

# Parenting

**10** Reasons Why  
Eggs Are the  
Healthiest Food **ON**  
the Planet

**HERBED QUINOA  
GARDEN VEGGIE**

**TRAVEL  
DIARY**

**Is your baby  
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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



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



• HAPPY NEW YEAR •



**10 Reasons  
Why Eggs  
Are the  
Healthiest  
Food  
on the  
Planet**

A close-up photograph of a cracked egg. The yolk is bright orange and sits in the center, surrounded by a thick, white egg white. The egg is cracked open, and the yolk is slightly broken, with some white egg white visible around it. The background is a soft, out-of-focus light color.

Proteins are an important part of our diet no matter what our age is. It provides us with energy and other nutritional requirements, and that is why the incorporation of an adequate amount of proteins into our diet is very crucial. Especially in a **kid's diet plan**, incorporating proteins are a must. Children, while growing up, will require a lot of nutritional benefits to strengthen their system and also boost their immunity. And for that, superfoods are a must.

Eggs are one of those very under-valued yet amazing protein supplements which can be grouped under superfoods easily. They are packed with proteins and are equally amazing in taste as well. It is scientifically proven that eggs are power-packed with protein, good fats, and also multiple micronutrients.

Here are some reasons why it is called a superfood.

### **Eggs are rich sources of proteins.**

Proteins are important for the formation of your muscles. If you are into fitness and looking forward to enhancing muscle formation, then consuming eggs is extremely important. It is seen that eating full eggs help in post exercise muscle protein formation rather than having just egg whites.

### **Eggs are easily digestible.**

Nobody wants to fall sick and hamper their digestive system in the course of providing an excessive amount of proteins to their body; this is why eggs are the best option to consume. The protein from eggs is easily digestible, unlike animal meat. Even though the protein content is quite high in animal meat, but the digestion factor falls there; egg protein works pretty comparable to that and is easily digestible as well.

### **Eggs are cheaper protein supplements.**

The price of eggs is unbeatable when compared to other protein supplements. No matter from which part of the world you belong prices of eggs will always be cheaper than any protein supplement like meat or fish.

### **Eggs help in making your skin and hair better.**

Other than all the nutritional benefits, eggs are amazing in maintaining your skin's elasticity and keeping it glowing. Eggs are amazing in keeping their

hair growth intact. If you have excessive hair fall, then try increasing your protein content in your diet.

### **Eggs help in reducing heart diseases.**

The choline content in eggs helps in strengthening your heart and eventually keeps it away from any disease as well.

### **Eggs are amazing in providing energy.**

Proteins are anyway amazing in providing your body energy that it lacks, especially if you are an athlete. Consuming eggs are undoubtedly a smart choice to gain the energy your body needs. For kids especially, eggs play a crucial role in the **importance of a childhood nutrition plan**.

### **Eggs contain a lot of other nutrients.**

Eggs contain multiple micronutrients along with Vitamin A, B, E, and K. it is packed with sodium, calcium, potassium, and selenium along with folic acid as well.

### **Eggs are great for substituting carbs.**

Carbs often facilitate weight gain, but they are also a major part of many people's everyday diet. For any person who is looking forward to losing weight, eggs are an amazing option as a replacement for carbs. Eggs are equally tasty and will give the same amount of energy as carbs along with a better amount of nutritional benefits.

### **Eggs are filling.**

Eggs are amazing in keeping you full for a long period of time which means no hassle of over-eating and weight gaining as well.

### **Eggs are versatile.**

Cooking eggs is probably one of the simplest things; no matter how good or bad your cooking skills are, you can never go wrong in cooking your eggs. Also, eggs are extremely versatile, which means you can have them in multiple ways and never get bored of the taste either.

Consuming eggs are definitely great, but you should keep in mind that anything in excessive amounts is not good for our health, so make sure you incorporate a normal amount of eggs in your diet and do not over consume them.

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# Herbed Quinoa Garden Veggie Salad

The beauty about this salad is that you can toss up the quinoa and veggies with the dressing ahead of time, so it gets all extra flavorful and wonderful, but then just bring your greens and toss it all together to preserve the freshness once you get to your friends' house.

## Ingredients

### Quinoa:

2 3/4 cups low-sodium chicken stock

1/4 cup fresh lemon juice

1 1/2 cups quinoa

### Dressing

1/4 cup extra-virgin olive oil

1/4 cup fresh lemon juice

3/4 cup chopped fresh basil leaves

1/4 cup chopped fresh parsley leaves

1 tablespoon chopped fresh thyme leaves

2 teaspoons lemon zest

Kosher salt and freshly ground black pepper

## Instruction

1. For the quinoa: In a medium saucepan, add the chicken stock, lemon juice, and quinoa. Bring to a boil over medium-high heat. Reduce the heat to a simmer, cover the pan and cook until all the liquid is absorbed about 12 to 15 minutes.
2. For the dressing: In a small bowl, mix together the olive oil, lemon juice, basil, parsley, thyme, and lemon zest. Season with salt and pepper, to taste.
3. Pour the dressing over the quinoa and toss until all the ingredients are coated. Transfer the quinoa to a bowl. Season with salt and pepper, to taste, and serve.



*#2 on Dr Dad Travels*



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# 5 signs that your teenager is depressed

'Depression' has become an overused word that you can hear buzzing around in all age groups. Be it, new mamas, old aged parents, or youthful teenagers, you will definitely come across someone proclaiming how depressed they feel.

On the other hand, you will meet a group of people who I personally call the 'happy bubble dwellers'. These people fail to understand that depression and other mental health problems do exist and need to be acknowledged and cared for. These people negate any discussion on mental health topics and think these are just self-created problems, that are easily controllable.



As a parent of young adults or budding teenagers, it is highly important to keep a watch on your children's mental health. The teen years mark the huge transition from youth into adulthood and with external stressors and surging hormones, they are very vulnerable to mental disorders.

It is important to know that a child might not show straightforward symptoms, nor he will be able to tell you that something is wrong with him. Instead, it will be totally on the parent to explore and pick clues from the child's 'normal' behavior and routine. Some non-specific, but important signs to look for include :

### **Lack of energy:**

You may hear this a lot from your teenager, 'Mum I'm tired, Can we please visit grandma tomorrow?' and you would just turn a deaf ear, blaming it on his laziness. This doesn't always mean your son is depressed, chances are, he is just being a normal procrastinating teenager, but if you find him turning down plans more often, and being more lethargic, it is a good idea to talk to him and get him checked for other medical conditions as well as any mental disturbance he could be facing.

### **Changes in sleep:**

Hormonal shifts and normal adolescent sleep patterns can change as the child ages, but if you start noticing very unusual sleep, then take serious notice. Sleeping too much or too less, both are harmful to the growing body and deprives the body of the energy it needs to grow. Changes in sleep patterns are also indicative of certain diseases like thyroid, and therefore, it is very important to take action and start with a friendly talk to explore further.

### **Concentration:**

'Her teacher says she doesn't focus in class at all, she is always staring at the walls or scribbling in her notepad'. Does this sound like your 15-year-old daughter's teacher's remarks?- If yes it's time to be more alert! There could be a number of reasons for lack of concentration, study stress, peer pressure, love interest, or simply boredom, which is highly common in adolescents. But in cases of depression, lack of concentration, coupled with many other signs and symptoms could be self-explanatory and calls for further inquiry.

### **Guilt:**

Guilt is a crippling emotion. It brings down a person's morale down to an extent he/she may start having suicidal thoughts. Although to some extent, it is good to feel guilty, especially when you know you have wronged yourself or someone as this is a sign of healthy conscience. But if you see somebody feel guilty or make remorseful remarks about himself all the time, it is important to sit down for a talk. It is a very good indicator that the person is depressed. The constant negative guilty thoughts may sink him into further depression and the vicious cycle continues until made to stop by external help.

### **Appetite:**

Teenage is also a time of rapid growth spurts and to accommodate rapid growth, the body asks for more nutrition and hence appetite soars to new levels. If this is the case with your happy-go-lucky, fun-loving, or seemingly content child, there is nothing to worry about, but if you notice your kid turning into a ravenous beast, who is always hungry, along with other signs of depression, it is time to ring your physician and ask for help. This could also be otherwise, so if you see your usually happy kid going on hunger strikes more often, lend your ears and see what is going on with them. Sometimes, all of the above is just a part of growing up, but it is very important to be able to figure out when it is turning from 'just a phase' to a serious, but very treatable and manageable condition, called depression.

