

Parenting

10 bad parenting habits YOU MUST AVOID IF YOU HAVE TEENAGERS.

NO YEAST, INSTANT NAAN RECIPE

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TRAVEL DIARY

Think twice before shaming your kids.



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

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

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

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

Write to us on our email address soparenting@drdad.in . We would love to hear from you. We might even feature you in our future editions.



EDITORS NOTE

FOR THE LOVE OF READING



SO PARENTING GLOBAL CONTRIBUTORS



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An open
letter by a
working
mom

My dear kid

You must have returned from pre-school by now. Hope you didn't find it too hard to be without me. But I did. I wasn't okay without you. I am not still, and I will never be. Every day when I wave goodbye to you two, I feel like I am cleaving an inseparable part of me from my body. I bear the pain all day until I get back to our apartment and you come running to me and put your arms around me. Then I feel okay.

I won't say I haven't thought about it. The decision is hard for me. I have thought about it several times. I am thinking about it still. I think about it whenever I hear you refusing to eat until I come over the phone at lunchtime, I think about it whenever I see you making a sad face at me behind the glass window of pre-school, I think about it whenever your nanny calls me to tell you are crying or you have hurt yourself. But it's an acid test for me. From the moment I realised that you are coming, I told myself I would manage everything. I decided no matter how much pressure it is, I wouldn't leave my job. I promised no matter how much responsibility it is; I won't be less of a mother. I never thought it would be easy. And I am trying. At my heart, I know I will never leave the job. But, just for those moments I just mentioned, I feel like maybe I can save you from those pain if I sign the resignation letter. But I won't do that for your future.

It's not because of financial reasons. It is because I want you to see how better you have made me. You guys are unaware of what magic you had brought into my life. I feel completed now. The girl who used to sleep till 9 and eat cereal to avoid the fiasco of making breakfast is now the woman who wakes up early to make sandwiches and toasts for you.

The girl who couldn't tie shoelaces of her own now polishes shoes of her and other people that are too not at the last moment but with enough time. Days are now long enough to take care of me and others.

That's how you made me a more productive person. I don't wait for the deadline anymore; I finish it as early as possible in the office. I am not the slothful mess I was before. I am much more responsible and careful now about everything. It's like a new and better version of myself was born with you.

Not only this, I thought I had been developed as a person too. I feel empathy towards people. I know your father calls me an emotional fool now because I cry watching baby pandas on Facebook, but little does he know it compels me to think about you. Those are not just anything. I believe those are my raw, most authentic human natures. I love everything now. I love the sunlight; I love the sky. I never run out of hope and positivity anymore. I feel infinitely powerful. That's all because of you.

Kids, I want to know that I will never change myself. Because I would like you to grow up in a world where you can stay as you want. I hope I can give you the idea that I am following. You can be anything if you believe in yourself. Don't just give up anything because you think you will not be able to manage things. Because you will. You will be able to manage two things simultaneously if you love them both equally.

The last thing, I want to ask you to forgive me if I make mistakes. Just because I have a kid and I also work full time, I am not a superwoman. This is life, kid. We all make mistakes. So please tell me when you need me and please note, if sometimes you can't see me physically, your mother is always with you.

Love,

Your Mom

who is stuck in her office making the presentation all over again because you have drawn a dinosaur (based on the shape I am assuming that).

A woman with brown hair and bangs, wearing a grey turtleneck sweater, is sitting on a sofa and talking to a young boy. The boy is wearing a dark blue sweater with white and yellow patterns and blue jeans. He is looking down. In the background, a man with dark hair and a beard, wearing a brown sweater and light blue jeans, stands with his arms crossed, looking towards the camera. The setting is a living room with wooden cabinets and white curtains.

10 BAD PARENTING HABITS YOU MUST AVOID IF YOU HAVE TEENAGERS.

BEING A PARENT IS NOT AN EASY TASK; WITH PARENTING COMES GREATER RESPONSIBILITY AND UNDERSTANDING. WHEN A CHILD ENTERS THE PHASE OF A TEENAGER, YOU MAY NOTICE THAT THEY DEVELOP CERTAIN DIFFERENT CHARACTERISTICS; THEY UNDERGO PHYSICAL CHANGES AND BEHAVIORAL CHANGES. THIS STAGE CAN BE VERY CHALLENGING FOR A PARENT AND DEFINITELY PUT YOUR PATIENCE TO THE TEST. HOWEVER, IT IS ESSENTIAL AT THIS STAGE TO UNDERSTAND AND AVOID A FEW COMMON MISTAKES WE USUALLY MAKE AS A PARENT.

Let's look at ten bad parenting habits you must avoid if you have teenagers.

1. Spending less time

Building a bond takes time; it requires a lot of patience and understanding. You cannot expect your child to tell you everything if you don't have time for them. However, when you remove time for your kid and talk to them as a parent, they start developing a bond and feel connected. Make it a point to clear some time for your kid each day, and while doing so, keep all work-related work and calls away.

2. Comparing and Criticizing

One of the most common habits of parents is comparing and criticizing. We as parents fail to understand that each child is unique in their own ways; comparing brings out no positivity, and it only portrays you as a bad parent, although you mean no bad for the child. Do not ever criticize your kids in comparison with others. This will demotivate them, and they might lose interest in anything they do.

3. Panic every time.

Being a parent is not easy, and it gets challenging when your kids are in the teenager phase of their life, but that does not mean you keep nagging at them all the time. Constant yelling and shouting can make them very stubborn and rigid. They might even start ignoring you to avoid yelling and screaming.

4. Not involved in discussions.

Isn't it unfair when we expect our kids to share everything with us but often fail to do so from our point of view? We constantly push back, saying they are too small and might not understand or don't need to know all this. But if you as a parent do not share things with your child, how can we expect our kids to do so. They need to trust you to share something with you, and trust is earned by communicating and building a bond.

5. Overdoing

Doing extra of everything results in nothing but a disaster. Your child is very capable of doing his work. You should avoid spoon-feeding them, it is necessary to make them realize that you are always there for

them, but that does not mean doing everything they say even though it is wrong.

6. Being a poor listener

Children do what they see and learn; you cannot expect your child to listen to you all the time when you don't care to listen to them. So let your child speak, listen to them and assure them you are listening to them and will always be there if they want to talk.

7. Noticing only wrong things they do

Kids do require their parents' attention at times, but they often get it only when they have made a mistake. Instead of only noticing their mistakes, start appreciating them for their good works. Always maintain a balance.

8. Being very strict.

Many parents set rules for their children to follow that are understandable and necessary at times, but these rules should be flexible. You need to adjust and understand the child's conditions and accordingly modify them. You cannot fix rules and expect them to be followed for years without considering the child's development and growth.

9. You want them to follow the rules but you don't follow them yourself

We often set rules like not to use phones while eating or not to use violence, but sometimes as parents, many fail to follow these rules themselves. This puts a bad example in front of teenagers

10. Name-calling

Do not call names on your child, do not enable tags; it only forces them to think that way. Saying "you stupid" and "you dumb" will only cause them to believe in that manner and lower their self-esteem.

Teenagers need love, care, and trust. Doing extra of everything will not help you as a parent; you need to balance and have an open mind. Hear your children, give them time and be understanding.

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**NO
YEAST,
INSTANT
NAAN
RECIPE**

Making naan at home is as easy as making pizza dough. In fact, it's much easier. Making Naan without yeast takes less time and it tastes as good. The best thing about making naan at home is that it stays soft for a longer time than store-bought does. Of course, it's also healthier. With naan, you can add any toppings, and later turn them into Indian naan pizzas with leftover vegetables.

Ingredients:

- ¼ cup (60 grams) plain unsweetened yogurt
- 1 tablespoon (8 grams) baking powder
- 1½ cups (355 milliliters) lukewarm water, divided, plus more as needed
- 2 cups (240 grams) whole wheat flour
- 2 cups (240 grams) all-purpose flour, plus more for rolling
- ½ teaspoon baking soda
- 1 teaspoon salt
- ½ teaspoon nigella seeds (optional)
- 4 cloves garlic, very finely chopped (optional)
- 1 tablespoon (14 grams) unsalted butter

Directions:

1. In a small bowl, combine the yogurt, baking powder, and ⅓ cup (80 milliliters) of the warm water and set aside for a minute or two.

2. In a large mixing bowl, combine the flours, baking soda, and salt. Add the yogurt mixture and the remaining water. Knead to make a semi-soft dough. If you need more water, add a little at a time. It should not be very sticky or very hard. Once everything comes together to form a smooth dough, place it in an oiled bowl, cover with a damp towel, and let rest for at least 10 minutes.

3. Knead it for a couple of minutes and let rest for another 2 minutes.

4. Place a nonstick or a cast-iron pan (which I prefer) over medium-high heat and get it really hot. Take a piece of dough the size of a tennis ball and roll it out on a lightly floured countertop to approximately 10 inches (25 cm).

5. Sprinkle with a few nigella seeds and some garlic, if desired, and roll again so it gets stuck to the dough and doesn't fall off while cooking.

6. Put the naan on the hot griddle and let it cook for 30-40 seconds. When you see a few bubbles on top, turn the naan over and cook the other side, 2-3 minutes total.

7. Smear some butter on both sides and serve hot, or wrap in a cloth and keep warm until ready to serve.



#3 on Dr Dad Travels



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PLAN YOUR HOLIDAY WITH CONFIDENCE

**Think twice
before
shaming your
kids.**



Before getting into the purpose of this article, let us know what does shaming means. Shaming is one of the worst things a person might do to another person. Shaming refers to making somebody feel bad about themselves or something they have done. Shaming includes the awful act of disgrace, humiliation, and criticism. Shaming a child or your kid includes criticism and humiliation with direct or indirect comments about their behavior and actions.

No person should be subjected to shaming by anyone, leave alone a kid. Parents at the early age of their kids should never resort to shaming and continue this even when they are teenagers or adults. Shaming can have many harmful effects on a kid's mental health. If once mental health starts to deteriorate, it also affects physical health.

Sometimes parents may unintentionally shame or happen even when they don't know they are doing it. Some of these might be when you don't allow your child to do certain things by themselves, judging and reprimanding them on their every decision, criticizing them for crying, keeping high expectations, and other such activities.

Sometimes parents may do it intentionally and do shaming as an act of tough love. But shaming should not be done in the name of any activity.

Here are some reasons when you should think twice before shaming your kids –

- **Emotional health**

Shaming affects a lot on your emotional health. First, it affects the mental condition of a child, teenager, or even an adult. Constant shaming can lead your child to be sad all the time, frustrated and irritated as well. A parent should never resort to shaming if they want stable emotional health for their child.

