

# Parenting

Drinking Alcohol  
while breastfeeding

TRAVEL  
DIARY

HOW MUCH  
WATER TO TAKE  
DURING 1ST  
TRIMESTER?

10 items  
to boost  
fertility  
for women

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Dear Reader,

We thought of the idea of Dr Dad when I became dad. Even though being a doctor, whenever me and my wife would want to order few things or get the right information on internet, we would end up getting more confused. Hence the concept kept evolving.

We wanted Dr Dad to be purely a product company, but the whole lack of good and quality information on internet, led to the birth of the website [www.drdad.in](http://www.drdad.in) with our focus shifting towards quality content and getting the best content writers on board with us. We needed to make a panel of Paediatricians, OBGYNs, Psychologists and Parents. In Middle of all this, we pushed back our product line and Voila, Dr Dad Is Here.

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

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

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

Write to us on our email address [soparenting@drdad.in](mailto:soparenting@drdad.in) . We would love to hear from you. We might even feature you in our future editions.



## EDITORS NOTE

# FOR THE LOVE OF READING



# SO PARENTING GLOBAL CONTRIBUTORS



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

# 20 FAQ'S that mother has before starting the IVF procedure?

## 1. What is IVF?

IVF is short for In-Vitro Fertilization. It is a common fertility method in which the egg is fertilized outside the body in a petri-dish before being placed in the uterus. The procedure involves a series of steps and medications based on the reasons why IVF was chosen as a fertility option.

## 2. Why will I need a donor?

A donor may be required for eggs or sperms in case of same-sex couples opting for IVF or when the intended mother's ovaries are not producing enough eggs or are absent. A donor for the sperms may be required if the intended father is sterile.

## 3. Will the donor be anonymous?

The donor can be anonymous or may be a known person like a family member or a friend based on the couple's decision. In most cases, fertility centers run egg and sperm donation programs.

## 4. Are the donors screened?

Fertility centers running an egg or sperm donation program screen the donors for a wide range of parameters, including physical and mental health and family history.

## 5. Is it safe to use anonymous donors for IVF?

Yes, using the eggs or sperms from an anonymous donor is safe for IVF because the donors are screened.

## 6. When is IVF used?

IVF may be suggested as a solution by doctors when someone suffers from infertility. Reasons for infertility may be related to age, inability of ovaries to produce enough eggs, low sperm quality or quantity, fibroids, endometriosis, and sometimes, unexplained infertility. Your doctor will be the best person to tell you if you should opt for IVF or not.

## 7. Should I try IUI before IVF?

Intrauterine insemination is a procedure in which the sperm is transferred directly into the uterus allowing the egg to be fertilized within the body. On other hand, IVF is a procedure in which the egg is fertilized outside the body in a petri-dish. The viability of these two fertility methods and determining the best one for you will mostly depend on your doctor after conducting different tests.

## 8. How do I choose an IVF clinic?

To choose an IVF clinic, begin by looking for success rates of live births and not just at IVF successes. Other factors to consider are the cost of the treatment, the types of fertility procedures offered by the clinic, donor programs run by the clinic, and the overall attitude of the staff and doctors that you will be interacting with.

## 9. How do I prepare myself for an IVF procedure?

Prepare yourself by beginning healthy food habits and making positive lifestyle changes that give your body the best support needed during the procedure. Check with your doctor about medications that may interfere with fertility drugs, and avoid over-the-counter supplements when you begin your IVF cycle.

## 10. How many embryos will be transferred and why?

The healthiest eggs are fertilized in IVF using the healthiest sperms available. Once the fertilization is successful, doctors may consider transferring multiple embryos to increase the chances of pregnancy as well. A maximum of two or three embryos may be transferred based on the doctor's decision.

## 11. What is the success rate of IVF?

Success rate of IVF depends on several factors. One of the most common determinants is the age of the woman. In India, IVF success rate is usually between 30% and 35%.

## 12. If the first IVF fails, can I go for a second IVF?

Yes, you can go for a second IVF if the first procedure was not successful. Your doctor will advise you of the time needed for your body to recover before you can start a new IVF cycle.

## 13. What are the side effects of IVF?

An IVF cycle involves several steps starting from the first day of your period till your pregnancy test.

The medications used during the procedure may cause the following side effects:

- mood swings
- headaches
- nausea
- mild cramping
- bloating
- constipation
- tenderness of breasts
- light bleeding

## 14. What are the risks of IVF?

Common risks related to the IVF procedure are:

- Multiple births, because multiple embryos may be placed in the uterus to increase the chances of pregnancy.
- Prematurity and low birth weight can be another risk which is usually linked with high stimulation IVF.
- Birth defects can also be a risk among older patients, but clinics try to detect this before the embryo transfer by conducting ICSI and testing the genetic material.

## 15. How soon can I find out if the IVF is successful or not?

Typically, it takes around 10 to 12 days from the day the embryo(s) is/are transferred to your uterus. A pregnancy test can be done after 10 days to find out if the embryo has implanted successfully.

## **16. My IVF was successful but I suffered a miscarriage. Should I try again?**

Patients who undergo a successful IVF may miscarry. If you suffered a miscarriage then you must allow your body to recuperate and then try again. Your doctor will be able to advise you best on how long you should consider waiting before your health allows you to undergo the procedure again.

## **17. Should I avoid specific foods before IVF?**

It is important to have a healthy diet when you are planning IVF, but it is best to avoid making major changes in your eating habits at this time. For example, avoid going gluten-free if you weren't already or avoiding complete food groups like grains or fruits when you are preparing yourself and during the IVF cycle.

## **18. Is it okay to exercise when I am undergoing an IVF cycle?**

If you follow an exercise regime, then unless your doctor specifically asks you not to exercise, you should be able to continue your workout routine. It is advised that you should limit your running routine to 15 miles a week because running tends to shift blood away from the womb to other organs and muscles.

## **19. Can IVF affect my mental health?**

A lot of women who start an IVF cycle may experience stress and anxiety because of the impending outcomes of the procedure or

because they are still trying to cope with infertility. It is crucial to have emotional support during this period. Discuss the stressors with your partner, friends, and family if you find yourself coping with mental health problems.

## **20. How many hours of sleep should I get during IVF?**

A 2013 study showed a direct connection between sleep and IVF success rate. Since the hormone that regulates sleep, also regulates reproduction, it is always a good practice for anyone undergoing an IVF cycle to make healthy sleep a part of their routine.



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# 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.**

## Why is my Child so Thin?

If you are one such parent who constantly overthinks about their child's weight, then you must be feeling very stressed if your child appears to be thin. Your child could be skinny just because you were skinny yourself as a young child. Often, low weight in kids shouldn't be a very serious cause of concern and you may cut them some slack. This may not satisfy your worries and for this reason, we're here with some answers that you might need to know.

## Why does your child appear to be thin?

- If your child was born a premature baby, then the chances of him or her growing up to be a skinny child increases by several folds.
- The most common reason for your child being visibly skinny is the inadequate intake of nutritious and well-balanced food.
- You may not pin this to your child's picky eating habits because there can be several internal reasons that are preventing proper absorption of nutrients in his body resulting in him losing all his body weight.
- Sometimes, if your child suffers from ADHD, he may not have a good appetite for food. Health conditions such as food allergies from certain kinds of foods may

also trigger a suppressed appetite in your child.

- If your child suffers from an upset stomach very often, then it might signify that your kid has a gastrointestinal tract infection. This might stop your child from eating any food items and gaining the right weight.

If your child takes active participation in sports or energy exertion activities, then it is only normal that he won't gain any extra weight than normal for his/her age. Still, if you

observe that your child is constantly losing weight and is appearing to be fatigued or unhealthy, then you must take him to a pediatrician immediately.



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**Note:** The information contained in these topics is not intended nor implied to be a substitute for professional medical advice, it is provided for educational purposes only. You assume full responsibility for how you choose to use this information. Always seek the advice of your physician or another qualified

healthcare provider before starting any new treatment or discontinuing an existing treatment. Talk with your healthcare provider about any questions you may have regarding a medical condition. Nothing contained in these topics is intended to be used for medical diagnosis or treatment.

