

Parenting

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12 Foods You Should Avoid for 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 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.



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FOR THE LOVE OF READING



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How to Deal with "Poop" Potty Training



Once you have a child, you effectively agree to be liable for their poop for 3 to 4 years. Diaper changes in public restroom new-born blowouts, the dreaded "poops explosions" whenever you're late, and, of all, potty training

The point is, there's a lot more crap involved in raising a tiny human than anyone tells you.

A common problem for potty-training kids is learning to urinate in the potty but being reluctant to poop there. Rather than viewing it as an issue, it is preferable to view it as a regular aspect of toilet training.

Before beginning potty training, a child must master several essential skills, including the ability to sense such a need to poop and then hold it until they reach the toilet; the ability to vocalize the need to go to the restroom to an adult; and the ability to undress and redress in attempt to use the bathroom. If your kid is not yet ready, it is advisable to wait until they are.

Most kids learn to use the toilet between the ages of 18 months and three years. But keep in mind that three years isn't a magical age when everybody is potty trained. There are a number of things you could do to help your child. Create a routine

Make it a habit for your youngster to use the toilet each day at about the same time. For example, choose a time of day when they usually have been pooping in their diapers to have them sit on the toilet.

When food enters the stomach, it sends signals to the colon that cause you to want to poop. As a result, having your youngster use the restroom shortly after breakfast each day is often a brilliant idea, as the system is prepared for pooping at that time.

1. Reduce stress

Other factors contributing to toilet training difficulties include the latest changes at home or childcare, a sudden illness, or other pressures. A recent move, for example, or a new infant in the house can frequently cause toilet training issues. If this is happening to your child, be patient while adjusting to life changes.

2. Prevent Constipation

If your kid has bowel motions that are occasionally large, difficult, and unpleasant to pass, they may be frightened to use the potty to

relieve themselves. Potty training issues are frequently caused by constipation.

Make sure your youngster is getting enough fiber and drinking plenty of water. If you have any worries about your child's constipation, seek assistance from your pediatrician.

3. Give a footrest

Ensure that the child can put their feet on something while going to the bathroom to poop, as it is difficult for them to poop when their feet are not on the floor or a stair of some kind. This is why kids will frequently squat in the distance to defecate in a diaper, as squatting is a highly effective position for removing excrement from the body.

If constipation isn't a concern and there haven't been any modifications at home, the following suggestions may assist your child in conducting normal stool movements on the potty.

- Allow them to have bowel movements in a pull-up, but empty the excrement into the potty to teach your child where it goes. After that, you can inform kids that "poop goes in the potty."
- Encourage children to urinate in the restroom, even if it means using their pull-ups. When they're acclimated to it, let them sit on the potty in a pull-up when they need to go. They might eventually be ready to remove it.
- When your kid develops progress, whether it's dumping their pull-up in the potty or just being in the restroom while they poop in a pull-up, offer them lots of praise. But never scold or penalize your child if they do not poop in the manner or location that you prefer.
- To assist your child, get used to the idea of pooping in the potty, read potty training storybooks like *The Princess and the Potty* or *Everyone Poops*.

Continue to use a pull-up if your kid is resistive to all of these tactics. Tell them they can inform you when they're ready to begin going to the bathroom or using the potty.

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
- ⅓ 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.

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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.



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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.

**12
Foods
You
Should
Avoid
for
Your
Baby**



As parents, we want to teach our children to eat various foods from an early age. Therefore, after solids are introduced, the child's daily diet should include a range of foods; there is no mistake about it! Certain meals, however, are not safe for your infant before the age of one year since they may cause choking, and others aren't ideal for the baby's developing digestive system.

Below are the top 12 meals that many experts and pediatricians recommend avoiding before your baby turns one!

1. Sugar

Sugar should not be included in your baby's diet until they are one year old, as it can impact their appetite and cause a diet disruption. In addition, if sugar is introduced to your baby's diet early on, they may develop a resistance to breast milk. This is primarily related to a preference for flavor. As a result, it's best to hold off on adding sugar to your baby's diet.

2. Honey

Botulism bacteria may be present in honey, and these bacteria can cause severe food poisoning in newborns under the age of one. Infant botulism is

As parents, we want to teach our children to eat various foods from an early age. Therefore, after solids are introduced, the child's daily diet should include a range of foods; there is no mistake about it! Certain meals, however, are not safe for your infant before the age of one year since they may cause choking, and others aren't ideal for the baby's developing digestive system.

the name of the disease. As a result, newborns under the age of one should not be given raw honey or any processed meals containing honey.

3. Whole nuts and seeds

Nuts are nutrient-dense food for newborns. Whole nuts, such as almonds, cashews, and walnuts, are difficult for little babies to chew and can cause choking. As a result, kids under the age of five should avoid eating entire nuts. Seeds like sunflower

seeds and pumpkin seeds can also be easily inhaled into the baby's airway, causing an illness.

4. Caffeinated and aerated drinks

The babies should avoid coffee, sodas, tea, sweetened drinks, colas, fizzy drinks, chocolates, energy drinks, and other caffeinated beverages. We may be inadvertently instilling harmful eating habits by feeding them to children. In addition, caffeine can cause dental problems in babies and dehydration, restlessness, malnutrition, and obesity.

5. Unpasteurized cheese

One of the best protein-rich foods for babies is cheese. Soft-ripened cheese, unpasteurized cheese, blue-veined cheese, processed cheese, and imported cheese, on the other hand, are not ideal for young babies. This can result in food poisoning and even severe illness from foodborne illness.

6. Cows milk

Breast milk, as is well known, is the most excellent nourishment for your infant. Breast milk is a healthy meal for your baby because it contains all nutrients and enzymes. On the other hand, cow's milk contains more lactose, which could upset your baby's stomach. As a result, cow's milk should be avoided until the baby reaches the age of a year. After that, cow's milk is preferable because it is easily digestible and contains nutrients essential for your baby's development.

7. High mercury fish

Fish is an excellent source of protein, but some types contain high levels of mercury, making them unsafe for tiny newborns (and even toddlers). High mercury levels in fish can harm young children's brains and neurological systems. Therefore, fish with high mercury levels, such as shark, swordfish, king mackerel, and marlin, should be avoided by small children aged two to six.

8. Sticky foods

Avoid giving your infant a tablespoon of sticky foods. For the reasons listed below, nut butter that is peanut butter/almond butter, chewing gums, marshmallows, jelly, and gummy candy should not be provided. Because of the sticky nature of certain meals,

- **It's too difficult for your baby to swallow.**
- **Large clumps of food can get stuck in your baby's throat.**
- **It's possible that it'll get stuck in the back of the baby's mouth.**
- **Putting your infant in danger of choking**

Despite the fact that citrus fruits and berries are beneficial to human health, strawberries, blackberries, blueberries, oranges, raspberries, limes, and other berries contain high quantities of acid and Vitamin C, which can cause stomach upset and even diaper rashes. An excellent recommendation is to wait a year or two, or to juice the fruits and dilute them well to avoid allergic responses or stomach distress.

11. Raw vegetables

Green peas, celery, string beans, carrots, baby carrots, and fresh entire corn kernels are too tough for babies to chew, and bits can become caught in their throats. As a result, babies should avoid certain raw veggies.

12. Salt



9. Saturated fats

Burgers, chips, pizzas, hot dogs, deep-fried store-bought goods, and chat foods are high in salt and saturated fats. It's possible that it will fill the baby's stomach without giving enough nourishment.

10. Berries/Citrus Fruits

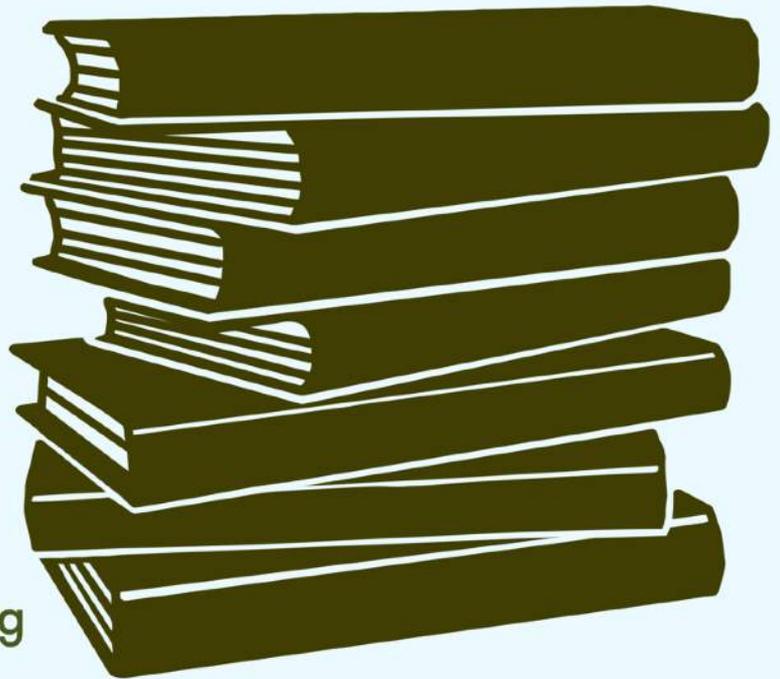
Babies require less than 1 gram of salt each day, and their kidneys are not yet mature enough to handle more. Most foods, such as vegetables, fruits, lentils, eggs, and so on, naturally contain salt, so there is no need to give your extra infant salt for the first year. However, salt in excess of the prescribed amount might harm the kidneys. Commercial infant food may include additional salt; read the labels carefully before purchasing.

