

So Parenting

10 movies to watch during pregnancy

TRAVEL DIARY

Superfoods that help increase height in children.

10 Ways to Encourage Your Child to Drink Water

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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.



EDITORS NOTE

FOR THE LOVE OF READING



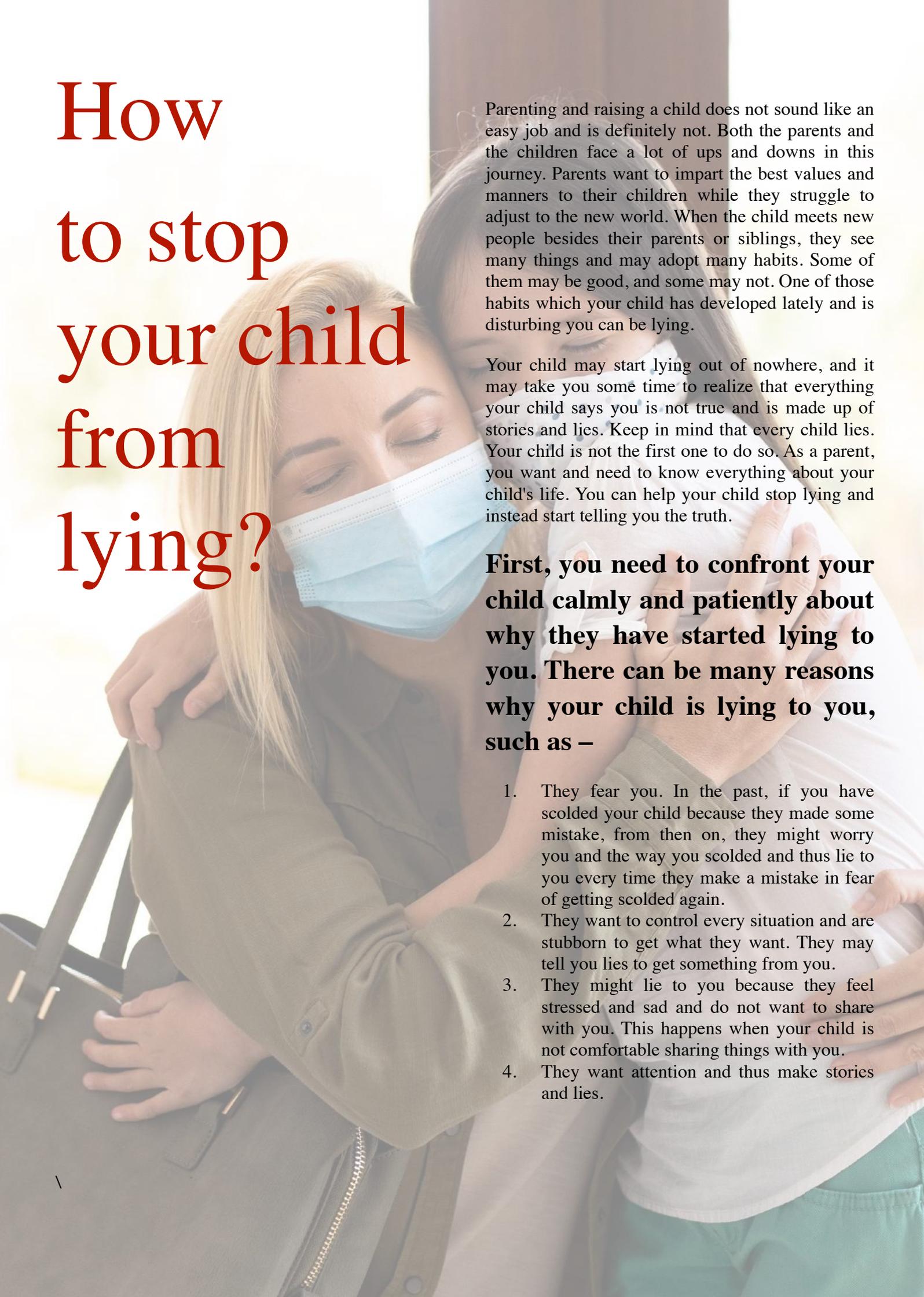
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How to stop your child from lying?



Parenting and raising a child does not sound like an easy job and is definitely not. Both the parents and the children face a lot of ups and downs in this journey. Parents want to impart the best values and manners to their children while they struggle to adjust to the new world. When the child meets new people besides their parents or siblings, they see many things and may adopt many habits. Some of them may be good, and some may not. One of those habits which your child has developed lately and is disturbing you can be lying.

Your child may start lying out of nowhere, and it may take you some time to realize that everything your child says you is not true and is made up of stories and lies. Keep in mind that every child lies. Your child is not the first one to do so. As a parent, you want and need to know everything about your child's life. You can help your child stop lying and instead start telling you the truth.

First, you need to confront your child calmly and patiently about why they have started lying to you. There can be many reasons why your child is lying to you, such as –

1. They fear you. In the past, if you have scolded your child because they made some mistake, from then on, they might worry you and the way you scolded and thus lie to you every time they make a mistake in fear of getting scolded again.
2. They want to control every situation and are stubborn to get what they want. They may tell you lies to get something from you.
3. They might lie to you because they feel stressed and sad and do not want to share with you. This happens when your child is not comfortable sharing things with you.
4. They want attention and thus make stories and lies.

These can be some of the primary reasons why your kid is lying to you or anybody else.

Once you have identified why your kid is lying, simply have a conversation with them calmly. Do not scold them because it might scare them both. While talking with your child, make them understand that you will always support them no matter what, and they should not hide anything from you. As a parent, you need to make your kids think that they can confide in you with anything and can share every problem there with you. The more your kids are comfortable with you, the more they will start telling you the truth.

Discuss the consequences of lying with your child. First, you need to make them understand that lying can look like a problem solver, but it can create a much bigger problem that cannot be solved in the future.

The more you start confronting your kids about their lies, slowly, they will start feeling embarrassed when you catch them lying. In this process, talk to them with patience and calmness but not leniently whenever you are confronting them. You can give them some soft punishments like grounding them for a few hours, not letting them have their phone or tablet for a few hours, and so on. Soon they will understand that lying causes more trouble for them. Never tolerate any lies told by your kid because this will just give them a free pass to lie more often.

Make your kid understand that when they grow up, people will not appreciate any of their made-up stories but will respect the reality of their life. Getting attention based on some life can backfire on them, which will leave them ashamed.

Children can be molded at an early age, and you need to start making them realize that they should always speak the truth to their parents no matter what. The more they understand this at an early age, the more it will help you and them in the long run.



H A P P Y

Mother's Day



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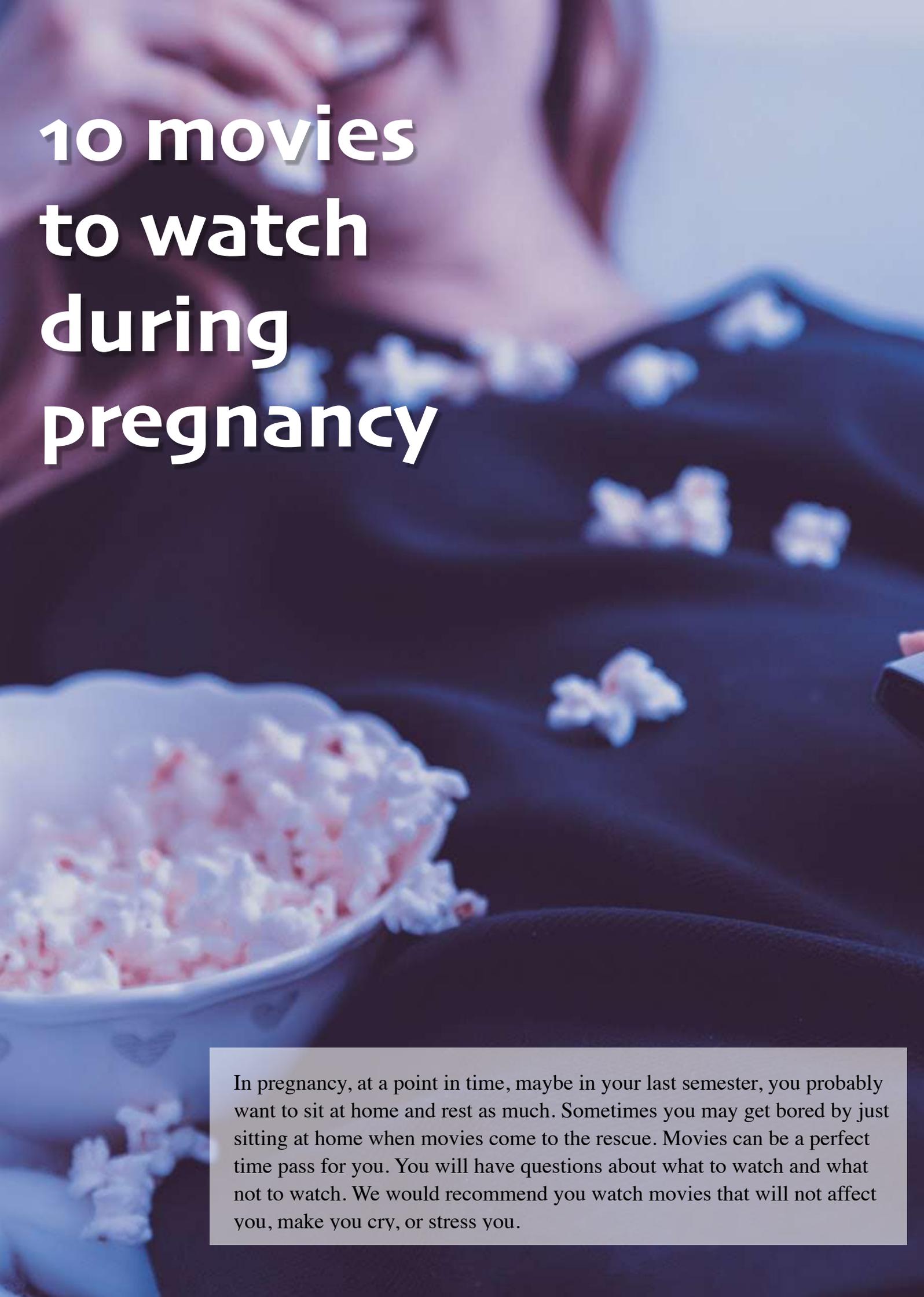
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A pregnant woman is shown from the chest up, sitting on a dark-colored couch. She is wearing a dark top and has her hands near her belly. She is eating popcorn from a white bowl. The background is a soft, out-of-focus light blue. The overall mood is relaxed and comfortable.