# Hot And Sour Soup



## INGREDIENTS

**1 small carrot** or about 50 grams carrots or  $\frac{1}{4}$  cup grated carrots

5 to 6 button mushrooms or  $\frac{3}{4}$  cup sliced mushrooms

$\frac{1}{4}$  cup shredded cabbage

$\frac{1}{4}$  cup finely chopped french beans

**1 small onion** – finely chopped or about  $\frac{1}{4}$  cup finely chopped onions

1 teaspoon finely chopped garlic

1 teaspoon finely chopped ginger

2 teaspoons finely chopped celery – optional

**4 to 5 teaspoons cornstarch** mixed in 2 tablespoons water – for a slight thicker soup, mix 6 to 7 teaspoons cornstarch in 3 tablespoons water

$\frac{3}{4}$  **teaspoon black pepper powder** or white pepper or  $\frac{3}{4}$  teaspoon red chili paste or green chili sauce

**3 teaspoons soy sauce** – naturally brewed, add as required

2 teaspoons rice vinegar or add as required

2.5 cups water or veg stock

2 to 3 teaspoons chopped coriander leaves (cilantro)

**1 tablespoon oil** – any neutral oil or toasted sesame oil

salt as required

## INSTRUCTIONS

### Preparation

- First rinse and shred the cabbage and french beans.
- Wipe the mushrooms with a wet cloth and then slice them. You can also rinse the mushrooms in fresh water if you prefer.
- Rinse, peel and grate the carrots. Chop the onions, ginger, celery and garlic.

### Stir Frying Veggies

- Heat oil in a pan or wok.
- Add finely chopped onions, ginger and garlic. Stir and saute on a medium heat for 2 minutes.
- Then add the finely chopped french beans. Stir and add the sliced mushrooms.
- On a medium to high heat, stir fry till the mushrooms get lightly browned from the edges.

- Meanwhile make a paste of corn starch and water. Keep aside.
- Once the mushrooms are lightly browned (takes about 5 to 6 minutes on a medium to high heat) add carrots, cabbage and celery.
- Stir fry these veggies on a high heat for 2 to 3 minutes.

### Making Hot And Sour Soup

- Add water or veg stock. Stir well. Add soy sauce and stir.
- Then season with salt.
- Keep a check on the amount of salt as soy sauce already has salt.
- Bring the soup to a simmer on medium heat.
- Stir the cornstarch paste and add it to the soup. Stir and mix again very well.
- Allow the soup to thicken on a low to medium heat.
- When the hot and sour soup has thickened, add

black pepper or white pepper and vinegar.

- Give a final stir. Switch off the heat. Check the taste and add more soy sauce, vinegar or salt or black pepper if needed.
- Serve the hot and sour soup steaming hot garnished with coriander leaves (cilantro) or spring onion greens.
- You can also just add the cilantro towards the end and then serve the soup.

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# 10 ITEMS TO BOOST FERTILITY FOR WOMEN

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

## 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.

# 5 signs that your teenager is depressed



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

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

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

### **Lack of energy:**

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

### **Changes in sleep:**

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

### **Concentration:**

'Her teacher says she doesn't focus in class at all, she is always staring at the walls or scribbling in her notepad'. Does this sound like your 15-year-old

daughter's teacher's remarks?- If yes it's time to be more alert! There could be a number of reasons for lack of concentration, study stress, peer pressure, love interest, or simply boredom, which is highly common in adolescents. But in cases of depression, lack of concentration, coupled with many other signs and symptoms could be self-explanatory and calls for further inquiry.

### **Guilt:**

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

### **Appetite:**

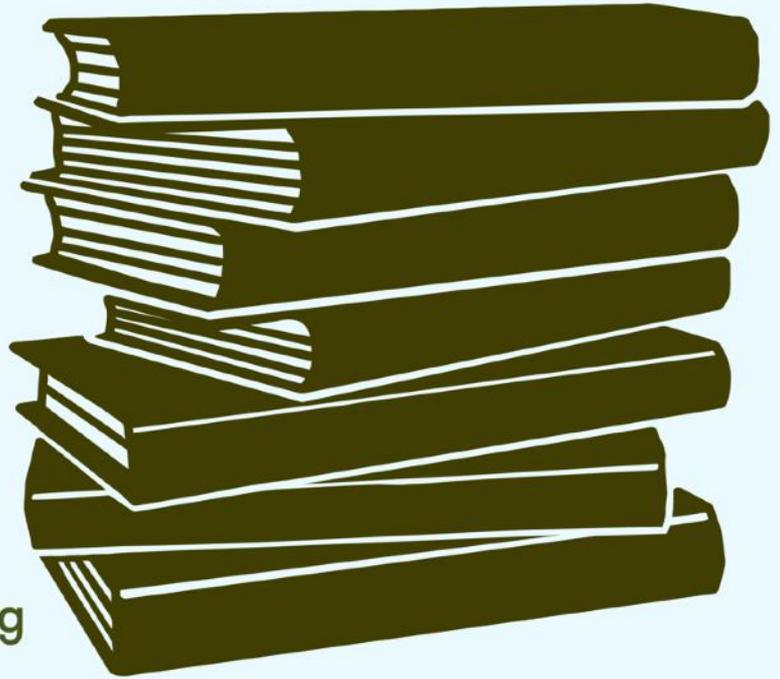
Teenage is also a time of rapid growth spurts and to accommodate rapid growth, the body asks for more nutrition and hence appetite soars to new levels. If this is the case with your happy-go-lucky, fun-loving, or seemingly content child, there is nothing to worry about, but if you notice your kid turning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

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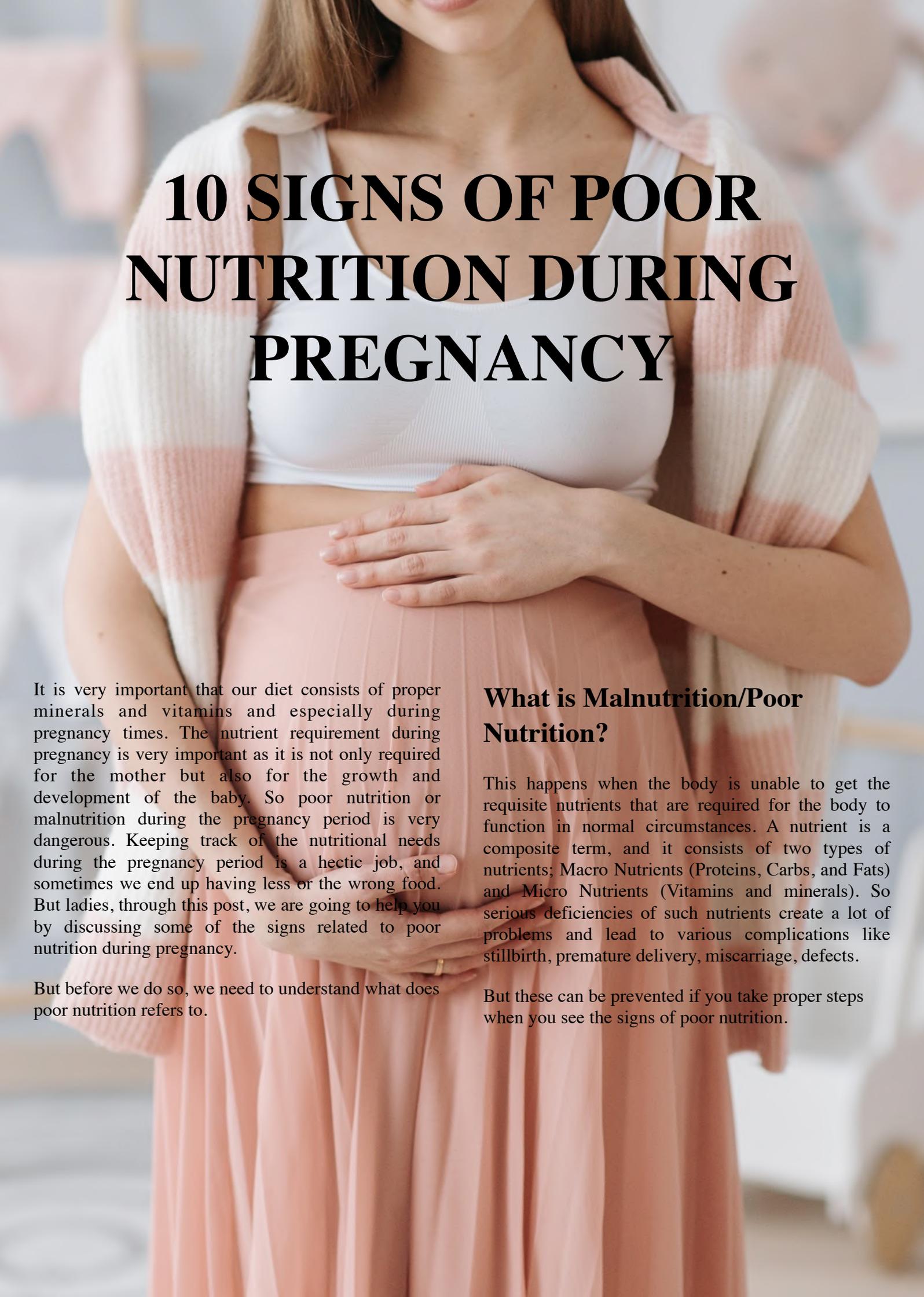
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# 10 SIGNS OF POOR NUTRITION DURING PREGNANCY