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Is surrogacy common in India?

Surrogacy entails becoming pregnant and carrying a kid for the benefit of other people who will become the child's parents after delivery. A surrogate mother is a woman who carries the children. Financial arrangements between the surrogate and the biological parents may or may not be involved.

Traditional surrogate

In the classical sense, surrogacy. Using her father's sperm, a woman is artificially inseminated. The child will subsequently be carried and delivered to you and your spouse to raise. The baby's biological mother is a traditional surrogate.

Gestational surrogate

Using "in vitro fertilization," it is now possible to gather eggs from the mother (or an egg donor), fertilize them with sperm from the father (or a sperm donor), and implant the embryo into the uterus of a gestational surrogate (IVF). The surrogate will then carry the baby until it is born. They have no genetic ties to the child because their egg was not used.

Is surrogacy common in India?

Adoption used to be the only option for couples who had no chance of having a child, but the advent of contemporary Assisted Reproductive Techniques (ART) has proven to be a blessing. Surrogate mothers have been employed to assist childless

couples through medical treatments such as artificial insemination of sperm or the transfer of fertilized eggs. Surrogacy is currently banned in many nations; however, it is lawful in others, though it is a pricey practice. Commercial surrogacy has been permitted in India since 2002. The National Guidelines for Accreditation, Supervision, and Regulation of ART Clinics were published by the Indian Council of Medical Research in 2005.

The Indian surrogacy industry is valued at more than \$ 400 million every year with over 3,000 fertility clinics providing surrogacy services. The average cost of surrogacy is between \$ 10,000 to \$ 30,000, which includes the cost of IVF, the surrogate's pay, insurance coverage, antenatal care, delivery costs, and legal and medical fees. One of the main reasons for the surge in surrogacy services in India is poverty, which causes poor Indian women to rent their wombs for money or other necessities.

In 2015, the Indian government established new laws on the surrogacy process, making what had once been a popular destination for international intended parents no longer a possibility. Surrogacy rules in India now make it unlawful for foreign intended parents to finish a surrogacy in the country. Only Indian intended parents who have been married for at least five years can finish commercial surrogacy in India nowadays.

Surrogacy is no longer considered taboo, because to rising infertility rates, a growing trend of same-sex couples adopting children from surrogate mothers, and well-known celebrities adopting children from surrogate moms. Previously, it was associated with prostitution, but factors such as poverty, illiteracy, unemployment, the need for money for children's education, medical treatment for family members, and the desire to own a home are motivating Indian women to rent their wombs for surrogacy, eschewing traditional values. It's been more than 20 years since India's first surrogate kid was born, and attitudes around surrogacy have shifted over time, as seen by the 40,000 to 45,000 children born through surrogacy across the country.

Many places across the country do not consider surrogacy as a bad thing like it was before. Many individuals are aware of what surrogacy is and what it means and therefore it is no longer considered taboo. With the increase in technology and development, surrogacy is also being adopted and is very common in India.

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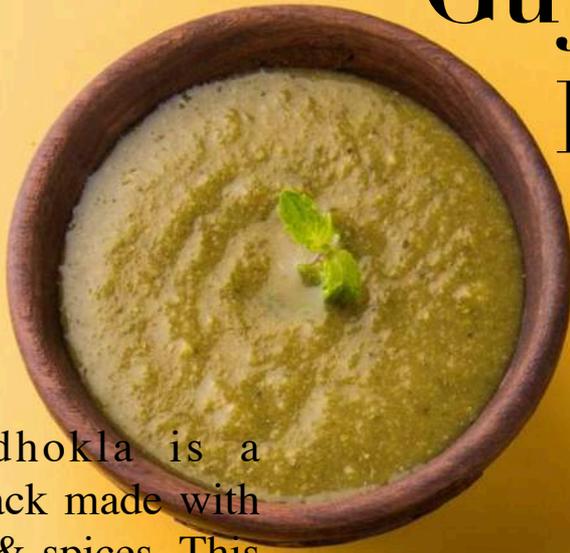


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Gujarati Khaman Dhokla Recipe

Khaman dhokla is a steamed snack made with gram flour & spices. This detailed post will help you make perfectly soft, fluffy, spongy, and delicious khaman dhokla. Traditionally, Khaman and Dhokla are 2 different dishes from Gujarati cuisine. Khaman is a dish made with Bengal gram or gram flour. While Dhokla is made using fermented rice and lentil batter.



HOW TO MAKE THE RECIPE

- Pour water into a bowl. Add ginger paste, green chili paste, salt, sugar, oil, and lemon juice or citric acid.
- Mix all the ingredients and stir well until the sugar dissolves. Keep this aside.
- Place a sieve over a large mixing bowl. Add besan and turmeric to it. Sieve them well. To the same bowl, add semolina & give a good mix.
- Pour the spiced water we made at step 2. Mix well with a whisk to a lump-free batter.
- Batter will be thick at this stage. Pour more water (about 4 to 5 tbsps) as needed to make a free-flowing yet slightly thick batter. The quantity of water to use depends on the texture of flour as well.
- Beat the batter very well in one direction (clockwise or anti-clockwise) with your whisk for exactly 50 to 60 seconds.
- Batter has to be neither too thick nor too runny. To check the consistency of the dhokla batter, dip a spoon. It has to be thick enough to coat the back of the spoon yet should not be of a ribbon consistency. (Check the step-by-step pictures). Keep this aside and prepare the steamer.

Steaming Dhokla

- Pour 2½ to 3½ cups water into a pot or a steamer. Place a steel rack or a ring or a long-legged trivet. Cover and bring the water to a rolling boil. (I pour about 4 cups as I use a large pot)
- Meanwhile, grease a 5 inch pan or container with ½ to 1 teaspoon oil. Grease the sides as well.
- When you see the water in the steamer is about to come to a boil, then add Eno (fruit salt) and pour 1 tablespoon water into the dhokla batter. You will see the eno activates and froths up.
- Quickly mix everything well to incorporate it. As you mix, the khaman dhokla batter begins to thicken and turn light. Run the whisk around the bowl including the sides to mix it evenly.
- Immediately pour this into the greased pan. Even out the top with the whisk. Quickly place it in the steamer and cover it.

- Steam it for 20 mins on a moderately high flame. It has to be steamed constantly for 20 mins. Once done, a knife inserted in the center should come out clean. Turn off the stove and leave it covered in the pot for another 5 mins.

Tempering Khaman Dhokla

- Pour oil to a tadka pan and heat it. Add mustard seeds. When they begin to crackle, add curry leaves and sliced green chilies. Saute for a while until the curry leaves turn crisp.

INGREDIENTS (1 CUP = 240ML)

- 1 cup besan (125 grams - gram flour)
- 1 tablespoon fine semolina (10 grams fine suji/ Rava)
- ¼ teaspoon turmeric
- 1 teaspoon sugar
- ⅓ teaspoon salt
- 1 tablespoon lemon juice (or lime juice or ⅓ teaspoon natural citric acid)
- 1 tablespoon oil
- ½ tablespoon ginger paste
- 1 green chili (paste)
- ½ cup water
- ¼ cup water (+ 1 tbsp more) (read notes)
- ¾ teaspoon Eno (unflavored fruit salt)
- 1 tablespoon water (to activate ENO)

To Temper

- 1 tablespoon oil
- ¾ teaspoon mustard seeds
- ⅛ teaspoon hing (asafoetida)
- 1 sprig of curry leaves
- 2 slit green chilies (adjust to taste)
- 1 to 2 tablespoons sugar (adjust to taste)
- ¼ teaspoon salt (adjust to taste)
- ½ to ¾ cup water (adjust as needed, read notes)

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PARENTING HABITS THAT CAN SLOW DOWN YOUR CHILD'S DEVELOPMENT

Parenting habits have significant effects on your child's development. Improvements in your kid's physical growth are referred to as "development." Changes in your child's social, intellectual, behavioral, emotional, and communication skills are other factors. All of these areas of development are intertwined, and one is influenced by and reliant on the others.

You're always learning as a parent, grandparent, or foster parent while parenting a child. It's OK to be sure of yourself and what you want from your child. But sometimes, we do too much of everything and only listen to ourselves. We don't care to listen to our children or learn about their needs and wants.

Let's look at some parenting habits that can slow down your child's development.

1. Overdoing everything
2. Let Kids learn things their way, do not do everything for them. Making things easy won't help them in life. Instead, they should do small things like washing their plate and folding their clothes independently. Be their guide, not their assistant.
3. Not Being Flexible with the Rules

Simple guidelines should be established based on your children's maturity. While establishing the rules, you should assess their capacity to follow them. As your children become older, you'll need to adjust the boundaries. Being too set in your ways with the regulations that have been in place for the past decade might lead to poor parenting; remain adaptable.

