s loud, small lion helps kids practice being their best selves...a tad more quietly.

BABY GOES TO MARKET  
WRITTEN BY ATINUKE AND ILLUSTRATED BY ANGELA BROOKSBANK, CANDLEWICK PRESS (3-6)

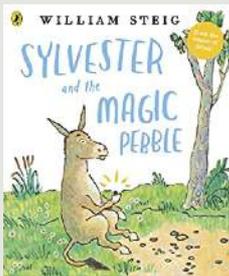


Toddlers love stories about infants and relishing their own non-infant-ness, and they’ll delight in

counting down the fruit that a hungry baby eats on an action-packed market trip.

**BEST BOOK FOR BIG KIDS**

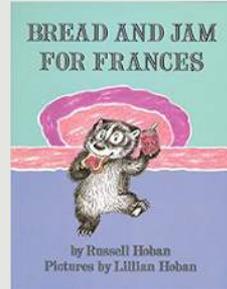
SYLVESTER AND THE MAGIC PEBBLE BY WILLIAM STEIG



When your kindergartner's got a case of the gimmes, this book is a great reminder that we may already have all that we

really need.

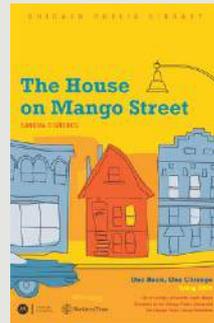
BREAD AND JAM FOR FRANCES BY RUSSELL HOBAN



Struggling with a picky eater? Give this book a go to show your kids that branching out those taste buds can be a good thing!

**BEST BOOK FOR TEENS**

THE HOUSE ON MANGO STREET



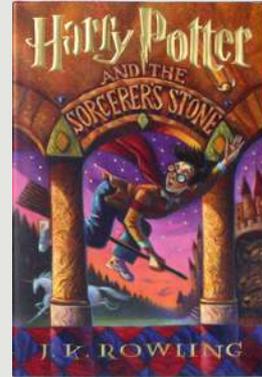
Esperanza Cordero is a young Latina girl who's just trying to figure herself out while growing up in Chicago. Sandra Cisneros first

penned The

House on Mango Street more than 25 years ago, but her lessons on challenging stereotypes of the immigrant experience still hold up today.

HARRY POTTER AND THE SORCERER'S STONE BY J.K. ROWLING

It's been 20 years since we first met the boy who lived, but the adventures of



Harry and friends Hogwarts still resonate with teens today. Relieve the experience by reading along with your kids, right from

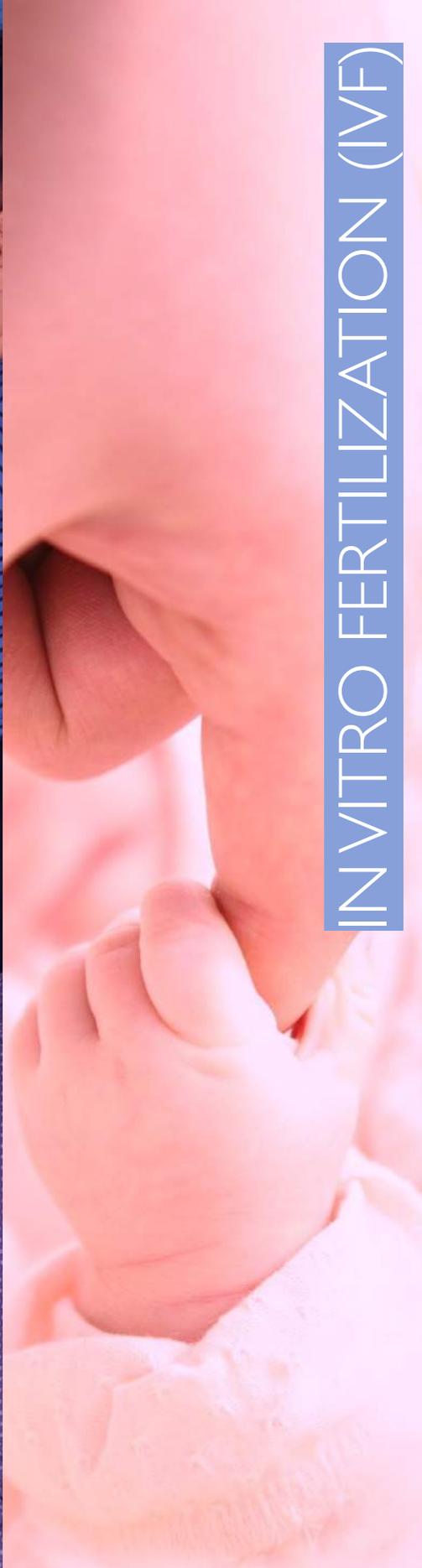
the book that started it all.



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