It is very important that our diet consists of proper minerals and vitamins and especially during pregnancy times. The nutrient requirement during pregnancy is very important as it is not only required for the mother but also for the growth and development of the baby. So poor nutrition or malnutrition during the pregnancy period is very dangerous. Keeping track of the nutritional needs during the pregnancy period is a hectic job, and sometimes we end up having less or the wrong food. But ladies, through this post, we are going to help you by discussing some of the signs related to poor nutrition during pregnancy.

But before we do so, we need to understand what does poor nutrition refers to.

## **What is Malnutrition/Poor Nutrition?**

This happens when the body is unable to get the requisite nutrients that are required for the body to function in normal circumstances. A nutrient is a composite term, and it consists of two types of nutrients; Macro Nutrients (Proteins, Carbs, and Fats) and Micro Nutrients (Vitamins and minerals). So serious deficiencies of such nutrients create a lot of problems and lead to various complications like stillbirth, premature delivery, miscarriage, defects.

But these can be prevented if you take proper steps when you see the signs of poor nutrition.

## 1. Dental problems:

If you are suffering from recurrent tooth decay and dental problems, then it is a sign that you are malnourished or not getting the proper nutrients, especially calcium and vitamins.

## 2. High Blood Pressure Levels:

High blood pressure is a very dangerous sign that indicates you are poor in nutrition. It also happens due to excess protein levels in the blood, thereby endangering both the mother and the baby.

## 3. Osteomalacia:

It is a condition related to softening of bones where your bones become soft or brittle. This is also a sign of poor nutrition.

## 4. Anemia:

This happens when there is an iron deficiency in your body, which leads to fewer red blood cells leading to anemia. Lack of proper iron-enriched food leads to such problems.

## 5. Lack of an Appetite:

A very important sign of poor nutrition is a lack of appetite. You would not even like your favorite food or have any cravings, which indicated that there is something wrong.

## 6. Hair fall:

Hair fall is common, but if you are noticing that you are having excessive hair fall, this also indicates that you are suffering from poor nutrition.

## 7. Falling ill regularly:

When you don't have a proper diet, your body is not able to get the proper nourishment, and especially during pregnant times, it leads to a lack of body defense mechanism and low immunity. Thereby you fall easily to several diseases that can be harmful to you and your baby.

## 8. Vomiting and diarrhea:

Morning sickness is common during pregnancy, but regular vomiting and diarrhea indicate that something is not right and you are suffering from poor nutrition.

## 9. Chance of higher infections:

When you possess a low level of nutrition, your white blood cells are unable to act as a defense mechanism for infections. Hence pregnant women with a lack of nutrition become very susceptible to infectious diseases.

## 10. Lack of proper productivity:

Without proper nutrition during your pregnancy, you would always feel tired and would be unable to regain your energy back to do things productively.

Lack of proper nutrition for your body during your pregnancy can also lead to several long-term effects on your baby.

## **Risk of Diabetes Mellitus:**

Since malnourishment also affects the baby, there are also several risks like developing type 2 diabetes.

## **Cardiovascular Diseases:**

Malnourishment often leads to the baby developing high blood pressure and heart diseases as he grows up.

## **Development of Osteoporosis:**

Lack of proper nutrition in your pregnancy days can lead to your baby suffering from osteoporosis, where bones become brittle and susceptible to fracture.

So, when you notice any of the signs mentioned earlier, immediately contact your gynecologist for the same. Apart from this, to prevent malnutrition or poor nutrition, try eating healthy, nutritious food which will consist of a lot of fruits, vegetables, dietary fibers, protein, fats, and carbohydrates. Also, you can take prenatal vitamins and exercise regularly. You can try some specific foods like fish, eggs, lean meat, dairy products, avocado, broccoli or dark green vegetables, sweet potatoes, and legumes.

## **Conclusion**

Do make sure that you are having a proper diet so that you and your baby don't suffer from any complications. Always ask your gynecologist to prepare you a proper diet chart during your pregnancy period so that you become well aware of what to eat or what to not.



# SPICY RED LENTIL DAL



This healthy, vegan Spicy Red Lentil Dal is a flavorful blend of red lentils, tomatoes, ginger and other Indian spices made in one pot and ready in about 30 minutes!

Cozy up with this quick and easy one pot red lentil dahl recipe made with red lentils (aka masoor dal), tomatoes, garlic, ginger and combination of warming spices. It makes a flavorful and hearty Indian dish that's perfect for your next weeknight meal!

## Ingredients You'll Need

In this recipe, onion, garlic, ginger and tomatoes are cooked until soft and simmered with red lentils and Indian spices creating a thick and hearty, vegan lentil stew.

Here is everything you'll need:

- **Red Lentils**

- **Onion** – I've used two onions here, but feel free to use 1 instead.
- **Garlic**
- **Ginger**
- **Tomatoes** – fresh tomatoes are great, but canned are ok too for ease.
- **Turmeric**
- **Cumin**
- **Coriander**
- **Cayenne**
- **Cinnamon**
- **Salt**
- **Veg broth or water**

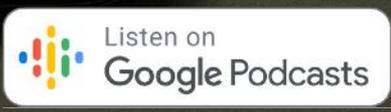
## How To Make Spicy Red Lentil Dal

Making lentil dal is super easy, requiring only a few steps.

- In a heavy flat bottom pan, heat oil and saute the onion until soft, about 5 minutes.
- Add diced tomatoes, garlic, and ginger, cook for 4 minutes, or until tomatoes just start to break down and soften.
- Add the spices, cook 1 minute more. Your home will smell delicious at this point.
- Add the red lentils and liquids (shown above), bring to boil.
- Cover, reduce heat to low and simmer for 15 – 20 minutes, until lentils are tender (shown below).

And that's it, let the dal cool a few minutes to thicken and serve!

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# HOW MUCH WATER TO TAKE DURING 1ST TRIMESTER?

Pregnant women need to take care of their diet as it is needed for the growth of the baby. So, one such important aspect to be considered is the water intake each pregnant woman should consume. During pregnancy, the body needs more water to produce amniotic fluid and extra blood. Water as it is said has all the nutrients needed for fetus development. It also helps in the transport of minerals, hormones, and vitamins through the placenta to the baby. Drinking water helps in waste removal and keeps the internal organs clean and well.

## WATER NEEDS DURING PREGNANCY

- The water needs differ during pregnancy.
- Generally, it is said that a pregnant woman should drink 8-10 ounces of water every day.
- Water should be drunk in sips rather than taking it as a whole glass.
- Drinking tap water is considered good because it contains fluoride which helps in the growth of the teeth and bones in the baby.
- During pregnancy, you must stay hydrated as it will help in preventing hemorrhoids and constipation.
- Water consumption helps in preventing urinary tract infections, helps in fetal circulation, higher blood volume, and amniotic fluid level.
- Water helps in alleviating constipation and helps in maintaining blood loss during delivery.
- During pregnancy, it is normal to have fatigue. It can be regulated by drinking water which will prevent dehydration.
- The brain tends to get its power from the water intake. By this pregnant women can be prevented from momnesia which leads to impairment of cognitive tasks ability.