- **Trust issues or parent issues**

When you shame your child, they start developing trust issues or, as the gen z says, parent issues. A relationship is based on trust from both parents and children. So when you constantly shame your child, your kid may start doubting themselves. Other than

that, they stop trusting you and will stop confiding in you as well.

- **Your actions matter**

This is parenting 101, and your efforts matter a lot. What you do can be copied by kids, and they might use shaming to make someone else feel humiliated. This can also lead to your kid bullying some other kid. And in many countries, bullying is an illegal act and can land your kid in many troubles.

- **Stubbornness**

You may think that shaming in the name of tough love can discipline your child, but it can make your child more stubborn. Shaming your child may start making your child believe that they are not repairable, thus becoming stubborn.

- **Low self-esteem**

This is the biggest reason why should not do shaming. Yes, shaming your child leads to very low self-esteem of your child. It damages the confidence your child and the trip to self-doubting themselves start. In addition, shaming a kid in society or even at home can make them feel inferior and might even think that they are good for nothing or can't even do one thing right. All of these feelings lead to low self-esteem and damaged confidence.

These were some of the numerous and infinite reasons why you shouldn't resort to shaming. Shaming is not a way to punish your child or make them realize their fault. You can use other tactics like having a normal conversation or grounding them, setting rules and boundaries, and showing them how they can do the right things rather than just criticizing.

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Tomato Omelette Recipe

This Tomato omelette is a vegetarian and vegan recipe of a delicious omelette that is made without eggs. A light, crispy and protein-rich Indian veg omelette made with gram flour (*besan*) or chickpea flour, tomatoes, onions, herbs and spices. Make this hearty and wholesome plant-based omelette recipe that comes together under 30 minutes for your next breakfast or brunch.

Before you tell me that there is no omelette without eggs, let me tell you that this unique variant of an egg-free omelette is called Tomato Omelette in Western India. It is served in most of the vegetarian Udipi hotels and is popular with many people.

It is also called Tomato Cheela in Hindi or you can say Tomato Pancakes.

Ingredients

- 1 cup gram flour (*besan*) or swap with 1 cup of chickpea flour
- 1 cup finely chopped tomatoes or 2 medium-sized tomatoes
- 1/3 cup finely chopped onions or 1 medium-sized onion
- 1 teaspoon finely chopped ginger or 1 inch ginger
- 1 teaspoon finely chopped green chillies or 1 green chilli or 1/2 teaspoon chopped serrano peppers
- 3 tablespoons finely chopped coriander leaves (*cilantro*)
- 1/4 teaspoon turmeric powder – optional
- 1/4 teaspoon red chilli powder or cayenne pepper
- 1 pinch asafoetida (*hing*)- optional, skip to make gluten-free
- 1 pinch garam masala
- 1/4 teaspoon baking powder – optional
- 1/8 teaspoon black salt – optional
- salt as required
- 1 cup water or add as required
- 2 to 3 tablespoons oil or as required

Instructions

Making Omelette Mixture

- Finely chop tomatoes, onions, green chili, and ginger. Also, chop the coriander leaves.
- In a mixing bowl take gram flour, finely chopped onions, tomatoes, ginger and green chilies. Add the chopped coriander leaves.
- Then add the ground spices – asafoetida (*hing*), turmeric powder, red chili powder, garam masala powder, black salt and salt as required. Add baking powder
- Add water and with a wired whisk begin to mix everything. The batter has to be of medium consistency and without any lumps.
- Mix and stir well to make a medium consistency flowing batter. Depending on the quality and texture of gram flour, you can add more or less water as needed.

Making Tomato Omelette

- Heat a skillet, frying pan or a tawa. Spread 2 to 3 teaspoons oil on the skillet. Keep the heat to a low or medium-low.
- With a large spoon pour the batter on the pan.
- Spread it lightly with the back of the spoon. But do not spread too much.
- You can even rotate and tilt the pan.
- Drizzle 1/2 to 1 teaspoon oil on the edges and on top of the omelette.
- When the base is golden and crisp, flip and cooks the second side.
- Cook the second side until you see some golden or lightly caramelized spots on the veggies.
- Flip again if needed and cook until both the sides are crispy and golden. Make remaining omelets with batter.
- Serve eggless tomato omelette with bread or buns or dinner rolls with a side of dipping sauces like tomato ketchup, coriander chutney or mint chutney.

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HOW OVER USAGE OF SOCIAL MEDIA IS IMPACTING TEENAGE LIFE.

Technology is a true blessing to humanity, but everything has its advantages and drawbacks. With a rapid increase in technology, more and more people are getting drawn towards it. However, it has made our lives easier; it has also made us more dependent and impatient. Social media has occupied a large area in our lives, especially in teenagers of today's generation. They have been exposed to digital screens at a very young age, making it difficult to live without them.

Social media has many positive advantages. It can be used as a medium of learning, having fun, and earning, but too much and constant use of social media can have a terrible negative impact. According to the research conducted, around 16 out of 24 youth use social media for more than 3 hours a day. This number has rapidly increased in the pandemic due to lockdown and restrictions on outdoor activities.

Social media is becoming more of a routine for teenagers; it's a habit they cannot let go off and have to visit at least twice a day. As a result, the behavioral pattern of teenagers changes rapidly, and they feel incomplete without their phones; they get very anxious and develop FOMO, i.e., fear of missing out if they don't check their social media accounts in intervals of time. This overuse of media has drastically led to many mental health problems in teenagers.

Let's look at some prevalent signs indicating mental health issues in teenagers due to excessive use of social media:

1. Depression

Teenagers and even young adults spend a lot of time on social media; they are more busy connecting to people online than offline. They often drift away from face-to-face physical greetings and chat. They are influenced by people online and isolate themselves from the rest of the world. Due to a lack of reality checks and genuine relationships, they often go into depression and are unaware of it.

2. Anxiety

Teenagers have given a lot of space to social media in their lives. They do not set boundaries in their daily usage and are firmly attached to it. A day without checking phones or staying updated creates a sense of FOMO; they start feeling anxious and get restless very fast.

3. Sleep deprivation

Many teenagers are found using their phones before sleeping at night and are exposed to the blue light, which has impacts physically and mentally. In addition, they often cut on their sleep to spend extra time on social media, which again leads to various physical and mental health issues.



- **Comparing yourself to other people on media**

Comparison has always led to low self-confidence and self-esteem. Teenagers are at a very developing stage of their lives; they must feel loved, confident, and strong. But nowadays, due to social media, many teenagers compare their lives to others and develop self-doubt and hate towards themselves.

- **Cyberbullying**

Cyberbullying is a severe crime; it has a terrible impact on teenagers. Many teenagers are targeted and bullied on different social media platforms in several ways. These bullyings leave a terrible effect on teenagers, and they are often traumatized and suffer through depression.

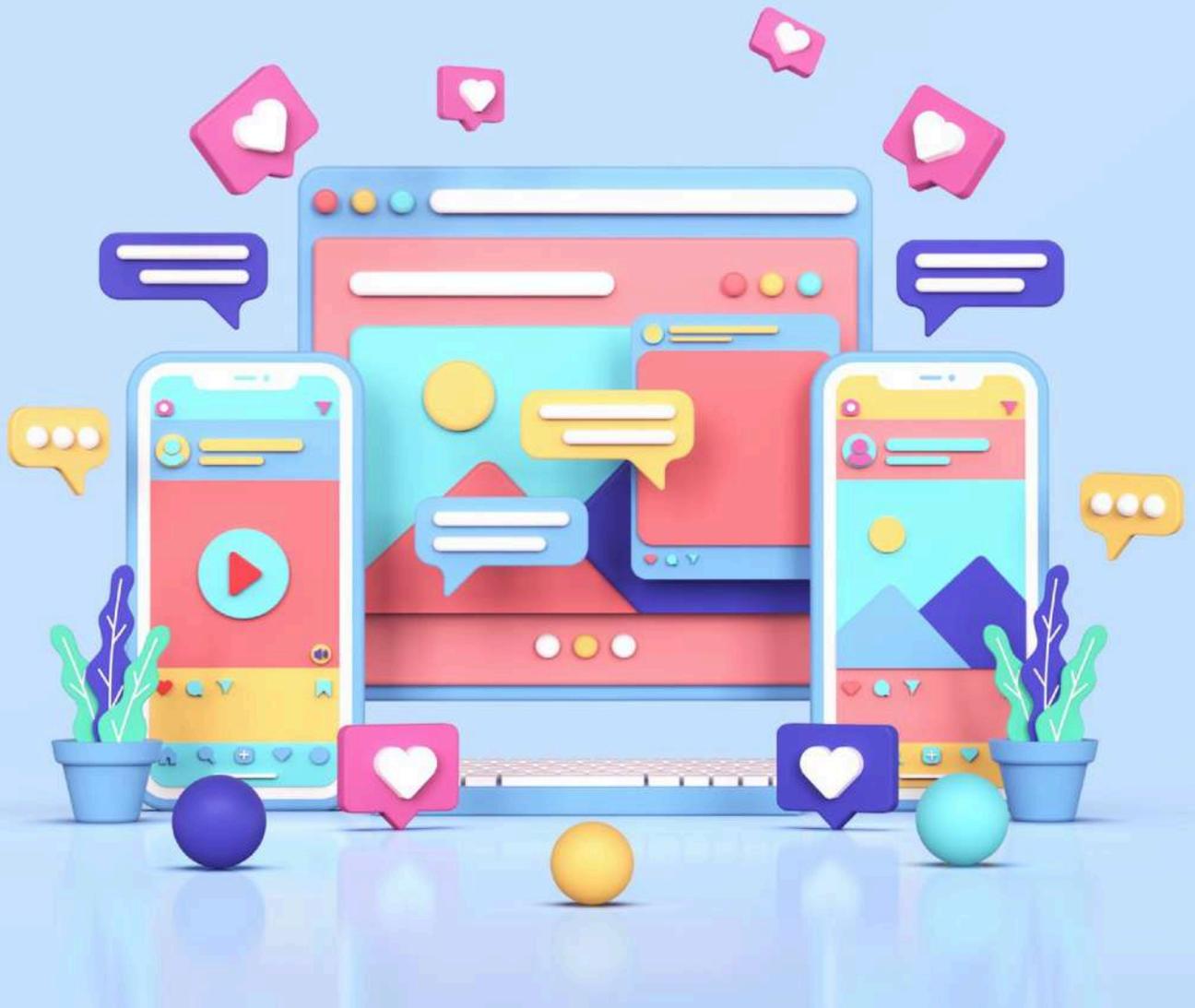
It is essential to set boundaries to everything in our lives. We often don't realize this but practicing self-love and diverting

ourselves to physical surroundings is often helpful.

