

# So Parenting

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**10** Things You  
Should Stop Doing  
Before Going to  
Sleep

**HOW TO PEP UP  
YOUR ENERGY WHILE  
PLAYING WITH A  
TODDLER.**

**7**  
Questions  
Every  
New Mom  
Asks.

TRAVEL  
DIARY

Homemade  
Cinnamon  
Rolls



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)

# HOW TO PEP UP YOUR ENERGY WHILE PLAYING WITH A TODDLER.

Children are blessed with an inexhaustible energy supply but sadly we cannot say the same for adults. Parents especially need to manage their daily duties while playing with the kids, and as fun, it is to play with your little munchkin it is also exhausting.

## Keep them distracted while you rest:

You cannot play with them all the time, one of the major reasons you might feel so tired is because of the lack of proper rest. Children just want a visual confirmation that you are around, so instead of telling them no or forcing yourself to play when you are tired, involve them

in a game that does not involve spending a lot of energy. Let them watch their favourite T.V program or colouring book or let them play in a cozy corner while you rest for a while. Taking frequent breaks to rest will help your energy levels.

## Exercise or take a walk:

Seems counterproductive; why exercise when you are already tired? Exercising helps improve

blood circulation throughout the body, it helps in relieving stress in the muscles (which wears you down), also exercise triggers the release of endorphins by your brain. Further, it increases the level of oxygen in your body and speeds up the metabolism. Ideally, you should at least have a 30-minute workout every day but in case you are short on time and need a quick energy boost, you can take a 10-minute walk, or shake your leg to your favourite beat or do one of those quick YouTube workouts.

## Please don't stop the music:

Keeping music thrumming in your house improves not only the mood but also the overall atmosphere of the place and you will feel energetic and happy, also it will keep you dancing or moving further helping you increase your blood circulation.

## Give yourself a massage:

If you cannot fit a massage session in your schedule then try a Do-It-Yourself or DIY massage. Use your fingertips to massage your scalp in small circular motions then come down to your ears and rub them using your fingers, pressing the earlobes, and gently massage all the achy areas of your body or ask your partner to do it for you. Massages improve the blood circulation in your body and increase your energy levels.

## Do not skip your meals:

It is easy to forget about eating while taking care of your little one and your daily responsibilities. But having a hearty breakfast is essential in keeping up your energy levels, whipping up a quick and healthy fruit smoothie is a good idea on busy mornings.

## Keep yourself hydrated:

Fatigue and tiredness along with headaches are symptoms of dehydration. The lack of water in your body causes it to display flu-like symptoms, and the oxygen levels in the blood are also affected. So, keep a minimum target to



have eight glasses of water daily. There are those reminder apps that remind you at regular intervals to drink water; they might also help in keeping you hydrated.

### **Eat Smart:**

Avoid sugar, while sugar might give you a temporary energy boost, you will start feeling tired and irritated as soon as you come down from that sugar high.

Instead, munching on some dry fruits or boiled eggs or just oatmeal (not the ready to make, flavoured, sugary oatmeal but a regular homemade one).

Lay off on the booze, it leaves you dehydrated and makes it difficult for you to fall asleep.

### **Get at least 7 hours of sleep:**

Your sleep patterns define your energy levels; your body must rest and heal for you to keep up with your daily activities. Try to get uninterrupted 7-8 hours of sleep. And if that is not possible try to take at least one 15-minute power nap during the day, these power naps work like magic, you would wake up refreshed and with a clear head. But make sure not to make them longer than 30 minutes or you might wake up more tired than ever.

### **Enjoy some sunshine:**

Staying indoors can make you drowsy, 30 minutes of sunshine can work wonders in your serotonin levels thus your energy levels. And while you are at it go for a walk with your child, it will also improve their mood if they are antsy and irritated.

### **Do some stretching and take warm baths:**

Stretching regularly helps get rid of that tension in your body and makes it feel lighter. So, stretching your arms and legs in a while is good for your body. Take a warm bath, with bubbles if you want. It might be difficult with your mini-me demanding your attention, but you can sneak in a quick and relaxing warm bath while they are napping, if your partner is not around you can call a neighbour or relative over to look after them.

And instead of playing activities that are physically taxing for you, you could sit down and read a story to your child or play building games, etc. Remember you can only take care of your baby when you take care of yourself.



Parenting is a partnership role, and you are not a bad mother if you take a break.

# Tele Doctor

Book an appointment

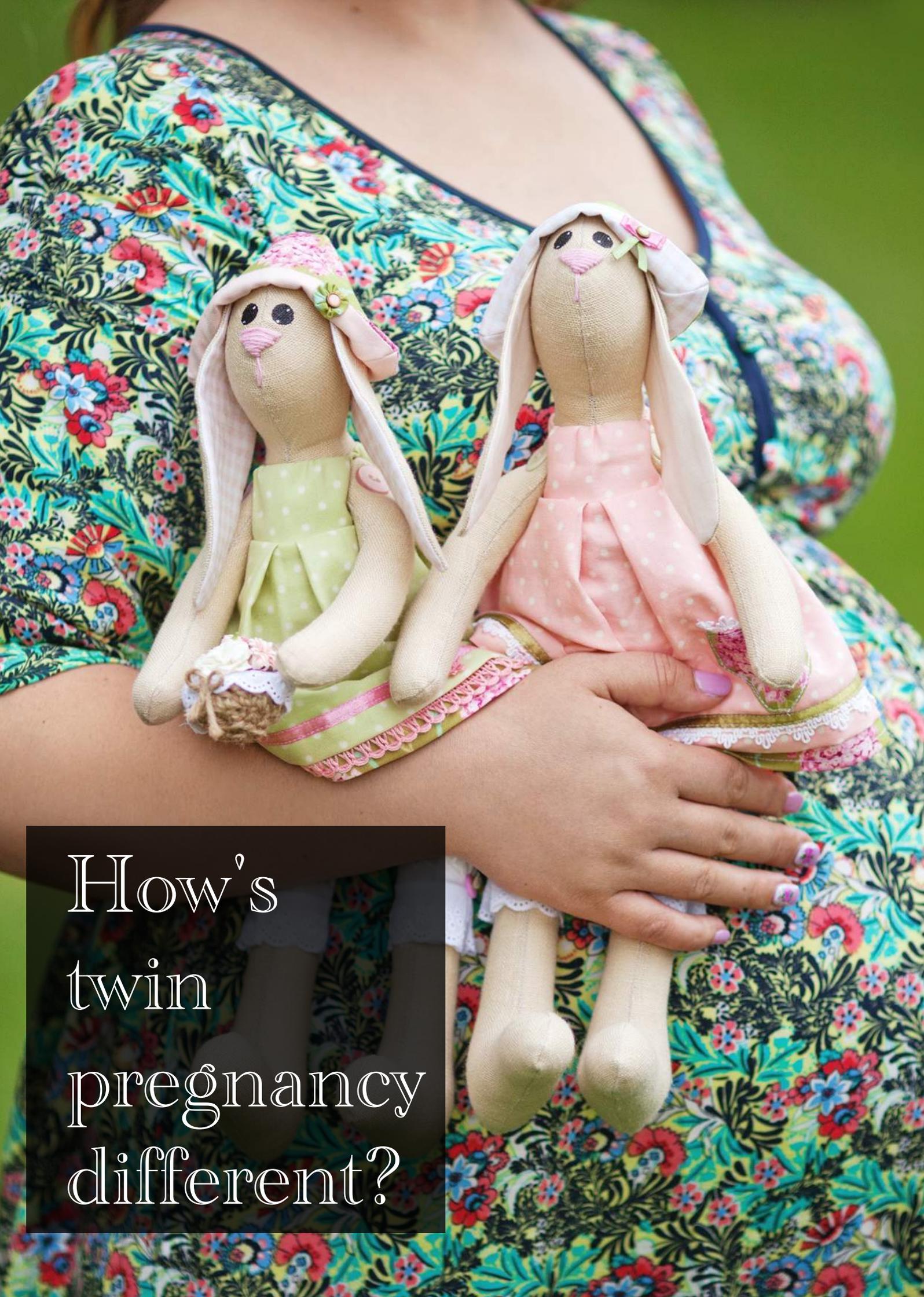
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How's  
twin  
pregnancy  
different?

Twinssss! Congrats! You are so blessed. But wondering what chaos does it bring? Well, double happiness demands some mums to face double trouble. It gets slightly more complicated than normal pregnancies—both your fetuses inside demand equal attention at a time. Your body needs to work a little more to fulfill its needs. But it might not be the case for all the women with twin pregnancies. Some women find it normal; some might not.

**Let us understand how twin pregnancy is really different?**

## Extra weight?

Your baby is surviving inside you as a fetus until it matures enough to breathe in the outside world. When you are carrying twins, you have to gain the right amount of weight to support their health. It might require you to gain some extra weight than regular pregnancy. It has an important impact on maternal and neonatal health. Your doctor might ask you to intake 600 additional calories per day.