10 movies to watch during pregnancy

In pregnancy, at a point in time, maybe in your last semester, you probably want to sit at home and rest as much. Sometimes you may get bored by just sitting at home when movies come to the rescue. Movies can be a perfect time pass for you. You will have questions about what to watch and what not to watch. We would recommend you watch movies that will not affect you, make you cry, or stress you.

Watch movies that have a simple ending. A happy ending excites you and, in the end, comforts you. You can also watch movies which are all about the relationship between parents and the baby. To make the movie choosing task easy for you, we have jotted down some great movies to watch during pregnancy.

Here is the list of 10 movies to watch during pregnancy –

1. **Kahaani** – This movie is beautiful as it showcases the strength of pregnant women. Vidya Bagchi, a pregnant woman from London, travels to Kolkata to look for her husband, who has gone missing. When all her leads go to a dead-end, she realizes there's more to it than meets sight.
2. **Heyy baby** – This is a classic movie portraying that men can also take care of a baby. Three obsessive womanizers discover a kid on their doorstep. However, havoc erupts as they try to contact their ex-lovers to find out who the father is.
3. **Badhaai ho** – A movie that showcases that there is no age limit to invite a beautiful life into your life. Nakul, a 25-year-old man, is taken aback when he learns that his mother is expecting a child. Renee's connection with him is jeopardized as he struggles to come to grips with the news.
4. **English Vinglish** – This movie has set an example that even though you are a mother in that process you should always remember who you are as a person and what is your individuality. Shashi, a homemaker, and caterer are frequently teased by her family for her lack of English proficiency. Her efforts to learn the language assist her in rediscovering herself and reasserting her worth as a mother and wife.
5. **Shaadi ke side effects** - This movie shows that pregnancy is not always blissful, and it has its ups and downs. Siddharth and Trisha have a lovely marriage until Trisha becomes pregnant,

and they struggle with the problems of motherhood even after their baby is born.

6. **What to expect when you are expecting** - It shows experiences from different pregnancies. Five Atlanta couples prepare to face the joys and sorrows of having a child for the first time. They quickly discover that parenting entails far more than they had planned.
7. **Riding in the car with boys** – It is a story about a teen mom. Beverly becomes pregnant with a baby boy at the age of 15 during a rebellious phase and fights to overcome different obstacles to realize her dream of becoming a writer.
8. **Baby Mama** – It does not matter if you carried the baby or hired a surrogate. When a successful single woman realizes she is infertile, she employs a surrogate mother to carry her kid. When she discovers the woman is homeless, she is forced to accept her into her house.
9. **The backup plan** – Yes, this movie is about how you don't need a partner to be a mother. You can be a proud single mother. The plot centers around a lady who uses fertility treatment to have twins, only then to find the man of her dreams on the very same day.
10. **Kya Kehna** – This is one of the best movies that depict problems of pre-marital pregnancies. Priya falls in love with a philanderer, Rahul, who abandons her once she becomes pregnant. When she is shunned by everyone, however, Ajay, her best friend, stands by her and helps her.

These movies are great to watch and show many opinions and perspectives on pregnancies.

Prawns Coconut Curry Recipe



Prawns Coconut Curry recipe is made with tiger prawns in coconut milk curry is a delight to be enjoyed with hot rice. This delicious cooked seafood recipe is an easy preparation and best enjoyed during cloudy days with steamed rice.

Did you know: Prawns are low-fat source of protein. It is rich in calcium, potassium and phosphorous and is a good source of Vitamin A and E. Coconuts are highly nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous.

Ingredients

- 500 grams Prawns , tiger prawns
- 1/2 cup [Coconut](#) milk , first extract
- 1/2 cup Coconut milk , second & third extract
- 2 teaspoon Fennel seeds (Saunf)
- 1 teaspoon Black pepper powder
- 1 tablespoon Coriander Powder (Dhania)
- 1 teaspoon Red Chilli powder
- 1 teaspoon Turmeric powder (Haldi)
- 3-4 Green Chilli
- 1 sprig Curry leaves
- 1/2 cup Coriander (Dhania) Leaves
- 1 teaspoon Tamarind Paste
- 1/2 inch Ginger
- 7 cloves Garlic
- 2 Tomatoes
- 1 Onion , medium
- 1 teaspoon Mustard seeds (Rai/ Kadugu)
- Salt , to taste
- 1 tablespoon Coconut Oil

How to make Prawns Coconut Curry Recipe

1. To prepare Prawns Coconut [Curry](#) Recipe, begin by making a paste of fennel, pepper, ginger and garlic by adding a little water.
2. Heat a Kadai or meen chatty with oil. Once hot, splutter mustard seeds.

3. Add the above paste and saute till the raw smell leaves.
4. Add curry leaves, green chilli and chopped onions. Saute till onions turn translucent.
5. Add in chopped tomatoes and cook till tomatoes turn mushy.
6. Add in tamarind paste. Add coriander powder and chilli powder and mix for a minute.
7. Add second and third milk extract of coconut. Add salt and bring it to a boil.
8. Add cleaned and deveined prawns. Cook for 4-5 minutes.
9. Now add first milk extract of coconut and mix well. Do not boil. Once it is heated enough take it off flame and garnish prawns coconut curry recipe with chopped coriander leaves.
10. Serve Prawns Coconut Curry with hot steamed rice.

#2 on Dr Dad Travels



Dr. Dad
TRAVELS

BALI

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We have listed this location on the basis of survey and we suggest you to follow covid guideline while planning your travels. Images has been taken from internet.

home

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As the name suggests, wall-mounted tables are installed on your wall. While they come in various styles and designs, many of these tables are foldable and can be used as shelves or cabinets. They are a wonderful space-saving option for studio apartments and compact homes as they don't occupy floor space.

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Superfoods that help increase height in children.

Everybody is worried about their child's physical and mental health and appearances, whether parents agree to the appearances part or not. Every child develops differently. Some are skinny, some are obese, some have a temporary problem, and some grow tall. No one is perfect. As a parent, you can have solutions to all these problems. If you feel that your child is not tall enough or does not have the apt height according to their age, then it is nothing to worry about. Girls can grow height till the age of 16, a maximum 18, while a boy can grow height till 18 maximum of 20.



If you realize at your child's correct age that they need to grow more height according to their height, then you can do various things that can lead to an increase in the growth of your child. For example, you can make your child do Exercises, involve them in more sports, improve their posture, hang out in the garden, swim, etc. What parents don't know is that food also helps increase height.

Here are some superfoods that will help increase height in children –

1. Dairy products play a great role in increasing your child's height because they are filled with rich vitamins and proteins. Protein helps in increasing the cell growth of the body. Dairy products also have vitamin A and vitamin D, which help bone growth. Make dairy products an important part of your child's diet.
2. If you are a non-vegetarian, egg and chicken can help your child increase growth. This is because both products and food items are very high in protein. Eggs also have Vitamin B12, which helps in boosting your kid's height. Chicken also helps in building your child's issues.
3. Soy is high in plant-based protein and helps young children gain muscle. If your child is lactose intolerant and cannot digest dairy milk, switch to soy milk to supplement his vitamin D, calcium, and protein needs. To make delicious food for your kids, use soybeans and other soy products.
4. Nuts and seeds are great to include in your child's diet for height increase. Almonds are high in many vitamins and minerals required for taller growth. In addition, they're abundant in fiber, manganese, and magnesium and a variety of healthful fats.
5. Leafy and green vegetables are great food items that help in height growth. In addition, vegetables like broccoli, peas, spinach, etc., are a great source for height and, all in all, maintaining good health.
6. Berries like blueberries, strawberries, blackberries, and raspberries are packed with vitamins and minerals. Vitamin C, which supports cell growth and tissue healing, is notably abundant in them.

These are some foods you can feed your child to increase their height. There are also many food items that you should not feed your children or let them have very rarely. These food items are –

Refined flour foods, such as pizza, burgers, and white bread, are high in carbs potentially dangerous for your kid's height. This means all kinds of junk food should be fed rarely to your child. Likewise, soda should be excluded from your child's diet.

In all of this process, you should remember that your child does not feel overwhelmed with all of this diet and starts to feel insecure about their body. Of course, you don't want to, but your worry about your child's height might make them feel insecure. Every child has their specialization and is beautiful in their way. If your child is okay with their height, do not hover around there trying to make them realize that they do not have the perfect height.



10 Questions Every First-Time Parent Asks

Being a parent is not easy. Especially when you are going to become a parent for the first time, you will have this set of questions. For every question, either you will go to already experienced or the most favorite of all new parents' internet and books. Other than the question, the mind just boggles to get answers even if you don't have any questions. As a parent, you want to be prepared for the new member of your family. You are not the first one to be this clueless because so is every first-time parent. In this article, we have jotted down 10 questions that are most asked by first-time parents or the questions to which every first-time parent should know the answers.

Here are the 10 questions every first-time parent asks :

Ques 1 – for how long do I need to be under hospital care.

Answer - This question has a different answer for every mother, depending on her medical condition. It also depends on what kind of delivery you got, whether normal or operational. It also depends on how much care does your baby needs. However, for at least 24 hours, you need to stay in the hospital, and the maximum limit cannot be specified.

Ques 2 – What do I do after leaving the hospital?

Answer – Once you reach home, you need to set up a perfect place where you can adequately take care of your baby. You need to focus on breastfeeding as well. After this, you may also be prescribed certain medicines for your better health and baby's health as well.

Ques 3 – Does my baby needs special care?

Answer – The answer to this question is again different according to different babies' health. If the doctor says that your baby is healthy and ready to go home, you need not worry, as your baby will need just the right amount of care. But if your baby was born early or has other medical conditions, it may need special care and neonatal care. Again, your



doctor can answer this question the best for you.

Ques 4 – What makes my baby cry?

Answers – Infants talk after one year or so. To communicate their distress or discomfort, they use crying. So the more you start getting attached to your baby, the more you will understand what's bothering them.

Ques 5 – How do I maintain strength with my baby crying?