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**FEATHER**  
STROKES

A man with dark hair, wearing a white t-shirt and blue jeans, is sitting on a bed. He is looking down with his hands covering his face, appearing to be in a state of distress or frustration. The background consists of white curtains, suggesting a bright, indoor setting.

# 10 ITEMS TO BOOST FERTILITY FOR MEN

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

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



# How to Boost Fertility in Men?

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

- **Avoid Frequent Sex:**

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

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

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

- **Maintain a Healthy Diet:**

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

- **Lose Excess weight:**

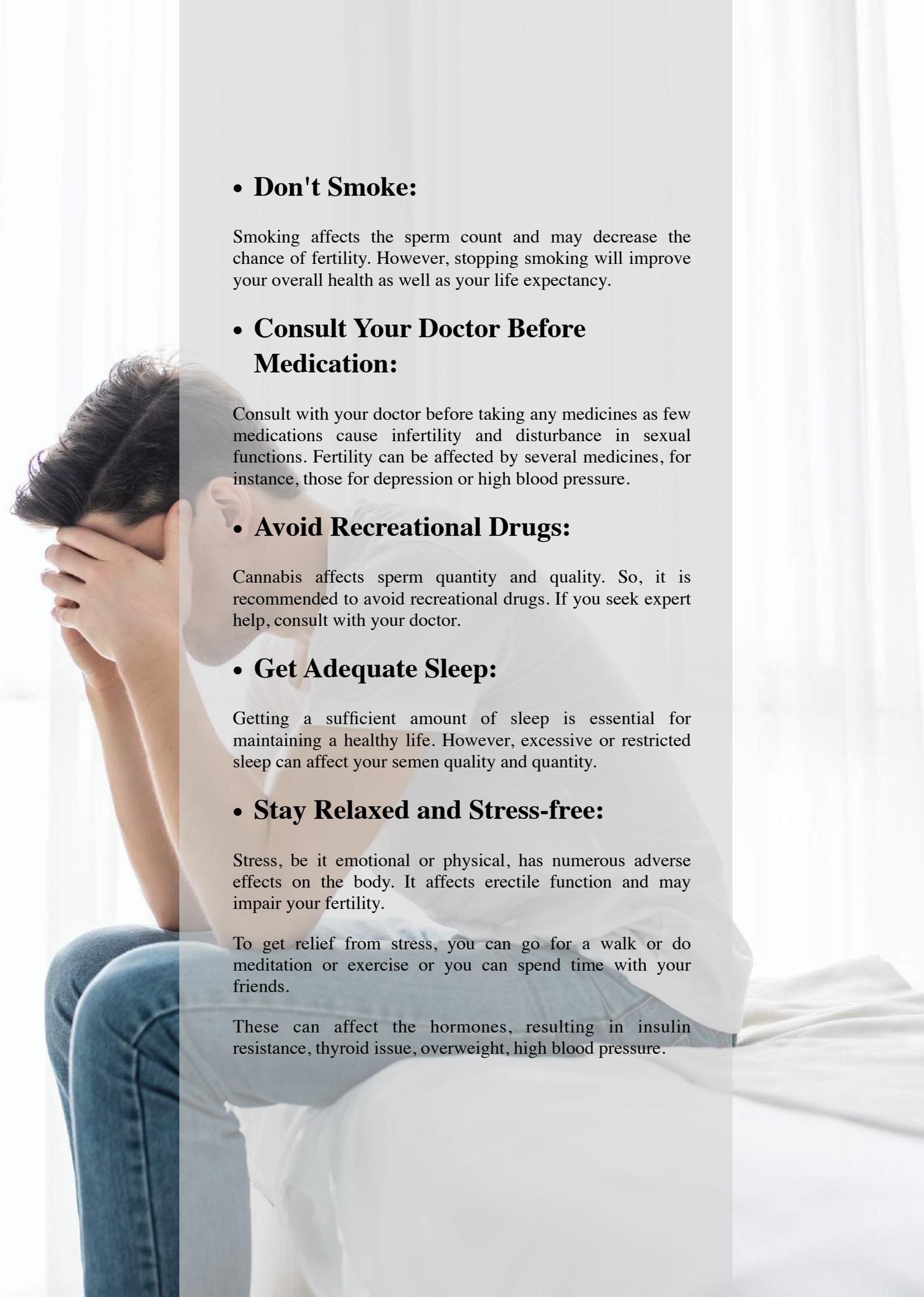
Being overweight enhances the risk of developing blood-flow problems that may affect your erections and also affect your sperm.

- **Exercise Regularly:**

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

- **Don't Drink Too Much:**

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



- **Don't Smoke:**

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

- **Consult Your Doctor Before Medication:**

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

- **Avoid Recreational Drugs:**

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

- **Get Adequate Sleep:**

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

- **Stay Relaxed and Stress-free:**

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

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

These can affect the hormones, resulting in insulin resistance, thyroid issue, overweight, high blood pressure.

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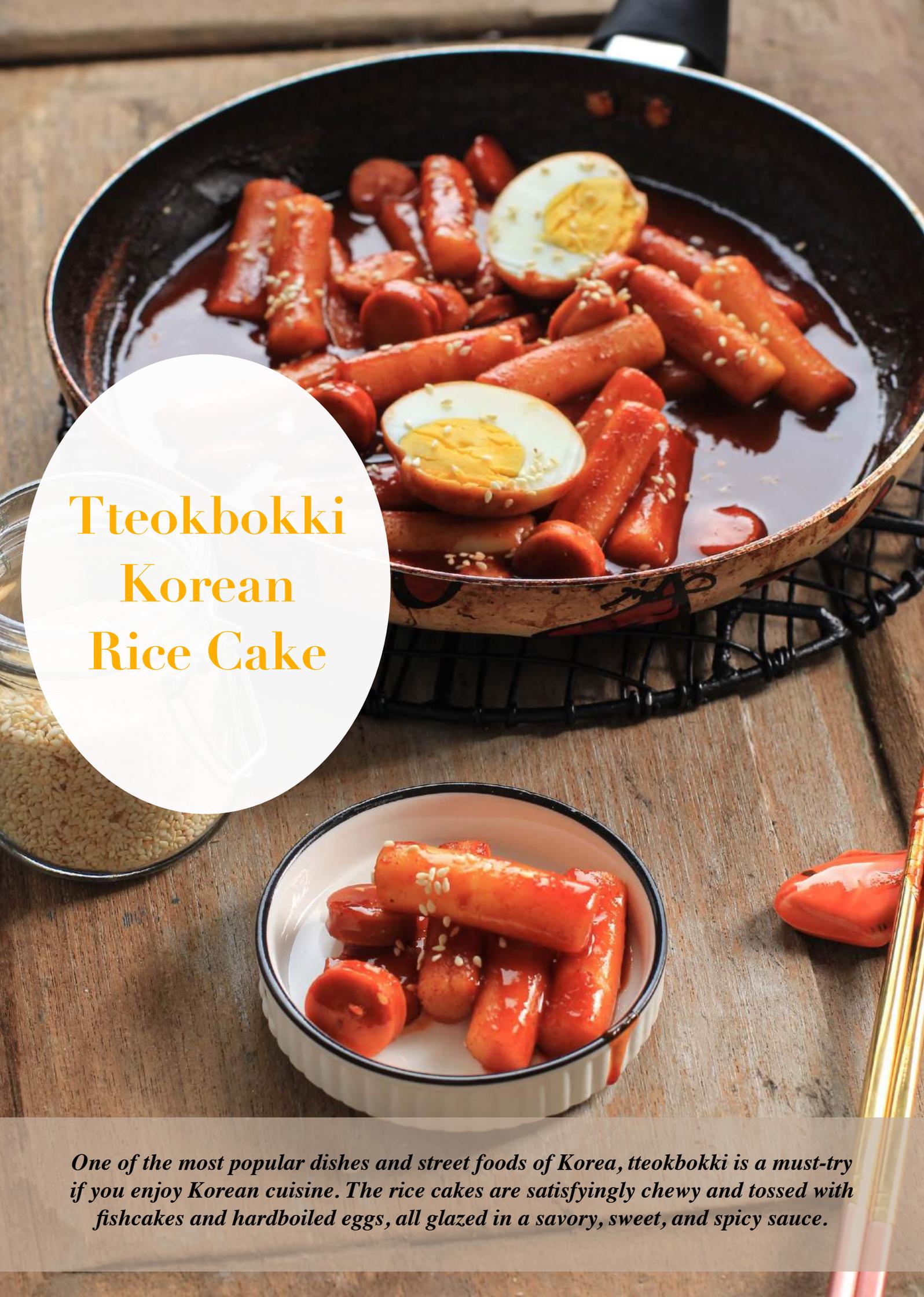
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# Tteokbokki Korean Rice Cake

