

So Parenting

10 Essential Skin Care Tips For Teens

Ten common questions about IVF.

TRAVEL DIARY

10 weaning food and benefits

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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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10 Essential Skin Care Tips For Teens

Teenage is the time of human life when changes happen; youth first gets reflected in behavior and appearance. But it is also the time of adolescence; it is also the time of hormones. Changing hormones turn glowing soft baby skin into rough and damaged skin. Pimples and acne are common skin problems that almost every teen faces sooner or later. Taking care of the skin is very important at this stage because it lays the foundation for the adult skin. Here are ten tips to take care of teenage skin. You will definitely get a better result if you follow all of them.

- The primary care of the skin can be taken by washing it daily. Acne, pimples all skin problems primarily come from the unwashed face where the dirt has blocked the cells. It can go up to the extent where unwashed skin can face taste. Therefore washing the skin is very important. If you are washing your face, try to cleanse it at least twice a day. Use a fresh cloth to dry the water.
- Use Moisturiser daily. Cleansing the face may remove all the dirt particles from the skin, but it gets dry from time to time. Some skins are originally dry type. Using daily moisturize gives the proper skin nourishment, which makes the skin texture a whole lot smoother. Even the skins which are oily type get proper nourishment from the Moisturiser.
- You have to wash off your makeup before you go to bed. It is understandable that teens may not have the time to wash makeup

every time, but it's not something that can be postponed. Going to bed with makeup on can let the basic makeup elements, which are rather harmful to the skin, stick to the skin if they are not washed for a long time. Apart from that, the skin cells are renewed at night, and chemical elements in the makeup stop the process, which leads to severe damage.

- Don't go in the sun without putting a sunscreen first. There is an ultraviolet ray in the sunlight, which damages the cells of the skin. Sunscreen Protects the skin from sunburn.

Some may use sunscreen only in the summer. But according to the professionals, You should use sunscreen at any time of the year, whenever it is extremely sunny.

- Most of the germs get to the face skin through our own hands. From time to time, we feel an urge to touch our face but this only transfer the dirt and bacteria on the skin. Besides that touching the screen, again and again, is also considered a bad habit. Show you might want to stop touching your face if you want to get clear skin.
- Try to cover up the skin when you are going to some specific places like roads, woods, or somewhere near the factories. Due to increasing pollution, chemicals often get stuck in the skin. A light or thin piece of the scarf can help to prevent this.
- Try to exfoliate once or twice a week. Exfoliating removes the dead skin cells and prevents blackheads. It makes the skin brighter.
- In this era of advertising and brand merchandise, you may come across thousands of skincare products daily. But before using any of them, you should first learn it thoroughly, try to read the ingredients and be sure about using them. Many skin care products, although they may seem effective in a short time, actually contain dangerous chemical elements. So check before using.

Dermatologists have suggested that using homemade skincare products is always better than playing the chemicals. There are many well-known face packs and moisturizers which can be easily made at home using natural elements. Some homely supplements are very good for the skin, such as milk, coconut oil, Aloe vera, and turmeric.

- It is well known that Gen Y often doesn't sleep properly at night. In this era of social media and Netflix, sleep time has been reduced to a minimum. But sleeping is quite necessary for good health. Problems like dark circles, and acne, often are often formed by sleep deprivation. A teen at least needs 6 hours of sleep a day. Try to maintain a sleep routine.
- Try to maintain a healthy diet. Eat as little oil as possible. Eating carbs and vitamins, which are generally produced by vegetables, is good for the skin.

Pimples and acnes are temporary skin problems faced by almost every teen. You shouldn't worry too much about that. But in case you are facing severe skin damage, you should contact a skin specialist.



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Ten common questions about IVF.

IVF, or In Vitro fertilization, is one of the common methods which is used by many couples who are not able to conceive in the normal way. Though the name IVF must be heard by many people, if you are considering the options, then you may have tons of questions about it or no clue as to what IVF is. So here are some of the most common questions about IVF.

1. What is IVF?

In vitro fertilization is a method of fertilization in which an egg and sperm are combined in a laboratory setting. The procedure entails tracking and promoting a woman's ovulatory cycle, taking an ovum or ova from her ovaries, and allowing sperm to fertilize them in a laboratory culture medium.

2. How much does IVF cost?

- An IVF cycle might cost anywhere between Rs 2.5 lakhs and Rs 4 lakhs on average. Additional medication and testing may be required, as well as procedures like Frozen Embryo Transfer, which can drive up the price. This is the price for 1 cycle. IVF may not be successful in the first cycle, and couples may have to go through more than one cycle.

3. Why do we have to go through IVF?

- When the fallopian tubes are badly damaged or nonexistent, or there is unexplained or male-factor infertility, IVF is the most common reproductive treatment. In vitro fertilization is popular among couples because it allows them to conceive more rapidly and at a time that is convenient for them. It improves your chances of having a healthy pregnancy and baby.

4. How many stages are there in IVF?

- There are five stages in IVF, which are as follows

- Medications
- Harvesting the eggs
- Fertilization
- Embryo culture
- Embryo transfer and after which you get the news whether the woman is pregnant or not.

5. What are the risks related to IVF?

- Some of the risks of side effects can be bruising where the injection was implanted, nausea, vomiting, allergic reactions, excess vaginal discharge, and

emotional ups and downs. Other than that, there are risks of multiple births, premature delivery, etc.

6. Is IVF a successful procedure?

- In India, the success rate of IVF is between 30 and 35 percent. In young women, the average IVF success rate is around 40% worldwide. Women under the age of 35 have a higher likelihood of success than older women.

7. How much time does IVF take?

- It is said that the process of IVF takes one month or less than one month; it may also go up to 6 to 8 weeks, depending on the patient.

8. What changes will my lifestyle need?

- You will need to change your lifestyle and leave some of your habits. So, if you smoke, drink alcohol, exercise, and take supplements, you will need to stop all of it. Also, if you have any prior medications, you may need to stop them according to what your doctor says.

9. If the first cycle is not successful, when can we try again?

It is recommended that the couple has to wait for at least 1 to 2 menstrual cycles. Your doctor will run tests to decide the perfect time.