## CONCLUSION

For pregnant women, it is mandatory to drink 80 ounces of water per day and this can be varied by consulting with the doctor. Drinking sufficient amounts of water can keep the mother and the baby healthy.



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**Cold season is coming,  
what can you do?**

Every year we look around for winters when we get these festive decorations in the streets and markets. The sweet scent of cinnamon and sweets fill up the mind with brilliant childhood memories.

Every year we look around for winters when we get these festive decorations in the streets and markets. The sweet scent of cinnamon and sweets fill up the mind with brilliant childhood memories.



But 2020 has a different scenario. People are inside their houses, and with the winter coming around, nobody wants to have an episode of flu. So what are different things that you can do to protect yourself and your family from the flu?

### **1. Wash your hands.**

It is the most critical thing. Even though most people understand it, it is probably one of the simplest things a person can do, but it's also mostly ignored. Just because it seems utterly straightforward, that doesn't mean that it doesn't work the way it should.



There's a bonus point to this thing. You can also protect yourself from bugs that cause diarrhea too. A simple count till 20 should be the best practice while washing hands.

### **2. Let's Sleep.**

Sleeping is fun, but for some reason, we have made ourselves so busy that we have time for everything but ourselves. It's been scientifically proven that sleep plays a significant role in immunity.



Understandably, you want to push by half an hour on the weekend to watch that latest release on the internet. Still, it is wise to keep your sleeping schedules more consistent. Mostly with the schools closed, it has become more important to keep a good schedule. Consistency of hours is essential; what time you sleep is crucial, and do you sleep at the same time every night. According to most research, it is advisable to sleep for 8 hours or more.

### **3. Fight that diet.**

You are overweight, well, that's a problem. Most people are pretty ignorant about their BMI and in which category do they fall. When you are obese, your body is in a constant state of inflammation.

Thus, when the body needs to fight an infection, the immune system acts less actively, reducing the shield of protection.

# HOW I REALISED IT WAS OKAY NOT TO LOVE BEING PREGNANT

“Pregnancy” a term when heard is followed by excitement and happiness. But, did you know that most women don’t enjoy pregnancy? Yes, you read it correctly. Many pregnant women claim that they hate being pregnant and they don’t feel happy during pregnancy.

So, the main question is that is it fine to not enjoy the pregnancy? It’s totally fine and understandable to not enjoy pregnancy as you won’t feel excited when you have hemorrhoids (swollen and inflamed veins in the rectum and anus that cause discomfort and bleeding), swollen ankles, and sore breasts.

## Why is Pregnancy so hard on the body?

Pregnancy is hard on the body because the person’s body goes through a lot of changes especially in the first trimester before the placenta is fully in its place. The growing 8 pounds needs a lot of nutrients and calories and you are the source that provides it. And because of all the hormones running in your body, it leaves you exhausted.

The growing fetus needs a lot of space to grow and there isn’t much space in your abdominal cavity so it leads your growing uterus to displace your internal organs to make space. And even your body is doing the extra work as your kidneys filter the extra waste, the bone marrow makes extra blood cells and many more. When you are in your sixth month, your body had spent twice its usual energy just maintaining the basic metabolic processes.

A pregnant woman also gains 25% extra pounds and it's very tiring for the body. If you want to feel it, just wear a 25-pound bag pack while your body floods with relaxin (a hormone produced by the ovary and the placenta that causes the ligaments to loosen up, especially in the pelvis).



## What are the tips to help feel good during your pregnancy?

**We understand that pregnancy is very hard to enjoy so we'll help you with some tips which will help you feel good during pregnancy.**

**Honesty:** Have you ever lied to people when they ask about your pregnancy and you reply happily? Well, you should be honest to others about how you feel rather than feeling guilty. It's not just you, everyone feels the same way you are so be honest with others. It will help you talk about your problems with others and you'll end up feeling good.

**Don't feel guilty:** Don't feel guilty just because you aren't enjoying pregnancy because you'll end up overthinking. All the feelings you are going through are completely normal during pregnancy. It doesn't mean that you don't love your unborn child so stop feeling guilty.

**Make new friends:** At the point of pregnancy, only another pregnant can understand your emotions and feelings more than anyone. And it will keep you normal seeing another person who is going through the same stages. So, try to make new friends who understand your feelings.

**Focus on the end goal:** To reach the end goal, there will be many challenges and difficulties which you need to clear. Pregnancy too has many challenges like mood swings, you'll gain body weight and many

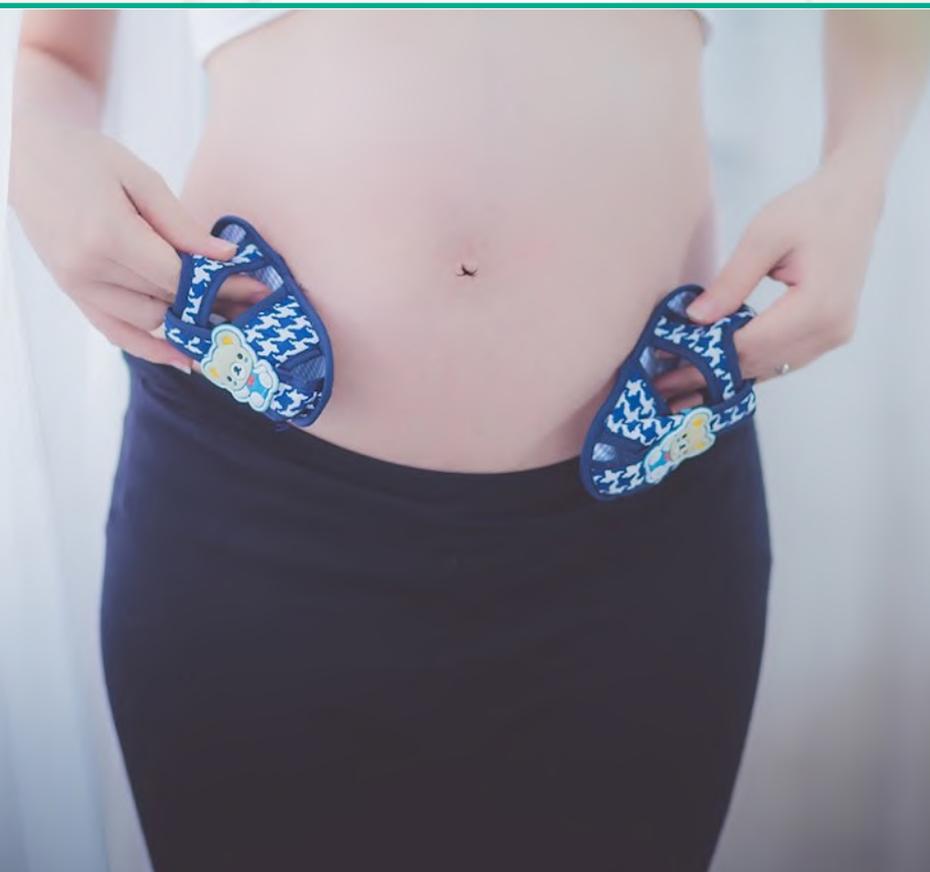
more. But you have to focus on the end goal and not give up in between.