Answer – Yes, babies are sweet, but their constant crying can also affect your peace. It can be frustrating and emotional. In this, you need to focus on calming down your baby rather than stressing about their crying noise. There are many ways by which you can calm down your baby, which will lead them to stop crying, such as feeding them, changing their diaper, cuddling, or taking them to see new places for a change.

Ques 6 – How to change diapers and nappy?

Answer – This is one of the fundamental questions, and there are tons of videos and information on how to change your baby's diapers and nappies. You can buy disposable diapers that are easy to put on your baby or even try cloth diapers. And do not stress if your baby is peeing or pooping quite often because it is a sign that your baby is getting enough breast milk.

Ques 7 – How to bathe my newborn?

Answer – You can keep a midwife who will help you bathe and massage your baby. In the first few days, you can just start by using washcloths or sponges. After that, you should use soaps and cleansers, which are specially designed for babies. You need to ensure that you provide your baby heat while bathing them. Fill the tub only enough to cover their belly with water. Keep water level low. The ideal water temperature should be 37 degrees Celsius.

Ques 8 – Which is better, breastmilk or formula milk?

Answer – This is not even a question. Breastmilk is always better than any other kind of milk. Breastmilk has tons of benefits for both baby and the mother as well. A mother should always prioritize breastmilk over formula milk.

Ques 9 – When can I start my baby's vaccination?

Answer – Your baby's vaccination will start at approximately 2 months.

Ques 10 – How long will it take for me to recover from delivery?

Answer – It depends on how normal your delivery takes it does not happen in just a few days. It makes takes weeks and even months. You should eat healthily and be regular on your medicines for a quick recovery.

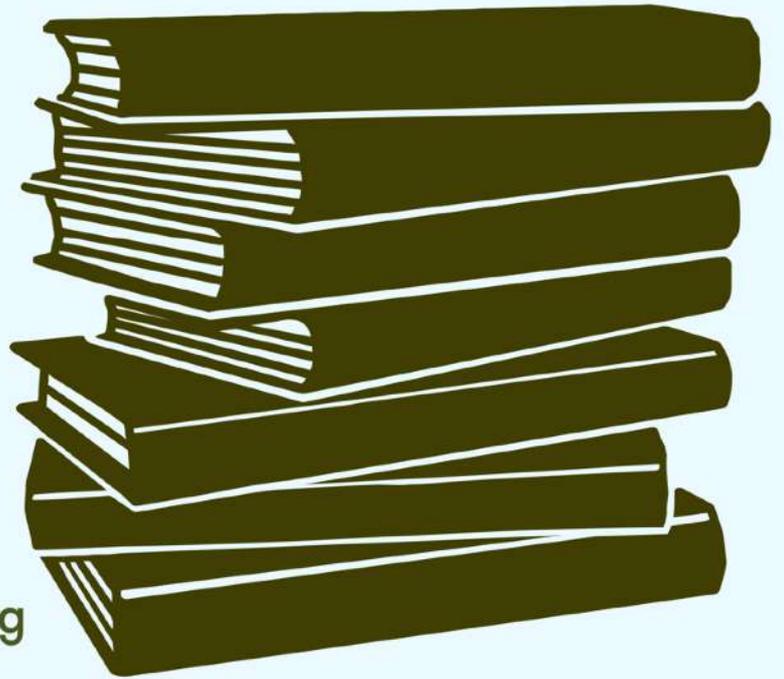
Here were some of the questions which every first-time parent may ask.

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10 Ways to Encourage Your Child to Drink Water

Water is considered one of the most important things to maintain a healthy lifestyle. It is recommended for everyone to drink enough amount of Water. From children to senior citizens, everyone's body needs an apt amount of Water. As a parent, you may think that your child is not drinking enough Water. One of the main reasons is that they may not feel thirsty often though their body needs the Water or simply don't remember to drink Water every hour or so. There are many ways that you can use as a parent to encourage your child to drink Water.

Some of the benefits of Water for kids are it Keeps joints, bones, and teeth healthy, aids blood circulation, and can help children maintain a healthy weight into adulthood. In youngsters, being hydrated enhances mood, memory, and attention.

Here are some of the ways which you can use to encourage your child to drink Water –

- **You need to start early. If your child is only of age 2 to 3, you can develop the habit of drinking water right from this age to help them in the long run.**
- You can offer them Water in fun water bottles or straws or fun sippy cups, which will excite your child to drink more often. You can also create a fictional name for the cup. Children learn fictional stories and characters.
- **Make the Water tasty. You can add fruit such as berries, cucumbers, or oranges to the Water, which will also make the Water more of benefits and look creative and tasty.**



- Sometimes, your child will not want to drink Water because it is not right in front of them. Please provide them with water bottles that are easy to hold and encourage them to keep filling their bottle whenever it is finished on their own. The more they develop the habit of refilling the bottle, the more they will get adapted to it.

- Do not forget that your child copies you. Be an example to your kid. Make them drink Water with you. If they see you drinking Water constantly, they will develop the habit sooner.

As a parent, it is your responsibility to keep Water with you and remind your child even when you are not at home. Keep a bottle in your car, bag, or your kid's backpack.

- Do not encourage your child to drink soda drinks or sweetened drinks. Your child may see soda drinks as a substitute for sweetened drinks which is not healthy.

- You can make water drinking fun by setting up challenges. Once they complete the challenges, you can also give them certain rewards. Such as stickers or small candy.

- If your child has a tablet or a smartphone, you can download apps that will constantly remind your child to drink water.

- Explain to your child why Water is essential and how it benefits them. Teach them how they can keep a check on their hydration. For example, if they see dark-colored urine, it means that they are dehydrated and if they see a lighter color pee, it means that their body is getting enough hydration.

Here are some of the ways you can use to get your child to drink water more often.



10 items to boost fertility for women



present on either side, both the woman and the man. So, don't be afraid of **infertility** because it affects about one in every six couples. While infertility is sometimes incurable, few things can help you boost your fertility chances.

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

1. Eat A Nutritional Diet:

A diet rich in iron, calcium, complex carbohydrates, zinc, omega-3 fatty acid, and vitamin can help you boost your fertility and increase the chance of getting pregnant.

2. Maintain Healthy Weight:

Being both underweight and overweight affects the chances of getting pregnant. As per studies, 25% of women experience **infertility** because of obesity, whereas 12% suffer the same because they are underweight. It would be best to consult with your gynaecologist and nutritionist before opting for a dieting plan, as your nutritionist can help you prepare your personal diet chart.

3. Daily Exercise to Stay Fit:

Apart from maintaining a healthy weight, it is important to do regular physical activity to boost fertility. As we know, never do extra exercise or physical activity as it can negatively affect fertility. You can do a brisk walk in the evening for around 4000-5000 steps.

4. Know the Time of Ovulation:

You are more fertile during the ovulation period, which is around twelve to fourteen days before your periods start. Whereas during your period or two to three days after, you are least fertile and doubtful to get pregnant at this time.

Hence, if you have regular menstrual cycles, you can use a calendar or mobile app to evaluate your fertility.

Did you know that most couples face fertility issues while planning for a baby? The problem can be

5. Avoid Alcohol:

Excessive alcohol can interrupt your menstrual cycle, making it challenging to conceive a baby. It has an adverse effect on our general health, so it is recommended to avoid excessive drinking.

6. Quit Smoking:

Smoking causes blockages within the fallopian tubes, can damage the eggs maturing inside the ovaries, and is responsible for ectopic pregnancy. It is not good for the lungs as it can cause cancer.

7. Avoid Drinking Caffeine and Stay Hydrated:

According to the studies, high caffeine consumption can cause recurrent miscarriage and can delay the chances of conceiving by ten months. Caffeine makes the body dehydrated, leading to the decreased production of cervical mucus, making it difficult for the sperm to reach the egg. So, it is important to drink an ample amount of water to stay hydrated.

8. Get Ample Amount of Sleep:

A sufficient amount of sleep is essential for maintaining a healthy life and it increases the chances of fertility.

9. Meet with Your Doctor:

Suppose you have been trying to conceive for a couple of months and getting negative results. In that case, you should consult a gynaecologist because a

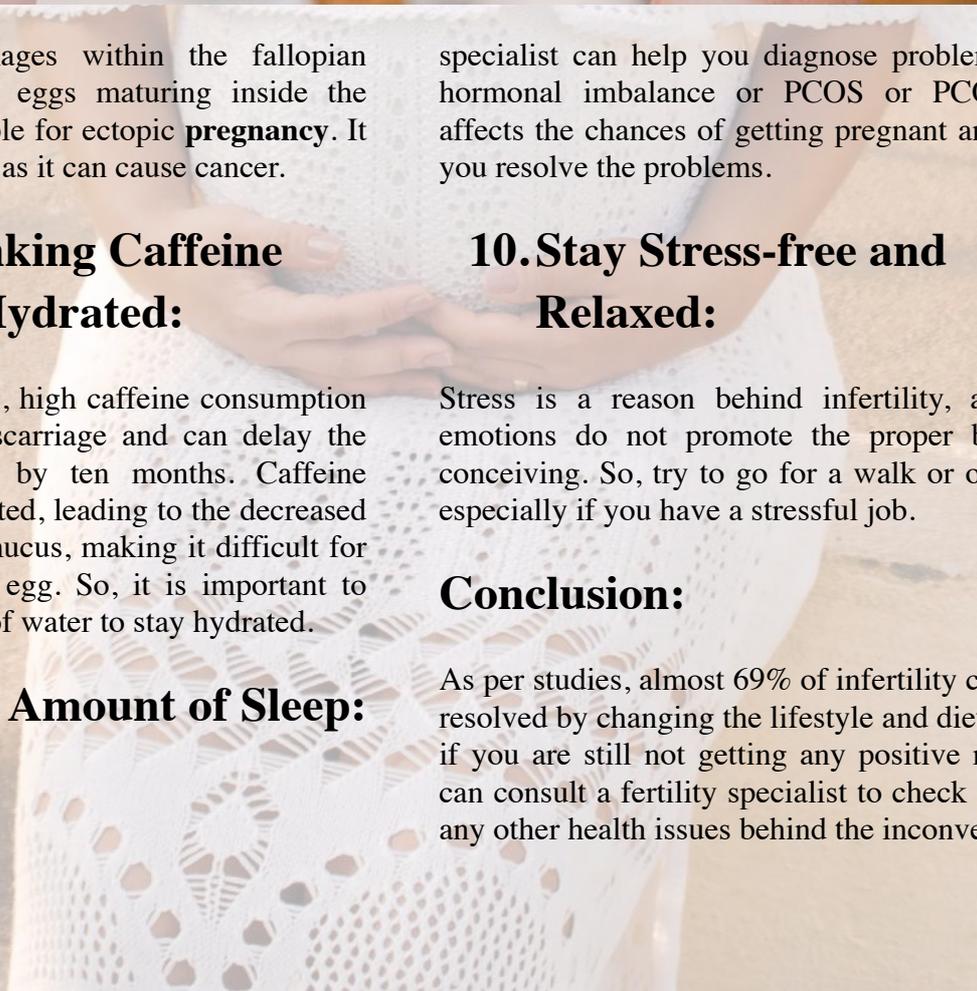
specialist can help you diagnose problems such as hormonal imbalance or PCOS or PCOD, which affects the chances of getting pregnant and can help you resolve the problems.