According to a birth study conducted for about 35000 twin pregnancies, the analysis reveals that the twins should be delivered at 37 weeks to minimize the deaths. Consult your doctors well, and keep in touch with them.

Nausea, morning sickness, and you are going to be the best of friends!

Twin pregnancy might give you severe pregnancy symptoms. You might experience increased fatigue, nausea, morning sickness, edema.

## C section delivery

If the first baby is in a head-down position, vaginal delivery is possible. Sometimes, after the delivery of the first child, complications might require C-section delivery. In such cases, it is advisable to consult capable surgeons.

## Visits to clinics are frequent

As you have two babies growing inside you, you need closer medical attention and check-ups. You need to keep track of their well being and health. Pregnant moms are advised to take a healthy diet, intake enough fluids, and avoid heavy work.

*Women with twin pregnancy has a heart working harder than normal*

It is all due to extra weight

gain, and they feel slower and heavier. Their blood volume increases by 70%. They find it difficult to carry out regular tasks.

**It might not be the so-called 40 weeks for you!**



# Goli Idli

Rice balls steamed, cooked and served with your favorite tomato chutney. This innovative goli idli recipe is so easy to make and requires just a few ingredients.

## INGREDIENTS

1½ cup water  
½ tsp salt  
½ tsp ghee / clarified butter  
1½ cup rice flour  
for tempering:  
2 tsp oil  
1 tsp mustard  
1 tsp chana dal  
1 tsp urad dal  
2 tsp sesame  
1 dried red chilli  
pinch hing  
few curry leaves  
1 chilli (finely chopped)  
1 inch ginger (finely chopped)  
2 tbsp coriander (finely chopped)



2. get the water to a rolling boil.  
3. now add 1½ cup rice flour and mix well.  
4. continue to mix until the water is absorbed well.  
5. cover and simmer for 2 minutes or until the flour turn moist.  
6. now transfer the flour into a large mixing bowl.  
7. with a wet hand start to

9. now take a very small sized ball and roll.

10. place the ball into steamer and steam for 10 minutes.

11. after 10 minutes, take the steamed goli idli and keep aside.

12. to prepare the tempering, heat 2 tsp oil. splutter 1 tsp mustard, 1 tsp chana dal, 1 tsp urad dal, 2 tsp sesame, 1 dried red chilli, pinch hing and few curry leaves.



## INSTRUCTION

1. Firstly, in a large kadai take 1½ cup water, ½ tsp salt and ½ tsp ghee.

knead the dough.

8. sprinkle hot water if required and knead to a smooth and soft dough.

13. splutter the tempering making sure all the spices turn aromatic.

14. further, add 1 chilli and 1 inch ginger. saute slightly.

15. now add steamed idli and mix gently without breaking the idli.

16. cover and simmer for 2 minutes, or until the flavours are absorbed.

17. finally, add 2 tbsp coriander and enjoy goli idli with spicy chutney.

*#2 on Dr Dad Travels*



**Dr. Dad**  
TRAVELS

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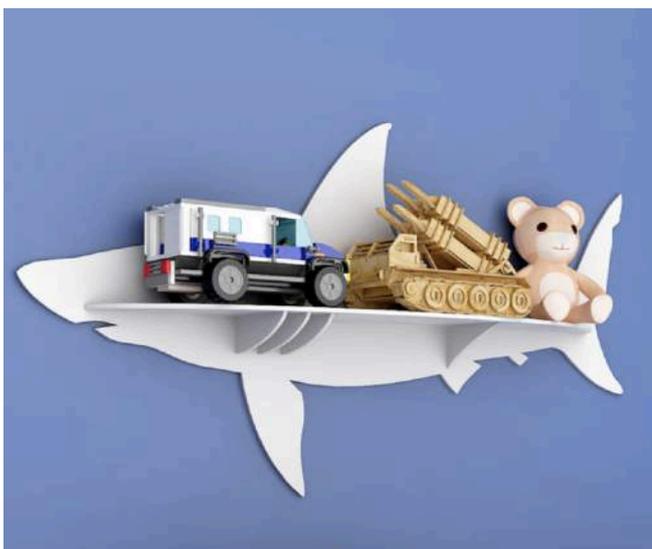
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TRAVELS

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*6 things*

**you**

**should**

**not tell**

**your**

**child if**

**they wet**

**their bed**

**after 5**

**Yr**



Generally, by the age of 5, most toddlers are toilet trained, and bedwetting at the age of or after 5 is something that is less common. According to studies and research, bedwetting till the age of 7 is not a concern. In most homes, children bedwetting and waking up with wet clothes is a typical scene. But your reaction as a parent needs a little change. Generally, most parents start to shame and warn their child, which is not the right way. It is part of their normal growing up.

## ***This article highlights some of the phrases that you should avoid telling your children if they wet their bed.***

### **What a shame.**

Most parents feel that shaming their children would be beneficial for them, but this is not at all so. Shaming your child may make them feel that they are not trying hard to control, which creates a deep impact on their self-confidence, thereby wetting the bed more often. Shaming them is hence the last thing you want to do. So instead of that, you can reassure them and encourage them by saying that it was just an accident. That doesn't mean you are ignoring it, but there is a process for bedwetting treatments that you should follow.

### **For wetting your bed, you will not get to watch TV or have your treat.**

Punishing your children for wetting their bed is what most parents resort to. This is the wrong method. You have to understand that they are growing up and they are not intentionally resorting to such things. Regularly changing your sheets and cleaning can make you irritated. But refrain from using this irritation on your children. Explain the bedwetting treatment to them, and when they follow it, give them treats and rewards which will motivate them to try harder.

### **You should learn from your brother/sister.**

Now it often happens that a child might be having a younger sibling, and probably they are not wetting their bed. In such cases, parents try to compare the older child with the younger ones. Understand this, it's very wrong. They instantly start feeling embarrassed and shameful. If your 8-year-old kid is wetting the bed and the 4-year-old is not. It doesn't mean that your elder child is doing it on purpose. Bedwetting is not on their hands. So, try not to compare with siblings or even friends. Instead, reassure them by saying everything is fine and it happens. Try also to convince the younger one to support their brother/sister rather than making fun.

### **You are very lazy.**

Most parents often feel that their child is intentionally lazy. They try to blame their child, saying that they are quite lazy. But it is not so. There can be numerous reasons for this. They are probably deep sleepers, or there is a problem with hormones or a problem in

coordination with the brain and bladder. Try solving those instead of blaming your child as they really don't have any hand on it.

### **Clean this up.**

In some homes, kids are required to pull their sheets and put them to wash. Parents feel that making them responsible for their actions will make them stop doing it. But forcing kids to always clean may make them feel that it's a big mistake they are making. It would hurt their morale and create an impact on their self-esteem. It is not that your child is not upset about it. So, instead of commanding them to work it out together. You can obviously make them responsible, so clean up together. While you are cleaning up, try to also calm them down and relieve their stress.

### **I failed to teach you.**

Blaming yourself or giving up too easily is something you should not do. If you say such things in front of your kid, in most cases, your kids feel quite bad that they are disappointing their parents. They start questioning themselves and become more anxious than ever. It will be really beneficial that instead of saying so, reassure them that you both are on the same team and you would work it out together.

**Summing up :** There are many reasons why a child wets their bed. Saying the above-mentioned phrases does more harm than good. So, try to avoid such phrases and be comfortable with your child while talking them through it. You can educate them, make them feel that there are children who wet their bed too. Conveying your personal experience as a kid always will help them understand the problem. You can always call for a paediatrician and ask them about certain bedwetting treatments. The most important thing is to be encouraging; they should be absolutely comfortable with you. When they start feeling that you are on their team, it will make them try and follow the bedwetting treatment routinely.

FREQUENT  
URINATION  
IS A BIG  
PROBLEM IN  
**PREGNANCY.**  
WHY IS IT SO?  
AND  
HOW TO  
DEAL  
WITH IT?



Frequent urination during pregnancy is often a part of the pregnancy experience. While pregnancy is itself an exciting experience, this frequent urge to pee more often may turn into a big problem.

If you experience the same, we have got all you need to know. In the sections that follow, we will discuss the potential causes of frequent urination during pregnancy and how you can deal with it. Let's dig in.

## When does frequent urination start during pregnancy?

Frequent urination is a common symptom of pregnancy in women which typically begins in the first trimester, around the fourth week. Most women find that they feel the urge to pee even more frequently during the later stages in pregnancy which is around the 35th week. In certain situations and cases, it can even begin from the third trimester as well. Certainly, it can be different for every expecting mother but the expected timelines are usually as we discussed here.

## What causes frequent urination during pregnancy?

While it is a common phenomenon in pregnant ladies, certain factors contribute to the urgent and frequent need to urinate during pregnancy. If it is so common, what causes frequent urination during pregnancy?