Teenagers shouldn't be restricted entirely from social media. Still, they must learn to follow basic steps like spending time with people physically, maintaining balance with media usage, and staying away from phones before sleeping to avoid draining themselves physically and mentally.



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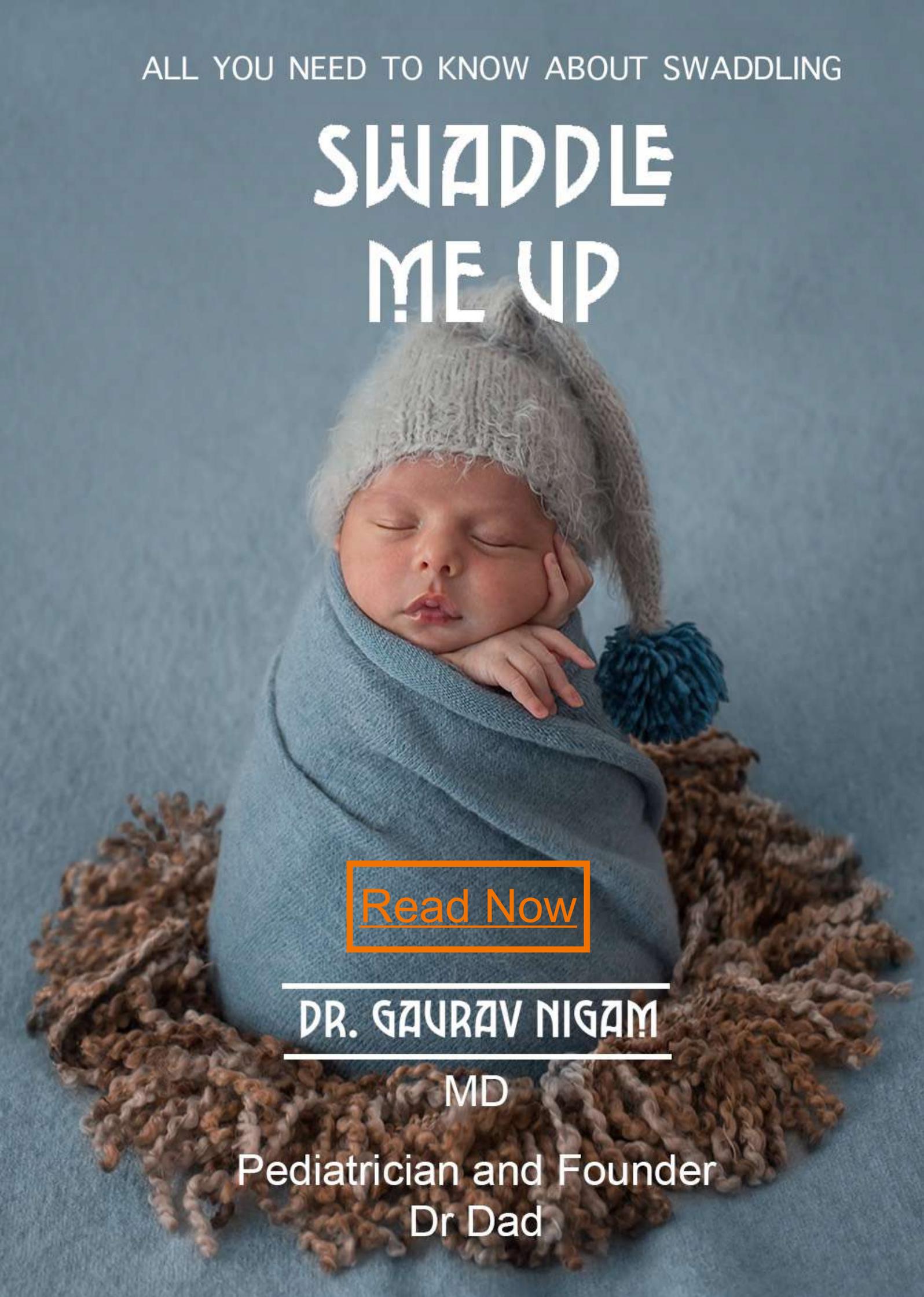


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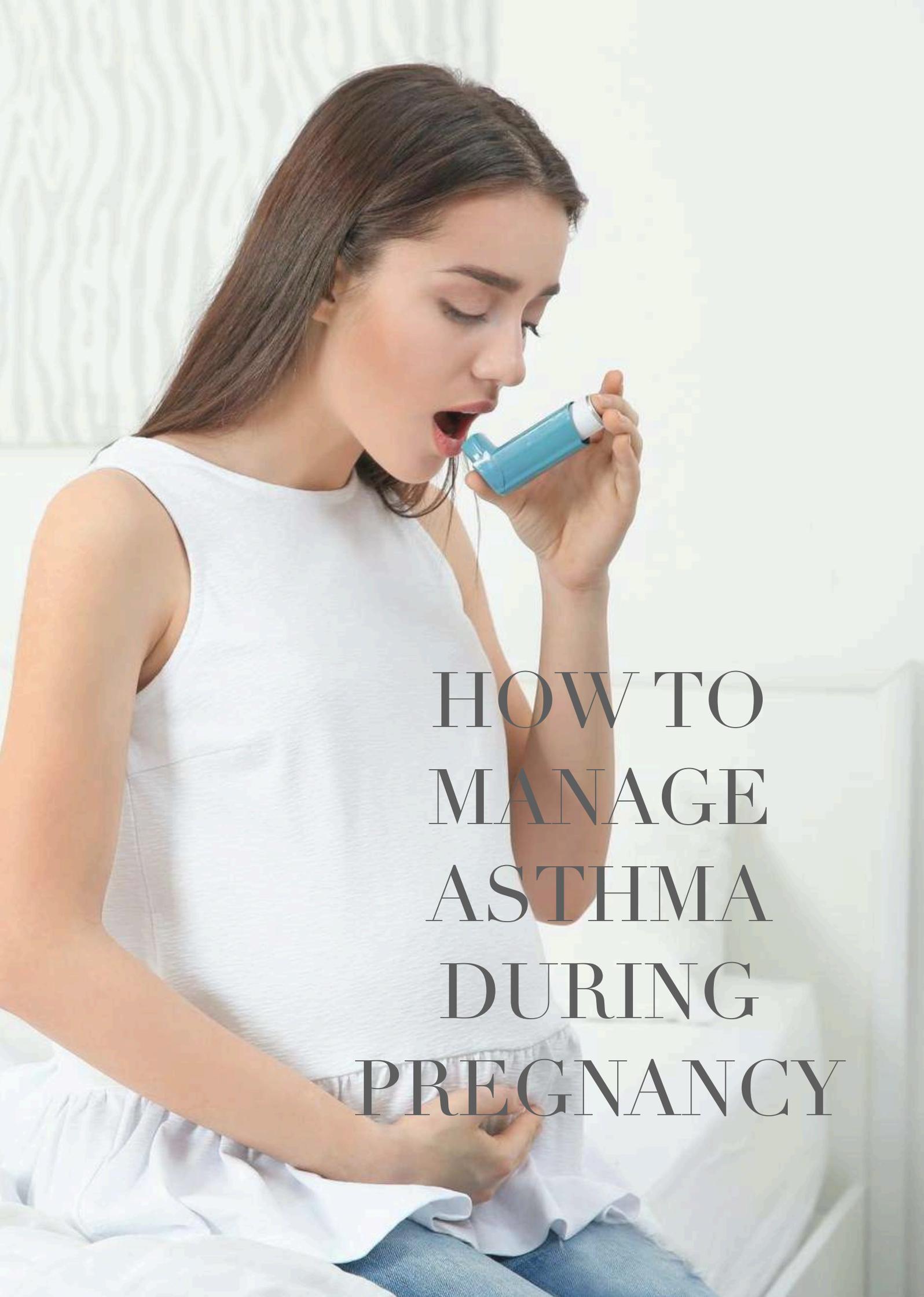


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DR. GAURAV NIGAM

MD

Pediatrician and Founder
Dr Dad



HOW TO
MANAGE
ASTHMA
DURING
PREGNANCY

Asthma is one of the most common medical conditions during pregnancy. According to government data, Exacerbations are a major clinical problem during pregnancy. Up to 45% of women need to seek medical help, resulting in poor outcomes for mothers and their babies, including low birth weight and preterm delivery. Four to eight pregnant women out of 100 suffer from asthma during the early or later stages of pregnancy.

Asthma is categorized into four types, from least to most severe. Those who have had asthma before pregnancy or from an early age often wonder how to handle their asthma in the pregnancy period. Nonetheless, for those who don't have any breathing problems, mild to dangerous problems in inhalation can occur because it's not only the mother but also maintaining fetal well-being is a priority in pregnancy. The main reason that stirs up asthma during this period is that the cardio-respiratory system becomes unstable because of the anatomic and physiologic variations that occur in the body at this time. In addition, because of the increased mucous secretion, the upper airway becomes congested, leading to nasal obstruction and occasionally epistaxis. This is why pregnancy and asthma are closely associated with complicating one another. The risk of an exacerbation requiring medical intervention may be as high as 50% in females with severe asthma. This may further increase the risk of poor outcomes, particularly low birth weight and preterm delivery.

For those who have asthma, controlling it is essential. Guidance should be followed from preconception, but the consultation can be taken at a very early stage if the pregnancy is unplanned. The severity of asthma varies, for some, it gets better; for others, it remains stable, and in some cases, it gets worse. But the doubt often experienced by pregnant asthma patients is whether it's safe to continue medicine and take inhalers. To be practical, taking medicine during pregnancy is never entirely safe, but taking medicine is better than leading a critical condition. It is highly advised to consult your Gynaecologist and Physician to find out if it's safe for you to take the medicine. Never take any medicine without the advice of your doctor. It's safer to consult your doctor if you can take asthma medications during pregnancy than it is to experience asthma symptoms or an asthma attack, which can lead to your baby not getting enough oxygen. Flovent® (fluticasone propionate); Pulmicort® (budesonide); Arnuity Elipta® (fluticasone furoate): Budesonide and fluticasone are the most studied of the inhaled steroids. When used as prescribed by a doctor, these medications are safe for the pregnant mother in most of the cases and the baby

too. Using an inhaler is also comparatively safer. Short-acting medications in your daily use inhaler, like albuterol, levalbuterol, pirbuterol, and ipratropiums, should only be taken if prescribed by your qualified doctor. Also, treatment for asthma lowers your risk of attacks and helps make your lungs work better.