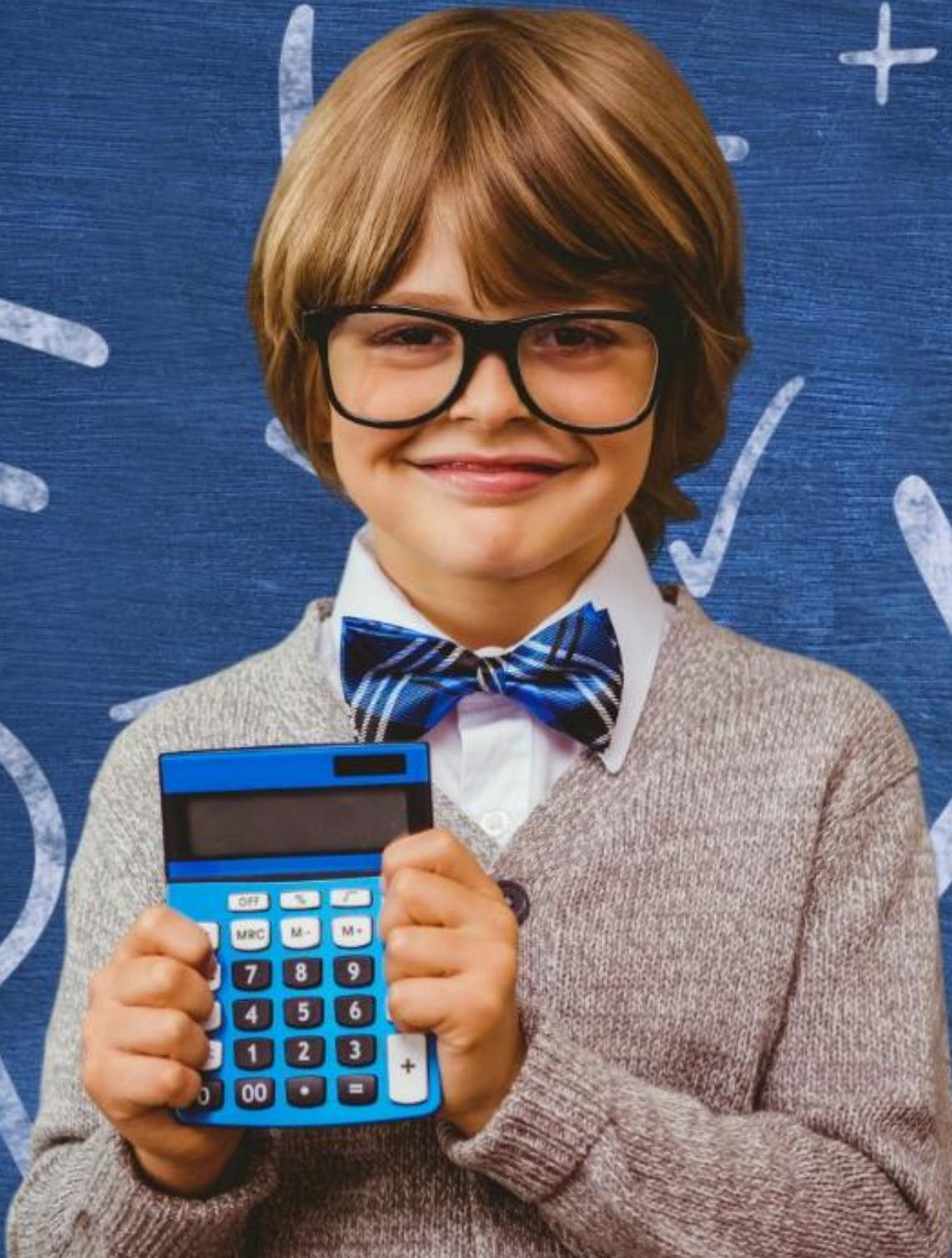
**Make sure to stay connected with your partner:** Your partner and your needs to have a good connection during the pregnancy. Because having relationship issues might get a toll during pregnancy. In this case, you need to consult professional help.

## Is the Second Trimester miserable?

The second trimester is very tricky and lies to you. When you wake up one day and you feel good about everything around you feel good about yourself. Well, it's a lie because you have just entered the second trimester and it's the ultimate lie. Almost all the second-trimester pregnancies go pretty great and it tends to be better than the first trimester which was miserable because of the vomit-covered mess. The second trimester is to make you feel good because you just came out of the twelve weeks of the first trimester. So, don't be too happy because the third trimester will be a lot worse than you would have expected.

So, in the end, I would just say that don't feel bad when you aren't enjoying the pregnancy. It's totally fine as it's all part of the process.





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2 PM- HALFWAY THERE!

4 PM- NO EXCUSES

6 PM- A LITTLE BIT MORE

8 PM- YOU MADE IT!

**Be Refreshed  
Always**



EMERALD PURE

# How much should a newborn eat?

As parents, you have to be careful about maintaining a feeding schedule for your baby as per his age and need. A newborn's stomach is so small in the beginning that it can hold only 1 - 1.5 teaspoons of liquid at a time. The stomach grows and stretches as the baby gets older. Because babies grow so fast, it's difficult to understand how much feeding they need. Though if you are bottle feeding, it's easier to measure.

If you have a newborn baby, here is some help.

## Feeding schedule for breastfed newborns

It is recommended to breastfeed a newborn at least 8 -12 times a day during the first week. Do not let your baby go without feeding for more than 4 hours at a time. As the baby grows, the milk supply increases too and thus the baby can consume more milk in less time in each feeding. This is when you can make a pattern.

Although different babies have different feeding patterns. For the majority, children between 1 to 3 months feed 7 to 9 times per day, children between 3 to 6 months feed 6 -8 times per day and after 6 months the baby feeds around 6 times per day. Breastfeeding can be reduced to four times per day as the child reaches 12 months as the introduction of semi-solids helps in meeting the baby's extra nutritional needs.

## Feeding schedule for bottle-fed newborns

Bottle-fed babies feed around every 2-3 hours in a day and post two months the time gap can increase to 3-4 hours between per feeding. Between 4

to 6 months the child feeds around 4-5 hours every day and post 6 months, every 4-5 hours is suggested.

## What newborns should not be fed?

Babies under a year should not be given liquids other than formula milk. No water, juice or cow milk should be given. These do not provide appropriate nutrition and can upset your baby's stomach. Water should be introduced around 6 months.

Cereal should not be added to the bottle, it can lead to a choking hazard. A baby's digestive system cannot handle cereals until 4 -6 months.

## How to know if your child is hungry?

Timely scheduled feeding is best for babies who are born prematurely and with any medical condition. Parents can also look for hunger cues and feed the

baby based on that. This is called feeding on demand or responsive feeding.

Simple clues like putting hands in the mouth, licking, opening the mouth, creating fussy can indicate that your child is hungry.

## Signs of overfeeding

Overfed babies may experience stomach pain, gas, or vomiting. These kids might also be at risk of developing obesity later in life. It is advised to feed them less than what they desire so that it becomes easy for them to recognize when they are full.



# Travel Diaries

A jacket extender for using a baby carrier in the winter is the best way to ensure your baby stays warm. A jacket extender enables you to continue to wear your favorite jacket throughout your pregnancy PLUS it continues to work over your baby carrier. The soft shell works great to block the wind, so it's great for chilly spring or fall days too. An added bonus is that it packs small for travel and you don't have to pack an extra jacket for when you aren't baby wearing.

## 6 Essentials for Winter Travel with Babies

Don't let the cold weather scare you, traveling with a baby in winter is still possible. If you are well prepared with toddler and baby gear for cold weather, you'll be able to truly enjoy your winter vacation.

### Base Layer for Babies & Toddlers

First up in our winter baby clothing essentials is a base layer. Keeping your baby warm in winter means dressing your baby in layers. Wool is the perfect base layer for keeping baby warm in winter because it's soft, breathable and warm. It can also absorb moisture and feel warm when wet. Go for a full base layer of merino wool, then use fleece or merino wool knit leggings as a warmth layer on top.

### Baby & Toddler Socks

Warm socks are definitely one of our cold weather baby essentials. Again, we recommend going with a wool sock for extra warmth. You'll want to put extra layers on your baby's extremities, especially if you are carrying your baby in a carrier outside your jacket. Always keep in mind that your baby isn't moving so your baby won't be generating the same amount of body heat.