### Here are a few reasons:

- First of all, the frequent need to urinate is one of the symptoms of pregnancy. It is a very well-known cliché, but pregnant women usually need to pee more frequently than they usually do. The increased size of the uterus exerts an added pressure on the bladder, which causes it to empty frequently.
- The second reason is the intake of too many fluids. When you continually hydrate your body, it lets go of what it does not put into use. The frequency of hydration depends on your environment and activity. For a pregnant woman, it is a very common phenomenon, and there is absolutely no harm in it unless there are any serious symptoms.

## How to deal with it when I am pregnant?

Pregnancy and frequent urination usually go hand in hand. Often there is no way to stop it or to get around it. However, you can follow a few tips to deal with this situation. Here are some of these coping tips to help you :

- Drink enough fluids. Of course, you won't like to drink more if you are already worried about having to pee. But please do not forget that you also need to hydrate your body as you are losing extra fluids through your urine, so you

won't like to reduce your fluid intake while trying to stop urinating frequently.

- Avoid caffeine as it removes water from your body which may leave it dehydrated. When this happens, you are more likely to use the bathroom after consuming caffeinated beverages. Therefore, limiting or stopping the consumption of caffeine may help you.
- Try to lean your body forward while urinating. It will help you to empty your bladder properly and completely without causing any discomfort to your body.

## I feel the urge to pee but little comes out. How to deal with it?

If you are pregnant, you might feel the urge to urinate more frequently. It happens due to an increase in the progesterone hormone. As you proceed towards your second trimester, you will gradually notice that the urge tends to reduce. In addition to this -

With the increased levels of hormones, the levels of your body fluids start to increase during the pregnancy. It pushes your kidneys to work extra hard to channelize the extra fluid. This extra labor results in frequent urination during pregnancy in the expecting mother.

During the third trimester, the size of the fetus increases and puts even more pressure on your bladder. As a result, you may experience an increased urgency to urinate due to the increased pressure.

Some women often experience the urge to pee but little comes out. Sometimes pregnant women may also experience urinary leakage, which may occur due to cough, sneezing, exercising, or even a casual laugh. It is important to note that sometimes this urge may also indicate urinary tract infection (UTI). Women are most likely to experience this infection during pregnancy. It may be an indication of the symptoms include -

- Painful urination during pregnancy and difficulty in urinating.
- A Burning sensation while urinating.
- The urine is pink, red, or even slightly concentrated.
- It appears cloudy.

If you experience any of these symptoms, immediately report your doctor and take a proper consultation on it. If left untreated, it may affect your urinary tract and lead to even more severe symptoms and result in serious health problems.

YOUR CHILD HAS A STORY TO TELL. LET THEM.



# FEATHER STROKES

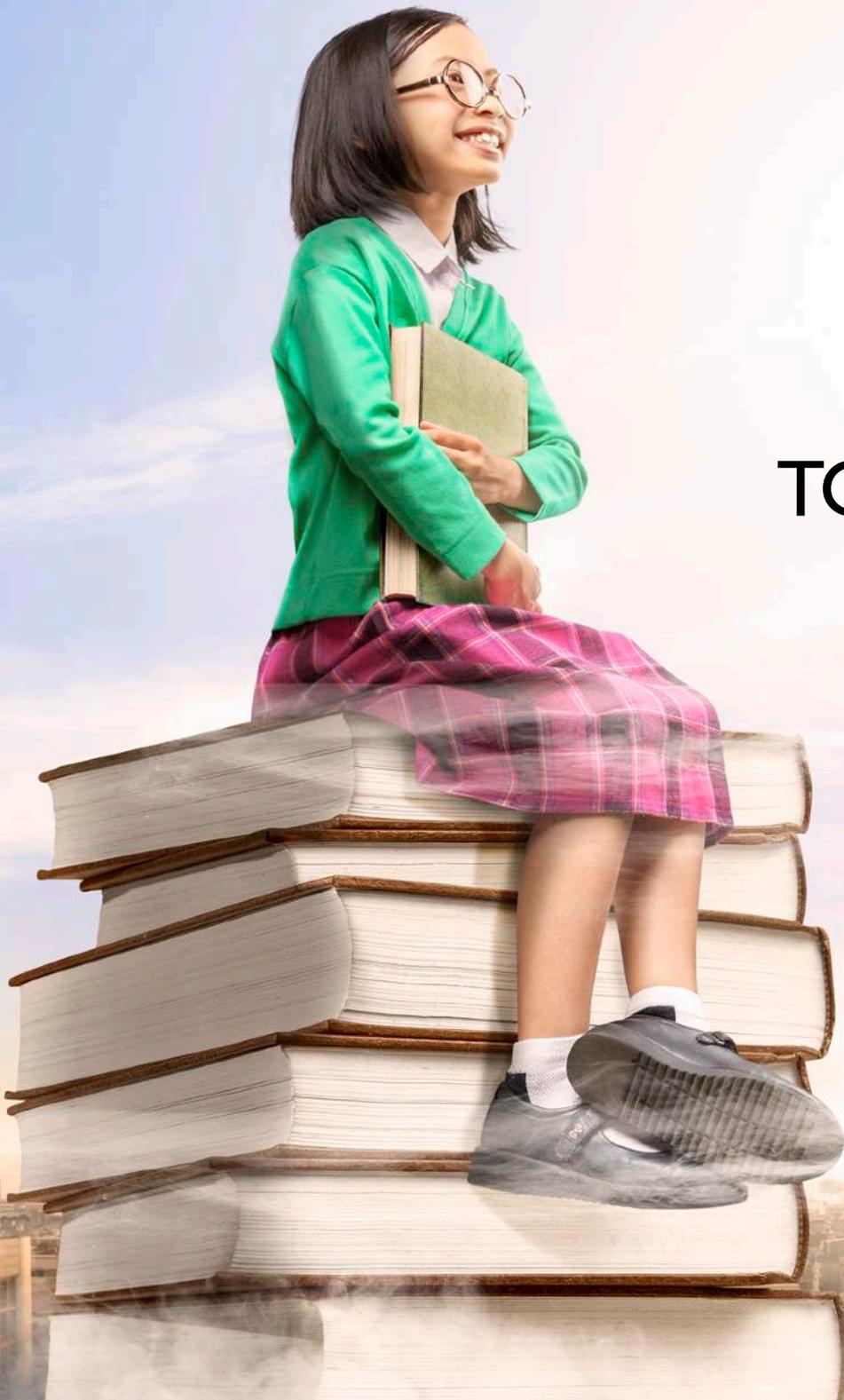
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# ALL ABOUT IVF

How long does it take to complete one cycle of IVF and is it enough to get pregnant? If not, what are the chances?

Today, **IVF** or **In Vitro Fertilization** is a common word for **pregnancy** problems. IVF is not a single treatment but a series of procedures used to help with fertility problems.

During IVF, developed eggs are retrieved from ovaries then fertilized by sperm in a laboratory. Once an embryo form, they are placed in the uterus. One complete cycle of In Vitro Fertilization takes about three weeks. This is a difficult, time-taking, and expensive procedure; hence only a small number of couples with **infertility** seek it out.

## What Reasons of Infertility Can IVF Treat?

IVF is the most effective treatment for **infertility** or genetic problems. When it comes to **infertility**, In Vitro Fertilization may be an option if you and your partner has –

- **Fallopian Tube Blockage or Damage:** Blockage or damage in a fallopian tube makes it difficult for the egg to fertilize or for a fertilized egg to travel the uterus.
- **Endometriosis:** It is a situation where the uterine tissue grows outside the uterus. It affects the function of the uterus, ovaries, and fallopian tubes.

- **Uterine Fibroids:** These are benign tumors on the uterus wall and common in females after 30. Fibroids interfere with the implantation process of the fertilized eggs.
- The lack of ability of sperm to enter or survive inside the cervical mucus
- Genetic disorder of mother or father
- Low **sperm count**
- Unexplained infertility

## First Cycle of In Vitro Fertilization (IVF):

Before the beginning of the first cycle of IVF using your eggs and sperm, you and your partner will need to perform different screenings, including –

- Ovarian reserve testing
- Semen analysis
- Infectious disease screening
- Mock embryo transfer
- Uterine check-up

If you are using your egg during IVF, you will begin treatment with artificial hormones to stimulate the ovaries to produce multiple eggs because some eggs would not fertilize or develop normally after fertilization. There are numerous steps for the first cycle of IVF which includes –

### 1. Egg Retrieval:

It can be done in your doctor's clinic 34-36 hours after the final injection and before the ovulation. Before the retrieval procedure, your doctor will give you medication injections that mature the developing eggs and start the ovulation process. The eggs must be collected before they emerge from the ovarian follicles. Doctors will perform blood tests or ultrasound tests to understand the same development stage before retrieving the egg. The IVF facility gives special instructions to follow the night before and the day of the procedure.