Asthma happens to some women during pregnancy who haven't had asthma previously. They also should seek medical treatment. In that case, symptoms have to be detected first. Some early symptoms of asthma are coughing, chest tightness, shortness of breath, or wheezing. Here we have collected some tips which will help you prevent asthma.

No Smoking

Smoking is injurious to health at any time, and it is quite fatal during pregnancy. Quitting smoking is never easy. But it is necessary, even if it needs professional help.

Avoiding triggers

Sometimes things like passive smoking, certain smells can lead to suffocation. These triggers should be avoided.

Healthy eating habits and sleeping habits on time

Eating healthy foods and maintaining a sleep routine will help to reduce asthma attacks. Pregnant mothers should sleep early and avoid oily junk foods.

There is another medical condition that can worsen asthma. Control gastroesophageal reflux disease (GERD). GERD is a chronic digestive disease that causes acid reflux and heartburn. Developing GERD can make asthma more critical. But one might be able to reduce symptoms by elevating the head of the bed, eating smaller meals, waiting at least three hours after eating before lying down, and avoiding foods that seem to trigger heartburn. Still, the best option is to go to the doctor and take the medicine on time.

Mothers have a genuine concern about the baby getting asthma. As it is not a genetically transmitted disease, the chances are really rare. But one should talk to the doctor about the baby.



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*10 THINGS
THAT ADD
TO THE
SUCCESS
OF IVF*



In Vitro Fertilization or IVF is a complicated process that highly depends on timing and accuracy. The success rate of pregnancy through IVF is 15-20%. But there are a few things that can help in improving the chances of an IVF pregnancy. And those are listed here.

1. Diet

We are what we eat. And especially during or before the IVF cycle, try to maintain healthy eating habits. Avoid junk food. Do not make any major changes in your diet, like going gluten or sugar-free. One of the studies shows that eating a rainbow diet that is eating colorful vegetables increase the success rate of IVF pregnancy in women.

This rule is not only applicable for women but men too can stick to a rainbow diet to improve sperm health.

Some of the common food items other than fruits and vegetables that need to be included in the diet are fish, poultry, whole grain, and legumes. Healthy fats are important along with low-fat dairy products.

Avoid red meat and highly processed food, flavored or spicy food. Cut down on salt.

2. Workout

Women going through IVF usually avoid or minimize exercise, thinking that hitting the gym may be harmful to future pregnancy. But this is a myth! Pregnant women are often advised to exercise and keep their bodies moving. And IVF pregnancy is not an exception. Women in between IVF cycles or in their trimesters can opt for simple exercises such as stretching and jogging.

Yoga is highly recommended as it has asanas (positions) specially designed for pregnant women.

Regular exercising benefits our body and in turn the chances of IVF pregnancy.

But remember to avoid rigorous running and heavy exercises as it has negative effects on the thickening of the womb lining, which is crucial while conceiving a child.

3. Meditation and reduce Stress levels

Even though it may not come as a surprise, stress has a lot to do with our bodies. It's not just a mental phenomenon, stress affects every part of our body including our reproductive health. So couples going through or planning an IVF need to de-stress. Meditation is the easiest and best way to de-stress.

Understandably, the couples going through IVF may worry about the procedure and its success. But they also need to understand that its success depends majorly upon themselves and their bodies.

Meditation allows optimum functioning of the body and the various breathing exercises may reduce the stress levels and increase the chances of IVF pregnancy.

4. Chemicals and Drugs to avoid

Pregnancy is a hormonal affair be it natural pregnancy or through IVF. Hormones play an important role in the conception and development of the embryo to a fetus.

Certain drugs have affected our hormonal levels, they increase or decrease the secretion of certain hormones. For example Birth Control Pills, or pain killers, etc.

Before starting an IVF cycle it is extremely important to discuss the use of medicines and drugs with your doctor. It is advised for women to tell their doctor their medical history and drugs or medication they consume on regular basis.

The doctor may make certain alterations in the consumption of these items, which will increase the success rate of IVF.

5. Sleep

Are you sleeping on time? An average adult needs at least 7-8 hours of sleep. But usually, we hardly get sound sleep for more than 5 to 6 hours. Women conceiving through IVF need to have a strict bed schedule. While it is advisable to be tucked in bed by 9 pm we all know our lifestyle won't allow that. So anything between 10 pm -11 pm is a good time to head to bed.

The research found significantly more chances of women getting pregnant through IVF if they had a well-rested mind and body.

Avoid caffeine at least 4-6 hours before bed and strictly no screen-time 30 minutes before bed.

6. Embryo Transfer

This is believed to be the most critical step of IVF when an embryo is transferred back into the woman's uterus. This step needs high precision and even the slightest mistake can lead to miscarriage or IVF failure. The odds of a woman conceiving a child through the very first IVF cycle are close to 29%. Also, it depends on her health and medical history.

Most of the IVF failures are due to misplacement of embryos, in the fallopian tube or out of the uterus.

The chances of a successful IVF pregnancy also depend on the doctor, so consult an expert.

7. Gather Information

It may have nothing to do with your body. But the more knowledge you have about the IVF process the more aware you will be about its dos and don'ts, the greater is the chance of success. Do your homework and select the best center for IVF. Being well informed is the key.

8. Avoid Ejaculation and Penetrate Sex if possible

Men are advised to avoid ejaculation before the process of sperm collection as we need the best quality sperm for IVF. Also, Penetrate sex before and during the IVF cycle may irritate the cervix. Shallow penetration is allowed, but doctors suggest avoiding it for the best results.

9. Talk to a counselor

This may not seem necessary but as you go through an IVF process, you know that conception through any assisted pregnancy method is difficult. It may take a toll on your mental and physical health.

Talking to a counselor may ease a lot of mental stress. Also make sure you get the constant support of your spouse, friends, and family throughout the process.

10. Preparatory tests

There is a series of tests that need to be done before going for an IVF. Make sure you do all of them with the consultation of your doctor. These tests make sure that both partners are physically ready for conception through IVF and a green signal from all these tests increases the success rate of IVF.

There are a few things a couple going through IVF can follow for a better chance of pregnancy.

10

Innovative and Fun

Brain Games for Kids

We are in 2022 and are already hearing the news of another lockdown. Some states have even gone into partial lockdown, and curfews, schools, and other crowded places are closing again. At this time, you may think about how to spend much time with your children and at the same time impart wisdom as well. One thing with which you can take help is games. Games are one of the top ways to cheer any child, and it is not necessary to always play the nonsensical game. Games can be fun and innovative, which sharpen your kid's mind.

If you are looking for some innovative and fun brain games to play with your kids, you are on the right page. Here are some brain games which you can play with your kids now and then –

- **Sudoku**

This game is a hit for all age groups, be it a kid or even a senior citizen. Sudoku is also available to play

in various newspapers and even online websites. Sudoku is a box with 9*9 grid boxes. Some grids are filled with numbers, and the player fills the rest. In total, there are 81 numbers. The aim of the game is that each vertical column and horizontal column can have numbers 1 to 9 only once. No number can repeat. It helps your kid to plan as to what number will be where. A great game to take your kids to make decisions and do the planning.

- **Block games**

In this type of game, you need to rearrange blocks in such a way as to free any object or item, such as the game 'Blue Block' where you need to release the blue dragon by arranging the block. This game forces your kids to take logical steps.

- **Code games**

In this type of game, your child will need to find certain codes through various hints. These games help your children work with patience and use the information analytically and logically.

- **Memory**

These are the most exciting games which help to sharpen your kid's mind and even yours. In these types of games memory, your child should remember the things mentioned in the games or where the cards were located and later answer in the order in which it was mentioned.

- **Brain fitness**

These can be quiz games, digital Rubik games, basically, games that will increase your kid's attention, logic, and strength of analyzing everything.

- **Lumosity**

This is a website that considers all the innovative games and increases wisdom as well. It helps to improve your brain's memory, flexibility, and problem-solving power. This website has a game for every age.



**Dr. Dad
STORE**



- **Puzzle**

Puzzles are a very engaging game and amp up your child's curiosity. They improve hand-eye coordination and also the spatial reasoning of your child.

- **Word games**

These types of games help to improve majorly your kid's English vocabulary or any language you choose. There are games like word jumbles, word

hunt, and many more games that are great for improving vocabulary.

- **Finding games**

There are many games in which children generally need to find certain things. These games can be played physically also in your backyard or the park. Through this, knowledge about the name of certain things gets increased.

- **Board games**

These are also classic games that are fun and sharp mind. Games like chess, carrom, snake and ladder, ludo, business, etc., are sensical games that improve decision-making and strength of attention.

These were some of the games you can play with your kids or let your kids play to improve brain power and wisdom.



HOW
TO
PREVENT
TODDLERS
FROM
CLIMBING
UP THE
CRIBS

In the house where a toddler is living, Relaxing and chilling cannot coexist. Every parent whose baby is between 0-3 must have already learned it. Beware 24hrs. Even if you are shutting down your eyes, make sure your senses are working properly. Because taking care of a toddler is not much different from working as a CBI agent. A little indifference and some unthinkable danger might be waiting for you.

Jokes apart, one of the primary problems parents face after the toddlers learn to stand up is trying to climb out from the crib. While most toddlers do this after 18 months, some toddlers learn to climb from 12 months. The crib which used to be the safest corner of the world for the baby, is no longer safe, which for their parents is a headache. Here we have some tips for the parents to help them with this very real problem.

1) Mattress of the crib

If the crib's mattress becomes low, toddlers won't find it easy to climb out. Even standing, they won't be able to step out of the crib. So lower the mattress of the crib to the ground. It will be very difficult for the baby to hoist to the crib railing.

But while doing this, one has to be careful because lowering the mattress to the ground can open a gap between the crib railing and the mattress where some babies can easily get stuck. In that case, you can use play mattresses or side pillows while being sure that they do not pose a risk of suffocation and are firmly fixed, and there's no loose clothing.

2) Sleep Sacks

Sleep Sacks are helpful even if your kid is three. You can get sleep sacks of larger size.

If your toddler's legs are tucked in the sleep sack, they won't get horsey and can't try to experience horse riding by riding on the crib railing. Well, this one didn't really work for me but for some.

3) Position of the crib

Where you are placing the crib is very important. If you put it in the middle of the room, the toddler can climb up and down on all four sides.

But if you trickily put the crib in a corner, two sides of the crib will be covered by the wall. So you can make the other two sides a little higher than the others. In this way, the baby cannot climb up the walls or the higher railing.