4. Not Setting Rules

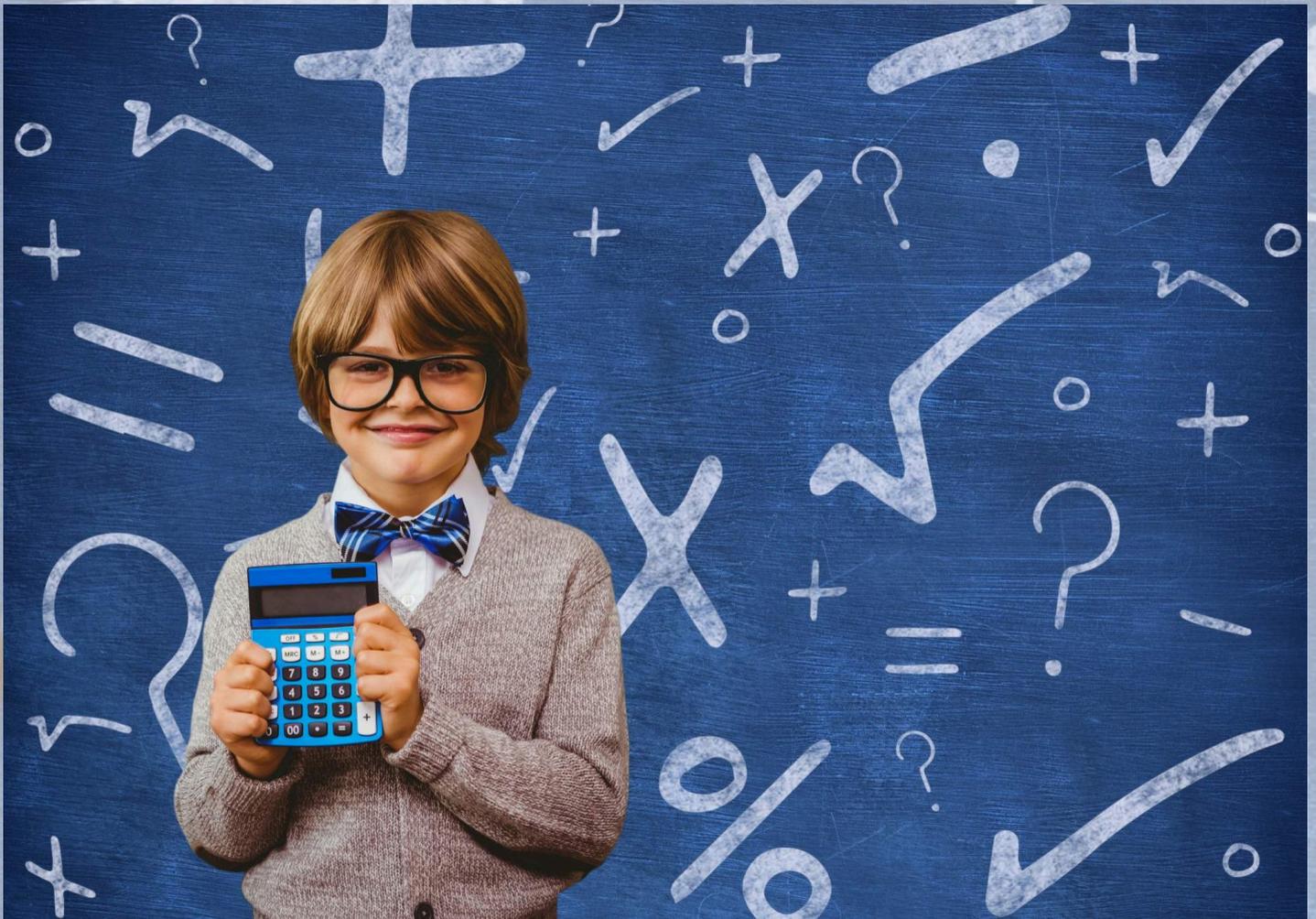
Rules allow your children to be accountable for their actions. Your children will undoubtedly lack discipline if you overlook creating guidelines. They'd be terrified of going off on their own, or they'd misbehave if someone tried to draw a line later.

5. Constant yelling

Screaming at your children, yelling at them, and occasionally threatening them - these poor habits can make you feel unapproachable to your children. As a

result, they may remain silent and inflexible, believing you have just lost control, and they may eventually begin to ignore you.





6. Comparing and criticizing

Do not compare your children to other children; do not publicly shame your children - all of these things can have serious consequences. Child shaming is a terrible parenting method. Your youngsters may become demotivated and lose interest in doing things independently.

7. Being a Friend Before Being a Parent

You aren't a pal; you are a parent. And that's exactly what your child requires and desires from you. You can't be a friend and tell your kids what they can and can't do at the same time. Teachers, providers, leaders, and disciplinarians are all roles that parents must play. That's natural because children rely on their parents to look after them. It's never fun being the enforcer of the rules, especially when you only get a few hours with your child each day. Regardless of what they say or

how often they tell us that all their friends' parents are more fun than we are, children want parents to be in charge.

8. Not Listening Enough

Listening is a far more effective method of assisting your child with problem-solving and decision-making. After all, these are crucial life skills that require practice to improve. Rather than telling your child what to do in a particular situation, sit down with them and ask what they want to happen in the end. Pay attention to your child's emotions and moods. Listen to and learn about the challenges and successes that you face daily. Then inquire about your child's ideas for getting to that objective. This brainstorming session allows your child to explore options while also providing you with a better knowledge of how your kids feel and think.

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10 guiding tips for modern parenting

When children reach adulthood, parents frequently lose control of them. It gets very difficult for parents and children to communicate with each other due to the vast age gap. Parents with narrow minds are often very strict towards their children and do not open a window to understanding their child's feelings. This creates misunderstandings and trust issues between children and their parents.

To avoid such circumstances, it is important for parents to have an open mind and communicate.

Let's look at 10 guiding tips for modern parenting:

1. Be a role model

Parenting is not a task that can be completed in a single hour or day; it is a lifelong commitment. So instead of yelling or insulting your children, try to be a role model. Instead of just telling them and not following the same thing, do what you expect them to do.

2. Do not set stringent rules

While some rules are beneficial to follow, having too many restrictions at home will result in a dry environment. When children are reared under such norms, they often lack self-confidence as adults. Any conditions you make as a parent should be based on a genuine desire to satisfy your children's reasoning. If your child isn't happy with the rule, likely, you haven't explained it well enough. First, persuade yourself as to why you're establishing a specific rule, and then present it to your children.

3. Allow kids to make small decisions by themselves

Allow children to make mistakes and learn from them in minor areas. Build no highways for them. Allow them to make mistakes to learn and progress. They will become more resilient due to their mistakes and failures, which is one of the most significant aspects of life. When confronted with issues, a highly resilient individual has the mental capacity to return to a normal state. When things don't go their way, people who aren't resilient experience stress because they lack flexibility (and self-control).

4. Shift focus on character building

You want your children to adopt a variety of personality traits. You want them to be upbeat, tenacious, diligent, self-motivated, family-oriented, focused, and spiritually strong. However, it would help if you raised awareness about these issues by starting such discussions during informal conversations and then asking your children for feedback the next day. Explain what it takes to be a fantastic guy to your children.

5. Get to know your child's friends

As a parent, you do not get to choose your child's

dinnertime to become the ideal family time for your children.

7. Teach social skills

Your children should learn how to form and maintain real-life connections. It is strongly advised that children visit their cousins, grandparents, and friends and attend local social events. It's a well-known truth that children with more robust social skills achieve greater success in both their personal and professional lives. Encourage your children to keep their relationships strong not only in good times but also in bad.

8. Develop empathy skills

We end up producing carefree kids if we don't promote compassionate conduct. Teach your children how to experience someone's anguish, interpret their emotions, respond to a sad person, manage someone's rage, and put themselves in another's shoes to understand their mental condition. This will raise your children's Emotional Quotient, which is one of the most crucial components in living a successful life.

9. Do not overdo it

It is not a sign of good parenting to immediately grant all of their wishes. Instead, teach kids the value of patience, even if the wish is simple to grant. One strategy is to give them a goal to work toward before allowing them to earn it.

10. Instead of buying things, invest in memories

Teach your children that a new device will only provide them with transitory satisfaction; however, attending a fun event or traveling to a new city or country will provide them with a lifetime of experience and happiness.

6. Get together for a meal

If visiting another city or country is too expensive, it is recommended that you take your children out to eat; however, you do not have to choose costly restaurants. As a parent, you must ensure that time spent dining out is spent lightly. Talk about happy recollections, future ambitions, or just jokes. Allow





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Early signs that you are pregnant

The primary sign of pregnancy is missed period. This is a widely known pregnancy sign which confirms the good news even before the test. But sometimes, that can be a false alarm. Stress, disease, and irregular cycles can delay or stop the period. So one shouldn't solely rely on periods when expecting.

There are other signs as well that can emblem pregnancy. Here are some early signs of pregnancy that women will find helpful.

Body heat

If you notice, you will find that a woman's body heats up after ovulation. The temperature may rise one or two degrees. But after some time, it automatically is reduced.