During the procedure, the doctor will detect the follicles with ultrasound and remove the eggs with a needle. The retrieving procedure takes less than 30 minutes to complete, but sometimes it may take up to an hour.

## 2. Sperm Retrieval:

If you are using your partner's sperm, he will give a semen sample at the doctor's clinic the morning of egg retrieval. By using a needle or clinical procedure, sperms can be extracted directly from the testicles when required. Sperms are separated from the semen fluid in the laboratory.

## 3. Fertilization:

Fertilization can be done using two methods.

- **Conventional Insemination** – During this process, sperm and mature eggs are mixed and incubated overnight to ensure optimal growth.
- **Intracytoplasmic Sperm Injection** – When the partner's **sperm count** is low or there is poor motility, your doctor may combine IVF with intracytoplasmic sperm injection. In this process, a healthy sperm is taken from semen or straight from testicles and inserted directly into the egg.

## 4. Embryo Transfer:

Embryo transfer is done at your doctor's clinic and you may even have to wait up to 5 days till the embryo achieves a more advanced blastocyst stage.

- The embryo transfer procedure is easier and quicker than egg retrieval. Usually, it is painless, but you may experience mild cramping, so your doctor will give you a sedative.
- The doctor will insert a thin and flexible tube known as catheter into your vagina, throughout the cervix and into your uterus, where the embryos will be placed.
- A syringe containing the embryo or embryos will be suspended in a small amount of fluid attached to the end of the catheter.
- By using the syringe, the doctor will place the embryo into your uterus.

If successful, an embryo will implant in the uterus lining about six to ten days after the egg retrieval.

## 5. Results:

After 12 days to two weeks of egg retrieval, your doctor will test your blood to confirm your

**pregnancy** and refer you to an obstetrician or pregnancy specialist.

## What is the Success Rate for In Vitro Fertilization?

The **success rate of IVF** depends on numerous factors like infertility, age, and the IVF centre you are having the procedure done. But in most cases, **pregnancy** is achieved after the first cycle. But if the



first cycle didn't work and you are interested in attempting another IVF cycle, your doctor might suggest steps to improve the chances of getting pregnant by IVF.



#1

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# Homemade Cinnamon Rolls

Cinnamon rolls are one of the BEST breakfasts. You can make quick and easy cinnamon rolls or you can make cinnamon roll pancakes or bread pudding, but one of the most delicious way to serve cinnamon rolls is with this Homemade Cinnamon Roll recipe.



## INGREDIENTS

### For the Dough:

- 1 cup warm milk (about 115 degrees F)
- 2 1/2 teaspoons instant dry yeast\* (I like Red Star Platinum Baking Yeast)
- 2 large eggs at room temperature
- 1/3 cup salted butter\*\* (Melted, but make sure it isn't super hot. Just barely melted, or even softened, is fine.)
- 1 teaspoon salt
- 1/2 cup granulated sugar
- 4 1/2 cups all-purpose flour (divided)



### For the Filling:

- 1/2 cup salted butter (almost melted)
- 1 cup packed brown sugar
- 2 tablespoons cinnamon
- 1/2 cup heavy cream\*\*\* (for pouring over the risen rolls)

### For the Frosting:

- 6 ounces cream cheese (softened)
- 1/3 cup salted butter (softened)
- 2 cups powdered sugar
- 1/2 tablespoon maple extract (or vanilla)

## INSTRUCTIONS

1. Pour the warm milk in the bowl of a stand mixer and sprinkle the yeast overtop.
2. Add the eggs, butter, salt and sugar.
3. Add in **4 cups (save the other 1/2 cup and add only if you need it)** of flour and mix using the beater blade just until the ingredients are barely combined. Allow the mixture to rest for 5 minutes so the flour has time to soak up the liquids.
4. Scrape the dough off the beater blade and remove it. Attach the dough hook.
5. Beat the dough on medium speed, adding in up to 1/2 cup more flour if needed to form a dough. Knead for 5-7 minutes or until the dough is elastic and smooth. \*\*The dough should be tacky and will still be sticking to the sides of the bowl. That's ok! Don't be tempted to add more flour at this point. We generally add about 4 1/2 cups, but start with 4 cups.
6. Spray a large bowl with cooking spray.
7. Use a rubber spatula to remove the dough from the mixer bowl and place it in the greased large bowl.

Cover the bowl with a towel or wax paper.

8. Set the bowl in a warm place and allow the dough to rise until double. I like to turn on the oven to the lowest setting for 1-2 minutes. Then turn off the oven and place the dough to rise in there. It normally takes about 30 minutes for the dough to rise. Do not allow the dough to rise too much or your cinnamon rolls will be airy.
9. While the dough is rising, prepare the cinnamon filling. In a medium bowl, combine the soft butter, brown sugar and cinnamon, mixing until well combined. Set aside.
10. Sprinkle a pastry mat generously with flour. Turn out the dough onto the pastry mat and sprinkle the top of the dough with additional flour.

11. Flour a rolling pin and roll the dough to about a 24x15" rectangle. (the size of the rectangle can vary... it does not have to be exact!)

12. Use a rubber spatula to smooth the cinnamon filling over the whole dough rectangle.

13. Starting on the long end, roll the dough up tightly jelly roll style.

14. Cut into 12 slices and place in a greased 9x13 baking pan.\*\*\*

15. Cover the pan and allow the rolls to rise for 20 minutes or until nearly double.

16. Preheat the oven to 375 degrees.

17. Warm the heavy cream until the chill is off. Don't make it hot...you just don't want it cold. It should be warm to the touch.

18. Once the rolls have risen, pour the heavy cream over the top of the rolls, allowing it to soak down in and around the rolls.

19. Bake at 375 degrees for 20-22 minutes, until the rolls are lightly golden brown and the center rolls are cooked through. Note...the time will vary based on how big the rolls are, what type of pan, how close the rolls are packed, etc. They could take up to 25-27 minutes. Check the rolls at 20 minutes. If they are getting too browned, cover loosely with foil for the remaining baking time.

20. While the rolls are cooling, prepare the cream cheese frosting.

21. In a large bowl, combine the softened cream cheese and butter using a hand mixer. Blend well.

22. Add in your favorite extract and the powdered sugar. Beat until combined.

23. Spread the frosting over the cooled rolls.

24. Store in an airtight container.



10

## THINGS YOU SHOULD STOP DOING BEFORE GOING TO SLEEP

According to a study, it is shown that about 10 to 25 % of adults have chronic insomnia. There must be a reason where it all starts and how it develops into such severity. Sleep is something that provides you with energy for working throughout the day. A disturbed sleep enormously hampers your body, and we don't want it. In this post, we will be guiding you through some of the things that you should immediately stop doing before going to sleep. Let's check them one by one.

### **Surfing the internet or playing games:**

Most of us are in the habit of surfing Facebook, Instagram or watching YouTube just before bedtime. That is something which you should altogether avoid before bedtime. The reason is that the electronic devices emit a particular harmful blue light, which disturbs the natural body mechanism to produce melatonin. The absence of this hormone prevents the body from feeling asleep even if you are tired. It would be a piece of advice that you don't use an electronic device one hour before bed. Even if you have to do, reduce the screen's brightness, which will reduce the harmful effect of the light.

### **Taking medicines:**

There are certain medications that prevent the body from falling asleep. Most people complain of taking medicines just before sleep and feeling restless throughout the night. Well, this might be a problem as there are certain medications like anti-depressants or pain medications that create a profound impact on your sleep. So make sure that you refer to your doctor regarding this and adjust the timing of your medicines.

### **Drinking coffee or consuming caffeine:**

Sipping in some hot coffee or tea may not be something you really want to do as studies say that tea or coffee contains about 85-110

milligrams of caffeine per cup, and it takes half the day to metabolize this. So, try and avoid drinking tea or coffee just before bed, as it will hamper your sleep schedule. But if you really are into some hot beverages in the evening, you can try some decaf options.

### **Too much alcohol intake:**

Some people are into believing that getting squashed may make them feel asleep. But this is half the truth; drinking too much alcohol will make you rush to the bathroom throughout the night. Moreover, even if you wake up, it creates a severe hangover making you tired throughout the day, and you lack any energy to work or do your daily schedule.

### **Pushing yourself to exercise more:**

Working out is really essential in order to make yourself fit. But sometimes too much intense exercise just before bed, or if you are working out in a gym just before bed, it can be a little difficult for you to sleep.

digest, making you uncomfortable throughout the night. So, stop eating such food just before bed and have a peaceful sleep.

### **Stressing out:**

Sometimes, due to a hard day at work or a fight with our loved ones, we feel quite stressed out. If

throughout the night. Try to keep a gap between drinking water and sleeping at night.