*One of the most popular dishes and street foods of Korea, tteokbokki is a must-try if you enjoy Korean cuisine. The rice cakes are satisfyingly chewy and tossed with fishcakes and hardboiled eggs, all glazed in a savory, sweet, and spicy sauce.*

## Ingredients

- 2-pound rice cake, cylindrical
- 6 large eggs
- ½ cup water (or anchovy broth)
- ½ cup gochujang (or Korean red chili paste)
- 2 Tablespoon gochugaru (or Korean red chili flakes)
- 2 Tablespoon granulated sugar
- 1½ Tablespoon soy sauce
- ½ Tablespoon Kosher salt (or to taste)
- 14 oz Korean fried fishcake, cut into bite-size pieces (about 4 sheets)
- ¼ head cabbage, roughly cut into 1-2 inch pieces)
- 2 Tablespoon cornstarch (for slurry)
- Sesame seeds (optional for garnish)
- Green onion (optional for garnish)

## Serving: 6 people

## Instructions

- Place all the rice cake into a large bowl and filled with enough water to cover it. Let the rice cake soak for about 10 minutes to help soften it up.
- Bring a small pot of water to a boil and gently place the 6 eggs into the boiling water. Set a timer for 10-12 minutes (depending on the degree of hard boil you want), and let the eggs boil. When the timer is up, rinse the eggs in cold water to stop the cooking. Once the eggs are cool enough to handle, peel the eggs. Set aside until needed.

*\*The cooking time for these eggs is based on eggs right out of the fridge. If your eggs have been sitting out or at room temperature, decrease the cooking time as needed. Also, a 10-minute boil results in a just hardboiled egg (so the yolk is kind of between a medium and hardboiled). An 11 -12 minute cook time results in a fully hardboiled egg.\**

- While waiting for the rice cake to soak and the eggs to boil, combine the ½ cup water, gochujang, gochugaru, sugar, soy sauce, and salt into a pot, large enough to accommodate

all the rice cakes. Mix the sauce a bit to break up and help the gochujang dissolve and bring the sauce to a simmer over medium-high heat. Let the sauce simmer for about 5-10 minutes.

- Once the sauce has simmered for a bit, drain the rice cake and add it to the sauce. Let the rice cake simmer in the sauce for 2-3 minutes while stirring constantly. Add the chopped cabbage, fishcakes, and hardboiled eggs to the rice cake and let it simmer for about 3 minutes to slightly soften the cabbage and warm everything up.
- Add about 1 Tablespoon of cool water to the cornstarch and mix until combined. Drizzle the cornstarch slurry into the hot tteokbokki sauce while stirring and let the mixture simmer for a minute to thicken the sauce.
- Enjoy the tteokbokki while it's hot with a couple of sprinkles of sesame seeds and sliced green onions!

## Notes

- This recipe serves 6 people as snacks/sides, for entrees, it serves 4 people.
- Tteokbokki is a really flexible dish in terms of what extra stuff you can add to it. This recipe is a basic recipe with just rice cakes, fishcake, cabbage, and the hardboiled eggs. So feel free to throw in mushrooms, onions, all the extra goodies you'd like.
- There are different ways to make hardboiled eggs. Most start the eggs with cold water and bring it to a boil. The time listed above is my preferred way. Just bring the water to a boil then add the eggs. Just be VERY gently when you place the eggs in the water because even a tiny crack in the shell will result in the eggs leaking. So use a spoon or something you can gently lower the eggs into the water with.

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# CONSTIPATION DURING PREGNANCY - WHAT TO DO ABOUT IT?

Pregnancy causes several changes in your body. In such a situation, **constipation is common during pregnancy** for many different reasons. Often, it is one of the symptoms of pregnancy for expecting mothers.

In some instances, **constipation affects baby movement**, which is a rare experience, but mostly mothers experience infrequent or uncomfortable bowel movements due to constipation. If you experience these, don't worry. It is a very common thing during pregnancy and for different reasons.

In this article, we will go through some of the causes of constipation during pregnancy, explaining why it can potentially happen to any expecting mother. Also, we will be taking you through specific preventive measures you should take to avoid constipation during pregnancy. Let's discuss these in detail in the sections below -

## Why does pregnancy constipation happen?

Constipation can happen to anyone and at any time in life, but it may be more problematic during the later stages of pregnancy, probably in the third trimester. The potential reasons for constipation during pregnancy include :

### Hormonal changes

During pregnancy, the increasing levels of progesterone hormones can cause your body and intestinal muscles to relax and slow down. As the muscles tend to relax, the process of digestion in the body also tends to slow down. This situation leads to slower

movement of food through the digestive tract, which can become a **reason for constipation during pregnancy** in women.

As the embryo grows bigger and exerts pressure on the uterus walls, which happens in the later stages of pregnancy, the passage along the rectum may become constricted. This constriction prevents the bowel from regulating body waste smoothly, usually among the major **causes of Pregnancy Constipation** in women.

### Sudden changes in diet

Pregnancy constipation can also happen due to a sudden change in the diet of pregnant women as they need to modify their diet for better development of the fetus. Moreover, if the mother does not take fiber in sufficient quantity, that can also lead to constipation during pregnancy.

### Reduce appetite and morning sickness

Frequent morning sickness can directly affect the expecting mother and make it difficult for them to follow their diet and even stay hydrated properly. It also affects the appetite negatively and makes the expectant mother feel nauseous and tired.

## How to prevent constipation during pregnancy?

### Stay hydrated:

One of the most important precautions you can take to **prevent constipation during pregnancy** is to stay hydrated. Try to double your water intake and drink at least eight glasses of water every day. It will help to keep stools soft and ensure that solids keep moving throughout your digestive tract. Staying hydrated will also help you to increase your fluid intake and regulate your blood volume more effectively.



Though staying hydrated is essential for everyone, it is incredibly crucial during your pregnancy. If you drink enough water every day, you will likely notice that your constipation problems will reduce drastically. Therefore, make sure to take enough fluids and drink sufficient water.

### **Eat fiber-rich food:**

Fiber helps to ease your bowel movements and improve overall regularity. To increase your fiber intake, you can rely on fruits and vegetables, including beans and some grains. Moreover, prune juice is also considered an excellent source of rich nutrients, and you may find it helpful to use it as a natural laxative. So, make sure to include it in your diet and

follow the same every day to help prevent the problem of constipation.

### **Exercising frequently:**

Lack of body movements is often the reason for constipation during pregnancy. On the other hand, frequent exercising is linked to better regulation of bowel movements. Since pregnancy is a sensitive time, this does not necessarily have to be a good workout session. Even a few simple and light exercises can improve your bowel movement and functioning.

For instance, you can walk around your neighborhood or get in more steps at your work or home whenever it feels comfortable. Anything that moves your body is

an excellent option to exercise for your overall health during your pregnancy.

Although being a common phenomenon during pregnancy, constipation may result in complex health problems. Moreover, avoiding **constipation because of pregnancy** and taking it casually might not be a sensible decision. Always talk to your healthcare provider or doctor and make the suggested lifestyle changes upon their feedback. Make it a note to mention everything you experience to your doctor. Remember, you need to take special care of yourself during such a sensitive time without even the smallest compromise in your healthcare!