10. Stay Stress-free and Relaxed:

Stress is a reason behind infertility, as negative emotions do not promote the proper biology for conceiving. So, try to go for a walk or on vacation, especially if you have a stressful job.

Conclusion:

As per studies, almost 69% of infertility cases can be resolved by changing the lifestyle and diet. However, if you are still not getting any positive results, you can consult a fertility specialist to check if you have any other health issues behind the inconvenience.





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Mango Lassi



Mango Lassi is our all time favorite Indian summer drink. What better way than to combine the sweetness of mangoes with the tanginess of yogurt. Make this fruity, thick, creamy, refreshing Mango Lassi recipe in less than 15 minutes with ripe mangoes, yogurt and your choice of flavorings – cardamom, saffron or rose water.

A simple mango lassi is made with fresh yogurt or Curd, sweet mangoes and a touch of cardamom. For a bit of rich and creamy taste, some cream is included.

How to make Mango Lassi

Puree Mangoes

1. Rinse, peel and chop 3 to 4 medium-sized mangoes. You need about 2 cups of chopped mangoes.

Add the chopped mangoes in a blender. Add 4 to 5 tablespoons sugar or honey or any sweetener of your choice. You can choose to omit adding any of the sweeteners if you prefer or if the mangoes are very sweet.

You can add more sugar later if the lassi has more of a sour taste.

2. Add flavorings of your choice – ½ teaspoon cardamom powder or 8 to 10 saffron strands or 1 tablespoon rose water. I added rose water.

3. Blend everything until smooth. The consistency is pulpy and mushy without any fine chunks of mangoes.

4. Add 2 cups chilled curd (*dahi*) or yogurt and 2 to 3 tablespoons light cream. Note that adding cream is optional.

5. Add 4 to 5 ice cubes (optional). If you want a slightly thin consistency, add some water or milk to the lassi while blending.

6. Blend until all the ingredients are mixed evenly and the yogurt has become smooth. Taste a few spoons of mango lassi. If it tastes slightly sour or tangy or is not sweet enough according to your taste, add some teaspoons of sugar and blend again.

7. Pour mango lassi in glasses.

8. Serve straightaway.

Extra Tips:

- Enjoy Mango Lassi as is or choose to top or garnish with herbs or nuts. For herbs, mint leaves are the best flavor pairing with both mangoes and yogurt. The lassi can be topped with some chopped mango cubes as well.
- Add some crunch to your lassi, by topping with almond slivers, pistachio slivers or chopped cashews.
- Love chocolate? Sprinkle some chocolate shavings or grated chocolate. Chocolate and mango are again a great pairing option.
- Top the mango lassi with some whipped cream for a richer taste and flavor.



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10 EXERCISES YOU SHOULD AVOID DURING PREGNANCY

In pregnancy, you are advised to do many things such as eating healthily and being relaxed, and while it is said that you need a lot of rest, it is not true. Many dynamics recommend that pregnant ladies be active and exercise, which can benefit both the mother and the baby. Some ladies already exercise before becoming pregnant and may be confused about what activities they should continue doing and what they should avoid. Even the ladies who are new to exercising should know that you have to avoid some exercises when pregnant so that you and your baby are safe.

Here is a list of exercises that you should avoid when you are pregnant –

- **High Impact –**

You should avoid any high-impact exercise. These kinds of activities put a lot of pressure on your joints. It involves a lot of jumping and explosive movements as well. This kind of exercise may get you out of breath and tire you a lot, which is not recommended for a mother and fetus.

- **Planks –**

Planks is sure a great exercise but not for the mother-to-be as while

doing planks, you get a lot of pressure and isolated pain on your stomach area and lower belly. You should avoid doing planks to prevent pain in your belly area.

- **Abdominal moves –**

Avoid any activities that bring your abdomen in the loop. You do not want to put any stress there. So avoid sit-ups, crunches, Russian twists, leg lifts, etc., when you are pregnant.

- **Avoid humid weather –**

Hot yoga is in trend but not for pregnant ladies. All pregnant

ladies should avoid working out in hot and humid weather. Any exercise which raises the pregnant women's temperature considerably should be avoided. This also means that you need to stay out of the saunas steam room etc.

- **Flexible movements –**

Pregnant ladies should avoid exercises that need a lot of flexibility or demands movements from their back. For example, a pregnant lady otherwise has back pain and should not have any activities which include backbends.

- **Holding breath –**

This is a must-no. You should not do such an exercise that requires holding your breath. When you are pregnant, you should have a constant oxygen supply which is also healthy for the baby.

- **Motionless standing –**

After your first trimester, if you do any such exercises which require static standing are harmful to the mother and the baby as they can restrict the blood flow.

- **Lying back –**

Yes, you need to avoid exercises that need you to lay down by your back. You do not have to lay down on your back for a huge period as the mass of your growing uterus can crush blood vessels and may restrict blood flow to your fetus.

- **Contact sports –**

You should avoid sports activities such as football, volleyball, dodgeball, basketball, etc. This means you need to avoid any kind of sports which involves contact between players.

- **Other exercises –**

Activities, where there is a risk of falling or changing in altitudes, should be firmly avoided by pregnant ladies.

These were a list of exercises that a pregnant lady should avoid. As a pregnant lady, You must consult your doctor who will explain to you a lot in detail and can even advise you on exercises according to how your pregnancy is going and what are your medical conditions as well.





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Stress in overachieving teens. How to help your child to reduce it?



Overachievement is one such word nowadays, or one such characteristic that can be controversial, and one does not understand whether it is an excellent trait to have or not. A person is termed an overachiever when they perform much better than expected and achieve success in less time. By the meaning, it would sound like a good trait, but the person who is an overachiever may go through stress because of this trait. Overachievement is seen a lot in teenage kids. This may be because of peer pressure and expectations from teachers and parents or the feeling of being the best from everybody else. Generally, teens who are overachievers set high goals and sometimes may seem unrealistic as well. These kinds of teenagers may go through a lot of stress because they have this drive to attain all their goals. Stress is good for no one, leave alone teenagers.

If you are a parent of an overachieving teen and are worried because your teen takes a lot of stress, you can help them reduce it. Here are some ways –

1. As a parent, you need to reduce your stress about your kid and keep your expectations to yourself. One of the reasons why your kid is so stressed to reach the goal is to stand up to your expectations. Every parent has their expectations from their kids, but imposing those expectations can bring your kid under a lot of pressure leading to stress.
2. You can teach your kid-specific life lessons such as how to manage time. Teach your kids that your time management and scheduling ease the process and will eventually reduce their stress as well. Your kid may be stressed because they cannot enjoy their life because of the high goals they have set. Tell your kids that they also need to enjoy their life with achieving success. Time management and scheduling can help your teen to balance their life.
3. Do not discuss other students or compare them to somebody else. Refrain from completing with some other students or teens. Because this is one of the reasons your students keep overachieving, do not doubt their capabilities. Just support them and tell them you will love them even if they achieve a little less.
4. If your teen themselves cannot schedule family time or their me-time, you can do it for them. You can play with them or spend time with them by binge-watching or just forcing them to take time from their study life. As a parent, you need to spend some time leisure time with your kid.

5. A piece of answer sheet cannot decide your child's future. As a parent in past, you may have emphasized your teen's grade or on grades that other students acquire. This might lead your kid to be stressed about achieving higher grades. You need to stop putting all the attention into study and grades.
6. Have some relaxing time with your kid. The most favorable ones can be meditation and yoga. With such practices, they get alone time plus they have a relaxing time, which calms their minds and relieves them from all the stress.
7. Your teens must know not to cross boundaries just because they want to achieve certain goals. For example, your overachiever teen sets a goal related to their physical strength. To achieve this goal, they might exhaust their body to a level that can deplete their health. You need to make your



teen understand that failure is not a bad thing and that failure teaches us a lot of lessons. With this, your teen will know where to set boundaries that will not exhaust their physical or mental strength.

These were some of the tips which you can use to reduce your overachiever teens stress.



10 Ways **second pregnancy** is different from the first pregnancy

Pregnancy is undoubtedly a beautiful time but with lots of ups and downs. You may think that getting pregnant for the second time will also give you the same experience, but that is not the case. There are many ways your second pregnancy is way different from the first one. Yes, the symptoms may be similar and some different, indicating you are pregnant, but the journey, in particular, can be further from the first one. The nine months you experienced in the first pregnancy can be very different in the second one.

Here are some of the differences from the first pregnancy which you can experience in the second one –

Fast pregnancy bump

It is said that your pregnancy shows much sooner in the second pregnancy than in the first. This does not

mean that your baby is growing faster, but simply your pregnant stomach grows. The first time you were pregnant, your ab muscles or belly muscles got loosened or relaxed and thus are more adaptable to the growth. This also means that you may need maternity clothes quite earlier.

Tiredness

In the second pregnancy, your body may feel more tired than it felt in the first one. There is no science between this, but you naturally get less time to rest because of the one-child you already have. Half your time may go into taking care of them. It is also said that women may feel more tired because they do not get much pampering from their loved ones compared to what they got in the first pregnancy because of the thinking that the woman has already been through it, and this time it is simple.

Body Pains

You may have pains in different areas of the body, one of which can be your back area. This may happen because you didn't lose weight from your abdominal area the last time you got pregnant or because your abdominal muscles are not back in shape.

Kicks

In the second pregnancy, you may feel the kicks earlier compared to your first pregnancy. This is because you already know the sensation by now you are aware of the feeling, and thus now you can easily recognize the kicks.