### **Overheating the room:**

Sometimes, during winters, you generally want to keep your thermostat at the higher end and make your room warm. But



Generally, a lot of adrenaline is secreted during a workout, which prevents the body from falling asleep. So, try and exercise in the afternoon or evening, so you have a sufficient gap in between, which will help your body to rest sufficiently and get you a good night's sleep.

### **Eating a heavy meal:**

You can always have a light snack just before sleep to satisfy your cravings. But try avoiding fatty or oily food just before bed. This makes the body heightened up, thereby taking a long time to

this happens, your body is not at all rest. You might also be in the habit of resolving fights before sleep, well don't. Pause for the night, get yourself a goodnight's sleep. It may happen that this can actually resolve the fight; if it doesn't, you can discuss it in the morning.

### **Drinking lots of water:**

Drinking water throughout the day is quite essential, mainly to keep ourselves hydrated. But chugging in too much water before sleep is something you should avoid if you don't want to wake up and pee

sometimes, the excess heat may be a reason why you are not falling asleep. According to studies, human bodies tend to fall asleep during 66-71 degrees Fahrenheit. So, increasing the heat up may make your nerves heightened up and make it difficult for you to fall asleep.

### **Bottom Line**

So, these are a few things that you should avoid before going to sleep. Try these, and it would definitely help you sleep better. If it still persists, you should then pay a visit to your doctor.

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## BENEFITS OF EATING CHOCOLATE

- Chocolates are rich sources of nutrition as they contain theobromine, flavonoids, and magnesium. These are needed for blood pressure regulation, blood vessel stimulation, anti-oxidant, optimizing kidney function, improving immunity levels, and prevention of cardiovascular diseases.
- Pre-eclampsia is a situation where the mother suffers from increased blood pressure and more protein levels which might lead to blood-clotting, premature labor, liver damage, and convulsions. To prevent this, chocolates can be eaten as they have theobromine which will act against it in the third
- Eating dark chocolate improves uterine artery Doppler pulsatility.
- Flavanols present in chocolate can resist anxiety and tiredness.

## IS EATING CHOCOLATE DURING PREGNANCY IS GOOD?

**When a woman gets pregnant she starts to enjoy each moment of her pregnancy.**

One such enjoyable part of pregnancy is having different types of food cravings. A woman tends to have different food cravings during her pregnancy especially for unhealthy foods like ice-creams, and chocolates. From the research studies, it has been proven that eating chocolate during pregnancy is good for both the mother and for the child as it is considered to help in the baby's growth and development. Normally, dark chocolate is preferred over any other kind of chocolate.

- Due to the presence of various nutrients, eating chocolate can reduce cholesterol levels, increase the hemoglobin level, help in fatty acid metabolism, and reduce the risk of getting a stroke.
- An ingredient named resveratrol is present in chocolate that helps in a baby's development by protecting the nervous system mainly the brain.

## CONCLUSION

Eating chocolates during pregnancy can be good if taken in a minimal and required amount. Dark chocolates are preferred as they contain many nutrients which will help in fetal development. It is good to consult your gynecologist for the preference of chocolate and its limit you can have.

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# 10 IMPORTANT FACTS ABOUT INDIAN INDEPENDENCE THAT YOU MUST KNOW!

## 1 Indian National Anthem Adopted only in 1950

At the time of independence, Indian did not have an official national anthem. The song Bharoto Bhagyo Bidhata composed in 1911 by Rabindranath Tagore was renamed as 'Jan Gan Man' and adopted by the Constituent Assembly of India as the national anthem on 24th January 1950.

## 2 Indian Flag Was First Hoisted in 1906

The Indian national flag with 3 horizontal stripes of red, yellow and green was hoisted on 7th August 1906 at Parsee Bagan Square, Kolkata. The first variant of our current national flag was designed by Pingali Venkayya in 1921. The current flag with saffron, white and green stripes with the 24-spoke Ashok Chakra was officially adopted on 22nd July 1947 and hoisted on 15th August 1947.

## 3 Lord Mountbatten Chose 15th August as Indian Independence Day

Although the Indian Independence Act was approved on 18 July 1947, Lord Mountbatten chose 15th August as the date of Indian independence as it coincided with the date of Japan's surrendering to the Allied Forces after World War II.

## 4 . Our National Song 'Vande Mataram' Was Part of a Novel

The national song 'Vande Mataram' composed by Bankim Chandra Chatterjee was indeed part of his novel Anandamath written in the 1880s. This song was first sung by Rabindranath Tagore in 1896. Vande Mataram was adopted as the national song on 24 January 1950.

## 5 The Radcliffe Line Was Officially Published on 17th August 1947

The Radcliffe Line, the demarcation line drawn by Sir Cyril Radcliffe to depict the Pakistani and Indian portions of Punjab and Bengal was completed on 3rd August 1947. But it was officially published only on 17th August 1947, 2 days after India got her independence from the British.

## 6 Rabindranath Tagore Penned the National Anthem of Bangladesh

'Amar Sonar Bangla' was written by Rabindranath Tagore in 1905. The first 10 lines of this song was adopted as the national anthem of Bangladesh in 1971, during its liberation war.

## 7 M Karunanidhi Wrote to the PM Asking CMs to Unfurl the Flag on Independence Day

Until 1973, the Governors of the respective states unfurled the national flag on independence day. The Chief Ministers of the respective states commenced unfurling the Indian flag only from 1974. Tamil Nadu's Chief Minister, M Karunanidhi, played a major role in initiating this tradition. He wrote a letter to the then Prime Minister of India, Indira Gandhi, highlighting the different practice followed in Delhi. This suggestion was accepted by the Central government.

## 8 The Indian Flag Is Manufactured at only One Place in India

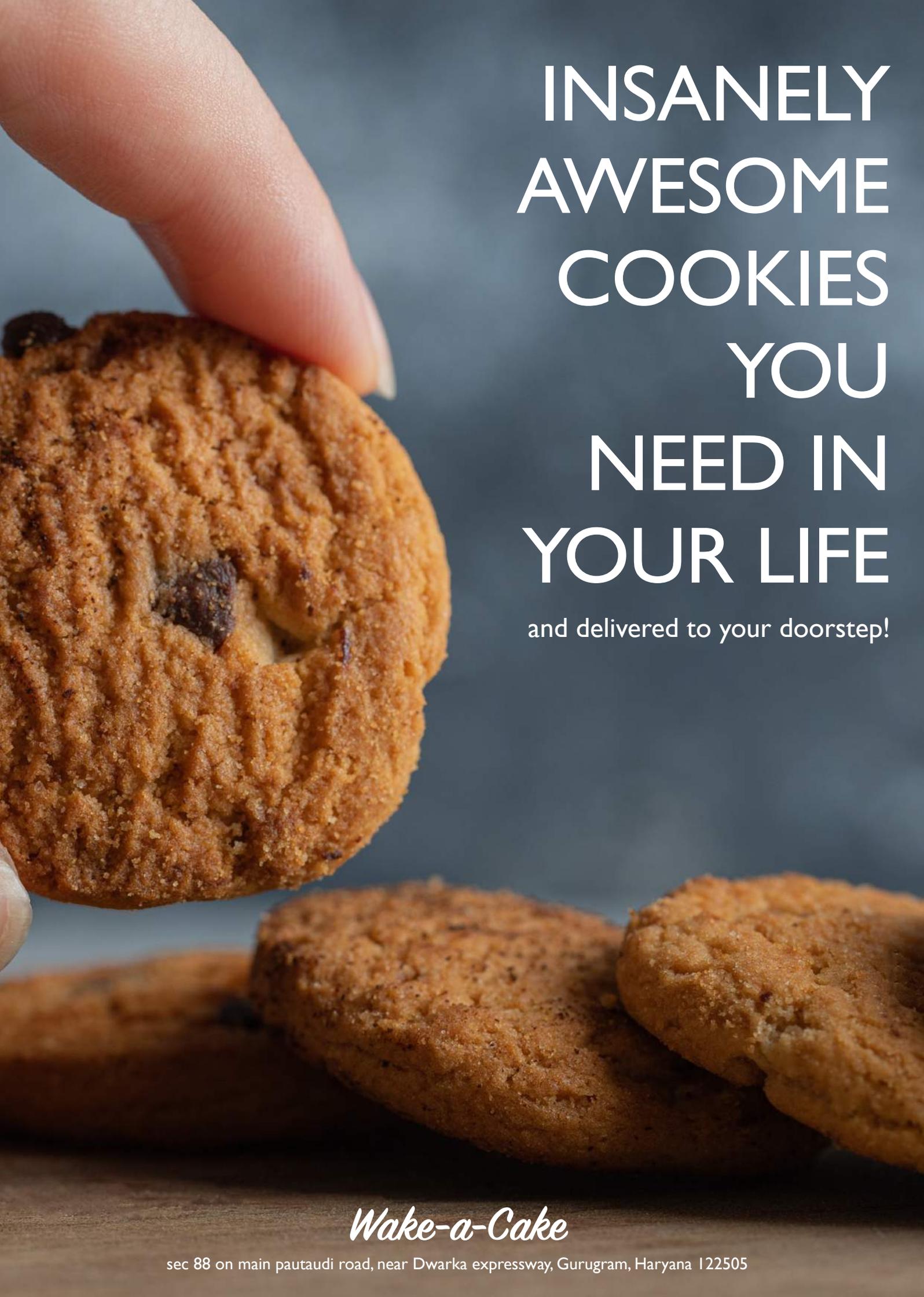
The Indian flag is manufactured and supplied from only one place in the country. The Karnataka Khadi Gramodyoga Samyukta Sangha (KKGSS), located in Dharwad, Karnataka, has the authority to manufacture and supply the Indian flag. According to the Bureau of Indian Standards, the national flag is manufactured only with hand-spun and handwoven cotton khadi bunting.