4) Removing the objects from the baby's reach

Make sure you don't have any heavy objects near the crib. Toddlers often feel the urge to hold something first then raise it. If they don't get any support, it will not be easy for them to climb up.

5) Putting soft toys in the crib

If you put a soft toy inside the crib, your baby can play with it. It can distract the toddler from the crib. If the baby wakes up in the middle of the night, it can play with it. But this is only suitable for toddlers and it should not be tried with infants. Infants should not be put to sleep with a stuffed toy or any loose bedding.

Transferring the baby to toddler bed

It is not a tip to prevent the toddler from climbing up the crib. But this is also an important point. Many parents put the baby in the crib even when they are old enough to be sleeping in toddler beds. This may cause difficulties for the baby which can lead to attempts of stepping out of the crib on its own. Doctors have suggested that developing the habit of sleeping on a bed can be started by sleeping on a toddler's bed. So if your baby is old enough, you can try out Toddler beds instead of cribs.





10 THINGS THAT MIGHT SURPRISE YOU ABOUT BEING PREGNANT

Pregnancy is one of the most beautiful journeys in a woman's life, but this journey comes with many surprises. The surprises may be the same for some women and vary according to different body types or medical conditions. During your 9-month journey, many things change in your body, mentally and physically. Some of these changes are bound to happen, and some might astonish you.

Your doctor generally tells you what changes might happen and what incidents you should be ready for.

If you are in the beginning months of your pregnancy or want to know and prepare yourself for any upcoming surprises, you have come to the right place.

Below we have written some particular surprises and amusing facts about pregnancy --

changing and preparing itself to feed and nourish the newborn baby.

1. Increased Blood

In a woman, blood volume is approximately 1.5 gallons, but when she is carrying a baby, the blood volume calculates to around 2.25 gallons. When a woman is pregnant, her blood volume increases up to 40 to 50%. This happens because a fetus needs oxygenated blood in the womb to be healthy. The blood also helps the baby in development.

2. Smell changes

It is said that when a woman is pregnant, they have changes in their sense of smell. They have a heightened or changed sense of smell. So it can happen that the smell of petrol or mud you used to like would suddenly smell disgusting to you. There is a theory by scientists that this happens to help a woman avoid unhealthy or unsafe food.

3. Change in size of the heart

When you are pregnant, your heart grows. This happens because of the extra blood your heart pumps. The growth of your heart also ensures that the blood reaches every corner of your body and the baby's body as well. It is said that if size change does not happen, then your heart would have to beat faster than usual, which can lead to problems after some time; hence changes in the heart's size is important.

4. You might forget things.

It may happen that many times you will forget things within minutes. E.g., You came to your living room for some work and when you reach there, you completely forget it. There is no need to panic. This is also called as pregnancy brain. There is no theory or explanation as of now for this, but it is to be said that this happens because of all the tiredness, exhaustion, and stress.

5. Breast size

Your chest size may completely change when you are pregnant. It happens because your body is

6. Tasting of the food by your fetus

Yes, your baby can indeed taste some food taste. Such as when you eat strong or heavy taste food like garlic, and heavy spices it may pass through your umbilical cord which leads to the taste of your baby's body. Your baby may have already developed and favored these tastes when they arrive. This is totally an assumption by some experts but not really backed up by lot of research.

7. Increase of estrogen

The estrogen level increases in your body when you are pregnant. Because of estrogen, a whole organ also develops called the placenta.

8. Cry in the womb

Yes, it is surprising to know, but babies try to cry in the womb. Though it does not make any sound and is also not to worry about.

9. Hospitable environment

If you feel the sense or urge to clean your home or decorate then don't worry in your subconscious, you are preparing your home for your baby. This is generally called the nesting instinct.

10. Mood swings and skin changes

Both of these things might happen because of hormonal changes. Pregnancy also may lead to your skin glowing.

These were some of the surprising changes you may find when you are pregnant.

Travel Diaries

A TOUR TO KIBBER

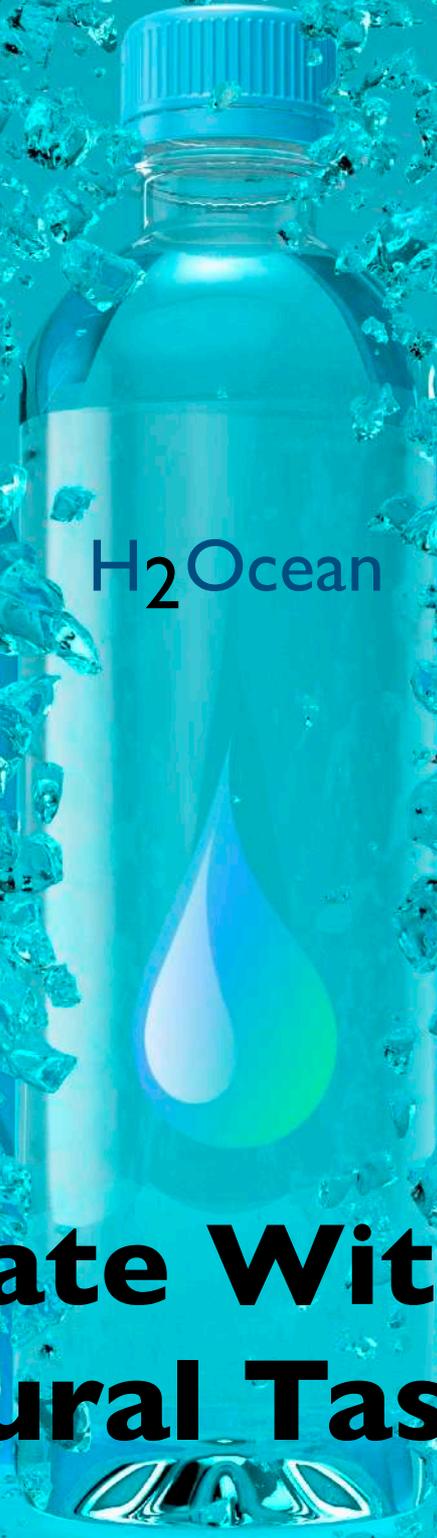
Mahatma Gandhi said, "India's spirit lives in its village." So this time I wanted to have some time off from the city life and dive profound into the core of rustic India where a place that is known for land of peacefulness, farming and ancient customs still exists. So this time, we visited Kibber, which is found high in the Spiti Valley of the Himalayas, Kibber is the most elevated town on the the planet that is associated by streets. The village has just eighty houses, yet they are one of a kind in that every one of them is made of stone, and no block has been utilized, similar to the typical architecture in those areas. The vegetation is scant yet has high medical qualities.

The scene of Kibber is like that of Ladakh and Tibet and the Tibetan Buddhism is the transcendent religion here. This is the explanation the Spiti Valley is otherwise called Little Tibet. The high height and pollution-free air of Kibber is an aid for sky gazers and photographic artists, who get the most incredible photos of the everyday miracles here.

We have likewise visited the Kibber Wildlife Sanctuary, which is found near the village and houses many snow-abiding creatures like Ibex, Blue Sheep, Red Fox, Tibetan Wooly Hare, Himalayan Wolf, Lynx, Pika, Tibetan Wild Ass, and Snow Leopard. Kibber Village is a famous spot among explorers as journeying and mountaineering are the principal attractions of the village. One can go to the Dandmachan Peak for mountaineering and photography.

Options to eat are limited in this village; however, we got good homely food on demand by the guest house member. The locals serve Indian as well as Tibetan cuisines to the visitors.

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7 WAYS
TO HELP
YOUR
CHILD
GET A
GOOD
NIGHT'S
SLEEP

Have you ever thought about the most tragic thing God has done to us? It may sound crazy, but the answer is the game of sleeping. Adults who love sleep barely have any time for it, but kids don't like to sleep as they have enough time for it. Yeah, I know the joke is good, but those situations are not good at all.

Almost 9 out of 10 kids don't sleep through the night. This is probably the hardest thing for mothers because nights aren't peaceful or relaxing for them.

They can't sleep because the child is not sleeping. They don't even get the needful quantity the sleep. We understand your suffering, so here, in this article, a mother will tell you what are the 7 things that help her when her kid doesn't sleep through the night.

Sleeping Lullaby with rhythm

Lullabies are old tricks to make the kid fall asleep. Here we are talking about lullabies with strong rhythms. I used to sing the Lullaby with strong rhythms to make my kid asleep at the very beginning of the night and mark the beat, after which I found the kid asleep. Later during the long hours of the night, if I had seen any sign of my kid waking up (such as turning the head, moving hands or legs), I would sing the same rhythm from the beat I left. That did prevent the kid from waking up and sending it back to deep slumber.

Checking the diaper every hour

Generally, people check the diaper after the child has woken up. Unfortunately, this is one of the main reasons kids don't sleep through the night. They feel irritated if the nappy is wet and they can't sleep anymore. And once they are awake, it's not easy to put them to sleep. Therefore to avoid this kind of disruption, I check my kid's nappy every hour during the night even if I hear no crying.

Making sure my kid doesn't sleep in the evenings

If your child takes a nap in the evening, he/she obviously won't sleep at night. Because their energy will be renewed. To avoid that, I make it sure that my kid doesn't sleep in the evening and goes to bed at the proper time.

Giving them a body pillow

Kids sleep while holding something, mostly, hand of their mothers. Sometimes when they turn their body during sleep, they can't find any object to hold. One of my friends gifted me a mini body pillow and it couldn't proven to be more helpful. I place that pillow beside the baby and my kid holds the pillow and sleeps well. Do not do this with really small babies. I am talking about my 3 year old here.

Making bedtime a routine

For older kids, this works very well. If they go to bed every night at the same time, they will probably develop a habit. I made a fixed routine for my kid's sleep schedule, and when he learnt the timing, it worked well.

Relaxing music

Since my kid was an infant, I played relaxing music while falling asleep. The result is pretty impressive. The music eases my kid off, and I also feel kind of soothing

Dressing my kid in cotton sleepwear

Unless it's freezing winter, cotton is most useful as night wears. Soft, one layer cotton garments indeed help my kid to have trouble-free comfortable sleep all night long. Just the cotton has to be chosen wisely because some are thick and very suffocating.

Those things helped my child to have an uninterrupted sleep all night. But the most important thing that has been proven to be useful is patience. You can't feel vexed or annoyed if your little one is not sleeping. I usually take a little time and make my kid feel safe enough so that she sleeps well.