10. If I am pregnant, will the rest of the procedure will go smoothly?

Once you are pregnant, you will go through certain tests to confirm the heartbeat of your fetus, after which you will be recommended to an obstetrician for the rest of your pregnancy.

If you have any further questions or confusion, you should consult your doctor or your gynecologist, who will guide you on the right path and what is best for you.

Beetroot Halwa



Ingredients

- **500 grams beetroot** or about 3 cups grated beetroot
- 3 cups whole milk
- **6 tablespoons sugar** or raw sugar – adjust as required
- 3 tablespoons Ghee
- **½ teaspoon cardamom powder** or 5 to 6 green cardamom crushed and finely powdered in a mortar-pestle
- 15 to 20 cashews
- 1 tablespoon golden raisins – optional

Instructions

- Rinse, peel and grate the beetroots using a hand held grater or food processor.
- In a kadai or deep thick bottomed pan, combine milk and grated beetroot.
- On a low to medium heat, bring the whole mixture to a boil and then simmer.
- Keep on stirring at intervals while the mixture comes to a boil and later simmers.
- The grated beetroot will cook in the milk and the milk will start to reduce and evaporate.
- When the milk has almost reduced to 75% to 80%, add the ghee and sugar to the halwa mixture.

- Stir well, continue to simmer and cook on a low heat.
- Keep stirring the Beetroot Halwa at intervals.
- Towards the end, add the cashews, cardamom powder and raisins (if using) and simmer till all the milk is evaporated. Stir often. Switch off the heat.
- Serve Beetroot Halwa hot, warm or cold.

Notes

1. Try to use beets which are fresh and tender.
2. Do use whole milk and not toned or low-fat milk as it may split or curdle.
3. Choose to add your choice of nuts and dry fruits depending on what is available to you.
4. Slow cooking is the key to the recipe. Try not to speed up the process as it may result in the halwa getting browned or burnt.
5. You can easily halve or double this beetroot halwa recipe.

#2 on Dr Dad Travels



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13 Flu Symptoms in Teenagers and How Long Does It Last?

Due to the increase in covid cases worldwide and in India, it can terrify you as a parent whenever you see your kid suffering from fever or even coughing or sneezing. Flu and Covid 19 spread the same way through the droplet infection. A thought also might cross your mind that is it covid or just a plain seasonal FLU. To resolve this query of yours, there are 13 symptoms which you can look at your teenage child to find whether it is flu or not.

Here are 13 symptoms in teenagers –

Headache

Once you have a cold or the flu, infection-fighting molecules known as "cytokines" might cause headaches. Your immune system produces these little chemicals. While their primary purpose is to combat infection, they can also induce inflammation, which can cause headaches in some people. A headache can also be induced by the inflammatory processes of the sinus cavities as a result of increased mucus from a cold or virus. This could be the source of the chronic discomfort you're experiencing during the headache.

Sore throat

A sore throat, also known as pharyngitis, is caused by inflammation of the tissues of the pharynx (the region of the throat behind the mouth).

Fever

The body may elevate its temperature to make it tougher for the virus to multiply when combating an influenza infection. Fever is a term used to describe an unnatural rise in body temperature. A fever is a common flu symptom that occurs as part of the immune system's response to an infection.

The Chills

Chills are a natural mechanism for your body to raise its core temperature. Chills are caused by cold weather, viruses, infections, and other disorders. Shivering causes your muscles to relax and contract. Your body warms up as a result of this unintentional activity.

Muscle aches

Inflammation-induced by the flu virus wreaking havoc on the body's cells causes muscle aches. The aches and pains should go away once the virus has left the body, which could take anywhere from a few days to two weeks. Pain can be reduced by resting, avoiding exertion, using heat, and taking anti-inflammatories.

Blocked nose

Viruses that cause the common cold or flu frequently enter the body through the nose. They spread inside the wall of your nasal passages once they've arrived. Inflammation occurs as a result of the body's response to the infection, resulting in a stuffy nose.





Cough

Others believe that damage to the cell lining in our airways is frequent in influenza infections, which could explain why we have more severe coughing fits with flu than with the ordinary cold.

Tiredness

It is obvious to feel tired because of the cough and sneezing and your body constantly fighting the influenza virus.

Loss of appetite

Your brain chemistry changes when you get sick because the production of molecules called cytokines rises. These substances can suppress your appetite, allowing you to store energy for short-term illnesses such as the flu.

Diarrhea

When the viruses start targeting your digestive system, that's when you experience diarrhea as a defense mechanism of the body to fight the virus.

Vomiting

The lining of the stomach or Intestinal tract is often inflamed and irritated when we are sick with a viral illness that causes vomiting. You irritate that lining, even more, when you try to eat or drink, forcing it to empty the contents of your stomach.

Chest congestion

The transfer of a cold or flu virus from the upper respiratory tract—your nasal passages, sinuses, and throat—to the lower respiratory tract—your breathing tubes (bronchi) and lungs—is one of the most common causes of chest congestion.

Other

Other symptoms such as earaches, dizziness, and nausea can also be experienced.

Flu can last from a few days to 2 weeks around in teenagers. However, the time depends on the body to body.

A photograph of a bottle and two snifter glasses filled with a golden-brown liquid, likely whiskey, set against a dark background. The bottle is on the left, and the glasses are on the right. The lighting is dramatic, highlighting the glass and the liquid. A semi-transparent white banner is overlaid across the middle of the image, containing the text.

**Drinking Alcohol while
breastfeeding**

For new moms, everything seems confusing, and now and then, you are looking out for various answers to various questions. Making decisions for new parents can never be easy because it takes a lot of thinking to realize what will be best for your child. Such as the decision between whether to feed your child breastmilk or formula milk. For years doctors have always recommended that a child should at least breastfeed for six months because it is the healthiest option for your child, both physically and emotionally. However, if you choose breastmilk as your option, you also need to take care of your diet so that your milk is not harmful to your kid. There are many things that your doctor will ask you to add to your diet and something to eliminate as well.

Breastfeeding also needs lifestyle changes. For example, during pregnancy, you were not allowed to smoke and drink the same as breastfeeding.