## 9 5 More Countries Celebrate Independence Day on 15th August

Apart from India, 5 other countries celebrate Independence Day on 15th August. These include North Korea, South Korea, Republic of Congo, Bahrain and Liechtenstein.

## 10 Goa Was the Last State to Join the Indian Territory in 1961

Even after India attained independence on 15th August 1947, Goa was still a Portuguese colony. It was annexed to India by the Indian troops only in 1961. Thus, Goa was the last state to join the Indian territory.



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A close-up photograph of a woman with long, dark, wavy hair, smiling warmly as she looks down at a baby. The baby is lying down, looking up at the woman with its mouth open in a joyful laugh. The woman is wearing a white, textured, possibly lace or crocheted, top. The background is a soft, out-of-focus grey.

7

*Questions*

**Every  
New Mom  
Asks.**

From midnight calls to frequent emails, paediatricians have heard every possible question from anxious new parents. The first few months of life are critical to your baby's health, so it's perfectly natural to be worried. Just don't allow those fears to prevent you from experiencing the joys of your newborn's first everything. Child specialist at Dr Dad offers answers to some of the most commonly asked new-parent questions for new moms.

It is a huge challenge to care for a newborn baby, especially if you are a first time mom. This is why we gathered some common parenting questions for those who have limited to zero experience. Read on to learn more about what first-time parents usually ask.

## 1. How Long Should I Breastfeed?

It is recommended to breastfeed babies for the first six months. This helps avoid food intolerances and protect your baby from any infections. After that, you can still breastfeed and gradually introduce other food. The longer you breastfeed, the longer you and your baby can benefit from its health effects.

## 2. How Often Should I Sterilize Bottles and Pacifiers?

Keeping your baby safe is a top priority, so it is important to regularly sterilize bottles and pacifiers. It is recommended to sanitize them before their first use and frequently afterward. However, it is not necessary to do this after every use. You can wash them on a daily basis and dry on the top rack of the dishwasher to ensure they don't fall through the bottom.

## 3. Is Green Poop Normal?

It is normal for your newborn to excrete green poop (or meconium). Since it is composed of materials ingested inside the uterus, it is going to come out viscous and sticky, albeit odorless. From being a dark olive green, it will eventually become lighter in shade. When breastfeeding, your baby's poop will look either yellow or green.

## 4. How Do I Clean My Baby's Umbilical Cord?

It will take around 1-2 weeks before the umbilical cord dries up and falls off. In the meantime, it will need proper care to avoid irritation and infection. You can consult your pediatrician on how to properly and safely clean it. The general rules, however, are to keep the area clean and dry and to let it heal naturally.

## 5. Should I Wake a Sleeping Baby to Feed Him?

Several factors affect whether you should wake a sleeping baby for feeding, including age, weight, and overall health. It is important to feed your baby frequently during the first few weeks to help regain the weight lost from birth. This means you will have to occasionally wake your baby for feeding. You can stop doing this once your baby develops a pattern of weight gain.

## 6. When Can I Take My Newborn Out in Public?

There are no hard and fast rules when it comes to taking your newborn out in public. While some doctors and parents wait until their babies are a few months old, you can still take your newborn outside for a walk or for fresh air. However, it is best to avoid crowded places, which can expose your baby to diseases. Also, make sure your baby's vaccines are up-to-date.

## 7. What is the Proper Way to Dress a Newborn?

It is important to keep newborn babies warm so it is best to dress them in layers. However, you also have to make sure they're still comfortable so avoid wrapping them in heavy blankets.

Babies also grow fast so it is more practical to invest in simple yet affordable clothes. It is not really ideal to buy expensive clothes for a newborn since they will outgrow them very quickly anyway. Just get clothes that are soft, comfortable, and for your sake, easy to take care of. It won't hurt if they look adorable, too, like this super cute onesie!

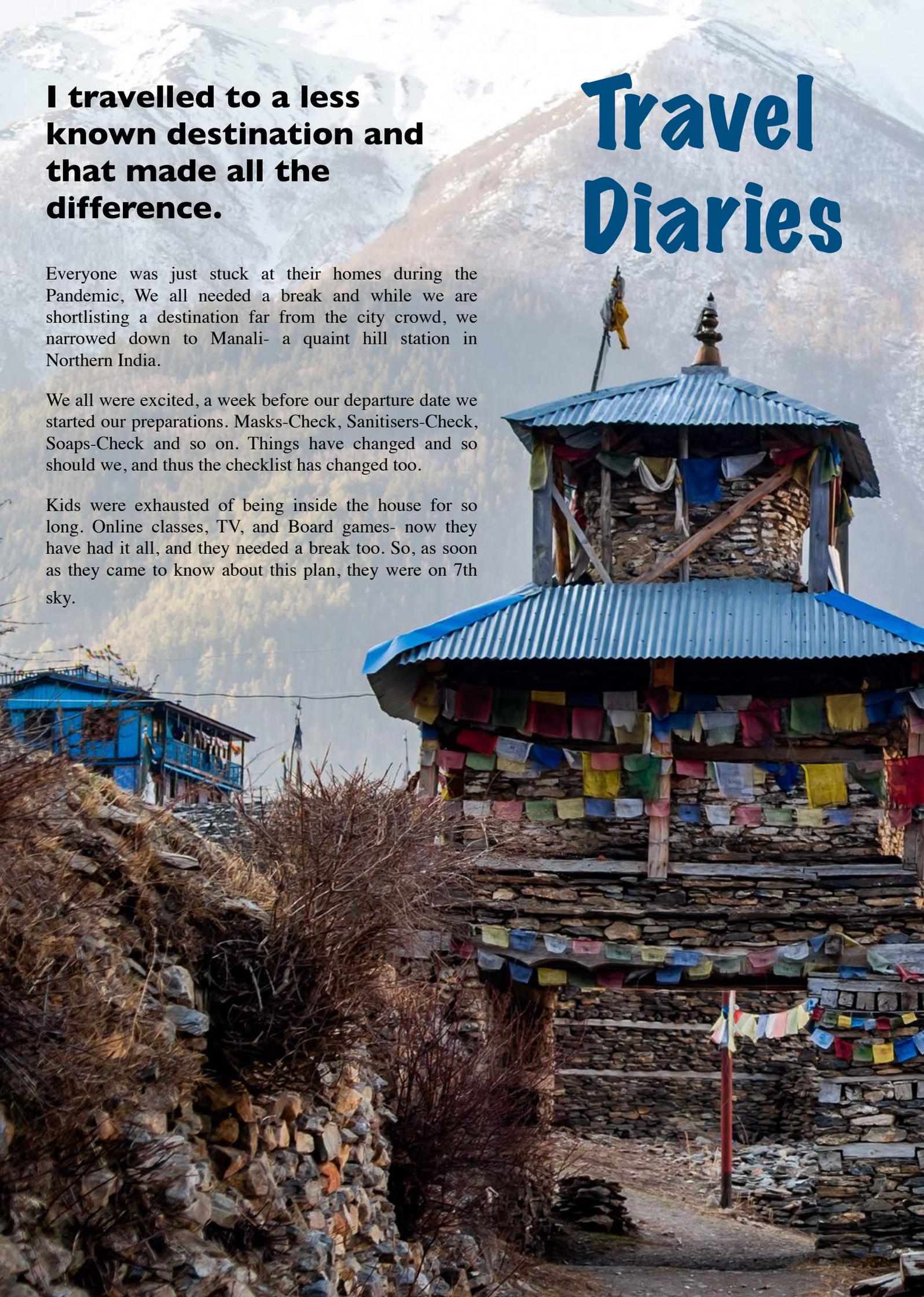
**I travelled to a less known destination and that made all the difference.**

# Travel Diaries

Everyone was just stuck at their homes during the Pandemic, We all needed a break and while we are shortlisting a destination far from the city crowd, we narrowed down to Manali- a quaint hill station in Northern India.