Labor is faster

Yes, in the second pregnancy, you may get your labor pains sooner than in your first pregnancy. Also, your labor pain time may shorten. For example, if you experienced around 5 to 12 hours of labor pain in the first pregnancy, you may feel around 2 to 7 hours of labor pain in the second pregnancy.

Recovery period

It is said that your recovery period after the delivery may take a longer time than your previous pregnancy. This is because you may feel more intense afterpains. Generally, afterpains are caused by contractions of the uterus.

Higher risks

It is said that if you had complications in your first pregnancy, then probably you can have much more risks in your second one. Also, if you have developed any other disease after your first pregnancy, you can have different medical complications as well. This is also applicable to normal pregnancies. It is possible that because you had a normal pregnancy the first time, you may be more relaxed, and the process would be simple for you.

Fewer symptoms

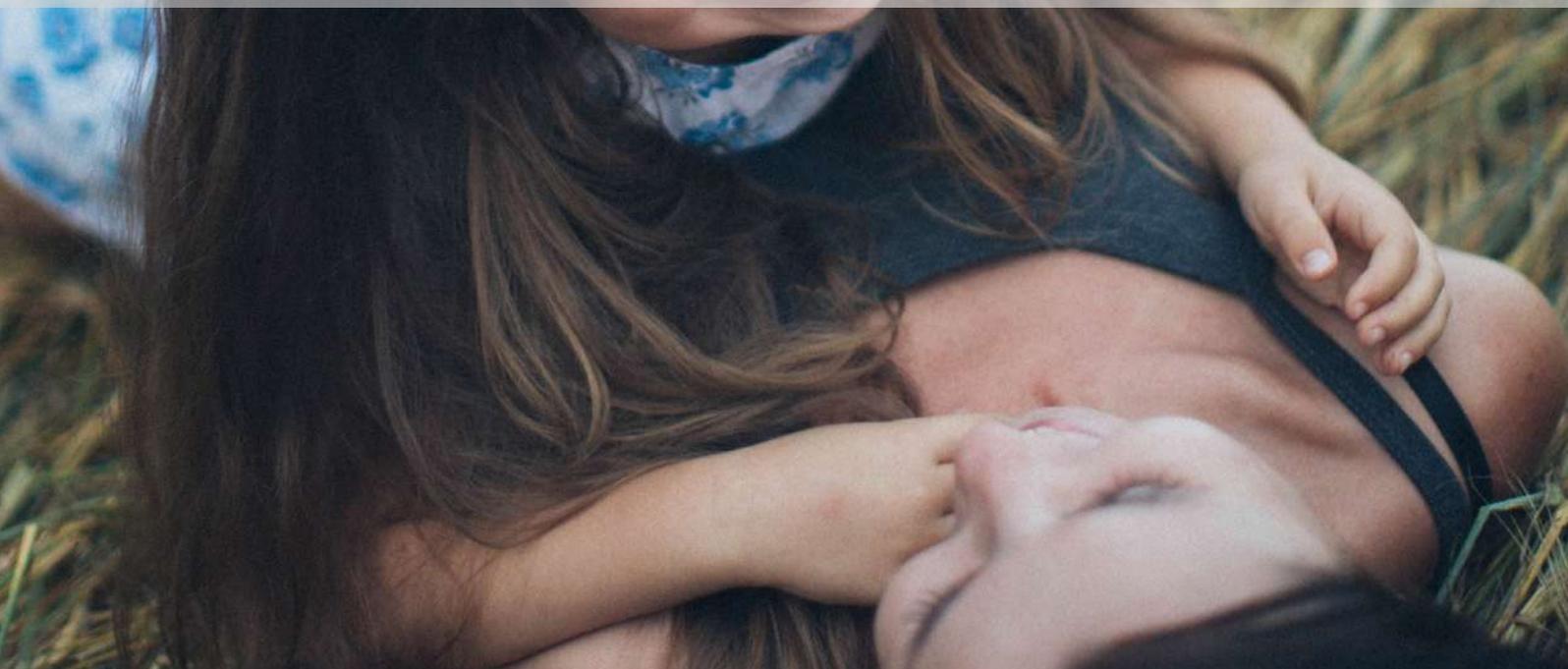
The second time, you might not feel the symptoms that you felt the first time which can be fewer food aversions and less breast tenderness.

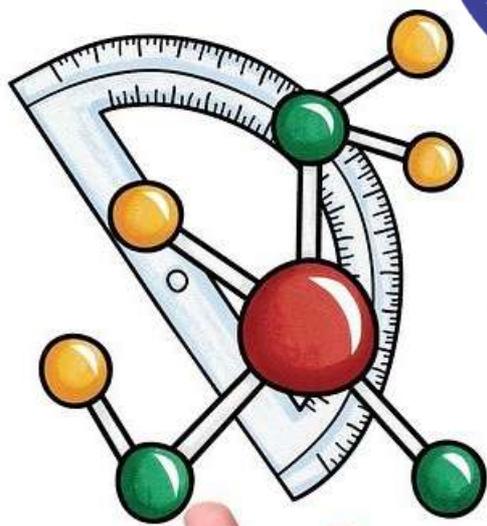
Precautions

In the second pregnancy, you already know what you faced in the first one, and thus you can be prepared for all cures and precautions beforehand in the second one.

You may feel Braxton hicks contractions earlier, or you may carry the baby lower than the first one.

These were some of the ways by which you can differentiate between your first and second pregnancy.





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Constipation In Babies:

Symptoms, Causes, And 7 Home Remedies

When a person has less than three bowel motions per week or when bowel movements are problematic, the [problem is constipation](#). This is just one of the definitions of constipation. Constipation can happen to everybody, even to babies.

Babies can get constipated once they are introduced to solid foods. Constipation can be caused by a lack of fiber-rich fruits and vegetables and a lack of liquids in your child's diet. Switching from an all-liquid diet to one that includes solid foods is one of the most prevalent causes of constipation in children. Other causes can be if you began toilet training soon before the age of 6 months.

If you think that your infant has not pooped for quite some time and are worried if they are having constipation issues then you can look out for these particular symptoms to continue –

- Small Bowles – If you find pellets like bowel movements in your child then it may be because he or she is constipated.
- No stools - If you see that your baby is having difficulty in passing stools or is not able to pass stools then it may be symptoms of constipation.
- Crying – If you see that your infant is crying while passing stools or is irritated while passing stools then it shows they are having difficulty and hence can be concluded as constipation.
- Dry stools – If you see that your child has hard and dry stools then it is one of the symptoms of constipation.
- Rare movements – This is one of the first symptoms you might notice of constipation. There will be very rare bowel movements.

If you conclude that your baby is having constipation problems and here are a few home remedies that you can use for relieving your baby from constipation –

1. Change the milk - You might try modifying your diet if your infant is breastfed. It's possible that something you're consuming is triggering your baby's constipation, though this is unlikely. Bottle-fed babies may benefit from switching to a different formula until constipation goes away. Sensitivities can cause constipation to specific compounds.
2. Solid food – Yes, solid food can indeed cause problems, but some can even reduce the problem. Solid food items such as peas, broccoli, peaches, and apples can help in reducing the problem of constipation. All of these food items are high in fiber, which helps cure constipation.
3. Mashed food item – If you think that your baby is constipated because of solid food then you can try giving your baby mashed food items or pureed food items. You can even mash and puree food items such as apple, broccoli, peas, etc.
4. Increase fluids - Water and milk are excellent sources of hydration for your baby. For babies over the age of six months, a small amount of prune or pear juice now and then may help speed up colon contractions, allowing your child to have a bowel movement more rapidly.
5. Exercise - Movement helps move things through the body more rapidly by speeding up digestion. Leg bicycles may be helpful if your youngster has not yet learned to walk. These types of exercise can help in bowel movements.
6. Massage - Massages to the stomach and lower abdomen may help the bowels pass a bowel movement. Massage your youngster numerous times throughout the day until they have a bowel movement.
7. Other things – Coconut oil, brown sugar, tomatoes, and fennel seeds may also help cure constipation.

Here are some remedies that can help your infant relieving from constipation.

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8 Signs To know

“Is your baby getting enough milk.”

When you give birth, you look out for every care possible and ways to keep your baby healthy, one of the things which play a huge role in a baby's nutrition is breast milk. If you were feeding your baby with a bottle or are feeding your baby formulated milk, then the mother can determine that the baby is getting enough milk, but for a breastfeeding mother, it can be hard and confusing to determine if the baby is getting enough milk. As a mother, you may doubt whether your baby is getting enough milk or not. However, there are many signs that can help you ensure that your baby is getting enough milk.

Here are some signs by which you can know that your baby is getting enough milk –

1. **Weight gain** – It is said that baby's weight gain is one of the most significant signs that your baby is getting enough milk. When your baby is born - After 2 weeks of birth, they may rapidly gain weight from what they lose in the first 5 to 6 days of delivery.
2. **Diapers** – You can also indicate that your baby is getting enough milk if you see regular wet and dirty nappies and diapers. Studies say that a sign such as 6 to 8 dirty diapers and nappies indicate an excellent supply of breastmilk to the baby.
3. **Sound** – You can hear your baby swallowing the milk.
4. **Nature of feeding** – When the babies feed first, there are rapid sucks which are followed by rhythmic, slow and occasional sucks. Other than that, you can also figure out that they are feeding if they appear calm and relaxed.
5. **Sleep** – It is said that breastmilk ensures your baby's good milk. So, if your baby sleeps well and does not get fussy a lot then you can make sure that your baby is drinking the milk.
6. **Face** – The cheeks of your baby stay rounded and not hollow, the chin touches your breast, and that their nose isn't pushed against your

breast ensures that your baby is well attached to your breast.

7. **Satisfied** – Your baby may feel satisfied and calm after the feed. Other than that, they may stop feeding once they are done and come off from the breast.\
8. **Other signs** – There are others signs such as you may notice dark skin in your breast, maybe sleepy after the feed, etc.



If you don't notice any such signs, then it may be possible that your baby is not getting enough milk. If you notice any such thing, you should talk to your pediatrician or gynecologist, and they may refer you to specific techniques or medicines. You can also perform certain activities or take help of certain things by which you can increase your breast milk supply.

- The first step you can follow is don't make your baby habitual to bottle milk or formulated milk. Try to give your baby breastmilk, making them habitual of breastfeeding.