In today's article, we will discuss whether a woman can drink Alcohol while breastfeeding or not.

The bottom line to the question is that a woman should not drink alcohol, as drinking alcohol while breastfeeding can bring the risk to her baby.

Whenever a mother consumes Alcohol, it reaches amounts in her breast milk similar to those in her bloodstream. Although a breastfed baby is only exposed to a portion of the Alcohol consumed by their mother, a newborn's body removes Alcohol at half the speed of an adult.

You may have heard many rumors that drinking Alcohol increases milk production, but there is very little truth to this rumor. Alcohol drinks like beer have an ingredient called barley. Barley has a nutrient called polysaccharide, which helps in the production and stimulates milk production, so it is the barley that helps in production, but alcohol consumption itself only leads to a decrease in milk production.



Other than the low production risk, there are certainly other risks such as –

Whenever you consume alcohol, it will be most likely that your child will breastfeed less. This may happen because of the change of taste in the breastmilk.

Many studies have also reported that the infants have a disrupted or interrupted sleep pattern and also that their sleeping time is reduced by 25%.

Drinking breastmilk that has Alcohol can also affect neurodevelopment and impaired motor development of a child.

These are some of the risks which can happen if you binge drink or drink more than the moderate level recommended.



Yes, many reports also suggest that drinking one glass of Alcohol in a day or moderate drinking is not as hazardous as everybody mentions. You can wait for the Alcohol to eliminate from your breastmilk. If you think that pumping and dumping your breastmilk will lead to eliminating Alcohol from your breastmilk, then that is not the case. Alcohol is in your breastmilk as long as it is in your bloodstream. But you can use the pump and dump method to keep the milk production constant and to reduce engorgement as well. According to some sources, It is said that one drink remains in the bloodstream for 2 to 3 hours, 2 drinks can remain up to 5 hours, and so on. If you want to have 1 drink you can have a feeding session with your baby after 2 to 3 hours or what you can do is pump your milk in a bottle before you have a drink so that your baby does not miss the feeding session. In this way, your baby will not consume breastmilk that has an alcohol portion in it to a major extent. But it is still advisable to have a conversation about the same with your doctor.

But it is still recommended that you limit your Alcohol as much as possible so that you can avoid any risk.

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What are the symptoms of the third

trimester of pregnancy?

The third trimester of your pregnancy is the final stage of your pregnancy. It lasts for 29 weeks (or months 7, 8, and 9) and lasts for 40 weeks (or months 7, 8, and 9). Your baby grows, develops, and begins to change position in preparation for birth during this trimester. You're in the home stretch of your pregnancy now that you've reached the third trimester.

You can know when you are in the third trimester of your pregnancy journey by sampling and observing certain symptoms.

Here are the symptoms which you can look for whether you are in the third trimester of pregnancy or not –

- **Braxton Hicks contractions** - Braxton Hicks contractions are a cyclical tightening in your abdomen. They're uterine contractions that happen before you give birth. They can help prepare the cervix for birth by toning the muscles in your uterus.
- **Backaches** - Because you're carrying extra weight, your posture may shift. As a result, you may find yourself leaning to one side or the other, causing lower back or hip pain.
- **Shortness of breath** - Your uterus presses against your diaphragm throughout the third trimester of pregnancy. From its pre-pregnancy posture, the diaphragm is raised roughly 4 millimeters. As a result, your lungs are also a little suffocated. All of this means that you won't be able to inhale as much air with each breath.



- Changes in mouth - When you brush or floss, your gums may become sore and swell or bleed. Your ligaments may relax due to hormonal changes, and the small ligaments that hold your teeth in place may also be affected. Your teeth may feel looser as a result.
- Urination - You may notice that you need to pee more frequently as you get closer to the end of your pregnancy. Your baby may strain on your bladder as she moves deeper into your pelvis. You might also notice that you leak a little when you laugh, sneeze, bend, or raise something.
- Swollen feet - Because of increased fluid retention, hormone changes, and weight gain, many pregnant women experience edema in their ankles and feet.
- Irritable skin or itchy skin - As your belly swells, your skin stretches and dries out, and you may suffer irritation and itchiness.
- Insomnia - Insomnia, or difficulty sleeping or staying asleep, is common in the first and third trimesters for various reasons. However, sleep becomes increasingly rare in your third trimester as your growing belly makes it difficult to get comfortable.
- Feeling full - You might notice that you can't eat as much as you used to or that you have indigestion. This is because as your uterus grows larger, it pushes up against your stomach. This implies that there isn't as much room for food. During pregnancy, the sphincter between your stomach and esophagus also doesn't work as properly.
- Breast Pain - During pregnancy, sore breasts are typical. Hormonal changes are preparing them to feed your kid, so you might move up a cup size or two. Women who have smaller breasts may experience more pain than those who have larger breasts.

These are some of the changes and symptoms you might notice when you are entering the third trimester or have already entered the third trimester. It's not only you who is experiencing changes; your baby is also seeing many developments, such as your baby starts growing hair and sometimes sheds it as well, but the Eyes of your baby also are wide open, etc.



Ten weaning food and benefits

Weaning is how newborns transition from breast milk to other sources of nutrition. Weaning your

exclusively giving breast milk to babies for the first six months of life. After that, until a baby is at least one year old, the AAP recommends a combination of solid meals and breast milk. Then, if they're ready, newborns can start consuming entire cow's milk. Unfortunately, some children wean themselves earlier than their mothers planned, while others refuse to wean when they are ready.