But those who are pregnant will feel overheated even after that specific period. So what you can do is to check the body heat regularly. If the body heat is higher than the normal for one or two weeks consistently, it can mean pregnancy.

Change in breasts

Changes in women's breasts begin right from the first moment of pregnancy. First, they get tender and swell. And this is one of the earliest signs of pregnancy-tender and sensitive breasts.

The apparent changes that you can spot in your breast are swelling, visible veins, and enlargement of nipples.

Aversion to strong smells

Repulsion to a strong smell is also an early sign of pregnancy. It is well known that many fragrances intensely work as an anti-factor to the body during pregnancy. But many people don't know that it can happen at the very early stage of pregnancy.

It does not always have to be an odor that a pregnant body will abhor. It can be any strong smell – even the perfume you used to love earlier.

Dizziness



Due to hormonal changes and changes in blood pressure, dizziness and headache, and uneasiness in the body are common early pregnancy symptoms.

Fatigue

Fatigue is also a frequent sign of early pregnancy. You may feel tired and dizzy all the time, even after doing nothing heavy if you are pregnant.

Runny nose

Doctors have a name for this one- Rhinitis, or stuffy nose. Almost every pregnant woman experiences congestion in pregnancy. At first, it may seem like a common cold, but pregnancy is another possible



explanation.

Constipation

This is also very common during early pregnancy. Due to the increase of progesterone hormone, your

body may feel a bit of constipated, and it may take a bit to pass through the intestine.

Increase of urination

Just remember how many “pregnant lady pee ” jokes you have heard throughout your life. It’s indeed troublesome and awful to feel the urge to urinate very almost with no time gap, but it's another sign of your baby. Your bladder will fill up real quick, and due to the Hormonal changes and blood flow through the liver, this symptom will get stronger and stronger in the upcoming pregnancy.

Weird taste

The change of hormones mainly prompts a change in the taste bud. It is called Dysgeusia in medical science. Basically, you will not like some foods and crave things you usually don’t like.

Cramps

Cramps in the early stage of pregnancy prepare your body to be gentle to a growing fetus. You occasionally can feel pulling aches and sensations in the abdomen area. It is more intelligible when you move your body or sneeze.

Weird dreams

This is entirely psychological. Due to the change of body, our subconscious mind also changes; as a result, one will see weird, bizarre dreams even if they are unaware of the pregnancy. These dreams can be scary, but it does not concern much because it happens to almost every woman.

Mood swing

A woman's mood shuttles like a ping pong ball during the whole pregnancy period. One moment you will feel ecstatic, and another moment you'll be in tears. If you are feeling down or euphoric for quite some days and you’re feeling angry about everything at one moment and the next moment crying after seeing adorable puppy videos, that can signify your pregnancy.

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EMERALD PURE

When it comes to conceiving, both women and men need to eat well. Prenatal nutrition is essential for the prenatal preparation process. The importance of a good diet and a healthy BMI in the conception process cannot be overstated. To build a safe nine-month antenatal period, women must focus on a healthy weight and nutrients such as folic acid and balanced consumption of other macro and micronutrients.

Along with women, men should also pay attention to their weight since being overweight can lead to hormonal imbalances, affecting sperm quality. As a result, it is recommended that they consume various fruits and vegetables, vitamins, antioxidants, and mineral-rich foods daily.

Most women do not eat a well-balanced, healthy diet before pregnancy, making it difficult to conceive. The nutritional plate guideline can help you achieve balance:

1. Dairy - Dairy goods, such as milk and milk products, are useful calcium and plant-based protein source for vegetarians. If you're trying to lose weight, look for organic milk and milk products low in fat or fat-free.
2. Vegetables - Green leafy vegetables, starchy vegetables, orange-colored vegetables other vegetables are separated into distinct categories. Each meal should include at least two different types of them.
3. Fruits - Fruit should be consumed in various forms, with at least two servings each day. They are a good source of minerals, vitamins, and fiber.
4. Nuts include nuts, seeds, and non-vegetarian sources such as meat, poultry, fish, and high biological value protein (egg). Fish, poultry, seeds, and nuts are all excellent lean meat sources. Lean protein should make up 1/4 of your meal plate.
5. Even though there are many various kinds of grains, choose those enriched with folic acid for added benefits during pregnancy. 1/4 of the plate should be filled with grains and cereals.

Nutritional requirements and lifestyle disorders that can affect your chances to conceive

In addition, place a strong emphasis on the consumption of:

1. **Iron-** During the pre-pregnancy period, your iron requirements will increase by 50 to 60%. During pregnancy, iron aids in the production of new blood, which carries oxygen and nutrients to the baby. Anemia, preterm delivery, weakness, shortness of breath, and low birth weight are all symptoms of a lack of iron.

Sources: Almonds, poultry, walnuts, lamb, raisins, kidney beans, pistachios, prunes, beetroot.

2. **Calcium -** Building strong bones is an essential part of preparing for pregnancy. If a pregnant female's diet is low in calcium, the growing fetus will absorb calcium from the mother's bones, placing her at risk for osteoporosis later on in life.

Sources: Seafood, Milk and milk products, seafood, dried peas and beans, and green vegetables like spinach, broccoli and greens.

3. **Folic acid-** It has been shown to aid in the formation of a baby's neural tube, which produces the spine and brain. Spina bifida is a condition in which a baby's spine does not form properly due to a lack of vitamins.

Sources: Dark green leafy vegetables, orange, cauliflower and lentils.

4. **Vitamin D-** It's been connected to a number of health benefits for women who are attempting to get pregnant. It affects both the ovary and the endometrium, making it important for fertility. In addition, vitamin D has been

demonstrated to improve ovulation at the ovarian level.

Sources- Egg yolk, salmon, milk, fortified cereals and orange juice.

The impact of lifestyle on fertility

Certain lifestyle habits and diseases might also exacerbate infertility.

PCOS, endometriosis, uterine fibroids, and sexually transmitted illnesses are all frequent health issues. In addition, both men and women are known to be affected by stress, alcohol, smoking, irregular sleeping patterns, and a bad diet.

Obesity, Insulin resistance, thyroid issues, and high blood pressure can all be caused by these.





Travel Diaries

It Really Surprised Me

I am Punit Sukla, a millennial, living with my wife in Gurgaon.

I came from Nawada, a small village in Bihar.

Having settled here in Gurgaon and been busy with my IT work has somewhat made me miss my hometown a lot less. But like they say, what goes around, comes around. I started having the craving to be in the village again.

And now I got work from home and I came back to my village Nawada.

I came back after 6 Yrs and I realised that a lot has changed. Now it's not that village where I used to live.

On weekend I planned to visit Rajgir with some of my childhood friend as I listened a lot new about it.

I have already visited there but now it has a lot to attract. Actually Rajgir is just an hr from my home so I have visited a lot when I used to be in my village.

Actually I saw a lot about Rajgir Glass Bridge on internet and I want to see it so I planned.

When I reached there, it surprised me. I never expected such changes in a quick time. Not only this, Rajgir has jungle safari too.

Rajgir is already famous for tourism but I would suggest you to visit whenever you get a chance: It's Rajgir in Nalanda District (Bihar)

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DON'T FRET
ABOUT
BUYING THE
'RIGHT' TOY
— ANY TOY
IS
EDUCATION
AL IF YOU
SUPPORT
KIDS IN
THEIR PLAY.



Children get influenced very fast when it comes to buying a toy they just saw in a shop or on the television. But you as a parent often fear is it the right thing to buy? Well, let's accept the fact that you are the best person to know your child. Whether you choose a prescriptive toy like a chemical set or a science kit, or an "open-ended" toy-like plastic bricks or building blocks doesn't matter. Any toy can be educational if you connect with your children and talk to them about what they are doing and learning.

Several toys on the market claim to encourage learning, inspire creativity, and improve children's STEM abilities. While many parenting blogs warn against buying "one complete" toys, social media influencers make us feel like we're not measuring. Kids will be kids, pleading for what their friends have or what they've just seen on YouTube.

Lego

In fact, Lego is a great place to start! The blocks are suitable for a wide variety of ages. You can purchase either highly prescriptive kits that need strict adherence to a design or general sets, including random blocks that can be used to create something unique and improvised. Alternatively, you can purchase various other types of blocks, such as wooden or magnetic ones, on the market.

Regardless of the type, playing with blocks enables youngsters to design, construct, and experiment with their engineering creations.

Parental power.

Parents or carers can play with their children while they are playing with their blocks and engage them in dialogue about the form and structure they are making. So please give it a shot. Positional and relational languages are two types of languages. Ask the following questions to expand your vocabulary.

- Do you think you can make this tower tall enough to reach the top of the table?
- How many blocks surround the foundation of this structure?
- To build a fence around this house, what kind of block do you need? Is it possible for me to use other materials?
- What should be affixed to the structure's top?

While your child is playing, talk to them to help them explain their thoughts and expand their language. It teaches children about mathematical concepts. Numbers, measures, spaces, and scientific procedures, including observation, planning, estimation, and problem-solving, are examples of scientific processes. It's a fantastic opportunity to exchange ideas and speak with one another.