**10 PREGNANCY
INFORMATION |
EVERYTHING YOU
NEED TO KNOW
ABOUT.**

Pregnancy is one of the most significant moments of a woman's life. Pregnancy happens when there is successful implantation of the fertilized egg in the uterus. A pregnancy lasts for approximately nine months or in weeks, at least 40 weeks. If you are only into the 2-3rd week of your pregnancy or want to get pregnant, you need to have the basic information about pregnancy and some facts about it. This applies to both men and women. Men also need to have basic knowledge about pregnancy so that they can help out their partner in the journey of pregnancy. With specific knowledge, both the partners can monitor the to-be mom's pregnancy and her health.

Before getting into the facts about pregnancy, you need to know about some common symptoms of pregnancy –

- 1. Missed a period**
- 2. Headache**
- 3. Weight gain**
- 4. Cramps**
- 5. Vomiting or morning sickness etc.**

First, when you get pregnant or are planning to have a baby, you should immediately consult a gynecologist as nobody can give better advice than a doctor. You need to talk to your doctor about any health complications, what to take care of and medicines if required.

Some interesting facts about pregnancy that you and your partner need to know about-

- 1. Growth of your heart –** Yes, your heart grows when you are pregnant. This is because of the increase in the blood volume, which is up to 50%. Other than that, your heartbeats are more robust and faster, leading to the growth of the heart; this ensures and supports the health of your fetus.
- 2. Pregnancy symptoms for men –** This may be shocking to you, but men may also feel the pregnancy symptoms in their bodies. These symptoms may be vomiting, weight gain, nausea, etc. generally, this happens because of the condition called couvade or sympathetic syndrome men face.
- 3. Growth of your body parts –** weight gain is normal in pregnancy; you can see your chest and feet grow. Feet can grow up to one full size. But it is nothing to worry about as feet generally change to normal size after pregnancy.
- 4. Pregnancy in trimesters –** Pregnancy can be divided into trimesters. The first trimesters are from 1 to 12 weeks, the second trimester is from 13 – 28 weeks, and the last one is from 29 to 40 weeks.
- 5. The first trimester –** In your first trimester, your baby's major organs and structure start getting develop. As for the mother, she can experience fatigue, mood changes, cravings, constipation, etc.
- 6. The Second trimester –** In the second trimester your baby's your baby can see and hear. The lungs have also formed but do not work yet and much more development. As for the mother, she experiences size changes in the abdomen.
- 7. The third trimester –** In the third trimester, the baby's bones start getting stronger, movements can be experienced. In addition, there can be shortness of breath, insomnia, swelling in various body parts, etc.
- 8. Postpartum –** This is majorly the recovery part from the delivery and pregnancy. There can be the discharge of blood and menstrual cramping etc.
- 9. Food to avoid –** There is a list of food to avoid during pregnancy such as caffeine, raw or partially cooked food, alcohol. The mother should consult a dietician to know more about it.
- 10. Other precautions –** The mother should have at least 6 to 9 hours of sleep, avoid tobacco, and avoid taking stress.

These were some basic information or facts that every mother and partner should know about pregnancy.



THE BENEFITS OF BREASTFEEDING FOR BOTH MOTHER AND BABY

Breastfeeding is one of the initial ways to feed your newborn baby. It provides all the nutrients and strength to your infant's body. In addition, it protects your infant from diseases and sickness that can occur in a newborn baby's initial months. Breast milk can be fed directly from the breast, expressed by hand, or through breast pumps. You feed your baby breast milk for the first few months, nearly 6 exclusively. In Breastfeeding, you provide your infant your breast milk which is produced by your body. Breastfeeding is also called nursing. However, Breastfeeding is a mom's own choice.

But in this article, we are here to make you believe that Breastfeeding should be your priority when deciding what you should feed your baby.

Benefits for the baby

- **Healthy**

Breastfeeding ensures the health of your baby. Not only does breastmilk nourish your baby, but it also protects a baby from diseases, sickness, and obesity. Breast milk is filled with white cells, beneficial bacteria, antibodies, stem cells, and other bioactive components. All of these live ingredients help in protecting the baby. Though formula milk or powder milk can be nutritious, nothing beats protecting your baby than breastmilk.

- **Helps premature baby**

If you give birth to a premature baby, feeding them breastfed milk ensures protection and strength against lung diseases, fatal conditions, and sepsis.

- **A fruitful sleep**

Breastfeeding gives the guarantee of great sleep. It is said that babies who consume breastmilk go back to sleep sooner than those babies who consume powder or formulated milk.

- **Brain development**

Breastfeeding also takes responsibility for your baby's brain development. In studies and research, it is found that babies who have been fed breastmilk have more white matter in the brain, which connects different parts of the brain.

- **Other benefits**

Apart from the above-mentioned benefits, there are lifelong benefits as well. It protects you for lifelong, Breastfeeding also increases the bonding between you and your infant as during your nursing session the level of oxytocin increases which is also called the love hormone. Thus it is a great bonding session as well.

Benefits for the mom

- **Helps physically**

Breastfeeding helps a lot to recover during your recovery and post-pregnancy time. It helps in losing weight fast. Other than this it also reduces postpartum bleeding. It also reduces your chances to have anemia, urinary infections, and postpartum depression.

- **Love hormone**

Breastfeeding helps to heal a mom emotionally as well. During Breastfeeding, oxytocin which is also called the love hormone, increases. Other than this, the hormone Prolactin is also released; both of these are soothing hormones that relieve a mother from stress and tension.

- **Travel easy**

This may not sound right for a second, but breastmilk is your right option when you travel. It is always clean and at the right temperature. In addition, you can use breast pumps to extract milk from your breast while traveling without settling with powder milk.

- **Trust bond**

During Breastfeeding, there is a bonding session. The mothers learn about how their babies react to certain things, and also, the babies start trusting their mothers.

- **Lifelong benefits**

Other benefits for a mom from Breastfeeding are low risk of breast cancer, ovarian cancer, diabetes, hypertension, and cardiovascular disease.

These were only some of the significant points which cover the benefits of Breastfeeding. As you can see in the points mentioned above, Breastfeeding is fruitful and beneficial for both the baby and the mother and should be every parent's priority while choosing what to feed their infant.

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Are you
planning a
baby? Here's
how to plan a
healthy
pregnancy.

A pregnant woman is lying on a table, and a person's hands are using an ultrasound probe on her belly. The woman is wearing a light blue hospital gown. The background is a bright, clinical setting.

You have probably opened this web page because you are ready to have a baby and are looking for tips to have a healthy pregnancy. A healthy pregnancy is not only crucial for the baby but also for the mother. Healthy pregnancy benefits both the mother and the fetus. Pregnancy and its normalcy or complications depend on body to body. Some bodies might have normal pregnancy even though taking minimal care and some bodies can have difficulties even taking the utmost care. But before getting pregnant, you can start doing many things which may have the chance to reduce the complications for you and take you on the journey of a healthy pregnancy.

Here are some tips which you can use and include in your lifestyle if you are trying to get pregnant and is looking forward to a healthy pregnancy –

- **Consult a doctor and make a schedule**

If you want to get pregnant, the first step towards having a healthy pregnancy is to consult a gynecologist. A gynecologist does certain tests on your body, knows about your medical condition, and thus recommends various medicines and diets to follow, which helps to conceive fast and have a healthy pregnancy. After consulting the doctor, you pretty much know what your body is lacking to have a healthy pregnancy, and thus you can make plans and schedule to overcome all the complications.

- **Stop smoking, consuming alcohol and drugs**

If you need healthy pregnancy, you need to stop smoking, drinking alcohol and drugs without even having a second thought. Smoking, alcohol, and drugs are harmful to pregnant women. Smoking, alcohol, and drugs can affect your fertility rate, and it is said in studies and research that smoking can lead to premature deliveries. And there are numerous other reasons you shouldn't consume

any of the above-mentioned things if you want a healthy pregnancy.

- **Healthy food = Healthy pregnancy**

A balanced diet and healthy food are essential to a healthy pregnancy. Generally, your gynecologist gives a diet to follow, or you can even see a dietician. But here are some things you can avoid, such as artificial sweeteners, caffeine, heavy spices, etc. And you can consume food items that include protein and other nutrients such as fiber, iron, calcium, folic acid, etc.

- **Supplements**

This also comes under one of those things which are taken care of by your doctor. Your doctor may prescribe many supplements that can help your infertility and have a healthy pregnancy. Some of these supplements are folic acid and iron.

- **Exercise**

This is very much needed to have a healthy body and a healthy pregnancy. You can do any form of exercise such as yoga, gym, cycling, Pilates, or simply take around in your neighborhood.

- **No Stress and loads of relaxation**

It is essential that you don't take any stress while getting pregnant, and you need to have a relaxed body and relaxed mind. For having a relaxed mind, you can do meditation. So no stress leads to a happy and healthy pregnancy.

Here are some tips you can include in your daily schedule to have a healthy pregnancy. Some of these tips can also be included in the schedule of your partners, such as a healthy lifestyle and exercise because both partners play a role in a healthy pregnancy. But beyond all this, consulting a doctor before taking any steps to get pregnant is essential.

Tickler

Help children to tap into their funny side with these good jokes for kids, including super-simple toddler and kindergarten jokes, as well as riddles for older kids.

Q: Why did the superhero flush the toilet?
A: Because it was his doody.
Riya, 7Yrs, Mumbai

Q: How do you get a tissue to dance?
A: You put a little boogie into it.
Shaurya, 4.5Yrs, Pune

Q: What did one toilet say to the other?
A: You look a bit flushed!
Palak, 6Yrs, Delhi

Q: What does a spider's bride wear?
A: A webbing dress.
Pari, 5Yrs, Indore

Q: Where do cows go for entertainment?
A: The mooooo-vies!
Aryan, 7Yrs, Delhi

Q: What creature is smarter than a talking parrot?
A: A spelling bee.
Ritika, 6.5Yrs, Navi Mumbai

Q: Why did the melon jump into the lake?
A: It wanted to be a water-melon.
Dhruv, 6Yrs, Patna

Q: Why did the banana go to the hospital?
A: He was peeling really bad.
Rudra, 5Yrs, Ranchi

Q: How does the ocean say hello?
A: It waves.
Pihu, 6 Yrs, Noida

Q: What did the tree say to the wind?
A: Leaf me alone!
Payal, 6Yrs, Delhi





The Book Bug

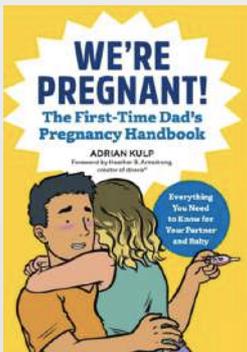
One of the best gifts you can give to your child is the love for reading. In due course of time if there's one thing that I have realised is that when you read a lot, you know a lot, but the real benefits of reading goes beyond the knowledge of the subject. You become a better person. You become articulate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

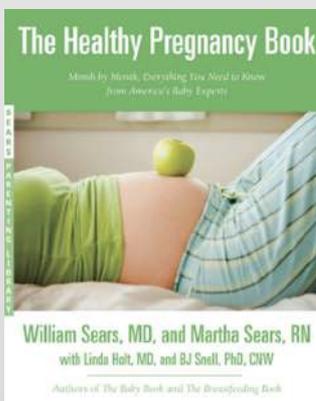
BEST BOOKS FOR PREGNANT MOTHERS

WE'RE PREGNANT: A FIRST TIME DAD'S PREGNANCY HANDBOOK



This book is divided up into month-by-month sections that allow the dad-to-be to follow their partner through pregnancy. This is a practical choice for the dad that wants to be hands on and needs a little guidance.