In this entire weaning process, a mother should know with what solid food she can start weaning off. Here is a list of food with their benefits –

1. Cooked vegetables – You should only provide your infant with soft, mushy, easily eatable, and swallowable food. You can provide cooked and mashed broccoli, carrot, potato, Pumpkin, peas; you can even provide puree of vegetables. Vegetables contain a great amount of fiber, easy to digest, and have tons of vitamins and nutrients included in them.
2. Fruits – Like vegetables, you can also start providing your child with soft and mashed fruits such as Banana, Apple, Plums, Peaches, etc. You can even provide puree of all these fruits. Fruits include vital minerals and vitamins that improve immunity, such as vitamin C and E.
3. Cereals – You can provide your infant with cooked, mashed, or pureed cereals such as Oats, rice, lentils, quinoa, millet, etc. Cereals are usually easy to digest and iron-fortified, which is something that most babies require. It's also regarded as a low-allergen food.
4. Water – You can start offering a few sips of water to your child in the cup. Water Transmits nourishment and oxygen to cells while also assisting in waste removal. It also helps in maintaining blood volume.



baby is a process that requires both you and your child to be patient and understanding. The American Academy of Pediatrics (AAP) recommends

Once your baby is more comfortable, you can build up more solid foods.

have any allergies. Then, you can provide them in the form of butter or paste.

8. Gluten food – Provide your infant with food items that have gluten in them, like barley, wheat, rye, etc., again in an easily gullible form.



5. Poultry items – If you eat nonveg, then you should also start feeding your baby with meat, eggs, and other poultry items; you just have to keep in mind that there are no bones. Poultry food items are loaded with proteins that build your baby's body healthier.
6. Dairy products – Feed your child full-fat dairy products such as yogurt or cheese.
7. Nuts and seeds – Provide them with powdered nuts and seeds. Do not provide them with whole nuts and seeds because they will not be able to swallow them as a whole. Before providing nuts and seeds, see if they

9. Soya can be a great food item to serve as well.

10. Other food items such as fish, beans, tofu, pulses, etc., can be served to your kid.

In all of this procedure, you have to keep in mind that your kid gets a variety of food to experiment with so that they can develop their taste and you can know what they like or dislike. After 7 to 8 months, your infant can have three small meals a day.

Jaggery Aam Ka Panna Recipe



Aam Ka Panna Recipe With Jaggery is a tangy - minty drink made of raw mango. Raw mangoes are stove-roasted till cooked from within to achieve the smoky flavor. You could also pressure cook the raw mangos and use its pulp for this recipe. But the wire mesh roasted raw mangoes tastes very different and welcoming altogether. Try this recipe before the mango season runs out and relish it garnished with mint leaves on a tiring weekday evening.

Ingredients

- 2 Mango (Raw) , medium
- 1/2 cup Jaggery , or sugar
- 1/2 teaspoon Cumin powder (Jeera)
- Black Salt (Kala Namak) , as per taste
- 1/4 teaspoon Black pepper powder
- 10 Mint Leaves (Pudina)
- Water , chilled
- Ice cubes

How to make Aam Ka Panna Recipe With Jaggery

1. To begin making Aam ka Panna recipe with Jaggery, rinse the mangoes and place them on a wire mesh on the gas stove.
2. Roast till the skin is completely charred and the mangoes are cooked well from inside.
3. Place the roasted mangoes in a foil. Close and let them cool.
4. Remove the peel and

keep the pulp aside.

5. In a Blender, add the mango pulp and rest of the spices like the black salt, pepper powder, cumin powder and jaggery. Blend to a smooth paste. Adjust sweet and spices to suit your taste.
6. In a pitcher, add in the paste. Pour chilled water and ice cubes.
7. Garnish Aam ka Panna recipe with some mint leaves and serve in glasses.
8. Serve the Aam Ka Panna Recipe With Jaggery as a cool drink on a evening summer with Chickpea Sundal Recipe or Sprouted Moong Bada Recipe (Moong Sprout Fritters Recipe).



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5 THINGS YOU SHOULD DO TO TAKE CARE OF YOUR MENTAL HEALTH IF YOU ARE A NEW MOM.

Whenever you feel stressed or even depressed, new moms can face anxiety and depression issues that are completely normal; you can do certain things that will help you feel better and improve your mental health conditions.

In today's article, we will talk about five things you should do to take care of your mental health if you are a new mom –

1. Self-care

Who said that you need to invest your 24*7 in your baby as a new mom. Life is all about balance, and you can balance your life of being a mom and, at the same time, investing time for your self-care. You can try doing some of the hobbies or activities which you like, a fun skincare routine is always a must and will make you feel better, or you can just take a walk in the morning or do yoga exercises to calm you down and bring peace to you. Also, try online shopping for you and your baby because retail therapy is one of the best.

2. Ask your partner to help because it is not only you who become a parent.

You can cut down on household chores and other tasks. A

cleanroom will always make you feel better, so ask someone to clean your room or home because you already have a lot of baby chores to do. Try to do more online grocery shopping and order things directly to your home. And it is never late to keep a babysitter or nanny who will help you with baby chores.

3. Engage in listening to the more positive talk and speeches:

You can find tons of them on YouTube. One of the best ways to tackle postpartum depression or stress is to think positively, listen positively, and talk positively, which will create positive energy around you. Thing and talk things like you are doing great or you are a great mom; appreciating yourself is never old. See yourself in the mirror and say affirmative things. You can also reduce the use of social media because you do not want everyone to hover around you giving their advice. Finally, you should reduce the use of social media because while some creators may give you great advice on baby care, others might just brag, and you may compare yourself with them even though you didn't mean to. So positive talk and social media detox are some of the things you can go for.

If you are reading this article, you probably clicked because you have your issues and problems dealing with the new phase in your life. Everyone talks about the perk of being a mother and how beautiful the journey is, but once you get pregnant, that's when you realize that with the good parts come the stressful parts as well. Your mental health can hit rock bottom if you are experiencing being a mother for the first; not implementing that second-time mothers do not have mental health problems because, yes, taking care of 2 babies can take a toll on your mental and physical health.

4. Yoga and meditation have been known to bring calm and peace to somebody for ages.

It takes you from the world of anxiety and brings you a peaceful mind. Meditation and yoga are also great for your physical health. Meditation helps to bring concentration and clarity to your mind. Meditation is a very therapeutic experience for a new mom.

5. While you are doing all of these things, one of the things you can try is DOING NOTHING.

Yes, you cannot take a day off from mom duty, but you can certainly take a rest and stop scheduling your day and exhausting about what to do next. Take time to realise that this is only the present things will get better in the future, and your life will be more balanced in the future.