Board games

Similarly, I'm a fan of games like Uno and board games that require you to complete objectives, whether it's removing all of the cards or running around the board. This allows youngsters to experience both wins and losses,

planning and strategy, and dealing with unintentional elements such as rolling dice. Counting, numbering, and chance are all present in both snakes and ladders and ludo's. They frequently motivate kids to create their own games.

Other Toys

Children are frequently inspired to make up their own games as well.

Then there are toys and materials made particularly to encourage STEM study. However, these aren't the only ways to improve these abilities.

Being a good STEM learner is crucial and valuable in today's world. STEM learning allows young children to explore the world around them, creatively thinking systematically. study concepts, use critical and gain confidence and skills.

Let's understand that everything can be the right toy with the correct perspective. What matters most is having the opportunity to play and converse with your child. This will provide children with the knowledge, skills, and confidence they need to succeed at any age.

TAKING BIRTH CONTROL PILLS WHILE YOU ARE PREGNANT - ARE THERE ANY SIDE EFFECTS?

Birth control

Any way of preventing conception is considered birth control. Barrier birth control such as surgical procedures, condoms, and chemical birth control are just a few alternatives available.

The pill is the most used hormonal birth control method. When taken correctly, birth control tablets are more than 99 percent effective. Isn't that almost full proof? Unfortunately, that's not the case. We're all human, so we miss dosages now and then. In practice, this implies the tablet is only 91 percent effective.

Birth control pills and pregnancy

If you've been using the birth control pill and find out you're pregnant, you might be concerned about harming the baby and the possibility of a miscarriage or stillbirth. However, the majority of research says that you shouldn't be worried. Although some birth control methods may create difficulties, using birth control tablets or other hormone delivery devices is generally considered safe. However, it's critical to stop using birth control as soon as you find out you're pregnant.

Most women wonder if using birth control tablets will harm their chances of getting pregnant. But, according to research, using birth control throughout the first few weeks of pregnancy has no adverse effects on the developing foetus.

However, most females have certain concerns about using birth control tablets while pregnant:

1. Is Miscarriage a Possibility?

Another common fear among women who have an unintended pregnancy in such circumstances is this. However, there is no statistical evidence that can be used to demonstrate a link between the two factors. Birth control pills have little effect after the fertilized egg has been implanted because the hormones in the pill are supposed to thicken the cervical mucus to prevent sperm from entering the uterus and inhibit ovulation. Still, none of these things happen once the fertilised egg has been implanted.

2. Is there a chance of preterm birth or a low-birth-weight baby?

According to certain studies, women who become pregnant while taking the birth control pill are

weight. However, it's important to note that the amount of study done in this subject is limited, as exposing a mother and her unborn child to any potential harm may be against medical ethics. As a result, much of the information has come from epidemiological studies comparing moms who used birth control pills during their early pregnancy versus those who didn't.

3. Is it possible to have an Ectopic Pregnancy?

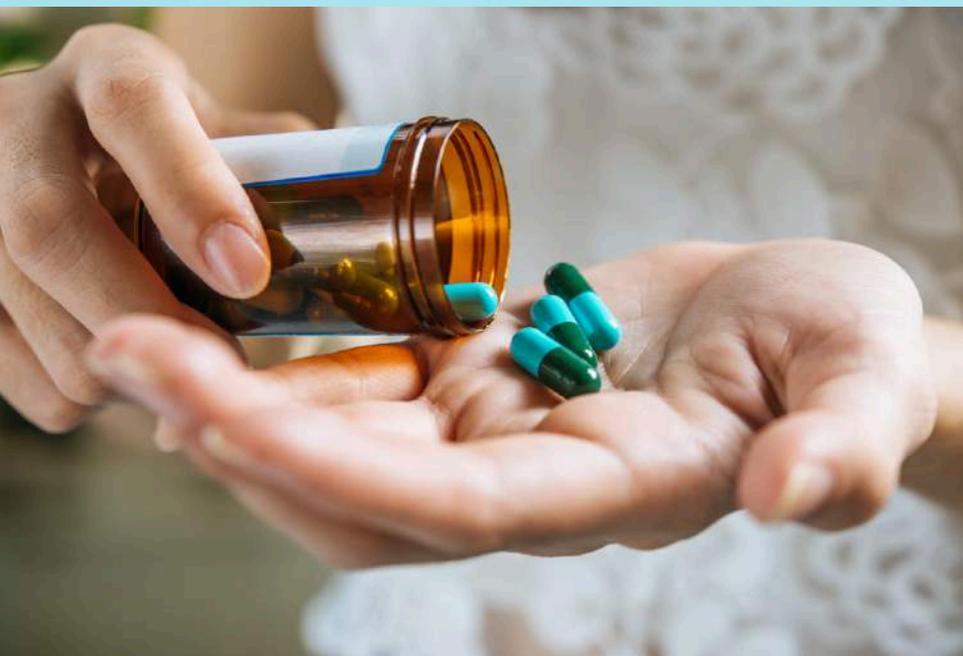
Taking a progestin-only birth control pill (minipill) when pregnant may raise the chances of an ectopic pregnancy (a condition in which the fertilized egg grows outside of the uterus) in some situations, according to research.

4. Are Birth Defects a Possibility?

Often women who become pregnant unexpectedly while on birth control are concerned that their baby will be born with birth abnormalities.

However, there is no definite scientific proof that using birth control during your early pregnancy increases your baby's risk of birth abnormalities.

It's not uncommon to become pregnant while on birth control tablets. If you suspect you're pregnant, use a home pregnancy test to confirm your suspicions. If you're pregnant, it's best to stop taking birth control tablets right away. Or, if you were worried about using birth control pills before you realized you were pregnant, talk to your doctor, but be assured that the danger is low. Before purchasing birth control pills, it is also a good idea to read the product labeling carefully to determine the potential risks of pregnancy. In any event, regardless of any possible risk factors, it's a good idea to consult a doctor for more information.



more likely to have preterm labor, a few congenital urinary tract defects, and low birth



**Is taking
a massage
during
pregnancy
safe?**

Anyone who has had a professional massage understands that it makes both the body and the mind feel better — and prenatal massage is no exception, especially when extra weight and changes in posture cause new aches and pain.

Here's everything you need to know about whether or not getting a massage while pregnant is safe.

Prenatal massages are generally considered safe after the first trimester, as long as you have your doctor's consent and advise your practitioner that you're expecting. However, massage must be prevented during the first three months of pregnancy because it can make you dizzy and worse morning sickness.

Massage therapy has been demonstrated to provide numerous benefits during pregnancy and a sense of well-being, greater relaxation, and improved sleep. However, because some techniques and trigger spots in the body might provoke contractions and early labor, it's critical to seek professional help.

Who should stay away from massages while pregnant?

Discuss your risk with your doctor. Massage should not be used during pregnancy in some circumstances.

As a result, if you have the following conditions, your doctor may advise against receiving a massage:

- possibility of preterm labor
- preeclampsia
- high blood pressure
- blood clots/clotting disorder
- problems with your placenta, like placenta previa
- gestational diabetes

Massage should be avoided during pregnancy in the following areas:

First and foremost: Certain acupressure spots may cause a miscarriage or preterm labor if they are massaged. These points are sometimes massaged to induce labor, and while they may reduce the length and agony of labor, you should avoid them before then.

Additionally, for your child's comfort and safety in the womb, your pregnant body must be placed and maintained differently from a non-pregnant person's. For example, you should lie on your side, not your back or stomach, sit erect or even in a semi-reclining position during the massage.

What is the reason for this? To begin with, sleeping on your stomach is inconvenient. Furthermore, resting on your back after 20 weeks may put pressure on major arteries, such as your aorta and inferior vena cava, causing blood flow to be restricted. As a result, your blood pressure may drop, and blood circulation to your uterus may be reduced.





You also might want to exercise caution in the following areas of your body:

Your stomach. Massages on your growing belly and the area around it should generally be avoided since they could hurt you or the baby. It's OK, though, to gently massage some stretching mark cream onto your stomach.

Your legs, to be precise. It's alright to rub or brush your legs softly, but be sure your partner isn't applying excessive deep tissue pressure. As your blood volume rises during pregnancy, blood flow in your legs may slow, making you more susceptible to clots. So, a clot could be expelled by a deep tissue massage on your legs.

Points of pressure, as we mentioned before, pressure points in some regions of your body, such as your wrist, ankle, or between your fingers, are thought to generate contractions in reflexology. These locations should be ignored until you're nearing the end of your pregnancy and your doctor says it's safe.

Professional training matters

If you follow the measures we've listed here, there's really nothing wrong with getting a gentle massage from your partner or a friend. However, if you decide to receive a massage, make sure it's from someone skilled in prenatal massage and you have had a word with your doctor.

During pregnancy and birth, your body has to go through many changes. Therefore, it's critical to choose a massage therapist who understands everything that's going on with your body so that the massage may be adjusted to your specific needs.

Massage during pregnancy has several advantages.

Massage has been shown to lower stress hormones in the body and relax and loosen muscles. It can help improve blood flow, which is crucial during pregnancy, and keep your lymph system running smoothly. It also re-connects your mind with your body, which is reassuring if you ever question if you have a kid or if an extra-terrestrial has taken up residence inside of you.