THE HEALTHY PREGNANCY BOOK: MONTH BY MONTH, EVERYTHING YOU NEED TO KNOW FROM AMERICA'S BABY EXPERTS

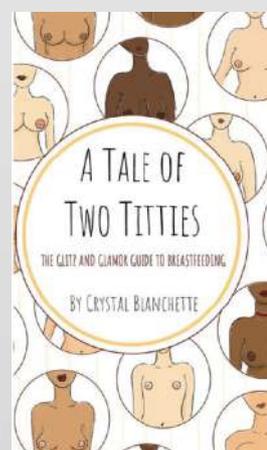
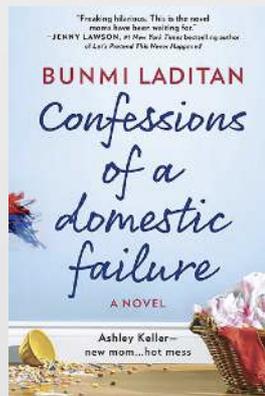


This book is an amazing find for readers really wanting to hone in on healthy habits both for pregnancy; even supporting you in preconception. This guide dives into healthy eating, exercise, genetic testing, delivery, choosing the right doctors and childbirth classes with a reassuring tone.

BEST BOOKS FOR NEW PARENTS

CONFESSIONS OF A DOMESTIC FAILURE

You'll want to lock yourself in the bathroom for a few minutes — or hours — devouring *Confessions of a Domestic Failure*. The fiction debut from Bunmi Laditan, creator of *Honest Toddler*, is like chick-lit for moms. The refreshingly honest and hilarious story chronicles the hot-mess hijinks of Ashley Keller, a rising star in the marketing world who becomes a stay-at-home mom as she's chosen to participate in a Motherhood Better Bootcamp contest.

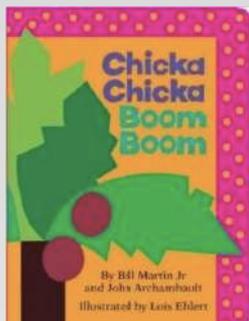


A TALE OF TWO TITTIES: THE GLITZ AND GLAMOUR GUIDE TO BREASTFEEDING

You might see beautiful photos of celebrities breastfeeding while having their nails done and hair blown out and see this as an impressive attempt at “doing it all.” But many moms who decide (and are able) to breastfeed quickly learn that this is far from the reality.

BEST BOOKS FOR TODDLERS

CHICKA! CHICKA! BOOM! BOOM!



Chicka Chicka Boom Boom is the story of alphabet letters trying to make their way up a coconut tree. Each letter climbs up one by one as the story is told through catchy rhymes and natural rhythms.

GOOD NIGHT, LITTLE BLUE TRUCK

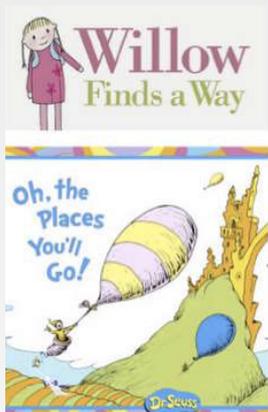


The Little Blue Truck is a bedtime favorite for kiddos. The truck and his friend, Toad, are trying to get home at night but a storm has come through and travel is getting harder and harder. Eventually, more

friends show up and help them make their journey.

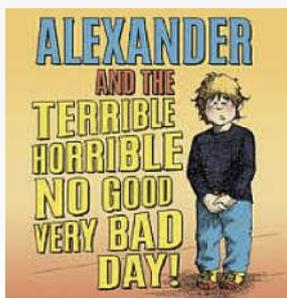
BEST BOOKS FOR BIG KIDS

WILLOW FINDS A WAY



Willow's classmate invites everyone to her birthday—as long as they do what she says. One by one kids get crossed off the birthday list, but no one says a word.

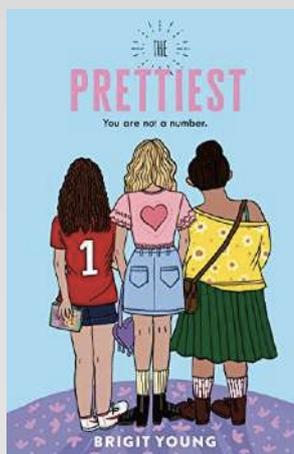
ALEXANDER'S TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY



Everything that can go wrong does for Alexander. He gets gum in his hair, is reprimanded by his teacher, falls over his skateboard—and that's just the morning.

BEST BOOKS FOR TEENAGERS

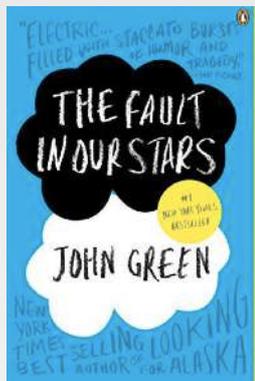
THE PRETTIEST BY BRIGIT YOUNG



Three girls in the eighth grade all have to deal with the aftermath when an anonymous list goes viral naming the 50 prettiest girls in school. Eve makes it to the top but doesn't like how everyone is suddenly objectifying her. Sophie used to have Eve's spot, but now that she's been ranked number two, she's being bullied because of it. Then, there's Nessa. She doesn't make the

list at all but she's being bullied because of her weight. When these three find each other, they band together to bring the list's creator down.

THE FAULT IN OUR STARS BY JOHN GREEN



You've already seen the sensational film, but the book it's based on is a must-read. Like the movie, it tells the story of two teens trying to live their lives to the fullest, even though their time is limited. It's beautifully written and the incredible, heartbreaking romantic storyline will leave you in tears.



The Elephant

This is a story about the importance of being persistent and never giving up, no matter how many failures you have experienced in the past.

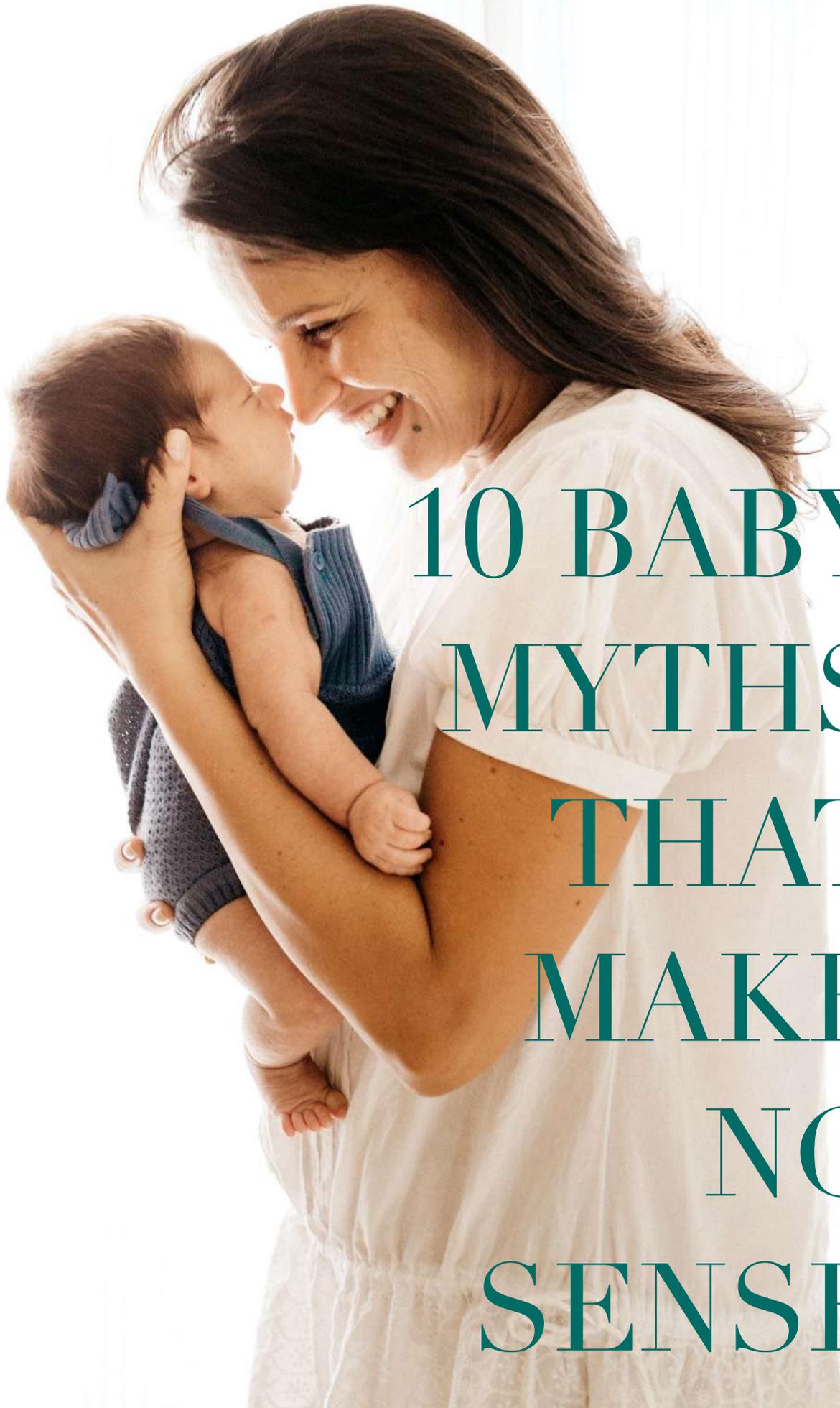
A man was spending his holiday in Africa. One day he watched the elephants passing by. To his great surprise these giant strong animals were being held only by a small rope, tied to their front leg. Obviously, they could easily run away any moment. However, they did not.