You have to remember that you will always have the feeling of being a mother, and no love is greater compared to the love your child will give you; these thoughts will keep you going on and make you stronger.



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15 Basic Social Skills for Kids And How To Develop Them



As kids grow up, from the toddler age to the preschool age to the elementary school age, they learn many new things in their journey. They grab a whole lot of knowledge from the schools and the books. But as a parent, you know that only knowledge and education do not develop a child's personality; with knowledge and education, your child will need to have social skills that will complete their strong personality and be presentable in front of the world. So, as a parent, if you are looking for basic social skills that every child should have, even at the age of 4 to 5 years, you are reading the correct article.

Here are 15 basic social skills for kids and how as a parent, you can help your child to develop them –

- **Sharing** – This is one of the most important social skills. When your child knows the importance of sharing, they adopt the values of being a kind and generous person. You can start teaching your child these skills in many ways. For example, tell them to share their food with their classmates, share the games and toys with their friends, cousins, or siblings. The more your kid is open to sharing, the more generous nature they will have.
- **Cooperating** – This skill will be with your child for life long. You need to teach your kid to cooperate with everyone, listen to everyone, have a discussion, and be a person who is not hard to work with. You can teach this skill at home by asking your child to help you with house chores and cooperate with you in kitchen work. Have a conversation with them about teamwork and cooperation.
- **Listening** – Good listener is one of the top qualities anyone can have. Listening does not mean that the person needs to be quiet the whole time; it means that the person needs to listen to the

conversation thoroughly, understand it, and then have further conversation. Listening will excel your kids in studies as well as in real life. You can teach them this by not allowing them to interrupt whenever you are having a conversation and teaching them the importance of listening.

- **Instructions** – your child should know how to follow instructions. This will develop their ethics and manners and help them cooperate with others. Instructions bind with cooperation and listening. You can teach your child to follow instructions by setting some rules in the house, and whenever they do not obey, you can have a calm conversation with them and make them understand how they should follow directions which are good for them.
- **Eye contact** – This is one of the great skills a child can acquire, which will lead them to have a strong personality. When people have a conversation with eye contact, it shows their confidence, and the other person also knows that the person is interested in the conversation. You can teach this to your child by observing whether they are looking at you or not while having any conversation. You can also hold public speaking sessions at home where they need to tell you stories while making eye contact.
- **Manners** – This thing is important and useful for life long. Manners define a person's lifestyle, personality, and sophistication. You can teach your kids to have manners from the age of 2 to 3 years. Table manners, respect for others, using the word yes, please, sorry, thank you, etc., are some important manners every kid should have. If your kid sees you talking to everybody with respect and manners, they will copy it. You're the best teacher for your kid to teach how to have manners.
- **Patience** – Patience helps your child to be in a calm and peaceful space. You can teach your child to be patient whenever they are impulsive to decide or by small things such as when they hurry you to give them food or make a mess when they do not get their toys or any other thing.
- **Empathy** – Empathy is a skill that will help your kids to realize other people's feelings and understand their situations. This will make your child considerate of other people's feelings. For example, you can teach your kid to empathize; if they see any of their friends or other kids crying, tell your kid to go talk to that person and empathize with them.



- Expressing emotions – Your child may be introverted, but they should not get suffocated with their feelings and thoughts in this process. Your child should know that expressing emotions will let the other person know what they are feeling and will help themselves too, as they will not suffocate when the emotions are open. If you see your child stressed, tell them to have a conversation with you and express their emotions.
- Control – Kids are known to be stubborn about the

convincing them to participate in most school activities.

- Handling emotions – Teaching your kids to handle their emotions in public is important. So the next time you find your kid creating a mess in public or crying, the public does not say that your kid is plain notorious or stubborn; instead, teach them to handle their emotions and be disciplined.
- Respecting private space - Kids can be clingy without even realizing it. You can teach them this



things they want. They want everything which fascinates them and does not have self-control. So you must teach your kid to have self-control and know how to calm themselves when they cannot get something. They should know how to control themselves in any aspect of life. So whenever the next time you are out shopping and your kid is stubborn to get a toy, even if you can buy it, denies them to not buy it and tell them to have self-control.

- Volunteering – Volunteering or being a good sport is a fun skill and helps your kid socialize. This will help your child take part in every activity and help them experience many things. Teach this skill by

whenever they interrupt you; tell them not to if you are having a conversation with anybody else and they are not letting you talk with the third person.

- Greetings – Teach your child to greet everyone when they see and have small talk or a conversation; this will boost their social skills.
- Apologies – Teach your kids to apologize for their mistakes as soon as they realize it.
- These were some of the skills which every kid should have.



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

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 lie 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.





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Think twice before shaming your kids.

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

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

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

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

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

- **Emotional health**

Shaming affects a lot on your emotional health. First, it affects the mental condition of a child, teenager, or even an adult. Constant shaming can lead your child

to be sad all the time, frustrated and irritated as well. A parent should never resort to shaming if they want stable emotional health for their child.

- **Trust issues or parent issues**

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

- **Your actions matter**

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

- **Stubbornness**

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

- **Low self-esteem**

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

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



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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.



Travel Diaries

Trip to the LAND OF ENLIGHTENMENT

I have always been fascinated by the story of Gautam Buddha and how he achieved enlightenment. And it was sheer luck that took me to the place where it all began - Bodh Gaya.

One January evening, I was sitting with my relatives in Ranchi, the capital of Jharkhand. And the discussion goes towards Buddhism. Someone mentions Bodh Gaya and all of a sudden, we just plan for a trip to Bodh Gaya, which is just 200 Kms from Ranchi.

Bodh Gaya is the place where Siddhartha became Buddha-the Enlightened one. Bodh Gaya is one of the four sites named by the Buddha himself as being the holiest for Buddhists.

Next morning, and we were on our way to Bodh Gaya. It took us 5 hours to reach the place.

The first thing which struck me about Bodh Gaya is that it has a very different vibe. Peace, quiet and religious harmony all seem to co-exist together. Though a lot of crowd is there, it is not chaotic. There is a serenity in the environment. The town is very clean with a lot of trees and looks peaceful and green.