- Don't give up on breastfeeding. Allow your baby to breastfeed as long as they want.

- Skin-to-skin contact also helps as it makes a bond with your baby, and also your baby will be more adapted to latching.

These were some of the tips you can follow to increase your breastfeeding supply so that your baby can get enough baby milk and help in the development of the baby in the short term and long term. Breast milk has tons of advantages, and a mother should always prioritize it.

An aerial photograph of a village in Sikkim, India, showing a dense cluster of multi-story buildings with colorful roofs (red, blue, green) built on a steep, forested hillside. The background shows misty mountains under a clear sky.

Travel Diaries

How to experience Village Tourism in Sikkim

Beyond the scenic backwater, and rich wildlife are the beaten tourist villages in Sikkim that are just the perfect place for those who wish to see something unconventional. The simple, pure, urbane, and cultured life at village Sikkim is not touched by the trend of industrial progression and has maintained its originality and purity very well. Tourists and travelers can experience true Village Tourism in Sikkim and village life which has almost vanished everywhere in recent times.

Village tourism in Sikkim can introduce one to different shades of the state. The tranquil atmosphere, clean water, Tea farms, and fresh fields all around help tourists to have an amazing, rustic, authentic, and unforgettable experience of their life. During the stay at Sikkim village, one can have the chance to feel and admire the simplicity of villagers. Villages like Sikkim offer us an escape from the hustle and bustle of urban life into a world of peace and tranquility. Witnessing the village residents perform their daily chores and activities, the local crafts, and artistry of Sikkim folks enhance the charm of this place and attract true nature lovers.

The rural life of Sikkim has a remarkably steady pace in modern life progression. You will surely be surprised to know that the locals of Sikkim village still live the beautiful and simple life of older times. A tour to Sikkim village is a sure way to enjoy your holidays in a peaceful, tranquil, and simplest place.

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RECOVERING FROM DELIVERY POSTPARTUM RECOVERY



A baby is surely a gift to its parent's play. It's creating a new life and that is indeed an enrapturing feeling. But the Postpartum period is also a part of giving birth o a baby. In Old school childbirth, postpartum wasn't considered with care but modern-day medical science has regarded it as an important stage in a mother's life that affects both the mother and the child.

The first six weeks after the baby's birth is considered to be the postpartum period. In this time, new mothers feel ache and pain. This is the time when your body begins to adjust to the changes. With hormones at their peak, many women feel "Baby blue" which means a sense of depression and feeling of being neglected.

After a specific time, it fades naturally which means it is just a phase. Many women feel this depression because of the changes in their body. It can happen in C- section delivery, it can happen in normal vaginal delivery. Sometimes it stems from the trauma of labor and the worries about the baby. But still, it's just a phase.

The time taken for the recovery is different for every mom. As every child birth is not the same, the process of recovering from postpartum depression is also not the same. While the recovery has its own timeline, we have some aids which will help you recover faster.

Maternity Pads

Maternity pads are specially designed for new mothers as they find the first periods. Post Partum bleeding is heavier and thicker than normal period blood. So normal sanitary napkins cannot absorb it all. On the other hand, maternity pads are softer and more effective to handle the heavy flow of postpartum bleeding.

Squirt bottles

This is helpful to sooth the soaring perinium. Squirt bottles are also called peri bottles. At first you may find it hard to use but it comes handy. Using it is quite simple if done properly. You have to fill it up with water, warm or cold whatever you like, then place the opened part on the place where it is soaring . It will cleanse the area and provide you relief.

Many new moms do that as a part of taking self care. According to the users it works well.

Comfy clothes

During this time, try to wear something with utmost comfort. , try to wear something with utmost comfort. Even wear comfortable, oversized under wears, because fashion is not your first priority at this time. Cotton is highly recommended at this period.

Ice packs

Ice packs are another way to sooth the burning perineal area. You can rinse the area with wrapped ice or frozen maternity pads.

Sitz baths

Sitz baths are well-known pain relievers. Sitz baths are well known as they do a wonderful job at giving pleasure. Although it is generally done in de play little Sid tub but if you have a normal bathtub there too you can conduct it to feel relief from perineal burning.

Post-Partum Belly Wraps

Especially, for those who have their baby through surgery, Post Partum belly wraps usually provide strength in the belly area. Easily available in the

market this belt is used to pull back your muscles that get displaced during birth.

Pillow under the belly

This may sound weird but blessing a pillow under your belly especially under the cuts helps your body to feel light and less itchy. The soft surface works gently on the scars.

7 tips to recover from Postpartum depression

- We may not acknowledge it but our eating habits do have an impact on our health and mental health especially in postpartum time eating is very important. New mothers should try to limit their intake of oily foods and eat healthily. Try to eat foods that make you happy like chocolates or dairy products.
- Take rest as post as much as possible, your body has done enough hard work in the nine months by supporting a baby. Now it's finally time to rest.
- Although it may sound ironic to tell someone to sleep well with an infant, but. sleeping is indeed very e needful at this time.
- Keep the baby closer. Sometimes when you are feeling depressed the smiling face of the infant can help you forget everything else.
- Wash the body parts every day.
- Take care of the cuts and bruises. While they are indeed glorious signs of motherhood, you have to be careful when dealing with them.
- Spend family time. Try to involve your family to take care of the baby. It will give you some rest and some happiness to them.

The Two Monkeys

Once, a group of Monkeys was roaming around the forest in search of food. Suddenly, two monkeys in the group accidentally fell into a deep well. The other monkeys worried about their friends in the well. Seeing how deep the well was, they told the two monkeys that there was no way they could escape the deep well and that there was no point in trying.

They continued to constantly discourage them as the two monkeys tried to jump out of the well But keep falling back.

Soon, one of the two monkeys started to believe the other monkeys — that they'll never be able to escape the well and eventually died after giving up.

The other monkey keeps trying and eventually jumps so high that he escapes the well.

The other monkeys were shocked at this and wondered how he did it. The difference was that the second monkey was deaf and couldn't hear the discouragement of the group. He simply thought they were cheering him on!

Moral of the story

People's opinion of you will affect you, only if you believe it to be so. It's better to believe in yourself.





Try These 8 Vitamins and Supplements that help to conceive



In our previous generation, giving birth to a child or conceiving was considered as something that couldn't be prepared for. It was believed to come unexpectedly. As a result, there were many complications as women were not fully prepared or capable of bearing the child. But nowadays, more couples are leaning towards planned pregnancies which means they take their time and only have a baby when ready. Conceiving is also pre-planned. Planned parenting is better for the mother because her body gets ample time to have the strength to bear a child. If you are trying to get pregnant, you should ensure that your body is ready.

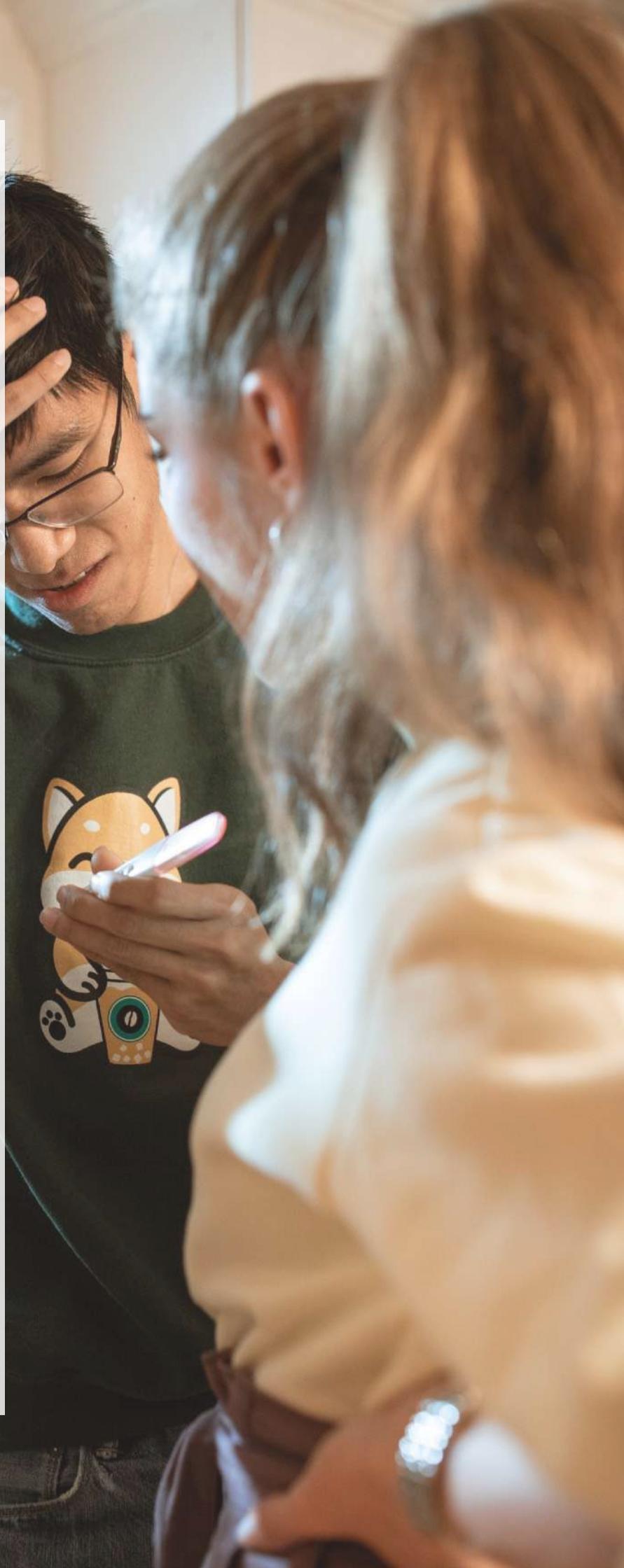
During the pregnancy period, one should start taking Vitamins and supplements even when trying to get pregnant. It's always better to have your body pre-equipped with the necessary elements while trying to conceive. It also helps to develop faster. We have found some vitamins that are most helpful when you are trying. Take a look.

Folic acid

Doctors have advised taking folic acid for every woman, whether trying to conceive or not. Folic acid, also called vitamin B9, increases the fertility rate and makes the eggs more fertile. Not only that, but it also helps the baby's neurons preventing the disease spina bifida.