We all were excited, a week before our departure date we started our preparations. Masks-Check, Sanitisers-Check, Soaps-Check and so on. Things have changed and so should we, and thus the checklist has changed too.

Kids were exhausted of being inside the house for so long. Online classes, TV, and Board games- now they have had it all, and they needed a break too. So, as soon as they came to know about this plan, they were on 7th sky.



## A day before our departure date.

All the news channels were showing the videos of popular hill stations and how people are exploiting them. We saw a video of a waterfall near the hill



station and there was a huge mass of people dipping in the waterfall, and dare you ask they were wearing masks? No, they weren't, just in case you didn't sense the tone. Not only that, they were standing so close. So close that not only their breaths but there were skins were touching too, and it was pretty uncomfortable to look at this one. I decided to cancel our trip.

## I had to come out with an alternative.

We started looking out for options. From relatives to good clean luxurious hotels. Nothing was fitting into the picture. I know I was responsible and was following all the precautions that one should follow. But I wasn't sure about others. I wanted to keep everyone

safe, and wasn't really ready to teach the basics to my relatives or the hotel staff.

Naina, my childhood friend, who I haven't talked to since a very long time, just called me out of the blue. We both did our schooling together from Army School. Being an Army Brat, you tend to travel a lot, and thus I have this giant list of friends. But sadly, I am not really in touch with a lot of them after my marriage.

So coming back to Naina, she started telling me about this wonderful dreamy place that you can hire but is not a mainstream hill station destination for anyone. It's a small village in the Himalayas. And there's a house, a quaint small house in the hills by the name "Eagles Eye". I was excited. I was thrilled, and I knew that it's not just by chance that Naina called me after a long time. I was destined to take a vacation.

And finally, we took a vacation, and we were off to the eagles eye in a weeks time

That's my story and right now, I am



at the destination and would soon be writing a review.

Meanwhile please enjoy these pictures.



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# 12-18 MONTHS BABY FOOD CHART



Now your tiny little bundle of joy is one year. I am sure you have thoroughly enjoyed this beautiful journey with your baby:) You have watched as your baby grows from first smiles to first steps. By now, your baby is ready to enjoy a variety of family foods.

You can give all the foods you cook for your family with fewer spices. Offer a variety of food each day. Your child may have few front teeth now, can chew some foods. But it is still a good idea to mash or cut into small pieces (1/2 inch or less) while giving the meat or any hard foods if it is tough to chew.

Now your child is one year, she can drink cows milk. Cows milk is a readily available source of calcium, and it also provides essential vitamins and proteins for your child. Also, you can continue breastfeeding as long as you and your baby are comfortable.

## HOW TO INTRODUCE COWS MILK TO MY BABY?

Prefer whole milk until three years as toddlers need fat in their diet for growth and development. Give only 200 - 300 ml (at the max) of cows milk (in a cup) per day. Anything beyond the recommended amount of cows milk leads to less appetite in toddlers. Also, don't dilute the milk with water as it reduces its nutrition content.

If your baby is not interested in taking plain milk, you can try to flavor the milk with natural homemade flavors, or add milk to porridge's/kheer/desserts or include dairy products such as curd/yogurt, paneer, cheese, etc.

## SHOULD MY 12-18-MONTH-OLD FEED HERSELF?

By now, your toddler might be ready for self-feeding, though she might not be able to do it perfect. She should be able to hold and drink from a cup with little help and may be interested in eating with spoon/fingers. Foods can be cut into pieces so that she can be able to feed herself with fingers. Encourage self-feeding if your toddler is ready and eat as a family whenever possible. It helps in developing good eating habits.

## WHAT ARE THE FINGER FOODS CAN I GIVE TO MY TODDLER?

Finger foods such as chunks of soft-cooked vegetables, fruits, cheese, toasted paneer, homemade cookies/crackers, boiled eggs are easy to prepare and mostly loved by children of this age, and they can experiment on feeding themselves.

## HOW MUCH QUANTITY FOR 12-18-MONTHS BABY PER DAY?

To ensure your child gets a balanced meal, aim for a variety of foods from four primary food groups as listed below. For the quantity of food, always be guided by your child's hunger as appetite varies from baby to baby, and most babies change from day-to-day. Here is an approximate amount, Offer a serving from within these portion size ranges at each meal and snacks.

- **Whole Grains, Cereal & Carbohydrates - 1/4 cup to 1/2 cup**
- **Fruits & Vegetables - 1/4 cup to 1/2 cup**
- **Milk & Dairy Products - 1 cup**
- **Meat/Protein/Meat Alternatives - 1/4 cup**

**Please consider the below points before using this food chart:**

- The below table is prepared to include a variety of foods with adequate nutrition in your toddlers' diet.
- Customize this chart based on availability, convenience, and your baby's preference. There is no need to follow this chart strictly.
- If your child is allergic to any ingredient listed in the recipe, make sure to remove the same before preparing.
- Some of the recipes given below are prepared with more spices if it's a family recipe. Adjust the spices according to your baby's preference.
- If you are breastfeeding your baby, always feed on demand irrespective of the schedule.

<b>Days</b>	<b>Early Morning</b>	<b>Breakfast</b>	<b>Mid Morning</b>	<b>Lunch</b>	<b>Evening</b>	<b>Dinner</b>
<b>Day 1</b>	1/2 cup to 1 Cup Milk	French Toast with Egg or French Toast Without Egg	Soft Boiled Carrot Sticks	Rice with egg curry or Vegetables Dal Khichdi	Dry Fruits Ladoo	Sooji Uttappam with vegetables or Cheese uttapam
<b>Day 2</b>	1/2 cup to 1 Cup Milk	Oats Pancakes or Oats Moong Dal Dosa with Coconut Chutney	Sliced Bananas or Sliced Cucumber	Rice with dal & Broccoli sabzi or Rice with dal rasam and boiled egg	Poha Yogurt Fruit Mix	Tomato Dosa or Steamed Dosa with Coconut Chutney
<b>Day 3</b>	1/2 cup to 1 Cup Milk	Sooji Toast or Sooji/Rava Upma with Vegetables	Chicken Clear Soup or Vegetable Clear Soup	Rice with fish curry or Vegetables Masala Rice	Broccoli cutlet or vegetable Cutlet	Appam with coconut milk or Vegetables stuffed paratha with curd
<b>Day 4</b>	1/2 cup to 1 Cup Milk	Sathu Maavu Porridge or Ragi Urad Dal Porridge	Poha Balls	Sambar Sadam or Dal Rice with boiled egg	Soft Boiled Green Gram or chickpeas or black-eyed peas	Chapati with vegetable Kurma or veg sabzi
<b>Day 5</b>	1/2 cup to 1 Cup Milk	Carrot Rava Idli or Poha Idli	Paneer Toasted with Ghee	Rice with chicken curry or Spinach Khichdi	Ghee Fried Banana	Sweet Bread Dosa or Bread Uttappam
<b>Day 6</b>	1/2 cup to 1 Cup Milk	Green Gram Dosa or Sweet Potato Dosa or Oats Egg Omelette	Cut Fruits (Watermelon / Papaya /Chikku)	Coconut milk rice or Egg rice or Chana pulao with Carrot Raita	Sweet ghee roasted bread with honey	Oats Porridge with Milk or Poha with milk
<b>Day 7</b>	1/2 cup to 1 Cup Milk	Paneer Sandwich or Pongal with mildly spiced sambar	Plain Yogurt/curd mixed with homemade fruits jam	Spinach Rice or Beetroot Khichdi with omelet	Apple Milkshake or Banana Milkshake	Idli or Dosa with mildly spiced chutney or sambar

**NOTES:**

- Never introduce more than one food at a time when adding new food to your baby.
- Check for allergy symptoms when you are introducing new food to your baby and stop feeding your baby if you find any signs.
- This food chart is prepared to give an idea of what foods can be included in babies diet. It should not be considered as medical advice.
- Always check with your paediatrician before introducing any new food.

that's the story of childhood ambition!



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*Every child loves learning new jokes.*

*Is there anything a kid loves more than jokes? Whether it is telling jokes or hearing jokes, kids love a good joke!*

# Tickler

Q: What does a cloud wear under his raincoat?

A: Thunderwear.

Rajni, 5 Yr, Bhopal

Q: What did the traffic light say to the car?

A: Don't look. I'm about to change.

Saizal, 5.5 Yr, Pune

Q: Why is there a fence around a cemetery?

A: People are dying to get in.

Ryansh, 7 Yr, New Delhi

Q: What music frightens balloons?

A: Pop music.

Aadi, 4.7 Yr, Kanpur

Q: What do Alexander the Great and Winnie the Pooh have in common?

A: The same middle name.

Sanjana, 9 Yr, Noida

Q: What did the policeman say to his belly button?

A: You're under a vest.

Ishank, 6.5 Yr, Delhi

Q: What did one toilet say to the other toilet?