Routine prenatal massages will not only calm you down during your pregnancy, but they may also relieve:

- Insomnia
- Joint pain
- Neck and back pain
- Leg cramping
- Sciatica
- Swelling in your hands and feet
- Carpal tunnel pain
- Headaches and sinus congestion

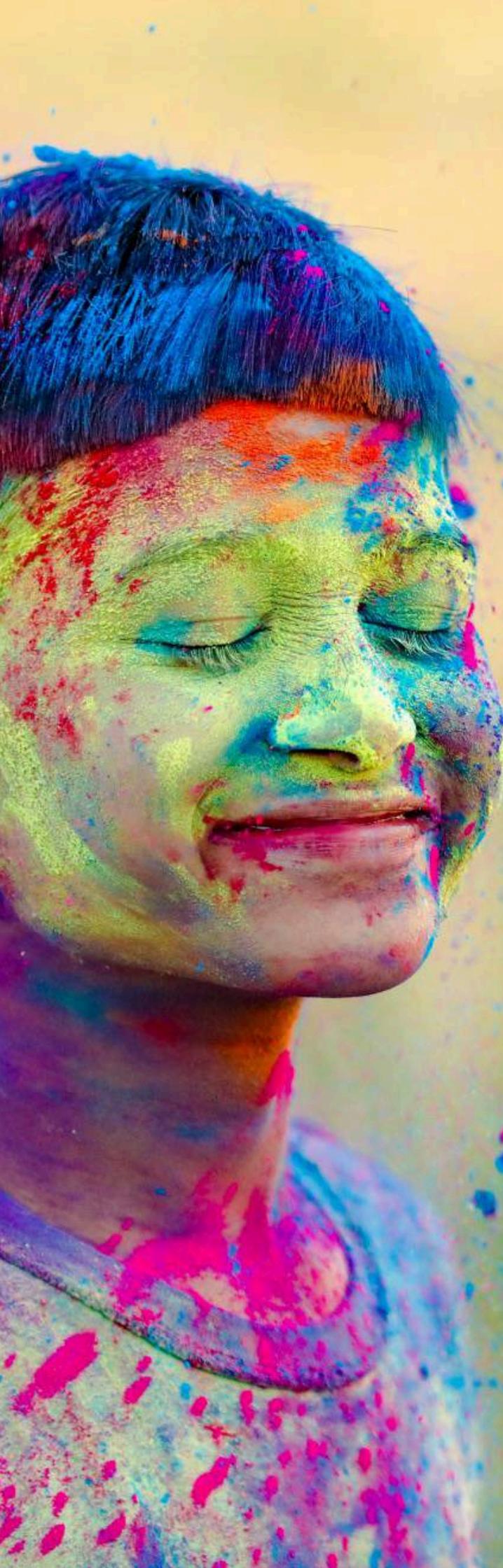


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Jawahar Lal Nehru: Top 10 facts about Chacha Nehru

Jawaharlal Nehru was a prominent figure in India's freedom struggle against British rule and played a major role in the implementation of notions such as secularism in the country. He became the first Prime Minister of independent India.

Here are 10 lesser-known facts about him

Jawahar Lal Nehru was born on November 14, 1889, in Allahabad (officially known as Prayagraj) to Pandit Motilal Nehru and Swarup Rani. He was the eldest of his siblings.

1. Jawaharlal Nehru was nominated 11 times for Noble Prize mostly for Peace during 1950-1955 but he never able to get a Single Prize from Nobel.
2. Pandit Jawaharlal Nehru went to Trinity College, Cambridge in October 1907 and graduated with an honors degree in natural science in 1910.
3. In August 1912, after returning to India, Nehru enrolled himself as an advocate of the Allahabad High Court and tried to settle down as a barrister.
4. He had two more siblings, both of whom were girls. The name of her elder sibling was Vijay Lakshmi Pandit and the other was Krishna Hutheesing.
5. In 1929, Nehru ascended to the post of Congress President and played a pivotal role in the independence struggle lead by congress since then.
6. In 1935, he wrote his autobiography in



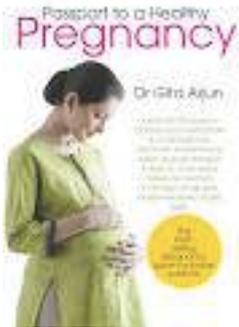
The Book Bug

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, let's start with our this month's list:

BEST BOOKS FOR PREGNANT MOTHERS

PASSPORT TO A HEALTHY PREGNANCY



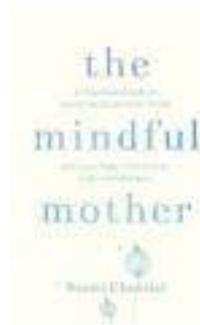
This book is written by Gita Arjun, who has 32 years of experience. Passport to a Healthy

Pregnancy is one of the

best seller books on pregnancy. This book is

recommended for every woman trying to get pregnant, or she is pregnant or even after childbirth. This book will help you understand pregnancy and all the queries regarding pregnancy, such as how your body will change, your baby growth, sleep, what you should eat & what you should not eat, etc.

THE MINDFUL MOTHER



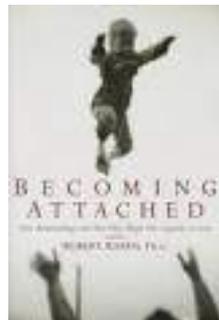
friend and help

you understands what becoming and

being a mom really means. This book covers all the joy and challenges of becoming a mother.

BEST BOOKS FOR NEW PARENTS

BECOMING ATTACHED

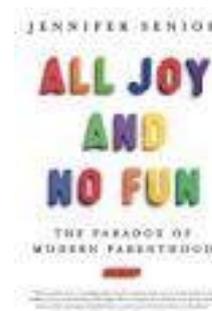


renaissance, raising questions like: In what

We highly recommend this book to all pregnant women and mothers. This book can be your knowledgeable

specific ways did my parents ruin me for all future relationships?

ALL JOY AND NO FUN BY JENNIFER SENIOR



This book is a great answer to every time you've ever wondered,

"Is it just me, or is being a parent bad in a very particular way right now?" A leading question, maybe, but Senior has

convinced me that the answer is "Yes." Inspiring either a consoling self-forgiveness

or a maddening fire under one's ass (both, one hopes), former New York staff writer Senior winningly leads us through the world of modern parenthood with both depth and breadth, in a voice that is insightful, relatable, and genuinely searching.

BEST BOOKS FOR TODDLERS

PRESS HERE



An interactive picture book containing coloured dots and inviting the reader to use their imagination. When the reader rubs the dots they change colour, claps over the dots they grow, tilts the book and the dots slide around presenting a colourful array of images.

WHERE THE WILD THINGS ARE



Where the Wild Things Are is a 1963 children's picture book by American writer and illustrator

Maurice Sendak, originally published by Harper & Row. The book has been adapted into other media several times, including an animated short in 1975; a 1980 opera; and a live-action 2009 feature-film adaptation.

BEST BOOK FOR BIG KIDS

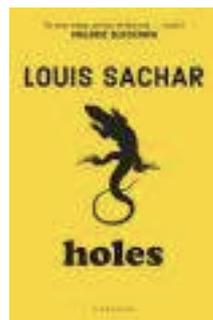
THE LITTLE PRINCE

A pilot stranded in the desert awakes one morning to see, standing before him, the most



extraordinary little fellow. "Please," asks the stranger, "draw me a sheep." And the pilot realizes that when life's events are too difficult to understand, there is no choice but to succumb to their mysteries. He pulls out pencil and paper... And thus begins this wise and enchanting fable that, in teaching the secret of what is really important in life, has changed forever the world for its readers.

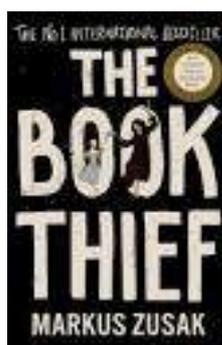
HOLES (NOVEL)



Holes is a 1998 young adult novel written by Louis Sachar and first published by Farrar, Straus and Giroux. The

book centers on Stanley Yelnats, who is sent to Camp Green Lake, a correctional boot camp in a desert in Texas, after being falsely accused of theft.