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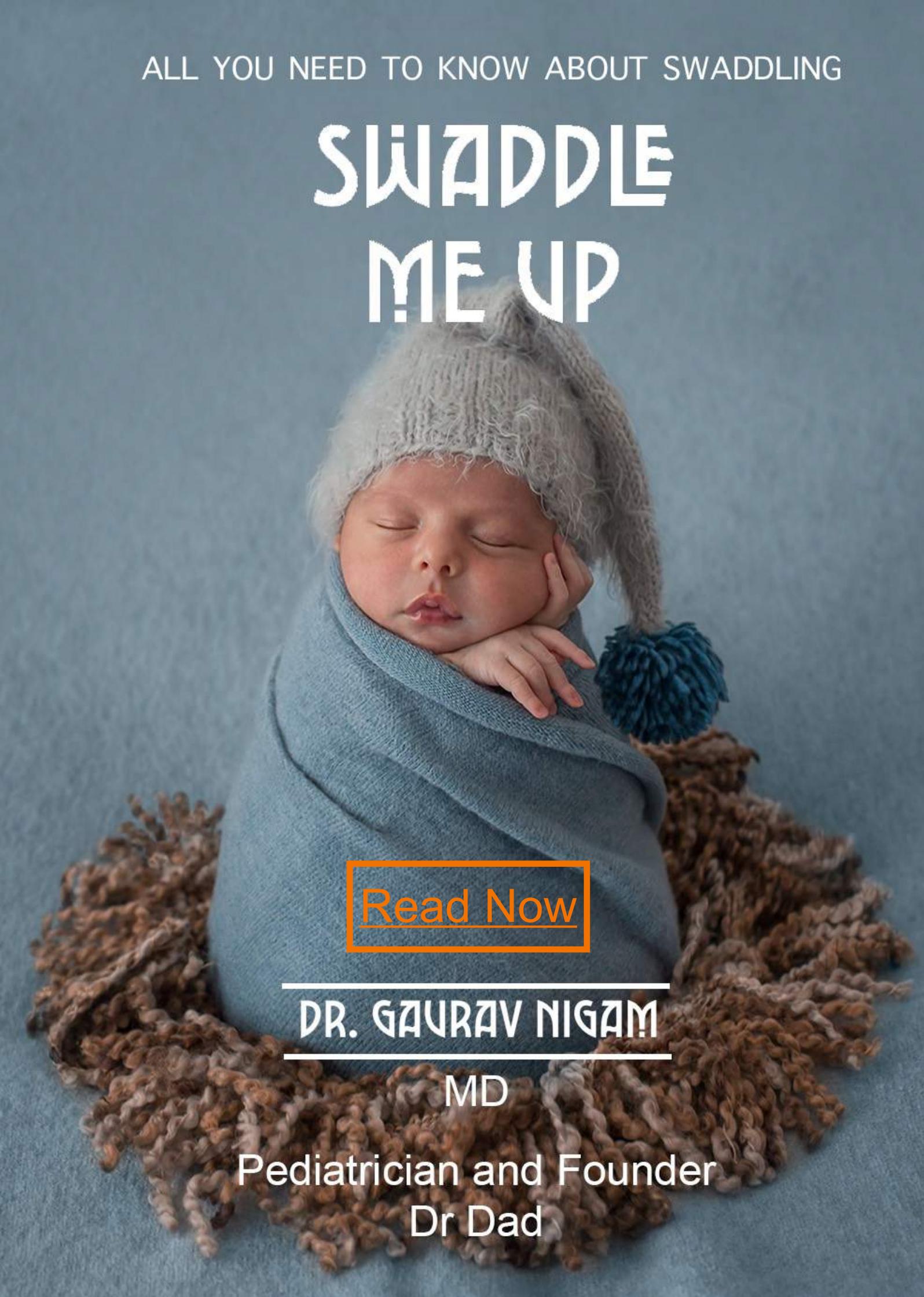


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**DR. GAURAV NIGAM**

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MD

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**Eating almonds in winter keeps the body warm and strengthens immunity. The glycemic load of almonds is zero that strengthens the digestive system.**

Almonds are known to be very beneficial for the body. They help in children's mental development and boost their memory.

Eating almonds in winter keeps the body warm and strengthens immunity. The glycemic load of almonds is zero that strengthens the digestive system. Almonds are also known to contribute to better brain development. Eating almonds strengthens bones and teeth.

**Here is a list of other benefits of eating almonds in winter.**

### **1. Increases immunity:**

Eat almonds to boost your immunity during the Covid-19 pandemic. Packed with essential vitamins and minerals, almonds help in boosting the immune system. Almonds are rich in nutrients and thus protect the body against blood clotting. Almonds are also a good source of protein and iron.

### **2. Provides energy:**

Almonds can also be included in your daily diet as a healthy snack. Almonds are rich in vitamins that provide instant energy. Loaded with magnesium, almonds relieve us from fatigue.

### **3. Strengthen bones:**

Rich in calcium, eating almonds make your bones stronger. Children are advised to eat almonds to improve their bone health.

### **4. For Better IQ:**

The protein found in almonds helps in repairing the brain cells. Almonds contain vitamin E and omega 3 fatty acids that keep the brain healthy. Rich in magnesium, almonds improves the overall neural health and keep the nervous system healthy.

### **5. Enhances memory:**

As we have already learnt that almonds are very important for overall health of the brain, they go a long way in improving memory retention. It contains vitamin E that improves focus and preserve memory for a longer duration.



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Do you know, globally, approximately 15% to 25% of couples could not bear a child even after attempting to conceive for five years or more? Infertility can be due to various factors, but couples are assisted with multiple diagnostics and interventions.

Today, home Ovulation testing kits happen to be a widely accepted option that can enhance pregnancy rates, improve knowledge about reproductive health, and couples could make a shared decision about conception at the right time. Also, it gives women of this day to have a say and improves fertility awareness.

In today's time when we celebrate the freedom and advancements of the 21st century, the sad truth remains intact that we still have a population of women, not empowered enough to take their decisions as personal as pregnancy. Home-based use of Ovulation Prediction Kits (OPKs) gives autonomy to the women and influences them to better their lives.

## **How do these OPKs work?**

OPKs detect ovulation, so you know when you must utilize the fertile window properly. Ovulation is the release of a mature egg from the ovary. The Luteinising Hormone stimulates this release when triggered by high levels of estrogen secreted by the follicles. Thus, by detecting the levels of LH that rise significantly before ovulation, OPKs indirectly give a clue about Ovulation day.

OPKs are available in different models and patterns. They give numerical value and show the range in which it falls to compare it with the standard range and have an idea about the LH levels and the ovulation day. This helps recognise the fertility window, and planning condomless intercourse in this period can increase the chances of sperm fertilizing the egg.

## Pros of Ovulation tests

- User friendly

They are straightforward to use and do not take a genius to figure out how to interpret such a quantitative test.

- Easy access

Readily available in medical stores

- Convenient to use

The paper pen method to track your menstruation cycle changes might not be so accurate, and using such OPKs can relieve you of stress.

- Mostly accurate

These tests are most accurate for most people.

## Cons of OPKs

- Age can be a limitation

For women towards their menopause, POKs might not work consistently.

- Expensive

It might not burn a hole in your pocket, but indeed, ovulation testing kits are not cheap. It might be a discouraging factor for some sections of women.

- Accuracy for people with syndromes

It might not accurately indicate ovulation day for women with PCOD, PCOS, etc. and women on contraceptive pills or some fertility drugs.





*My teen wants  
to wear  
clothes that  
I don't  
recommend,  
what should  
I do?*

Learning to make choices and handle new responsibilities is an important part of the transition from childhood to adolescence. Middle and high school are some of the first places where teenagers can experiment with their style. Experimentation is unavoidable in this situation. Not only does how you dress influence how your peers view you, but it's also a critical frontier for figuring out who you are. This is the age where teenagers develop self-identity and explore more about themselves. Also, this is a stage where they are learning to be self-confident, if you come out too strong negating their choices, it will affect their self-esteem and confidence.

When discussing clothing with your teen, keep in mind how personal their wardrobe is to them and that they still have a lot to learn from you! The journey of cultivating a passion for fashion is fraught with mistakes that parents can help with, from constructing outfits for different day-to-day weather, knowing what's in or out of season, and combining comfort with style. It's critical to direct your teen gently but

firmly in order to make them look their best while still allowing them to develop a personal style.

## **Clothes Are About their Personality and Not Just Looks, Let Them Explore**

In middle and high school, how one chooses to dress plays a significant role in managing an often chaotic social setting. Allowing your teen some independence is important; take them shopping with you. They may reject the clothing you buy for them in early adolescence because they want their style to feel unique. Talking with your teen about what kinds of clothes they want is a perfect way to show them that you care about their environment while also saving money by not buying something they won't wear.