Bodh Gaya has some unique monasteries which have been created by countries which follow Buddhism. These monasteries are unique in the sense that though Buddhism is the common factor binding all these monasteries, the architecture of each one is different and unique.

There are Buddhist temples and monasteries of Tibet, Thailand, Taiwan, Cambodia, Vietnam, Korea, Japan, Nepal, Sri Lanka etc. The ones which I really like for their quiet and calm and the unique architecture are the Thai Monastery, Indosan Nipponji Temple, the Royal Bhutan Monastery, the Tibetan Monastery and of course, at the centre of it all, the Mahabodhi Temple.

Bodh Gaya being a major pilgrimage place for Buddhists, thousands of Buddhist pilgrims come from all over the world to visit Bodh Gaya. Fortunately, for me, it was a day trip from Ranchi, and took me around 5 hours to reach there.

I did a day trip, but I would say that this place needs at least 2-3 days in order to be explored properly.

Bodh Gaya is a place which must be experienced by those who are interested in the life and teachings of Buddha and also by those who are interested in ancient history. I will definitely going back!

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TOP 10 IMDB MOVIE FOR PARENTS

It often becomes difficult to make time for yourself as a parent, but having self-time is a need and is always recommended. I am sure the pandemic has bought a lot of changes in your life and you've been running about since then. But is it all? you need to relax and calm down and we've got you the right way to do that, movies.

Let's face it, sitting down to see a children's film isn't always exciting. The good news is that certain films are designed specifically for parents, with sympathetic adult characters, complex plotlines, and nuanced humor.

Here are ten of the best movies for you to watch with your children.

1. Life as We Know it

When their mutual best friends die in an accident, two single people become carers for an orphaned girl.

2. Honey I shrunk the kids

Those of you who grew up watching it will enjoy seeing it through the eyes of a parent. The film plays with parental concern by telling the narrative of an inventor who, as the title suggests, mistakenly shrinks his children to the size of insects. Rick Moranis, the dependable sidekick and wacky father from a slew of 1980s and 1990s family pictures, also appears.

3. Up all night

Takes a sardonic look at parenthood from the perspective of an abrasive professional woman, her stay-at-home husband, and her opinionated parents.

4. Joy of fatherhood

Felix is enjoying his single life to the fullest when he is bitten by a ferret, which sterilises him. He does everything he can to discover the mother of his sole child, the consequence of his first and only sperm donation.

5. Away we go

A couple expecting their first child travels throughout the United States in search of the ideal location to establish their family. They have misadventures along the road and make new connections with a variety of relatives and old acquaintances who may be able to help them identify "home" for the first time on their own terms.

6. Bridget Jones's baby

Bridget, now forty-something and single, resolves to concentrate on her work and surround herself with friends. In an unexpected turn of events, she becomes pregnant, but there's a catch: she can only be fifty percent certain of the identity of her baby's father.

7. Declaration of war

Roméo and Juliette unite in the struggle for their young son's survival when he is diagnosed with a brain tumor.

8. Togetherness

Follows two couples who share a home and try to maintain their relationships while pursuing their respective goals.

9. Life in pieces

A family comedy is recounted through the stories of various members of the family.



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.



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 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.



3. 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.

4. 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.

5. 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.

6. 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.

7. 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**

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

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

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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9 crazy facts you need to know this International Yoga Day

1. Mood changer

Practicing yoga can enhance the mood of a person. Breath is an indicator of mood. Yoga is all about changing the breathing patterns and inhaling and exhaling in rhythm with the postures. Breathing in patterns can lift up the mood of a person.

2. Life-expanding

Yoga increases one's life span. Yoga aids in expanding the lungs and benefits the heart. Thus, people who practice yoga live longer than those who do not.

3. Nude yoga

Nude yoga is practiced in many parts of the world. People practice nude yoga wherein they do not wear clothes while doing the yogasanas. It is believed that it deepens their yoga practice and teaches acceptance and love for their bodies, along with building intimate bonds with people in their yoga community.

4. Doga

'Doga' is yoga for dogs! Doga was started by Suzi Teitelman in New York in the year 2002. Owners practice Doga to secure a bond of friendship with their dogs. While doing Doga, dogs are used as props.

5. Hot yoga isn't so hot

Hot yoga can be dangerous as it is performed in extreme heat and can affect the body blood pressure and heart rate.

6. Yoga in schools

There are more than 100 yoga schools in the world. Yoga has always been an integral part of Health and Physical Education, a compulsory subject, since 1988. The National Curriculum Framework, 2005, adopted a holistic approach towards health. Thus, yoga became more of an 'experiential learning' component than a part of instructive education.

7. Don't go eccentric

After every 30 minutes of practicing yoga, five minutes of rest must be allowed to the body. Also, don't have a full tummy while doing yoga, wait until 2 to 3 hours after large meals.

8. Yoga isn't just about asanas

Yoga is not just about Asanas. Yama, Niyama, Asana, Pranayama, Pratyhara, Dharana, Dhyana, Samadhi are the eight branches of yoga. "Asana" refers to just the third branch of yoga which signifies the postures. Many people think that Asana itself is yoga.

9. World's oldest yoga instructor

According to the Guinness World Records, the world's oldest yoga teacher's title was given in 2012 to Ida Herbert who remained an active yoga teacher at the age of 96 years. The last news about the Canadian woman was in 2016 when she turned 100 years old!

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 factory that makes okay products?"

"A satisfactory."

Ritika, 4Yrs, New Delhi

"What did the janitor say when he jumped out of the closet?"

"Supplies!"

Rohit, 4.5Yrs, Kochi

Have you heard about the chocolate record player?

"It sounds pretty sweet."

Suzuka, 5 Yrs, Noida

"I only know 25 letters of the alphabet. I don't know y."

Shofi, 5 Yrs, Lucknow

"How does the moon cut his hair?" "Eclipse it."

Ranjana, 7Yrs, Nodia

What did Baby Corn say to Mama Corn?"

"Where's Pop Corn?"

Kritika, 6.5Yrs, Noida

"What's the best thing about Switzerland?"

"I don't know, but the flag is a big plus."