BEST BOOK FOR TEENS



THE BOOK THIEF

The Book Thief is a historical novel by the Australian author Markus Zusak, and is one of his

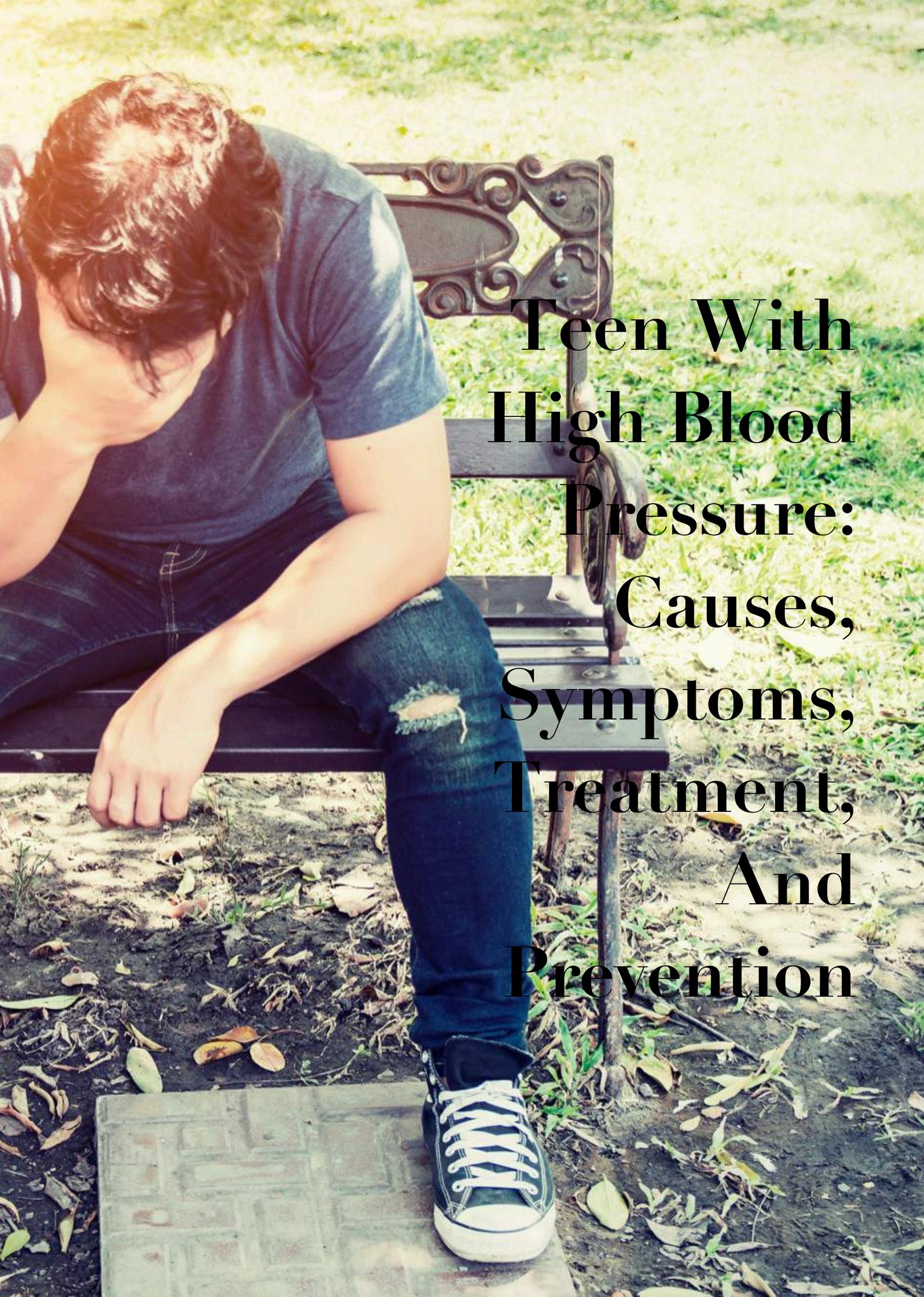
most popular works. Published in 2005, The Book Thief became an international bestseller and was translated into 63 languages and sold 16 million copies. It was adapted into the 2013 feature film, The Book Thief.

LOOKING FOR ALASKA



Looking for Alaska is John Green's first novel, published in March 2005 by Dutton Juvenile. Based on his time at Indian Springs

School, Green wrote the novel as a result of his desire to create meaningful young adult fiction.



**Teen With
High Blood
Pressure:
Causes,
Symptoms,
Treatment,
And
Prevention**

High blood pressure

When the force of blood pushing against the blood vessel walls is too great, it is known as high blood pressure or hypertension. When a person has high blood pressure, they should:

- To pump blood, the heart has to work hard.
- So as blood travels through the arteries, they are put under more stress.

Although hypertension is often thought of as an "adult disease," it affects an overwhelming number of teenagers and younger children.

Stage 1 hypertension- A systolic pressure 130 to 139 mm Hg or diastolic pressure 80 to 89 mm Hg
Stage 2 hypertension- A systolic pressure 140 mm Hg or high, or diastolic pressure 90 mm Hg or high.

Causes

1. Primary hypertension

The majority of instances are classed as primary hypertension, which means they are not caused by another medical condition. Many experts believe that juvenile or adolescent hypertension is on the rise in connection with obesity. Hypertensive teenagers and kids over six are more likely to have a family history of the disorder and/or be overweight.

The following are some of the factors that can cause primary hypertension:

- Obesity is defined as being overweight or obese.
- Having a blood pressure problem in the family
- Type 2 diabetes or a high fasting blood sugar level are both risk factors.
- Having a high level of cholesterol
- Excessive salt consumption
- Being Hispanic or Black
- Being a man
- Smoking or being exposed to second-hand smoke are both harmful.
- Sedentary behavior

2. Secondary hypertension

A known underlying medical problem causes secondary hypertension. Out of which:

- Approximately 80% of children have kidney illness or blood vessel problems.
- Endocrinological disorders affect 5% of the population.
- Heart disease affects 2% to 5% of the population.

Secondary hypertension is more frequent hypertension in children with hypertension, especially those who are very young. However, the ratio of primary to secondary hypertension in children older than 6 to 8 years old is approaching 50/50.

Other causes of high blood pressure include:

- Chronic kidney disease
- Polycystic kidney disease
- Heart problems, such as severe narrowing of the aorta
- Adrenal disorders
- Overactive thyroid (hyperthyroidism)
- Shrinking of the artery that supplies blood to the kidneys
- Sleep disorders, especially obstructive sleep apnea
- Certain treatments and pharmaceuticals, such as decongestants, stimulants used to treat attention deficit hyperactivity disorder (ADHD), nonsteroidal anti-inflammatory drugs (NSAIDs), caffeine, and steroids, can cause a stuffy nose.
- Cocaine, methamphetamine, and similar drugs

Signs and symptoms

Pre-hypertension or stage 1 hypertension in children and teenagers often goes unnoticed. Your child may exhibit one or more of the following symptoms if she has stage 2 hypertension:

- headaches
- vision loss
- double-vision
- chest discomfort
- stomach ache
- breathing difficulties

Diagnosis

The diagnosis of high blood pressure in teenagers is significantly more complicated than in adults, who have a clear set of mathematical numbers to guide them.

High blood pressure in individuals under the age of 20 does not represent the same health risks as in those over the age of 40, such as heart attack or stroke; therefore, that's not the scenario with teenagers and adolescents.

Five essential factors are used to make a diagnosis in teenagers:

- Age
- Gender
- Height
- The reading of systolic blood pressure
- The reading of diastolic blood pressure

These numbers are then compared to those of other boys or girls to establish where the teen falls within a percentile or compare one value to that of the rest of the group.

Treatment and prevention

As hypertensive teenagers are more likely to have cardiovascular events later in life, early treatment is critical for decreasing blood pressure and maintaining long-term management.

- These include things like eating a nutritious diet and exercising regularly.
- Maintaining a healthy BMI
- Regular exercise is essential.
- Smoking cessation
- Eliminating the usage of drugs and alcohol

Treatment methods vary, but they usually begin with lifestyle changes before changing to medicines.

Impact of sleep on teenagers

Sleep aids in the refueling of both the brain and the body. Teenagers require more sleep since their minds and bodies are rapidly developing.

Most teenagers, per scientific research, do not get much sleep. However, you need around 8 and 10 hours of sleep to perform at your best every day. While you may not always be fortunate to have this much, it is critical to strive to get as much as possible.

Not getting enough sleep regularly causes chronic sleep deprivation. This can have a huge impact on a teen's life, hurting their mental health and increasing their chances of anxiety, melancholy, and low self-esteem. It may also have an effect on students' academic achievement.

7 things that you should keep in mind about sleep and teenagers

1. Teenagers' body clocks are shifted forward by one or two hours by puberty hormones, causing them to sleep one to two hours later. Given the fact that teenagers sleep fairly late, the early start of school prevents them from sleeping in.
2. The temptation of stimulating entertainment such as television, the internet, and computer gaming can persuade a teenager to get out of bed.
3. The brain is told to stay awake by light. Light from laptops, televisions, and cell phones in the evening can hinder the adequate generation of melatonin, the brain chemical essential for sleep.
4. Restless legs syndrome or sleep apnea are examples of sleep problems that can impact how much sleep a teenager receives.
5. A teenager's brain becomes more active when they do not get enough sleep. It's more difficult to fall asleep with a hyper-aroused brain.
6. Sports, homework, part-time work, and social responsibilities can all cut into a teenager's sleep time after school.
7. Smartphones and other electronic gadgets used before going to bed limit sleep time.

Here are a few suggestions on what to do about it

- Establish a soothing nighttime ritual. Have a small snack before actually going to bed. Every night, try to go to bed at about the same hour. Maintain a comfortably chilly,

- Always Your bed should only be used for sleeping. While in bed, avoid using a smartphone or tablet, doing homework or playing video games. Every night, try to sleep for at least 8 hours in your bed with the lights turned off.
- Get some exercise every day, but limit doing anything too intense in the evening.