The prescribed amount of daily amount – 400 micrograms (higher in some cases like past complications, family history, alcoholic/smoker)

Sources – Broccoli, chickpeas, asparagus, peas daily cereal



Vitamin C

Vitamin C is very important for fertility. Pregnant women do feel a craving for something sour, as we all know. But it even helps to get pregnant. Both men and women should take a fixed amount of Vitamin C daily. It increases progesterone production and helps in muscle gain.

The prescribed amount of daily intake – 500mg twice a day

Sources – Orange, bell pepper, Papaya, Tomatoes

Vitamin E

Vitamin E upgrades the sperm quality and thickens the cervical mucus for women, which makes the sperm more productive as they stay alive in the fluid longer and the eggs stay attached to the wall.

For men, Vitamin C enhances sperm motility.

The prescribed amount of daily intake- 15 milligram

Sources: vegetable oils such as sunflower oil, Olive oil, corn seeds, nuts

Vitamin D

There is a direct relationship between vitamin D and conceiving, for studies have shown that women with normal vitamin D rates are likely to be pregnant faster and safer than those with Vitamin D deficiency. Calcitriol, a form of vitamin D, increases the inversion of Estrogen. It also strengthens the bone.

The prescribed amount of daily intake – 10-20 micrograms

Sources (apart from sunlight)- Milk, Cheese, egg yolks

Iron

Iron is highly essential to any stage of human life, be it childhood, be it middle age or old or even when she is trying to conceive. It's one of the most effective prenatal vitamins as it increases sperm and

egg count. Men and women should maintain the daily supply of iron during this period.

The prescribed amount of daily intake –27mg

Sources – everyday food

Calcium

Although calcium mainly helps to develop the bones of the baby, which means that it is more effective once you're pregnant, still to ensure that your body already has the required strength to bear a baby and your bones are strong enough, one should start taking calcium while trying to conceive.

The prescribed amount of daily intake – 1000mg

sources- Fishes, Almonds, milk, and eggs

Selenium

This lesser-known Vitamin is an incredible fertility booster. A 2019 research has shown that vitamin selenium and vitamin E mixed together works wonders for infertile men as it improves the semen quality.

The prescribed amount of daily intake: 55 micrograms/day

Sources – Oysters, Chicken, Sunflower seeds, bananas, baked beans

Omega-3s

Omega 3 is another vitamin that increases sperm motility and improves egg quality.

The prescribed amount of daily intake: 1100 for women and 1550 for men

Sources - Sea fish, fish oil

These are some prenatal vitamins that help to conceive. Sometimes, it's the deprivation of vitamins that delays the pregnancy. So, in that case, you should consult your doctor first and start taking vitamin tablets.



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Rabindranath Tagore: Top 10 facts

Rabindranath Tagore was born on 7th May 1861. At the age of 8, he started writing poetry and published his first collection at the age of 16. At 42 years of age, he married Mrinalini Devi and at the age of 60, Rabindranath Tagore took up drawing and painting and held many successful exhibitions of his works.

Here are 10 lesser-known facts about him

Rabindranath Tagore wasn't just the first Asian to win a Nobel prize, but also the first Non-European to mark his prominence in literature.

Many people are aware that Tagore wrote 2 national anthems. "Jana Gana Mana" for India and "Amar Sonar Bangla" for Bangladesh. What many people don't know is that he also inspired the Sri Lankan national anthem "Sri Lanka Matha". Some even hold a view that Tagore composed the anthem in its entirety.

Rabindranath Tagore invested his Nobel Prize money in constructing the "Visva-Bharati" school in Shantiniketan. The school ran on the Shantiniketan Education System and gave the nation many distinguished personalities, Amartya Sen, Satyajit Ray, and Indira Gandhi to name a few out of many others.

The preface of Tagore's most acclaimed work, Gitanjali, was written by another greatest poet of the 20th century, W.B. Yeats.

In 2004, Tagore's Nobel Prize medal was stolen in a theft at Shantiniketan. The Swedish Academy gave him the award again in the form of two replicas, a gold and a silver.

Tagore was once invited by Albert Einstein at his home. The two talked about religion and science and their chat has been documented in the "Note on the Nature of Reality".

Tagore wrote novels, short stories, poems, essays, verses, dramas, songs, and a lot of other stuff. He is believed to have worked on almost all kinds of genres.

Rabindranath Tagore was honoured with a knighthood in 1915, by King George V. However, he renounced his knighthood in 1919 to protest the Jallianwala Bagh massacre.

There are 3 Tagore museums in India and 5 in Bangladesh. The ones in India are: Rabindra Bharati Museum, at Jorasanko Thakur Bari which is his ancestral home in Kolkata. Rabindra Bhavan Museum, in Santiniketan, which is now a university town with the Visva-Bharati University. Rabindra Museum, in Mungpoo, near Kalimpong. The poet visited the area and stayed at a house that eventually became this museum.

People often prefer to use the word Gurudev for him. Rabindranath Tagore is also known as Kabiguru and Biswakabi.

Tickler



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

Q: Why did the cell phone get glasses?

A: Because she lost all her contacts.

Ritesh, 5Yrs, New Delhi

Q: How did the mobile phone propose to his girlfriend?

A: He gave her a ring.

Rohini, 4.5Yrs, New Delhi

Q: Why is Santa good at karate?

A: He has a black belt.

Suzain, 5 Yrs, Lucknow

Q: Why did the turkey join a band?

A: So he could use his drumsticks.

Shoib, 5 Yrs, Kanpur

Q: What's a math teacher's favorite winter sport?

A: Figure skating.

Ritika, 7Yrs, Pune

Q: Why are eyeshadow, lipstick, and mascara never mad at each other?

A: Because they always make-up

Kriti, 6.5Yrs, Noida

Q: Where do roses sleep at night?

A: In their flowerbed

Hardik, 8Yrs, New Delhi

Q: Why was the show bad at gymnastics?

A: She was a flip-flop

Punnit, 7Yrs, Kolkata

Q: What should you wear to a tea party?

A: A t-shirt

Ranjan, 9Yrs, Noida

Q: What's rain's favorite accessory?

A: A rainbow

Drishti, 5Yrs, Mumbai



The Book Bug

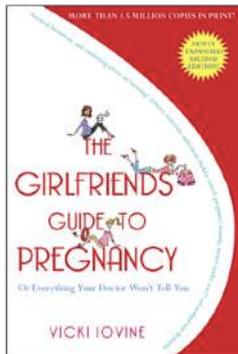
One of the best gifts you can give to your child is the love for reading. In due course of time if there's one thing that I have realised is that when you read a lot, you know a lot, but the real benefits of reading goes beyond the knowledge of the subject. You become a better person. You become articulate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

THE GIRLFRIENDS' GUIDE TO PREGNANCY

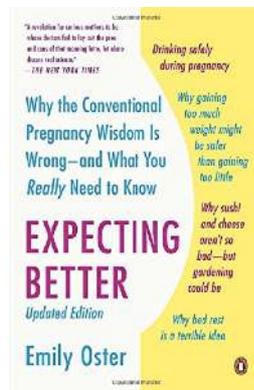


This book gives you the skinny on what really happens during pregnancy, just like you were hearing stories from your BFF. It's written in a hilarious, direct way that balances brutal honesty with reassurance. Our parent says, "I liked that they were realistic without being gory or scary or too focused on everything that could go wrong."

EXPECTING BETTER

It reviews pregnancy health studies and evaluates the quality of their methodology, with the goal of giving the reader objective information to make informed decisions about pregnancy risks

like what food should you avoid.



BEST BOOK FOR NEW MOM

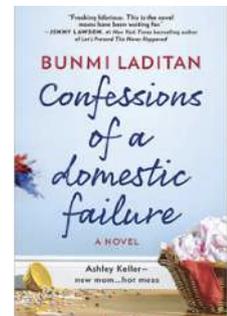
WHAT TO EXPECT THE FIRST YEAR

From our founder Heidi Murkoff, the mom who penned one of the very first how-to pregnancy guides, comes America's classic motherhood manual. What to Expect the First Year is packed with trusted advice, including practical tips on



caring for a young infant, navigating those often overwhelming baby aisles and managing the transition into motherhood. New parents especially love the month-by-month guide to baby's development, so you'll know what to expect at every stage and milestone.

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

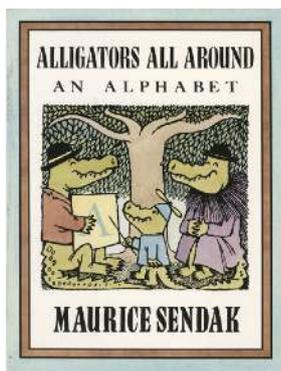
BEST BOOK FOR TODDLERS

WHAT ARE STARS



Toddlers just beginning to notice the lights twinkling above their heads at night are filled with questions, which this lift-the-flap book provides answers for—at just the right level for them to grasp

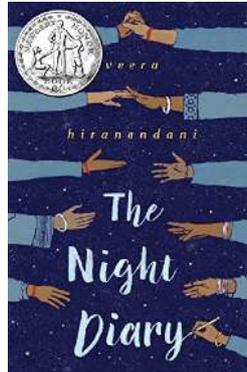
ALLIGATORS ALL AROUND



Sendak's family of alligators has been charming kids for generations, and this sturdy new board book edition stands up to tons of joyful, tooth-gnashing ABC practice.

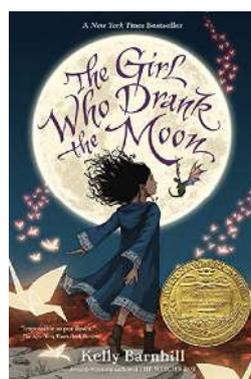
BEST BOOK FOR BIG KIDS

THE NIGHT DIARY



This beautifully written story will give your child the best kind of chills. It's a Newbery Honor book for 2019 — an honor well-deserved. This epistolary novel follows young Nisha, a half-Muslim, half-Hindu girl as she and her family experience the partition of India.

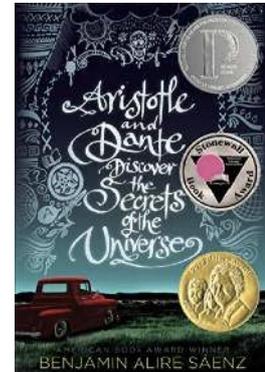
THE GIRL WHO DRANK THE MOON



Everyone is afraid of Xan the witch. They keep her at bay by sacrificing one baby a year to her. Xan is a good witch though, nourishing the babies with starlight before sending them off to good homes.