A: You look flushed.

Pari, 5 Yr, Indore

Q: Which is the longest word in the dictionary?

A: "Smiles," because there are miles between each "s."

Suman, 8.5 Yr, New Delhi

Q: Did you hear the joke about the roof?

A: Never mind, it's over your head.

Ria, 6 Yr, Kolkata

Q: Why did the little boy throw his clock out the window?

A: Because he wanted to see time fly.

Krishika, 7 Yr, New Delhi



# 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.

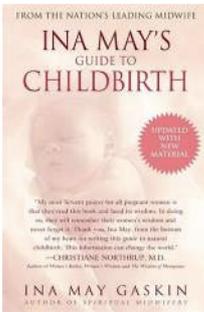
The Book Bug is an effort by Dr Dad's team to find out the best of best books for you. Our team comprises of authors, teachers, parents and children.

So, lets start with our this months list:

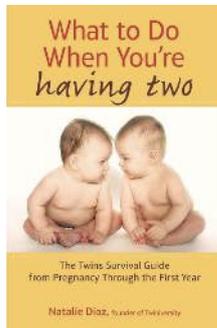
## BEST BOOKS FOR PREGNANT MOTHERS

### INA MAY'S GUIDE TO CHILDBIRTH BY INA MAY GASKIN

While the book definitely has a point of view (they think natural birth is best, while we think you deserve a medal no matter how you deliver your baby), it's also full of positive, life-affirming birth stories for the benefit of all moms-to-be. A plethora of birth stories makes up the first half of the book, while the latter half is all about empowering women with information on the birth process, the mind-body connection and real talk about what birth feels like.



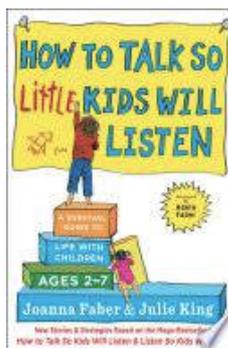
### WHAT TO DO WHEN YOU'RE HAVING TWO: THE TWINS SURVIVAL GUIDE FROM PREGNANCY THROUGH THE FIRST YEAR BY NATALIE DIAZ



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

### HOW TO TALK SO LITTLE KIDS WILL LISTEN BOOK BY JOANNA FABER AND JULIE KING

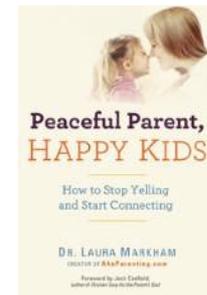


Faber and King, each a parenting expert in her own right, share their wisdom accumulated over years of conducting How To Talk workshops with parents and a broad variety

of professionals. With a lively combination of storytelling, cartoons, and fly-on-the-wall discussions from their workshops, they provide concrete tools and tips that will transform your relationship with the young kids in your life.

### PEACEFUL PARENT, HAPPY KIDS: HOW TO STOP YELLING AND START CONNECTING

A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr.



Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change.

## BEST BOOKS FOR TODDLERS

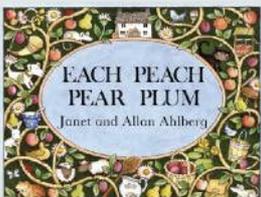
MON PETIT BUSY DAY  
WRITTEN AND ILLUSTRATED  
BY ANNETTE TAMARKIN, LITTLE  
SIMON (2-5)



Mon Petit Busy Day features brilliant hands-on lessons that are perfect for

curious readers who are preparing for Pre-K! Trace lines with your fingers to learn hand-eye coordination. Play a memory game with simple shapes hidden under lift-the-flaps. Learn left from right or up from down with moving tabs. Mon Petit Busy Day even introduces colors, counting, clocks, search-and-finds, and more! This busy book is filled with simple and engaging first concepts presented in a striking art style that will delight parents and children alike.

EACH PEACH PEAR PLUM  
WRITTEN AND ILLUSTRATED  
BY JANET AND ALLAN  
AHLBERG, PENGUIN YOUNG  
READERS (1-3)



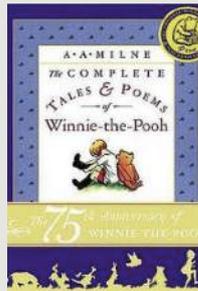
Each Peach Pear Plum - the classic picture book by Janet and Allan

Ahlberg. Each Peach Pear Plum is a timeless picture book classic from the bestselling illustrator/author team Janet and Allan Ahlberg, creators of Peepo!. Each beautifully illustrated page encourages young children to

interact with the picture to find the next fairy tale and nursery rhyme character. This board book edition is perfect for little hands.

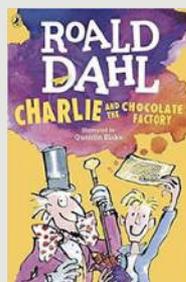
## BEST BOOK FOR BIG KIDS

THE COMPLETE TALES & POEMS OF WINNIE-THE-POOH



Seventy-five years ago, that most beloved of "silly old bears," Winnie-the-Pooh, came down the stairs, "bump, bump, bump," on the back of his head, behind Christopher Robin. And now, after generations of children have grown up on stories about Pooh's adventures with his forest friends, the four all-time children's classics from A.A. Milne and Ernest H. Shepard have been collected in one hefty, handsome volume for another multitude of generations to enjoy.

CHARLIE AND THE CHOCOLATE FACTORY

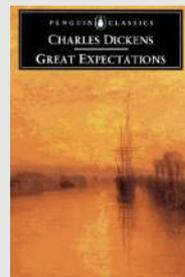


This story is about a boy named Charlie Bucket who lived with his family. His family barely managed to survive with very little money. There would be some days when Charlie would survive on cabbage soup or just starve. His life was totally miserable. . . . But there was one thing that made Charlie happy and that was the smell of the chocolate factory, he used to pass by, twice a day while going and

coming back from school. He always used to look at the giant chocolate factory and was eager to know that how would it look from inside.

## BEST BOOK FOR TEENS

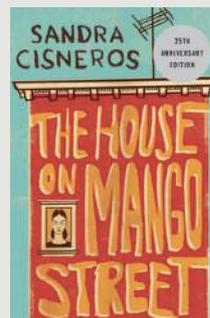
GREAT EXPECTATIONS



GREAT EXPECTATIONS takes place during the mid-19th century, and tells the story of Pip, a young orphan in England's marsh country who is

thrust onto the class ladder by a series of complex and coincidental circumstances that improve his economic and social status. Along his journey of self-discovery from youth to maturity, he learns the value of friendship, the power of romantic and familial love, and the ultimate meaning of wealth and material gain.

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.

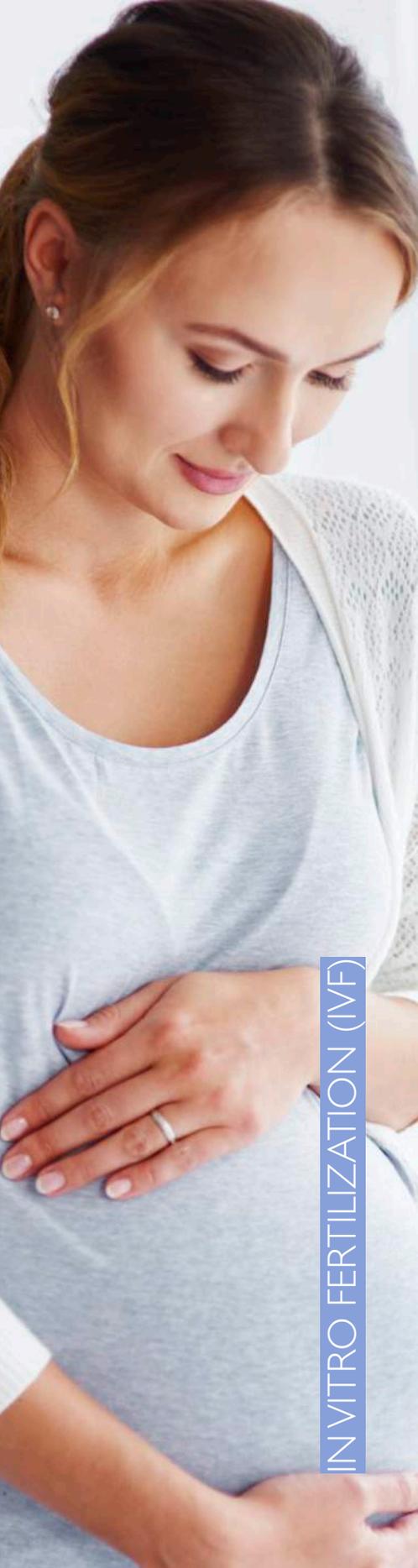
Sandra Cisneros first penned The House on Mango Street more than 25 years ago, but her lessons on challenging stereotypes of the immigrant experience still hold up today.



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