- Try to get up between 2 hours to 4 hours of your typical waking time on weekends, irrespective of the fact on how late you go to bed. This is especially important on Sunday nights if you have difficulties sleeping.

- Keep a watch on your screen time before going to bed. It can be difficult to fall asleep if you use electronic media and are exposed to the screen's light before going to bed.

Visit the doctor if:

- Even after trying the suggestions in this guide, you have problems falling asleep at night.

- You wake up in the middle of the night or early in the morning and are unable to return to sleep.

dark, and quiet environment in your room, but open the curtains or turn on the lights as soon as you wake up in the morning.

- Caffeine should be avoided after mid-afternoon. Alcohol, herbal medications, and over-the-counter sleep aids should not be used to assist you in sleep.
- It can be tough to fall asleep if you nap throughout the day. Keep it short if you want to nap. Do not take a snooze after dinner.

- Despite getting adequate sleep, you continue to feel exhausted.
- You are having difficulty meeting your obligations, such as not attending school, going to meet a deadline, or spending quality time with friends.
- Having emotional pain that won't disappear.
- Anxious sensations that make it difficult to concentrate on other things.



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.**

What do you call a boomerang that won't come back?
A stick.
Riya, 7 Yrs, Noida

What does a cloud wear under his raincoat?
Thunderwear.
Yash, 5 Yrs, Delhi

What time is it when the clock strikes 13?
Time to get a new clock.
Sushant, 6.5 Yrs, Indore

How does a cucumber become a pickle?
It goes through a jarring experience.
Shaurya, 6 Yrs, New Delhi

What did one toilet say to the other?
You look a bit flushed.
Pari, 5 Yrs, Ludhiana

What do you think of that new diner on the moon?
Food was good, but there really wasn't much atmosphere.
Anamika, 7 Yrs, Pune

Why did the dinosaur cross the road?
Because the chicken wasn't born yet.
Ritesh, 7 Yrs, Jhansi

What musical instrument is found in the bathroom?
A tuba toothpaste.
Rudra, 5 Yrs, Delhi

What do you call two birds in love?
Tweeheartes
Ritika, 6 Yrs, Delhi

How does a scientist freshen her breath?
With experi-mints.
Sanaya, 7 Yrs, Mumbai

How are false teeth like stars?
They come out at night.
Nancy, 6 Yrs, Ranchi



20 Activities to Promote Cognitive Development in Toddlers

The way a child learns, accumulates knowledge, and interacts with his environment is described by cognitive development. Different cognitive capabilities are acquired as a kid reaches particular developmental stages, but activities that promote active learning will benefit a youngster of any capacity. As a parent, you may support your child's cognitive development in the areas of memory, attention, focus, and perception with simple activities that you can implement into your daily routine.

Let's look at 20 Activities to Promote Cognitive Development in Toddlers

1. Practice Counting

Counting practice should be done at various times throughout the day. For example, when you go to the garden, count the number of shirts in your child's wardrobe or the number of swings on the playground. You might find yourself counting everything shortly!

2. Flashcards are a great way to learn letters.

Flashcards are an excellent technique to teach and improve memory in toddlers. You can start with letters and practice them daily.

3. Sing songs

Sing songs with your child and invite him to join in. Play his favorite songs and music in the house and in the car regularly, and he might start singing along on his own.

4. Learning shapes

Shape recognition and spatial awareness are crucial developmental abilities for toddlers, and using a shape sorter to practice both is a fun and stress-free method. Brightly colored toys also help them learn and develop their shape abilities by retaining their attention.

5. Play with Everyday Items

Playing with common home goods is instructive, entertaining, and inexpensive. For example, please encourage your child to match different-sized lids to the pots they go with or have him look in the mirror and point to his nose, ears, mouth, eyes, and other facial features.

6. Teach colors

Colors are enjoyable, appealing, and necessary for your child's cognitive development. Get a color sorter for your child and show them how to use it. It aids in the development of your toddler's cognitive and logical abilities.

7. Simple daily habits should be established.

Create routines and procedures that are basic and well-defined. Stick to the schedule for baths, lessons, dinner, stories, activities, and trips to the park with the toddlers. This trains children to expect one after the other and to relate to the sequence.

8. Asking questions.

Simply asking your toddler questions at regular intervals is a spontaneous cognitive activity. These inquiries can range from "What do you want for dinner?" to "What does a lion sound like?" This activity allows your child to practice problem-solving and critical thinking regularly, and it can be done at any time during the day. Giving your child options and allowing them to make decisions for themselves is also beneficial because it develops autonomy.

9. Identifying noises

Ask your youngster to name the sounds he hears throughout the day. Then, he'll start to notice how noises are related to objects in his daily life.

10. Give choices

Whenever possible, give your child options: "Would you like to wear the brown shorts or the blue shorts?" "Would you prefer going out or staying in for lunch?" This will assist him in becoming more self-sufficient and learning to make confident decisions that affect his day.

11. Visit places

To excite his interest and provide him with "hands-on" experiences, take him to your local children's museum, fish market, vegetable market, or library. While you're exploring, ask him questions and listen to his responses.

12. Play games

Play various games with your child to help them develop problem-solving skills and talents. If your child is younger, you and your child can play "Peek-a-Boo" with bricks. As he gets older, you may play riddles, board games, puzzles, and "Hide and Seek" with him.

13. Stacking blocks

Allow your child to stack the blocks in any way they want. It gives children the freedom to imagine and be creative. In addition, giving them advice every now and again is beneficial.

14. Pretend-play with kitchen toys

Toddlers have a strong sense of fantasy. Providing kids with kitchen toys encourages them to engage with their imaginations and ingenuity. It's also a fantastic method to introduce kids to different foods, flavors, and smells.

15. Treasure hunt

The activity is best suited for toddlers aged two to three who are capable of following instructions. Set

up a scavenger or treasure hunt for your child, and reward them for their efforts.

16. Play with musical instruments

Music and sounds of all types are initially appealing to babies. For example, playing with whistles, banging on objects, and pounding on a drum with drumsticks improves agility and helps your child develop a sense of sound and melody. Please give them a toy musical instrument to play with and encourage them to do so.

17. Give children activities and toys that are based on sorting.

Your youngster will be able to recognize and classify objects by the age of two. You can ask them to sort toys, blocks, animals, colors, or their favorite to encourage and strengthen their ability to sort objects depending on multiple factors.

18. Get creative

Children have a lot of creativity. These characteristics come quickly and can be polished further through art, painting, and crafts.

19. Let Them Help with Chores

Toy cleaning supplies are a surprising amount of fun for young toddlers to play with. Of course, they do this because they want to imitate what their parents or older siblings do.

20. Use a Balance Bike to Improve Your Balance

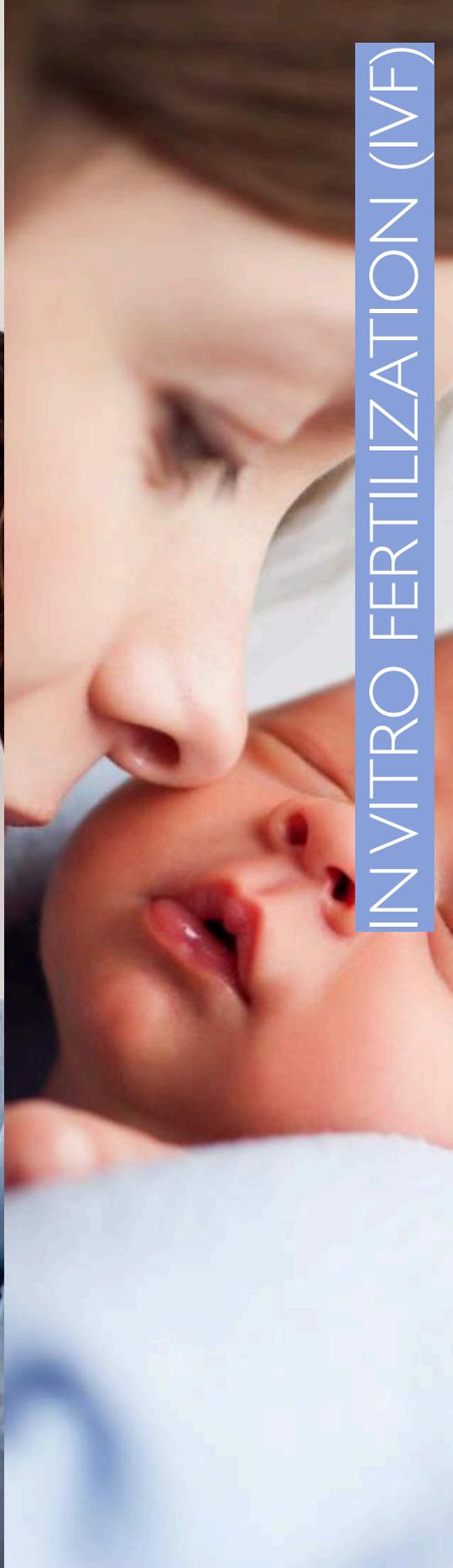
While you may associate cognitive activities with the brain rather than the body, physical activity has just as significant an impact on your child's cognitive development as mental activities. Balance bikes are an excellent method to encourage outdoor play while including physical cognitive exercises into your toddler's routine.



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