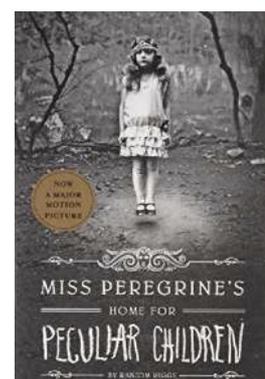
BEST BOOK FOR TEENS

ARISTOTLE AND DANTE DISCOVER THE SECRETS OF THE UNIVERSE BY BENJAMIN ALIRE SAENZ (2012)



When Dante and Aristotle first meet at the pool, they don't seem to have anything in common. But as they get to know each other, they form an unlikely friendship — that soon reveals the possibility of something more.

MISS PEREGRINE'S PECULIAR CHILDREN BY RANSOM RIGGS (2011)



This delightfully weird boxed set starts out when Jacob Portman journeys to a mysterious island off the coast of Wales following a terrible family tragedy. There, he finds the ruins of Miss Peregrine's Home for Peculiar Children and so, so much more.

Gripe Water for Babies: Safety, Usage, And Alternatives



Gripe water

Gripe water is a popular over-the-counter fluid supplement offered to fussy or colicky babies all around the world. In fact, according to one study, the majority of newborns in India are provided gripe water by their parents or caretakers during their first six months of life.

Depending on the product, gripe water often includes sodium bicarbonate and a blend of herbs such as fennel, ginger, dill, chamomile, lemon, and peppermint. Gripe water may be found in most grocery stores and is delivered via drops from the dropper that comes with it.

Gripe water and over-the-counter gas drops are sometimes confused, but they are two completely different items. Gas drops include simethicone, an anti-foaming ingredient that breaks up gas bubbles in the digestive system and allows newborns to pass gas. Likewise, gripe water is a concoction of chemicals intended to calm irritable stomachs.

Usage of gripe water

Gripe water is most commonly administered to babies in their first year of life when they are most likely to have symptoms of colic, excessive crying, or general fussiness. In most cases, a caregiver or parent gives gripe water to a newborn because they feel it will help with colic. However, no research has been done on the effects of gripe water on colic.

Parents may hear anecdotal evidence that gripe water assists with teething pain, gassiness, and fussiness from a friend or family member. Some parents have even claimed gripe water to be effective in relaxing babies and allowing them to sleep through the night. If you're thinking about giving your child gripe water, make sure to consult with their pediatrician first.

Is it safe to use gripe water?

When feeding your infant gripe water, you must always consult with your child's pediatrician first. This is because several variables make gripe water a potentially dangerous decision.

Ingredients

It's difficult to make generalizations against all gripe fluids because the components in gripe water might differ. However, no single study has found that gripe water is detrimental to babies. There are, however, some elements in gripe water that should be avoided.

Because gripe water is a supplement rather than a drug, it is not controlled by the Food and Drug Administration. As a result, it may include chemicals that are harmful to infants. One brand of gripe water was banned in 2019 due to a potentially hazardous ingredient.

Furthermore, while most companies advertise to be alcohol-free, not all types of gripe water are. According to one study, Some gripe water sold in India contains alcohol. Additionally, gripe water with sodium bicarbonate might cause alkalosis and milk-alkali syndrome if taken in high amounts regularly.

- **Nutrition**

One of the most serious problems with gripe water is just what it effectively removes from newborns rather than what it gives them. More specifically, if you give your kid a lot of gripe water during the day or night, they may become too satiated on gripe water alone.

If this occurs frequently, your child may experience issues such as stunted or slowed growth or insufficient weight gain. It may also interact with digestive system microorganisms that play a role in digesting and overall health. In addition, our bodies benefit from good bacteria, particularly in babies whose immune systems are still growing.

When you're the mother of a cranky baby, you've probably gotten a lot of advice from others on how to calm and soothe your child. For example, friends and family members may suggest strolling your baby around, taking a long drive late at night, removing particular items from the diet, and giving your infant gripe water if your child has colic.

While it may not be as severe in very healthy infants, the use of gripe water regularly in low-income families is a significant worry. According to one study, gripe water is commonly used in underdeveloped nations, where mothers may not be adequately



Because gripe water is utilised as a non-nutritive addition to feeding, it can be harmful because it is being used to substitute necessary supplementation for babies. Finally, administering gripe water to a baby immediately away may interfere with the child's ability to nurse and reduce the mother's own breast milk supply.

Alternatives to gripe water

It's ideal for working with a pediatrician or doctor to find a solution if your infant is highly irritable, has digestive difficulties, or you believe has colic. There may be an underlying medical ailment that can be treated, such as acidic reflux or food sensitivity.

If your pediatrician has cleared out these medical conditions, but your baby is still highly irritable or colicky, you can try some alternative options before turning to gripe water. Here are a few suggestions to help your infant relax:

- Swaddle your infant to make them feel safe and comfortable.
- If you're a breastfeeding mother, avoid typical irritants such as caffeine, spicy foods, and dairy.
- Ask your paediatrician for ideas on a softer or allergen-free formula, or try a new bottle if you're formula feeding.
- When your baby is fussy, wear them in a sling around the home.
- To help move gas, gently circularly rub your child's tummy.
- Apply gentle pressure on your baby's tummy during the day, or boost their tummy playtime.
- Cycle your baby's legs to observe whether the movement aids in the movement of gas.
- If your baby is fussy, try walking or dancing with them to see if it helps.



10 Amazing Five Senses Activities For kids

Sensory play provides young toddlers and children with a limitless number of opportunities to grow and learn. While utilizing their senses to investigate and explore the environment, children build coordination, enhance concentration, and develop gross and fine motor skills through sensory play. In addition, sensory activities expand their curiosity, creative thinking, and problem-solving and solution-testing abilities.

Pre-schoolers will enjoy learning about the five senses, especially in the early stages of the year. This is because children naturally interested in the world around them, and they frequently explore and learn using their senses.

Here are 10 Amazing Five Senses Activities For kids

1. Read and Locate

This activity has two purposes: it helps you focus on visual stimuli and it helps you read.

Fill a basket with all of your belongings, such as a toy vehicle, a ball, and pencils.

On a piece of card stock paper, jot down the goods you've placed in the basket.

Begin by having your youngster read each item on the list to you. Then, encourage them to make use of their phonics abilities.

After they've finished reading it, have them look for it in the basket and match it up.

2. Taste bottles

Cut cards stock or card paper into different flavors and label them.

Allow the children to sample the bottles. To begin, have them try all of them.

Assign the task of matching the bottles to the relevant labels to the children.

Next, the kids can describe what products they can locate in the kitchen that symbolize these flavors.

3. Sound trip

On notebook paper, make a basic chart. There are only two columns: one for the sound you're looking for and another for a tick or a star.

Make a note of the sounds you hear in your neighborhood or anything else you think you'll listen to—for instance, sirens, dogs barking, automobiles, birds, and so on.

Tape the paper on a piece of construction paper and go for a walk.

Talk to the kids about the noises as you hear them and have them tick them or put a star next to them.

4. Touch and describe

Some of the most descriptive terms come from our sense of touch. Request that the children feel a range of items and write down the adjectives they would use to describe them. Make tiny strips out of each of the materials you'll be using. Each material should be cut into two strips. Fill the various compartments of the tray with the different materials.

Tape or glue the remaining strips of material on card stock paper, which has been cut into small rectangles. Allow the children to touch and explain each of the materials in the tray. Encourage children to use words like soft, smooth, rough, bumpy, squishy, sparkly, etc. When they're finished, have them match the card stock strips in the tray to those in the tray.

5. Sound matching

Fill one thing – for example, if you're loading the eggs with uncooked beans and you have red and yellow eggs, fill one yellow egg and one red egg. Carry out the same procedure with the remaining eggs and ingredients. To prevent leakage or spillage, tape the eggs together with cello tape. Allow children to shake each egg and match it to its mate.

6. Fun with paints

Fill the bowls with paints.

Toss in the artificial fragrance. If you're using yellow, give it a banana flavor so you can talk about the colour as well. Allow the children to begin putting their brush into the bowl one by one. Get the youngsters to paint on paper and try to figure out what the fragrance is. Please give them a few hints about what it could be. "Do you suppose it smells like something of a vegetable or a fruit?"

7. Scratch and sniff

With a pen, write the children's names on card stock paper.

Allow the kids to use glue to trace over their letters. Trying to squeeze and handling a glue bottle may be necessary for some children. Gelatine should be sprinkled thoroughly over the glue. Once the scented name has dried, ask the youngster to identify the scent and scratch it off a little to release more of it. Place the name board in a prominent location in the classroom or at home.

8. Alphabet touching

Begin by drawing the letters onto a piece of card stock. After that, cut the pieces and adhere them to the letter's outline. Cut out the letters and glue them to construction paper. Now it's time to start tracing the alphabets with your fingers while experimenting with the texture. Examine the material and explain "A" - it is glistening and gleaming. The letter "B" is a kind one.

9. Celery Taking Up Coloured Water

Half-fill the pitchers with water and then add the food dye. Celery stalks should be placed in the vases. Inquire about the children's predictions for what would happen next. They might react by anticipating that the celery would grow to be rather enormous. The children can observe how the stalks and leaves change color.

10. Ice cream tasting test

The cups you'll use to hide the ice cream bottles should be numbered. Make a chart with one column for the numbers, one for their predictions, and one for the flavours. Put the flavour on a piece of paper and wrap it with peel-off labels. Once the predictions have been recorded, the children will peel these off. Blindfold the children and explain how their other senses will function even if they are blinded. Solicit a scent and then a taste of the ice cream from them. Compare it to the number on the chart. After you've finished, open the blindfolded and peel off of the tags to discover how many correct answers your youngster received.





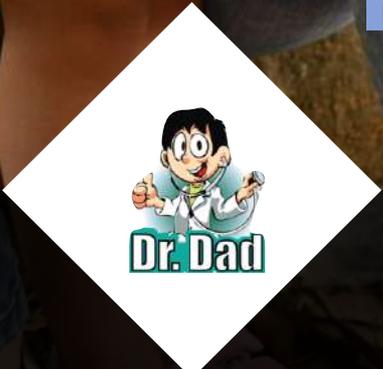
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