### Jacket Extender for Baby Carrier

### Fleece Bunting Suit

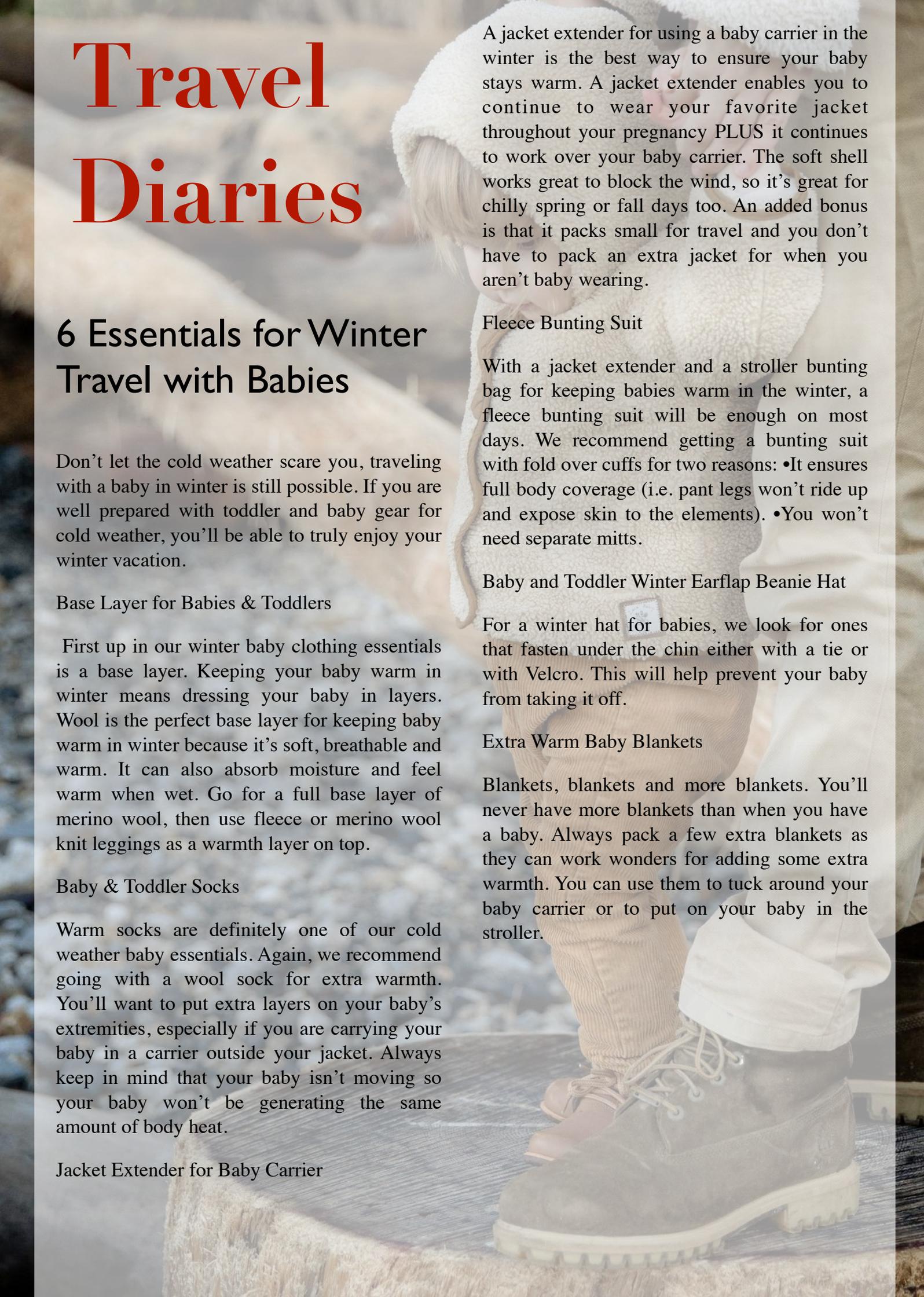
With a jacket extender and a stroller bunting bag for keeping babies warm in the winter, a fleece bunting suit will be enough on most days. We recommend getting a bunting suit with fold over cuffs for two reasons: •It ensures full body coverage (i.e. pant legs won't ride up and expose skin to the elements). •You won't need separate mitts.

### Baby and Toddler Winter Earflap Beanie Hat

For a winter hat for babies, we look for ones that fasten under the chin either with a tie or with Velcro. This will help prevent your baby from taking it off.

### Extra Warm Baby Blankets

Blankets, blankets and more blankets. You'll never have more blankets than when you have a baby. Always pack a few extra blankets as they can work wonders for adding some extra warmth. You can use them to tuck around your baby carrier or to put on your baby in the stroller.



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WHEN DO BABIES  
USUALLY START  
TEETHING



Your baby can be a quick learner and can learn to walk and talk really early whereas there can be other babies who take longer than usual to get there. Being too early to too late shouldn't be a cause of concern for the parents when it is something related to babies. Teething is one such milestone that doesn't come at a fixed time. If you have questions about your child's teething then you may stop your search here because we have with us all the necessary answers.

## When do babies start teething?

- There is no fixed time frame as to when your baby will start teething. It may be as early as 4 or 7 months, or it may take well over nine months for their teething to begin.
- On average, most babies start teething at around six months of age. By the time they are 3-years-old, they will have all their teeth belonging to the 'milk teeth' category.
- It happens very rarely, almost one case in 6000 to 8000 deliveries when a baby is born with one or two teeth. It may cause a lot of worry in the parents, but mostly it isn't very harmful to the baby.
- Your infant may be an early teether and may start teething much before the 6-month mark and there isn't anything to be concerned about. It is just another developmental stage for your baby and is completely normal.
- Drooling, chewing on objects, sore and painful gums, crankiness, and sometimes a temperature of



# RAMAN

## THE DETECTIVE

Tenali Raman was once walking along a forest path when he was stopped by a merchant. "I'm looking for my camel which has strayed away. Did you see it passing by?" asked the merchant.

"Had the camel hurt its leg?" asked Raman.

"Oh yes! That means you have seen my camel!" said the merchant.

"Only its footprints. See, you can see footprints of an animal with three legs," said Raman, pointing out the footprints on the ground. "It was dragging the other leg because it was hurt in that leg."

"Was it blind in one eye?" Raman asked the merchant.

"Yes, yes," said the merchant eagerly.

"Was it loaded it with wheat on one side and sugar on the other side?" asked Raman.

"Yes, you are right," said the merchant.

"So you have seen my camel!" exclaimed the merchant.

Raman looked upset. "Did I say I saw your camel?"

"You have given the exact description of my camel," said the merchant.

"I saw no camel," said Raman.

"Do you see those plants lined up on both sides of this path? You can clearly see, some animal has eaten leaves of plants on the left, but the plants on the other side remain untouched. So the animal could see with only one eye.

"Look down. You can see ants lined up on this side which means, the animal was loaded with sugar bag on this side. The bag had a hole, which allowed the sugar to fall off."

"You can see grains of wheat fallen on the other side. The bag on this side also must have holes in it," said Raman.