Hardik, 8Yrs, New Delhi

"Where do boats go when they're sick?" "To the boat doc."

Kavya, 7Yrs, Patna

"My wife is really mad at the fact that I have no sense of direction. So I packed up my stuff and right!"

Ranjan, 9Yrs, Noida

"How do you get a squirrel to like you? Act like a nut."

Lavya, 5Yrs, Mumbai



The Book Bug

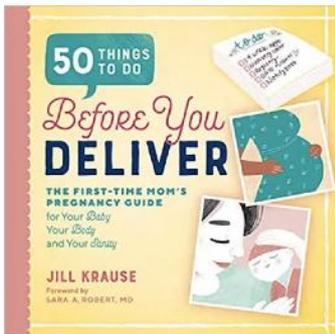
One of the best gifts you can give to your child is the love for reading. In due course of time if there's one thing that I have realised is that when you read a lot, you know a lot, but the real benefits of reading goes beyond the knowledge of the subject. You become a better person. You become articulate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

50 THINGS TO DO BEFORE YOU DELIVER: THE FIRST TIME MOMS PREGNANCY GUIDE

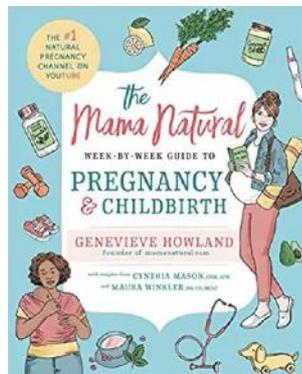


Organized by trimester, this book will help women take things one step at a time. There's specific guidance and activities tailored to every stage of pregnancy. Inclusive and logical, this book is bursting with real-life information that can be very useful for moms who love lists and step-by-step guides.

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

Emphasizing that having a baby is a wondrous biological process and not a medical condition is the overall focus of this book. Full of weekly advice for every stage of pregnancy, this holistic-focused

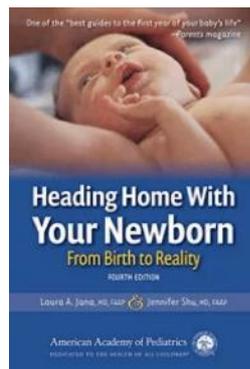
book also includes nutrition tips, natural remedies, birth stories, and expert advice.



BEST BOOK FOR NEW MOM

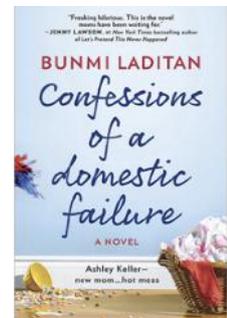
HEADING HOME WITH YOUR NEWBORN: FROM BIRTH TO REALITY

This updated classic includes a section on postpartum depression and Sudden infant death syndrome (SIDS). Practical and straightforward, this book is approved by



the American Academy of Pediatrics and outlines all you need to know in the months after your child is born.

THE HAPPIEST BABY ON THE BLOCK; FULLY REVISED AND UPDATED SECOND EDITION: THE NEW WAY TO CALM CRYING AND HELP YOUR NEWBORN BABY SLEEP LONGER



Getting a baby to sleep or calming them when nothing seems to work is often the bane of a parent's existence. This well-reviewed guide is called long-winded by some parents, but Karp's extensive explanations of her tried-and-true relaxation techniques is guaranteed to calm the most agitated babies.

BEST BOOK FOR TODDLERS

POOH'S LIBRARY ORIGINAL FOUR VOLUME SET



Winnie the Pooh is one of the most beloved characters in children's literature, and you can read all about his adventures with this four-book set. With Winnie the Pooh, The House at Pooh Corner, When We Were Very Young, and Now We Are Six, your tots will fall in love with the sweet-voiced honey bear. Each book is full of original-art pictures your toddler will love as much as the story itself.

NEVER FEED A YETI SPAGHETTI



This fun story seemingly teaches kids never to give scary animals tasty snacks. Except there is a twist; this book is designed to do just the opposite.

BEST BOOK FOR BIG KIDS

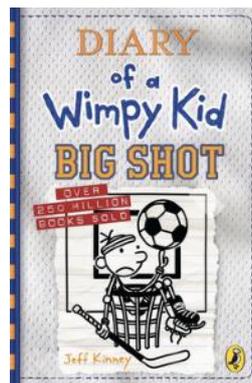
LEONORA BOLT: SECRET INVENTOR



Leonora Bolt loves nothing more than spending her days inventing. And she's very good at it! She lives on a remote island and one day a strange boy washes up on an inflatable lobster. And he comes bearing bad news.

DIARY OF A WIMPY KID: BIG SHOT (BOOK 16)

It seems that Greg Heffley's

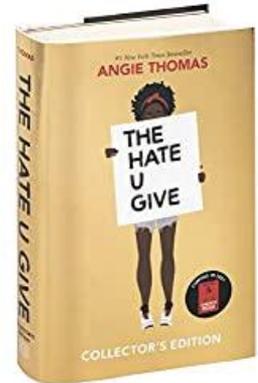


sports career is over. After a disastrous competition at school, Greg has decided to hang his trainers up. But ever the optimist, his mum manages to convince Greg to try out for the basketball team.

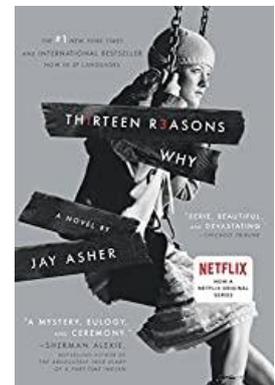
BEST BOOK FOR TEENS

THE HATE YOU GIVE

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.



THIRTEEN REASONS WHY

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.

**Things
you should
always tell
your
Gynaecologists**



Every woman has to see a gynecologist regularly to maintain her health. It's important to know what's healthy and what could suggest a problem regarding sexual and reproductive health. Your gynecologist has seen and heard it all, and they are there to assist you, not pass judgment. Be sincere and speak freely and frankly about your condition to get a better response and treatment.