Teenagers use their clothing to explore aspects of their personality that they are still learning about. If your teen deviates from gendered apparel, they'll appreciate it if you allow them the opportunity to do a clothing and style experiment on their own. You are critiquing their choices may come across as a personal attack, with their emotions already heightened by their self-consciousness. It's important to note that challenging or questioning your teen about wardrobe changes may seem innocuous to you, but it may appear aggressive to them due to the personal exploration at its heart.

A parent's encouragement and guidance will make all the difference. I never questioned myself when I was ridiculed in high school for wearing pink and purple as popular colors in my wardrobe because my parents always said I looked fine. Their support gave me the strength to keep expressing myself in ways that made me happy, while also reassuring me that wearing those colors wasn't as taboo as some of my peers made it out to be.

## **Have an open conversation.**

Engage your teen in an open conversation about the current fashion trends. Complement them when they dress well and discuss what styles suit them. You want to keep your approach friendly and open. Your teenager will look at you for support only when they perceive you as someone who understands them.



Use current trends to guide them. This might require you to do a little search on what is trending these days and what is the preference of your teen. But trends have the potential to open doors and find a common ground for you and your teen. Trends, from brands that allow shoppers to dress uniquely based on what they look and feel comfortable in, are favored. Your teenager is more likely to be attracted to them, it is a chance where you can explore brand lines together and you can help them make a decision.

## **Help them think about how they want to be perceived.**

Teens, on the other hand, must realize that they live in a world where individuals are constantly judged based on first experiences. Take them shopping with you and understand their preferences, pick out clothes that flatter their appearance and are still something they like. Help them create a wardrobe that fits their personality and looks. Try to keep your tone suggestive while offering clothing advice if you phrase it as order your teen will

stop listening and become defensive.

Clothing is an integral part of your teen's expression and development. It's critical to allow them the freedom to explore as they develop their own style. When it comes to clothes, be gentle with your teen; deciding on a look is a personal process, and it's simple for them to mistake advice as criticism. With reassuring words and thoughtful feedback, you will help your teen achieve stylistic success and strengthen your bond.

# 9 THINGS YOU SHOULD NEVER SAY TO YOUR CHILD

Being a parent is difficult and so is coming off as a proud child. It's only human to give vent to your rage by using harsh words. However, when the recipient of your outrage is your own child, it might have uncertain and unmanageable repercussions.

**We list 9 insensitive things that you should avoid saying to your child.**

Trying to say the right things to your kid but failing miserably? Here is a list of 9 things you should avoid saying to your kid.

**1. “Finish your homework; I will give you a chocolate.”**

Bribing is an unhealthy practice that parents do. Generally, bribery occurs under duress—right smack in the middle of a situation in which your child has seemingly sprouted horns and a tail. It happens quickly, when all you want is to change your child's behavior on the spot, so you offer him something that you had no previous intention of offering. It is a form of negotiating where over-negotiating puts the child in the driver's seat.

**2. “I'm on a diet”**

Never say these words in front of your child. Always try to say “I'm following a healthy food habit” or “let's all begin with healthy eating habit”. If we repeatedly say “I'm on a diet” in front of our child we are encouraging them to have negative feelings about their body.





### **3. “We’ll never afford that/ We can’t afford that”**

Never let your child grow in a situation where he/she knows that they can’t afford things because money is holding them back. Rather help them with some financial control. If your kid really wants to go to Disney World, tell them: “We can’t afford the tickets because it’s not in our budget this year.” Then, consider setting them up with an allowance jar so they can start saving for a trip to the theme park. When you help your kids cultivate smart financial habits, they’ll grow up knowing that if they want something they can’t afford, it’s just a matter of adjusting priorities.

### **4. “I wouldn’t do that if I were you”**

Not rebuking your child in public places and always defending your children’s mistakes are two things. Most parents misunderstand making these two things as one. Whenever your child is being disobedient, misbehaving, ill-treating others, as a parent we should

never defend them but discipline them and teach them the difference between right and wrong.

### **5. Being overprotective.**

The so-called “helicopter parent” is nothing but being an overprotective parent and always hovering over your children. Parents who pay extremely close attention to a child's or children's experiences and problems, particularly at educational institutions. They are always in the lookout for guidance, and when left alone, they become too nervous to make a decision.

### **6. Not giving enough space for decision-making.**

Some children have a tough time when they move out of their parent's home. The only reason is helicopter parenting. Here the parents choose their school, their colleges, the field they want to study, the dresses they want to buy, even the man/woman they want to marry. Every child should have their decision-making power at a young age so that later on they don’t fall in a dilemma while taking up any step.



**7. Being abusive to your children.**

Children who experience parental abuse or neglect are more likely to show negative outcomes that carry forward into adult life, with ongoing problems with emotional regulation, self-concept, social skills, and academic motivation, as well as serious learning and adjustment problems.

**8. Not appreciating or boosting them when needed.**

Lack of appreciation can directly create a complex in children. Scientists say that by the age of 8 a child learns more than 60% of what they will learn in their entire life.

**9. Fighting among ourselves in the presence of your children.**

As a parent, we should always maintain decorum not to abuse each other in front of our children. We should always try to handle any situation in a proper and sensible way. Our children always imitate whatever they see around them. So we should always try to have a good relationship with our spouse and our child.



# Travel Diaries

## A Pleasant Trip To Dehradun

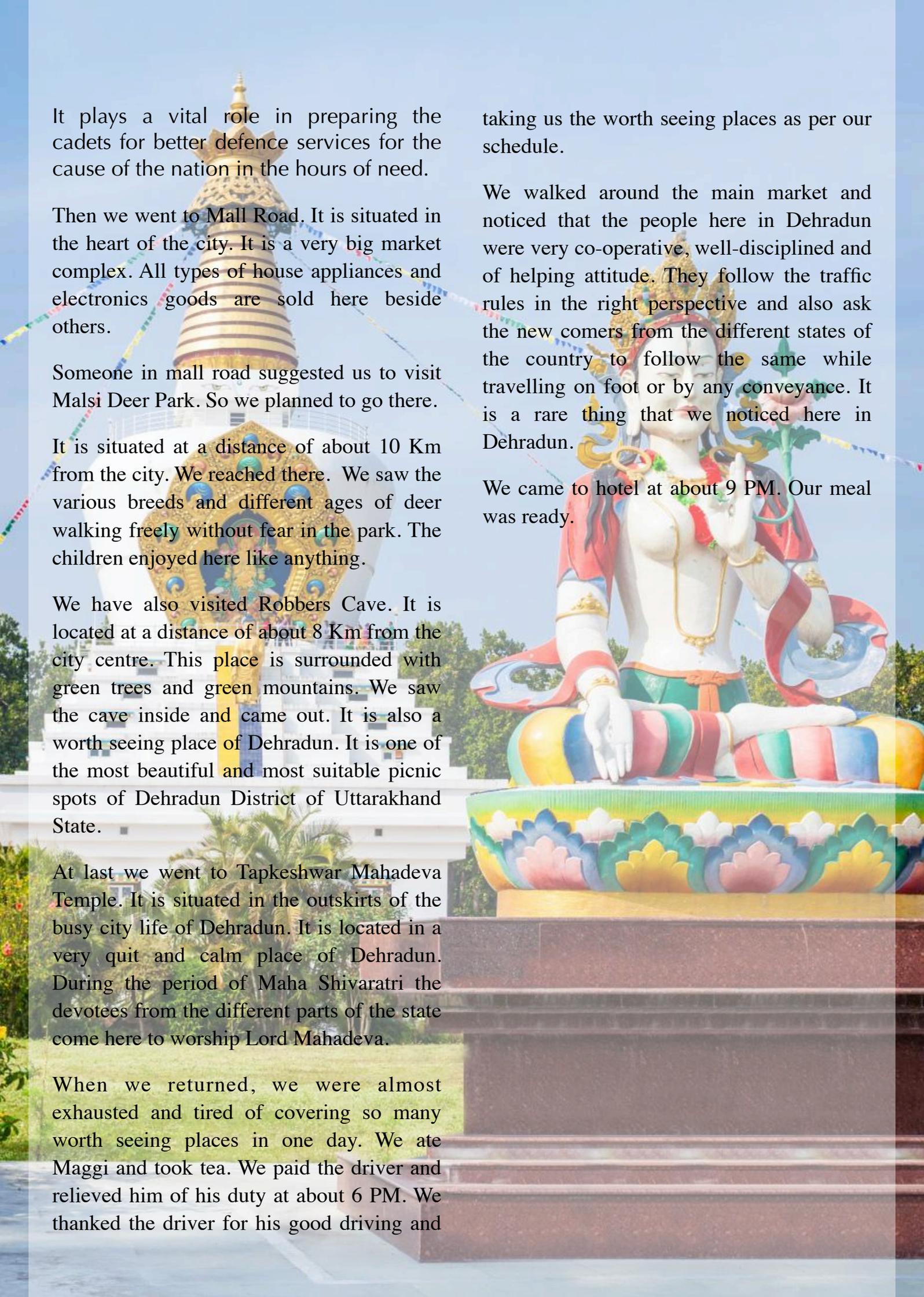
It was in last year winter I had been to Dehradun with my spouse. I liked a place called, Sahastradhara. It was an excellent experience for me. I am always fascinated by the nature and peace, I found Dehradun one of the best place to live in. There is amazing water fall called Sahasradhara.