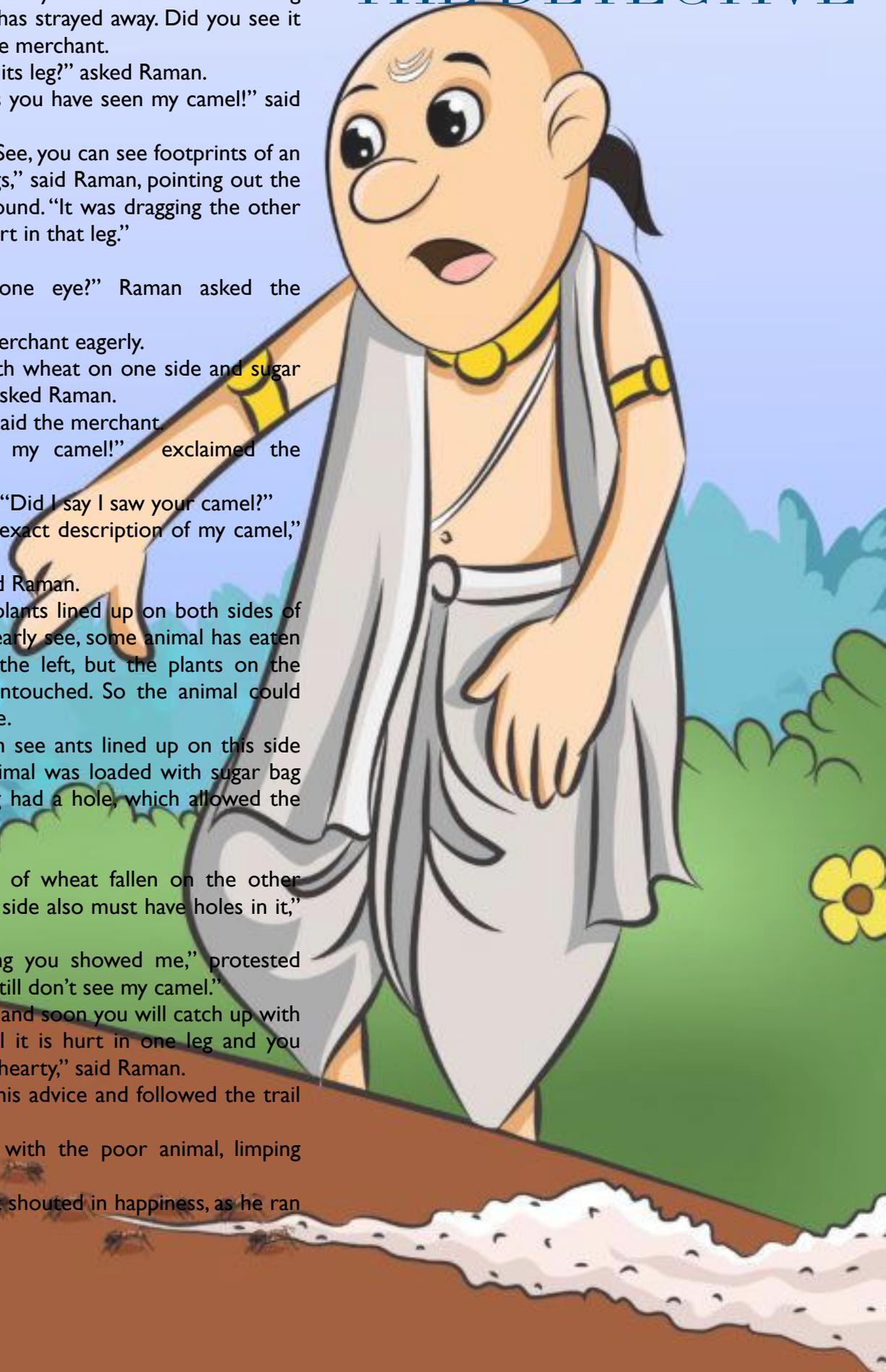
"I can see everything you showed me," protested the merchant, "but I still don't see my camel."

"You follow this trail and soon you will catch up with your animal. After all it is hurt in one leg and you seem to be hale and hearty," said Raman.

The merchant took his advice and followed the trail left by the camel.

Soon he caught up with the poor animal, limping along.

"Rani!" the merchant shouted in happiness, as he ran to his camel.





**10 Sweet New-Mom  
Quotes That Capture the  
Awe of Being a First-  
Time Parent**

You can read books, study up articles, or ask your friends and family, but no one can really tell you what it's like to become a new mother. Sure, you can prepare for the nitty-gritty of giving birth and try to gear up for the transition of becoming a mother. But even though forewarned is forearmed, there are simply no words for the feeling you have when you hold your newborn baby for the first time.

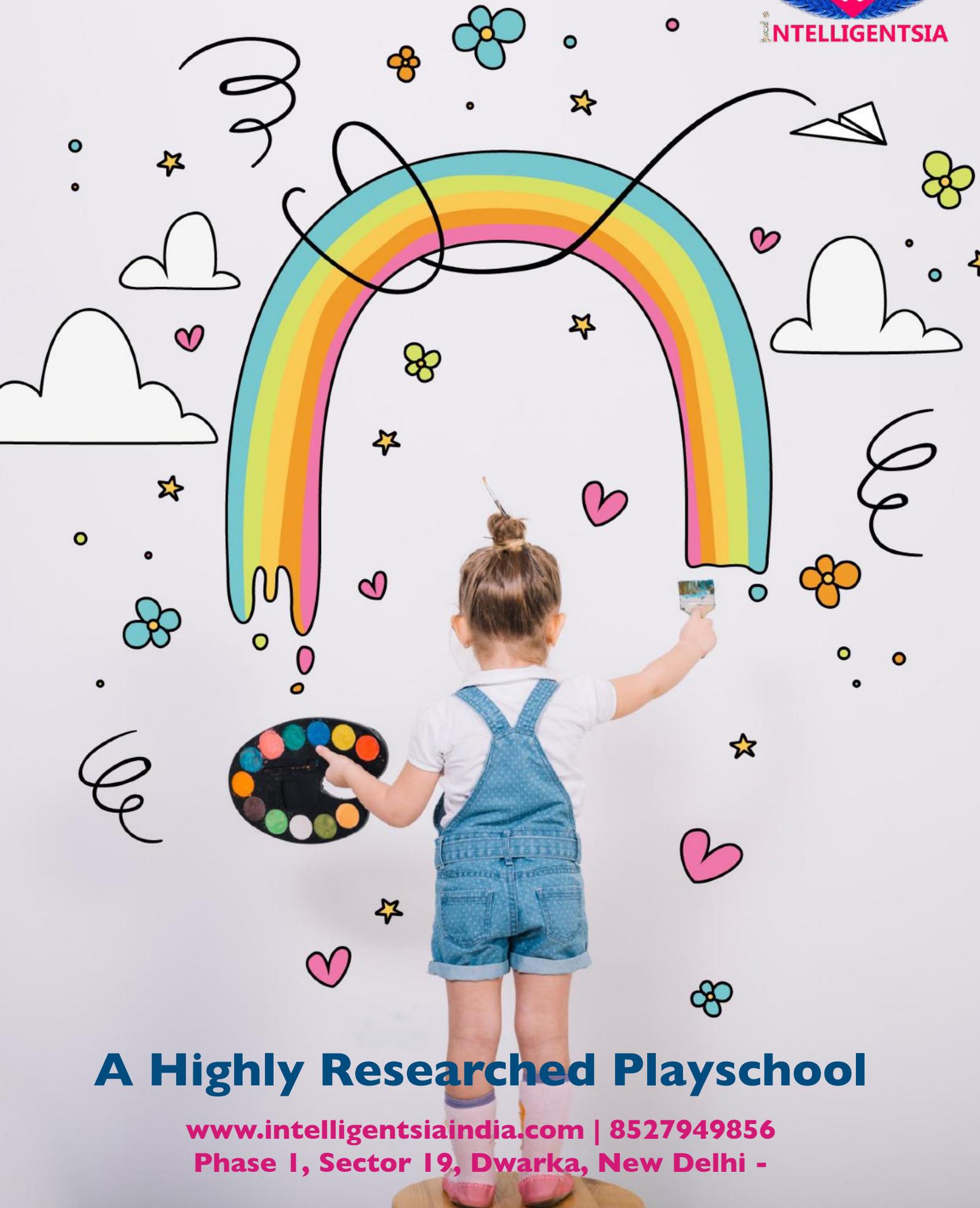
That doesn't mean that people haven't tried. No two people take exactly the same path to motherhood, so attempting to explain it is like trying to capture the whole of human experience in just a few sentences. You can't just do it in one quip. However, if you take in a bunch of new-mom quotes together, you might be able to glimpse a hint of what's in store. From your changing role in your kids' lives to the joys of seeing a toothless baby smile to the challenges of sleepless nights and unreasonable baby brains, these quotes capture the highs and lows of bringing a new baby home.