Let's look at ten things you should always discuss with your gynecologist:

1. Family history

You should tell your gynecologist about any conditions in your family's medical records, such as high blood pressure, cancer, diabetes, thyroid issues, heart disease, and more. This will allow your healthcare provider to create a medication plan that is right for you.

If you have discomfort or bleeding during intercourse, you should see your gynecologist since it could be caused by infections, dryness, or other underlying medical issues.

2. Sexual history

It's awkward to discuss your sexual history with your gynecologist, but they need to know about any previous illnesses or sexually transmitted infections you've experienced. In addition, your gynecologist can help you figure out why you're having discomfort during intercourse and address any questions you have about other sexual issues.

3. Medical history

Your gynecologist has to know everything about your health to treat you properly. They want to know the following:

- The date and result of your most recent pap smear test
- If you're allergic to latex or drugs, don't use them.

- If you've ever had an aberrant pap smear test, you're not alone.
- Mental, physical, and sexually transmitted disorders are among the diseases and conditions you have or have had.
- Any meds you're taking right now.

4. Low Libido

While having a low libido is typical, talking to your gynecologist about it is essential to figure out what's causing it. For example, low libido might be caused by particular medicines or stress, or it can be a symptom of a more serious medical condition. In such cases, your gynecologist will determine the source of the problem and propose a treatment plan to boost your libido.

5. Self-Breast Exams

Your breasts should be well-known to you. Examining your breasts once a month will help you recognize any unusual symptoms or changes. Check your breasts for any changes in color or texture, and check sure there are no spots. Contact your gynecologist if you feel any discomfort, lumps, or stiffened tissue.

6. Contraception

If you are currently using birth control pills or another form of contraception, you should tell your gynecologist. In addition, please notify your gynecologist if you are suffering any side effects.



7. Pregnancy and Fertility

If you're [pregnant or attempting to conceive](#), let your gynecologist know. They can help with ovulation kits, early infertility indicators, pregnancy, and [pregnancy tests](#), among other things. They could also scan for genetic carriers before conception.

8. Vaginal odour

While vaginal odor can be a sensitive subject, it's crucial to consult your doctor if you notice a foul or fishy odor or a change in your typical fragrance that lasts more than a few days.

9. If you've seen any changes in your menstrual cycle, make sure to tell your gynecologist, including:

- Unusual flow
- Clotting
- Spotting

- Irregular or painful periods
- Cramping
- Or any other concerns

These changes can be normal, but they can also indicate additional issues, including endometriosis, pelvic inflammatory disease, or uterine fibroids. Your gynecologist will assist you in determining if these changes are normal or pathological, as well as providing the necessary treatment.

10. Unusual symptoms

Tell your gynecologist if you're having any unexpected symptoms, such as pain, spotting, weight gain or loss, breast tenderness, nausea, and more. It would help if you also told them how long you've had these symptoms, how severe your pain is, whether it's constant or sporadic, and what causes or worsens the issue. Let your gynecologist know if you're using over-the-counter, prescription, homeopathic, or herbal drugs to manage your symptoms.



Early Symptoms of Pregnancy & When To Test

Early Pregnancy symptoms are not the same for everyone; it differs from one woman to another. You can notice changes in your body quickly (during the first month of pregnancy), or you might not see anything at all.

While [pregnancy tests and ultrasounds](#) are the only means to determine if you're expecting, there are [additional signs and symptoms](#) to watch for. One of the first signs of pregnancy is more than a missed menstruation.

Let's look at some very common signs and symptoms of pregnancy

1. Tender, swollen breasts.

Early in pregnancy, hormonal changes may cause your breasts to ache and feel uncomfortable. After a few weeks, the discomfort should go away as your body adjusts to the hormonal changes. You may also realize that your breasts have become more prominent and that your bra is a little tighter than usual.

2. Increased urination

You might notice that you're urinating more often than usual. This is because the blood volume in your body increases during pregnancy, causing your

kidneys to filter excess fluid that gathers in your bladder.

3. Nausea and vomiting

Morning sickness usually starts one to two months after you become pregnant and can strike at any time of day or night. On the other hand, some women experience nausea early in pregnancy, while others do not. While the exact cause of sickness during pregnancy is uncertain, it is most likely due to pregnancy hormones.

4. Missed periods

If your monthly cycle hasn't started after a week or longer, you could be pregnant if you're in your reproductive years. However, if you have an [irregular menstrual cycle](#), this symptom can be deceiving.

5. Constipation

Constipation can be caused by high amounts of the hormone progesterone, which slows the flow of food through your digestive tract. Supplementing with iron can exacerbate the condition. Include enough fiber in your diet and drink plenty of fluids, especially water and prune or other fruit juices, to avoid or treat constipation.

6. Nasal congestion

As hormone levels and blood production grow, the mucous membranes in your nose can stretch, dry up, and bleed easily. As a result, you can get a stuffy or runny nose.

7. Bloating

During pregnancy, due to hormonal changes in the early days, your body might start feeling different changes, including bloating; this feeling is very similar to how your body might feel when you are menstruating.

8. Fatigue

Progesterone levels rise dramatically during early pregnancy, which might make you sleepy. Try to get rest as much as possible. Exercise and a good diet may help you feel more energized.

9. Food cravings

While pregnant, your perception of smell and taste may change. Of course, hormonal changes are to blame for food choices, as they are for most other pregnancy symptoms.

10. Heartburn

Hormones produced during [pregnancy](#), [Heartburn](#) can occur when the valve between your stomach and esophagus is relaxed, allowing stomach acid to escape into your esophagus.

A lot of these signs and symptoms aren't only for pregnant women. Some of them can signal that you're likely to get sick or that your menstruation is about to begin. Similarly, sometimes you can be pregnant and still see no symptoms.

Take a home pregnancy test or visit your health care physician if you miss a period and observe some of the aforementioned signs or symptoms. If your home pregnancy test comes back positive, make an appointment with your doctor. You can begin prenatal care as soon as you obtain confirmation of your pregnancy.

Start taking a daily prenatal vitamin if you're attempting to conceive or have recently learned you're expecting. Prenatal vitamins usually include key vitamins and minerals like folic acid and iron to help your baby grow and develop.





PREGNANCY



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