Then he saw a trainer and asked him, how could this happen that not a single elephant makes an attempt to break free. The trainer explained: „When the elephants are very young, we use the same size rope to tie them, and at that time it is enough to hold them. Gradually they grow up, get stronger, nevertheless they never try to get away, as they believe that the rope will still hold them.

The man was stunned. These strong animals could break free any time, but they did not, because they believed that this is impossible.

Sometimes people act like elephants, when they give up after the first failure. Remember, that failures are part of learning. If we want to succeed, we should never give up, but try and try again.

Bed Time Story



10 BABY
MYTHS
THAT
MAKE
NO
SENSE

When a couple is expecting a baby, they often find themselves in the middle of chaos even after the baby is born. Family, friends, everyone in the close circle of the parents has got something to say about the new baby. People don't understand how confusing it can be for the new parents always to hear something from someone, like the Daadi who had four children and heard from the maid that too much holding spoils the baby and the cousin who heard from her colleague whose sister in law is a receptionist in a hospital that babies should be bathed every day and the coworker who heard that "Teething can cause fever, "from his wife's doctor brother. Well, it's just another hurdle in the path of being good parents, learning not to believe everything that is said about babies. You will come across many things, but only a few of them are true. Others are just myths, and it's pivotal for the baby to know which advice is accurate and which is a myth. This article will debunk some myths about newborn babies and help you understand what is better for your sweet little infant.

The Bathing myth

Bathing the little creature is indeed very fulfilling and rewarding, but believe me, it is not as fun as it looks. Only the parents know the struggle. And the myth regarding baths is that the newborn baby has to be bathed every day else there will be health issues.

No, that's not entirely true. Baths are indisputably refreshing, even for adults. But baths are not necessary every day. Sanitation is essential- sure, but if the diaper area is cleaned, then there is no need to bathe the baby every day. Three times a week is enough. In fact, "over-bathing an infant may dry out the skin, making it itchy

and rash," said Dr.Gaurav Nigam, M.D., Pediatrician.

In case the baby is having fun taking a bath and enjoys it, they can be bathed every day. Do apply moisturizer, though.

Newborn babies can't be bought under the sky.

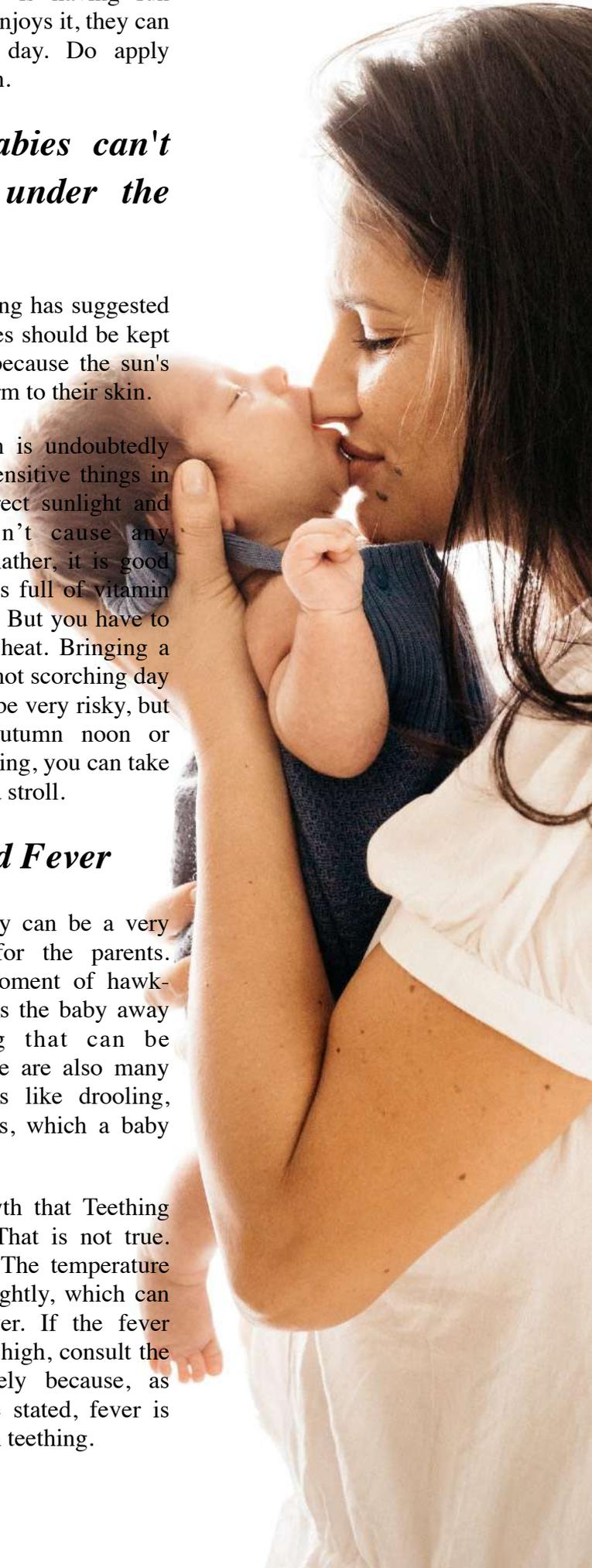
Old school parenting has suggested that newborn babies should be kept inside the house because the sun's rays may cause harm to their skin.

Yes, a baby's skin is undoubtedly one of the most sensitive things in the world, but direct sunlight and the open-air don't cause any particular harm. Rather, it is good for the skin as it is full of vitamin D, as we all know. But you have to keep in mind the heat. Bringing a baby outside on a hot scorching day of summer would be very risky, but if it's pleasant autumn noon or bright winter morning, you can take your baby out for a stroll.

Teething and Fever

Teething of a baby can be a very frustrating time for the parents. However, each moment of hawk-like sincerity keeps the baby away from everything that can be harmful. And there are also many mild health issues like drooling, pain, and fussiness, which a baby can feel.

But there is a myth that Teething can cause fever. That is not true. Teething can rise The temperature of a body very slightly, which can cause a mild fever. If the fever increases and gets high, consult the doctors immediately because, as professionals have stated, fever is not associated with teething.





Picking up a crying baby will spoil them.

This myth is particularly hilarious because infants can't be spoiled. So go ahead, pick up your baby and hold it any time you want and keep your little love in your arms as long as you want because it only makes your bond stronger.

Honey on the dummy (pacifier)

This concept is not only silly but also bad for the baby. Honey may contain *Clostridium botulinum*, an organism that produces a potent neurotoxin known to cause severe illness in infants.

So, while honey is very good for adult health, **parents are advised not to feed honey — raw or otherwise — to children younger than 12 months old. Because it may quiet the baby for a while, it might be bad for their health.**

Newborn babies should not be fed the first breast milk

The first breast milk is called colostrum, and it is very healthy for the baby. It's rich in vitamins, minerals, fats, carbohydrates, disease-fighting proteins, growth hormones, and digestive enzymes.

While its yellowish color forms an unnecessary dilemma to feed the babies the liquid, it is proven to be very healthy for them.

Babies don't have taste buds.

You may eat Gulab jamoon in front of your baby while feeding them baby food and think that they don't understand the difference as they don't have taste buds, but sorry to break the bubble, babies have taste buds. They

can discriminate between salt and sweet and that tasteless baby food. After 4-5 months, babies grow full taste buds.

Walkers help babies to walk

Although Walker is a well-known present for a baby and it is very widely used, the benefits of the good sides of workers are not much. It may give the baby a little fun for a while, but in reality, walkers are proven to be delaying the baby's actual walking.

Mothers who stay with the baby have better bonds.

This particular myth was created for a society where women used to have only one work-producing baby and take care of them. But in today's world where both men and women are equally working and equally contributing, it is just a myth that only mothers who stay with babies bond better with the baby. The bond between mother and child doesn't only depend on the time; it depends on attention and proper understanding ability.

Babies don't understand talking.

While babies cannot respond verbally, they can understand what is being discussed. Understand conversations, particularly facial expressions and the mood of a person. Children's rhymes and lullabies are often filled with good words and happy images because as babies would understand those, they will be filled with happiness.

These are some myths about babies. Unfortunately, there are many other myths like this about newborns, so before you believe everything that you have heard, please check whether it is true or not because it can play an essential role in your baby's growth.

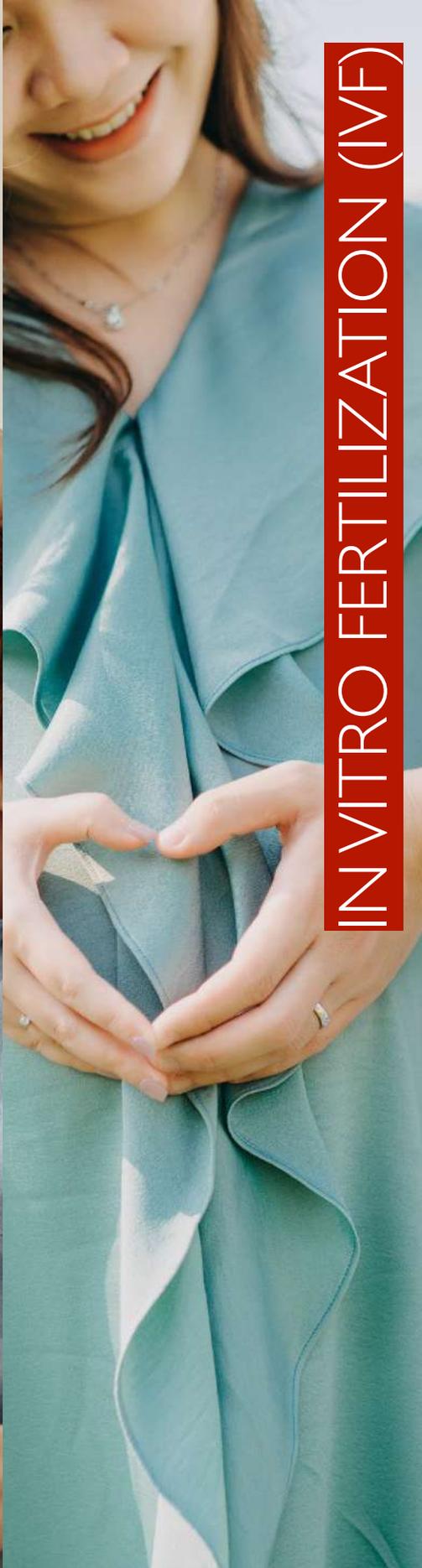
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