We also took bath in waterfall. There we met one old man. He was telling us story of this place and he told that us that Pt. Nehru used to visit this place whenever he came to Dehradun.

We then took rice, rajma fried and curd and salad in lunch. In Nanital rajma is used as dal in place of common dal fried.

Then we took rest and in the evening we went to nearby local main market Paltan bazaar. The bazaar is famous for Dehradun Basmati rice of different quality, spices and woollen garments at cheaper rate.

The next morning after taking breakfast left for Indian Military Academy located at a distance of about 10 Km from our hotel. We hired a taxi for whole day. IMA was started on and from 1st. October 1932. It is an icon of Indian Defence Ministry. It was established to prepare the most dignified and competent military officers for army. After selection the NDA cadets are taught, trained and shaped to execute their duty and responsibility in the defence and security of the country.



It plays a vital role in preparing the cadets for better defence services for the cause of the nation in the hours of need.

Then we went to Mall Road. It is situated in the heart of the city. It is a very big market complex. All types of house appliances and electronics goods are sold here beside others.

Someone in mall road suggested us to visit Malsi Deer Park. So we planned to go there.

It is situated at a distance of about 10 Km from the city. We reached there. We saw the various breeds and different ages of deer walking freely without fear in the park. The children enjoyed here like anything.

We have also visited Robbers Cave. It is located at a distance of about 8 Km from the city centre. This place is surrounded with green trees and green mountains. We saw the cave inside and came out. It is also a worth seeing place of Dehradun. It is one of the most beautiful and most suitable picnic spots of Dehradun District of Uttarakhand State.

At last we went to Tapkeshwar Mahadeva Temple. It is situated in the outskirts of the busy city life of Dehradun. It is located in a very quiet and calm place of Dehradun. During the period of Maha Shivaratri the devotees from the different parts of the state come here to worship Lord Mahadeva.

When we returned, we were almost exhausted and tired of covering so many worth seeing places in one day. We ate Maggi and took tea. We paid the driver and relieved him of his duty at about 6 PM. We thanked the driver for his good driving and

taking us the worth seeing places as per our schedule.

We walked around the main market and noticed that the people here in Dehradun were very co-operative, well-disciplined and of helping attitude. They follow the traffic rules in the right perspective and also ask the new comers from the different states of the country to follow the same while travelling on foot or by any conveyance. It is a rare thing that we noticed here in Dehradun.

We came to hotel at about 9 PM. Our meal was ready.

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# 10 LESSONS CHILDREN LEARN FROM FAMILY VALUE

**It is often commented that children are a reflection of their parents. In this dynamic world, values play a very important role in the shaping of a human character. So, it would help if you taught them these basic values for life. There are many life lessons that a child learns from his family, below are some of them which we have picked and are the most important, so keep reading.**

## **Learning Good behaviours:**

Good manners and behaviour are the fundamental lessons that children are taught from the very beginning. This makes them a loving and understanding person. Try to use words like "Please", "Thank you" and "Welcome", when interacting with them. From the early days, they understand and observe your actions and behaviour which gets imbibed within them.

## **Honesty:**

We are taught from our childhood "honesty is the best policy", and it is truly so. Honesty is one of the fundamental lessons that children learn from their families. As parents, you should always encourage to tell them the truth even if they have done something wrong. Explaining to them, the purpose of truth is very integral.

## **Developing inquisitiveness:**

Curiosity and inquisitiveness are very important for a child to develop his creative self and help them take various opportunities that will come along in their future course. You can do this by teaching the practice of reading or admitting them to classes like the abacus, phonics classes. This will help them to extend their boundary of imagination and also be acquainted with real-life experiences.

## **Speaking up:**

It is very important that you teach your child to voice their opinion and have the courage to speak up when things are wrong. It is very important that you give them this important lesson to stand up for oneself and others. You can do so when you are teaching them, try to express themselves after

teaching them a particular subject and ask them to ask questions on it. Observe how they behave in school or neighbourhood and explain to them the importance of speaking the right thing in all circumstances.

## **Money Management:**

It is quite important that you teach your child the importance of money. Most parents don't feel the need to teach the concept of money management to their child as they feel that they would learn it in the future. But it is not so. You can try to make them understand through their pocket money. Set them a target on how much should they save every month. For the initial months, it might be difficult for them, but slowly they would get the hang of it. The concept of managing money if taught from childhood makes them responsible adults regarding money matters.

## **Nutritious food:**

Your child will choose to have healthy food if they are taught the same from childhood. It is possible that you have a hectic schedule but do take some time and prepare a healthy meal for them. When you start feeding them excess junk food, it is not only unhealthy for them, but they would choose only junk food in the future. Make sure you inculcate the habit of healthy eating within them which shall comprise of macro and micronutrients.

## **Facing confrontations calmly:**

As we move on with life, there will be agreements and confrontations. But your child is new to this; hence he/she will try to learn from you, how you are handling situations. Try to calmly

approach disagreements so that they can learn from you. E.g., if you are arguing with your spouse, try to keep cool of yourself and approach it through various angles by coming to a comprehensive solution rather than fusing about the problem.

## **The happiness of helping:**

Kindness and generousness are some novel qualities that we must practice as human beings. So, it would help if you always tried to encourage your children to help others whenever such need arises. Empathy rather than sympathy is what we should be thriving for. This must be taught to our children too. Indulge in such activities every day like helping the maid to dry the clothes, helping the gardener to clean the plants. Such small activities every day help them to imbibe it.

## **Being optimistic:**

It is very important that your child should understand that life won't be a cakewalk. There will be some highs and lows, but they should always remain optimistic about the future, and they can do so when you are positive too. Adapt and encourage such a mindset in them as it goes a long way in developing a healthy mental life balance.

## **Adjustment:**

It is important that your child understands that everything would not go along their way at every point in time. They have to adjust and sacrifice certain things, but they should not crib about it. But be sure that when they are learning this, they should not become an undue victim of compromises. As parents, your behaviour would be an ideal way of guiding them.

# The Mango Tree



Once upon a time there was a huge Mango tree. A little boy used to come to play near the tree. He would search for juicy mangoes. He would play alongside the tree and rest under the shade. The tree was overjoyed after meeting this little bundle of joy. One day, the tree was surprised to see that boy approaching it with a sad face.

“Come on little boy! Play with me,” the Tree asked the boy.

“I am no longer a kid to play around tree like you,” the boy scowled at the tree. “I need toys. I need money to buy toys of various designs and sizes,” the boy told the tree.

“Sorry my dear boy! I do not have money to give you. But you can pick all my mangoes and sell them. That will give you adequate money to

buy toys of your choices,” replied the tree in soothing voice.

The boy grabbed all the mangoes and left happily. He sold the mangoes and got money. He bought toys of his choices.

Spring bid adieu and autumn came by but there was no sign of the boy.

One morning, the tree saw its friend. That little boy had grown up into a big man.

“Come and play with me” the tree said.

“I cannot play. I have family now. We need a house for shelters. Can you help me?” the man replied.

“Sorry! I do not have any house. But you can chop off my branches to build your house,” the



The man cut all the branches of the tree and left happily. The tree was glad to see his friend smiling again.

The man returned one evening to the apple tree. "Come and play with me," the tree asked the man.

"I am getting old. I want to go sailing to relax myself. Can you give me a boat," the man asked the mango tree.

"Use my trunk to build your boat," the tree told the man.

He cut off the trunk and made a boat out of it.

He went sailing and never showed up for a long time.

The man returned after many years.

"Sorry my boy! But now I do not have anything to offer to you. I have nothing for you anymore. No more mangoes....No more branches...no more trunks for you to climb on" the tree said with a pain in its voice.

"No problem....I too do not have any teeth to bite and I am too old to climb trees," the man replied.

"I just need a place to rest after all these days," the man replied.

"Old tree roots are the best place to lean on. Come on and sit down with me and rest," the mango tree replied with a concern in its voice.

The old man sat down. The mango tree was glad and smiled with tears.

This is the story of every person. The tree is like our parents. When we were young, we could not have imagined our life without them. But as we grow up, we leave them. No matter what, parents will always be there and give us everything to make us happy.



**Is your  
baby  
ready for  
Weaning?  
Follow  
this 10  
checklist.**

Becoming a parent for the first time is both thrilling and scary. You would want to know everything about your baby without hurting him or her. If your baby is over three months then chances are he or she might slowly lose interest in your breast milk. You should consider this a growth instead of being disheartened.

**Here are 10 signs that will tell you whether your baby is a weaning baby at 4 months.**

## **Sign to know your baby is weaning**

1. The baby is hungry and wants to drink formula or breast milk often. This is one of the primary signs that will let you know that the baby's hunger is not getting fulfilled by breakfast or the newborn baby formulas and it is not time for you to switch to a heavier alternative.
2. This sign might confuse you but if you read it then it will make sense. Even though your baby is hungry he or she will avoid getting nursed by you because breast milk is not keeping them full. You will also note a decrease in your milk supply time.
3. If your baby is slowly forgetting how to drink milk from your breasts then instead of being worried consult your pediatrician. The doctor will provide you with the reason for your baby weaning due to which the baby is forgetting how to breastfeed.
4. The baby has gained a significant amount of birth from the time of his or her birth. In case you need a reference, if your baby's weight is double compared to what it was after birth then he or she might be ready for weaning.
5. The baby is interested in what you are eating, aka solid food. This is one of the common signs that is given out by almost every baby ready to wean. He or she will have more interest in the food you are eating compared to what they are being fed.
6. The baby is putting his or hand hands and toys inside their mouth. Weaning is the process where a breast milk-fed baby is introduced to solid foods slowly. so if your baby has been putting his or her hands and toys inside their mouths lately then it is time for you to switch to solid foods. Your baby is growing!
7. The baby will open his or her mouth whenever they see someone eating. If you are eating an apple and see your baby opening his or her mouth then you know it's time.
8. The baby's backbone has strengthened and can sit without your support. This is one of the main signs of growth and you will be proud to know that your baby is slowly growing and will now require solid foods to have a healthy growth rate.
9. The next signs that will tell you about your baby's growth including whether or not the baby is ready to wean if you see the baby being able to keep his or her head up without support. In addition to that, if you see the elbows strengthening then that too can be taken as a definitive sign.
10. Even though there is no typical age for a baby to start weaning but if your baby is above 4 months of age then you might start looking for the above signs. If your baby is over the age of 4 months and still happens to be very much interested in breastfeeding then you have nothing to worry about. Give your baby the time he or she deserves.

## **Conclusion**

when you are a new mother, anything new could be overwhelming. so, here are some of the 10 most popular signs which should tell you whether your baby is weaning and if it is time for you to switch.

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# Amazing

# New

# Year

# Facts

# For

# Kids

One of the most favourite celebrations across the world is that of a New Year! New Year is not just about changing the calendar or a mere holiday, in fact it is more about beginning a new chapter in life, new resolutions, new goals and of course new zest and zeal.

No matter what country you live in or what you religion you follow, one cannot escape the celebrations of 'New Year'.

While people prefer partying hard on the New Year's Eve, a happy beginning of the year is believed to bring along a hope for more prosperous 365 days.

However, there are several interesting fun facts about the New Year celebrations which you are just not aware of.

So before you start planning your New Year eve this year and look forward to welcome 2022 whole-heartedly, here we bring to you some rare known fun facts about this big day.

1. The first New Year was celebrated 4,000 years by the ancient Babylonians. Infact, Julius Caesar, the emperor of Rome, was the first to declare January 1 a national holiday. He named the month after Janus, the Roman god of doors and gates.

2. The city of Sydney in Australia marks the biggest celebrations of New Year, as more than 80,000 fireworks are set off from Sydney Harbour Bridge. Apart from Sydney, the top three places to celebrate New Year's Eve are Las Vegas, Disney World and of course, New York City.

3. In Italy, people wear red underwear on New Year's Day to bring good luck all year long.

4. In ancient Rome the New Year began on March 1.

5. The traditional New Year's song, "Auld Lang Syne," means, "times gone by" which was written by Poet Robert Burns in 1788.

6. According to the National Insurance Crime Bureau statistics, more vehicles are stolen on New Year's Day than any other holiday.

7. Baby New Year has been a symbol of the holiday since around 600 B.C., starting in ancient Greece when an infant was paraded around in a basket in celebration of Dionysus, the god of fertility (and wine). The baby represents a rebirth that occurs at the start of each new year.

8. Americans drink around 360 million glasses of sparkling wine on New Year's.

9. In Colombia, Cuba and Puerto Rico, some families stuff a large doll, which is called Mr. Old Year, with memories from the past year. They also dress him in clothes from the outgoing year. At midnight, he is set ablaze, thus burning away the bad memories.

10. The top 10 resolutions are usually to lose weight, eat more healthily, exercise more, stop smoking, stick to a budget, save money, get more organized, be more

patient, find a better job and to just be a better person over all.



# Tickler

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

Q: How do all the oceans say hello to each other?  
They wave!  
Kiya, 4 Yrs, Pune

Q: What did one wall say to the other wall?  
I'll meet you at the corner!  
Karan, 7 Yrs, Ranchi

Q: What do you call cheese that isn't yours?  
Nacho cheese!  
Zoya, 4.5 Yrs, New Delhi

Q: Where do cows go for entertainment?  
To the moo-vies!  
Reyansh, 4 Yrs, Varanasi

Q: Why are ghosts bad liars?  
Because you can see right through them!  
Muskan, 5 Yrs, Rajkot

Q: What animal needs to wear a wig?  
A bald eagle!  
Ananya, 5 Yrs, New Delhi

Q: What do you call a fly without wings?  
A walk!  
Pulkit, 4 Yrs, Indore

Q: What has four wheels and flies?  
A garbage truck!  
Rima, 4 Yrs, Mumbai

Q: Why did the man run around his bed?  
Because he was trying to catch up on his sleep!  
Riya, 7 Yrs, Kanpur

Q: Why did the math book look so sad?  
Because it had so many problems!  
Ranjan, 6Yrs, Nashik





## The Book Bug

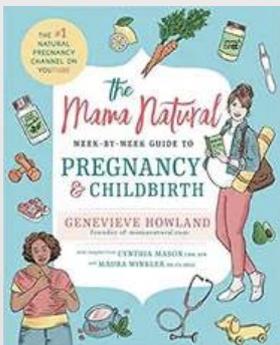
One of the best gifts you can give to your child is the love for reading. In due course of time if there's one thing that I have realised is that when you read a lot, you know a lot, but the real benefits of reading goes beyond the knowledge of the subject. You become a better person. You become articulate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

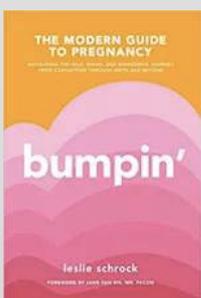
#### THE MAMA NATURAL WEEK-BY-WEEK GUIDE TO PREGNANCY AND CHILDBIRTH



Emphasizing that having a baby is a wondrous biological process and not a medical condition is the overall focus of this book. Full of weekly advice for every stage of pregnancy, this holistic-focused book also includes nutrition tips, natural remedies, birth stories, and expert advice.

#### BUMPIN'

Parents-to-be will appreciate that this choice is written in a frank and funny style. The modern guide includes clinical research mixed with practical advice from a bevy of experts including ob-gyns, therapists, doulas, lactation experts, pelvic floor therapists, and more. The combination results in a useful book that highlights trimester-by-trimester overviews, pregnancy symptoms and relief, important decisions to consider, registry tips, exercises, and so much more.



### BEST BOOKS FOR NEW PARENTS

#### LIFE FROM SCRATCH: FAMILY TRADITIONS THAT START WITH YOU



In Life from Scratch, Vanessa shares personal stories, ideas, delicious recipes, and parenting tips you can use to make your own celebrations unique and unforgettable. Inside you'll discover the simple gift-giving custom Vanessa shares with her best girlfriends each year; the date-night tradition that she and

Nick swear by; and her fool-proof recipe for "authentic" Chicken Adobo she serves to family and friends. A fun, uplifting yearlong guide that celebrates families that color outside the lines, Life from Scratch will inspire people to make each season, and each special moment, their own.

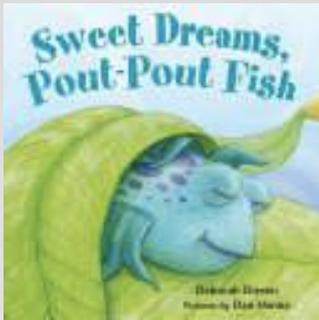
#### MOMS DON'T HAVE TIME TO HAVE KIDS: A TIMELESS ANTHOLOGY

53 short essays for busy people by 49 amazing authors.



## BEST BOOKS FOR TODDLERS

### SWEET DREAMS, POUT-POUT FISH



A short and sweet mini-adventure especially created to introduce the youngest guppies to the popular Pout-Pout Fish Feeling sleepy?

It's time for bed! Toddlers will love swimming along with the Pout-Pout Fish as

he turns little frowns into sleepy smiles.

Deborah Diesen and Dan Hanna's best-selling Pout-Pout Fish comes flipping and swishing into the hearts and minds of very young children with this compact and fun new tale sure to delight the sleepest of guppies.

### IF ANIMALS KISSED GOOD NIGHT



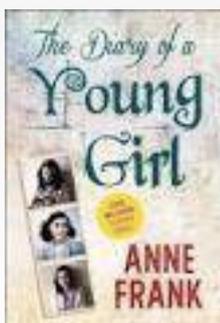
Don't miss the other books in this adorable series: If Animals Said I Love You, If Animals Celebrated Christmas, If Animals Went to School,

If Animals Tried to Be Kind, If Animals Gave Thanks, and If Animals Trick-or-Treated! What if

animals did what YOU do? This bestselling story imagines how animals might fall asleep at night!

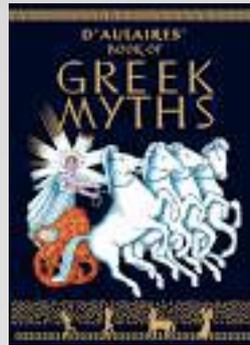
## BEST BOOKS FOR BIG KIDS

### THE DIARY OF A YOUNG GIRL



The Diary of a Young Girl, also known as The Diary of Anne Frank, is a book of the writings from the Dutch-language diary kept by Anne Frank while she was in hiding for two years with her family during the Nazi occupation of the Netherlands.

## NORSE GODS AND GIANTS



Norse Gods and Giants is a children's book written and illustrated by Ingri and Edgar Parin d'Aulaire and published by Doubleday in 1967. It was reissued by Doubleday in 1986 as d'Aulaires' Norse Gods and Giants and by New York Review Books in 2005 as d'Aulaires' Book of Norse Myths.

## BEST BOOKS FOR TEENAGERS

### THE ULTIMATE SELF-ESTEEM WORKBOOK FOR TEENS:



Conquer insecurities, journey through life with confidence.

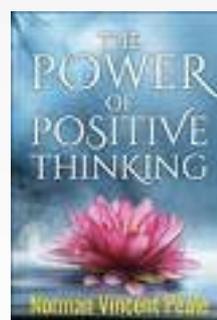
Sometimes, feeling self-confident and secure seems impossible. This workbook helps make it possible by giving you practical tools to boost your self esteem, work through insecurity, and be content with who you are.

You'll begin learning to

bounce back even when things don't go as planned--in your relationships, at school, or at home.

The power to change is in your hands when you practice exercises on noticing negative self-talk, identifying your stressors, acting assertively, freeing yourself from guilt and shame, and more. Building self esteem is like building a muscle: once you get started, you'll only get stronger and stronger.

### THE POWER OF POSITIVE THINKING



The Power of Positive Thinking: A Practical Guide to Mastering the Problems of Everyday Living is a 1952 self-help book by American minister Norman Vincent Peale.

*Freedom is not worth having if it does not include  
the freedom to make mistakes"*

- Mahatma Gandhi.

26<sup>TH</sup>  
JANUARY  
REPUBLIC DAY



May the brave leaders of our glorious nation guide us to peace and prosperity so that we can hold our heads high and be proud of our country. We salute the work they did for this country on this day. Happy Republic Day!



10  
REASONS  
YOU  
SHOULD  
COOK  
WITH  
YOUR  
KIDS



Teaching your children good habits and focusing on the **importance of child nutrition** from a young age is extremely important for their physical as well as mental growth. Incorporating good habits and teaching them how to do small chores will not only stimulate their brains and working capabilities but will also help you built a stronger bond with your kids.

Here are few valid reasons how cooking with your kids will help them grow and also let you spend some quality time with them.

### **It makes them conscious about their diet.**

When you are doing a **kid's diet plan**, it will become pretty difficult to make your child have food that they definitely dislike a lot. So, in that case, to make them conscious about their diet and teach them the benefits of the food they consume, you can always involve them in the process of cooking. Involvement in the process of cooking helps in enhancing their eating behaviors as well.

### **It reduces the fuss about not eating.**

A lot of kids at an early age dislike vegetables, and quite, unfortunately, most of the highly nutritious food is not always the best in taste. Parents find it really difficult to make them eat vegetables, so they end up cooking them differently, ultimately hampering the nutritious value. According to a study, it was seen that putting so much effort into cooking ultimately makes them intrigued in tasting the food and enjoying it as well. So if you see your children making a fuss about not eating healthy, instead of cooking the meal differently by incorporating unhealthy ingredients, try to let them participate in the cooking process.

### **It makes them function better in teams.**

Teaching your children how to work in a team is extremely important. Asking them to cook with you helps them develop that quality quite easily. It is a crucial thing to learn because once they start socializing with their peers, it will be easier for them to mix in.

### **It makes them develop leadership qualities.**

Involving your children into household chores helps them develop leadership qualities effortlessly; this is mostly because of the fact that they are given responsibilities to be fulfilled, which in turn helps them to grow senses of showing leadership in the task.

### **It helps in managing the naughty ones.**

Often parents complain that they become exhausted looking after their children and simultaneously performing household chores. So the best way to manage both is to involve the kids in small tasks, like asking them to help in cooking the meals. This way, parents can perform their household chores efficiently and also keep their kids engaged in tasks, thereby stopping them from making mischiefs.

### **It helps in general learning processes.**

If you want to teach your kids about colors, fragrances, names of fruits and vegetables, then involving them in cooking is an amazing option. They will stay engaged in the process and will learn efficiently as well.



## **It helps in focussing efficiently.**

One of the major things which parents say their children struggle with is staying focused on one thing. The young mind finds it difficult to stay focussed or interested in one thing, but involving them in works like cooking can help in building the capabilities to focus.

## **It is a great way to have quality family time.**

For working parents, this is an amazing opportunity to spend

some playful time with your kids while you cook or bake or make **kid's smoothie recipes** together.

## **It helps in educating about a healthy lifestyle.**

While you indulge your kids in cooking, it becomes easier to lecture them on adopting a healthy lifestyle. It was seen then involving kids in cooking made them aware of their eating habits and, as a result, kept them away from obesity as well.

## **It is a good activity to get rid of lethargy.**

If your kids are mostly lethargic, then this is a great way to make them involved in activities as well.

According to many parents involving kids in cooking will create a bigger mess rather than creating an enjoyable moment between them. But that is definitely not the issue; according to a study, it was seen that involving kids in any household chores helps in enhancing their self competency behavior and also helps in the development of self-efficacy.

So if you haven't yet involved your kids in your cooking sessions, then this is the time to do it.

PREGNANCY



PARENTING



IN VITRO FERTILIZATION (IVF)



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

*From Pregnancy To Parenting*