## Relax, Enjoy and Breathe In That New Baby Smell—Here Are 50 New Mom Quotes

1. “A baby will make love stronger, days shorter, nights longer, bankroll smaller, home happier, clothes shabbier, the past is forgotten and the future worth living for.” — **Unknown**
2. Whenever you feel like you are failing, look in the eyes of your child, and know your value.” — **Unknown**
3. “Sometimes, when you pick up your child, you can feel the map of your own bones beneath your hands, or smell the scent of your skin in the nape of his neck. This is the most extraordinary thing about motherhood – finding a piece of yourself separate and apart, that all the same, you could not live without.” — **Jodi Picoult**
4. “The choice to become a mother is the choice to become one of the greatest spiritual teachers there is.” — **Oprah**
5. “Just as there is no warning for childbirth, there is no preparation for the sight of a first

child. There should be a song for women to sing at this moment or a prayer to recite. But perhaps there is none because there are no words strong enough to name the moment.” — **Anita Diamant**

6. “You're always going to wonder if you're doing things wrong, but that's what it means to be a mom, to care so much about someone else that you just want to be perfect as possible.” — **Naya Rivera**
7. “Motherhood – It is a choice you make every day to put someone else's happiness and well-being ahead of your own, to teach the hard lessons, to do the right thing even when you're not sure what the right thing is, and to forgive yourself, over and over again for doing everything wrong.” — **Unknown**
8. “Everything grows rounder and wider and weirder, and I sit here in the middle of it all and wonder who in the world you will turn out to be.” — **Carrie Fisher**
9. “The natural state of motherhood is unselfishness. When you become a mother, you are no longer the center of your own universe. You relinquish that position to your children” — **Jessica Lange**
10. “Being a mother is the most rewarding blessing in the world, just knowing you can love someone so much, and get that same love in return is wonderful.” — **Unknown**



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# Tickler

Why did an old man fall in a well?  
Because he couldn't see that well!  
Sanjana, 8 Yrs, New Delhi

Why did the actor fall through the floorboards?  
They were going through a stage!  
Riti, 5 Yrs, Pune

Why did a scarecrow win a Nobel prize?  
He was outstanding in his field!  
Rishab, 6.5 Yrs, Delhi

Why are peppers the best at archery?  
Because they habanero!  
Riya, 7 Yrs, Delhi

What did the duck say after she bought chapstick?  
Put it on my bill!  
Ritu Raj, 7 Yrs, Noida

What do you call a fake noodle?  
An impasta!  
Priyanshi, 9 Yrs, Mumbai

What did the three-legged dog say when he walked  
into a saloon?  
Anjana, 4 Yrs, Noida

"I'm looking for the man who shot my paw!"  
How do you tell the difference between a bull and a  
cow?  
Rahul, 7 Yrs, Indore

It is either one or the udder!  
What's red and smells like blue paint?  
Red paint!  
Sumit, 6.5 Yrs, Agra

What's the difference between a hippo and a Zippo?  
One is very heavy, the other is a little lighter!  
Pihu, 8 Yrs, Jhansi





# The Book Bug

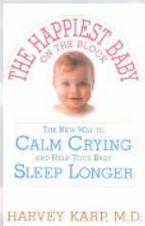
One of the best gifts you can give to your child is the love for reading. In due course of time if there's one thing that I have realised is that when you read a lot, you know a lot, but the real benefits of reading goes beyond the knowledge of the subject. You become a better person. You become articulate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

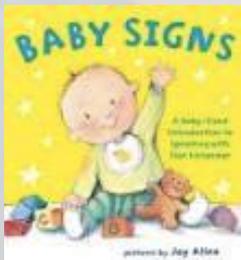
## BEST BOOK FOR NEW MOM

### THE HAPPIEST BABY ON THE BLOCK



In perhaps the most important parenting book of the decade, Dr. Harvey Karp reveals an extraordinary treasure sought by parents for centuries --an automatic "off-switch" for their baby's crying.

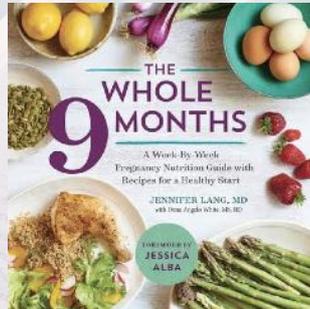
### BABY SIGNS



Long before they're able to talk, babies have a whole lot to say! Widen their world with this delightful modern classic—a must-have for growing families and a perfect baby shower or new-baby gift.

## BEST BOOK FOR PREGNANT MOM

### THE WHOLE 9 MONTHS:



Nine months of nutritious pregnancy recipes for delivering a happy, healthy baby Good for baby, good for you:

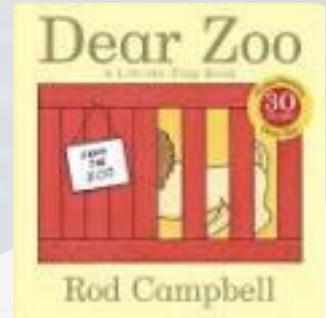
### BUMPIN': THE MODERN GUIDE TO PREGNANCY



A smart, approachable guide packed with practical advice for parents who want a science-backed, individualized approach to pregnancy.

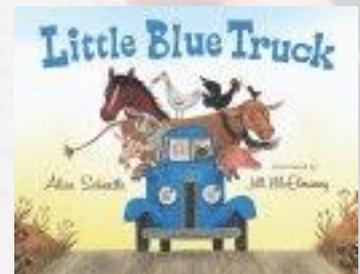
## BEST BOOK FOR TODDLERS

### DEAR ZOO



A letter to the zoo asking for a pet results in a succession being dispatched - all of the deliveries containing highly unsuitable pets! All, of course, except the last one

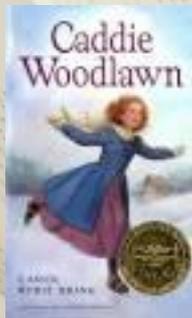
### LITTLE BLUE TRUCK



Beep! Beep! Beep! Meet Blue. A muddy country road is no match for this little pick up--that is, until he gets stuck while pushing a dump truck out of the muck. Luckily, Blue has made a pack of farm animal friends along his route.

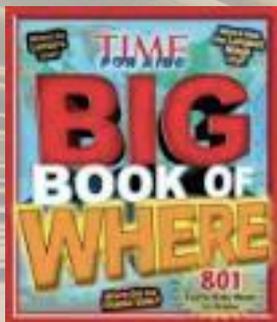
## BEST BOOK FOR BIG KIDS

### CADDIE WOODLAWN



Caddie Woodlawn is a children's historical fiction novel by Carol Ryrie Brink that received the Newbery Medal in 1936 and a Lewis Carroll Shelf Award in 1958.

### BIG BOOK OF HOW (A TIME FOR KIDS BOOK)



Provides answers to a diverse collection of over eight hundred commonly asked factual questions, covering such areas as animals, space, the human body, food, survival, mysteries, and inventions.

# THE BOOK BUG

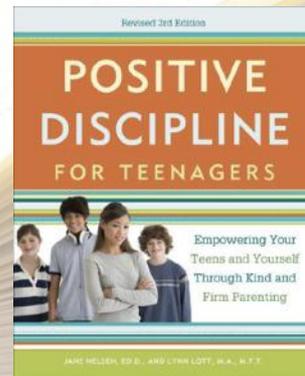
## BEST BOOK FOR TEENS

### STAR GIRL



Stargirl is a young adult novel written by American author Jerry Spinelli and first published in 2000. Stargirl was well received by critics, who praised Stargirl's character and the novel's overall message of nonconformity.

### POSITIVE DISCIPLINE FOR TEENAGERS



A Positive Approach To Raising Happy, Healthy and Mature Teenagers Adolescence can be a time of great stress and turmoil—not only for kids going through it, but for their parents as well.

# The magic number- That age where you can leave your kids alone

In today's fast-paced world, where mums and dads are both working hard to bring the bread to the table, the question of leaving kids on their own, even for some time remains unanswered. According to a study, around 40% of children in the world are 'latch key' kids, meaning, they return to empty homes, unlock the keys and settle in for a good amount of time before either of the parents returns home from work.

This is a trend developing more in recent times as the concept of the nuclear family, and both parents working is emerging, contrary to the past generations that consisted of stay-at-home moms only.

The golden question, 'When can I leave my child unattended fearlessly' needs to be explored as more and more mums are now entering the workforce.



## **In this article, we will shed some light on the ‘right age’ for kids to be left alone and what measures parents can take to ensure their kids’ safety.**

As human beings, we must understand that every child grows and matures at his/her own pace, and therefore one 10 years old may be completely different from another 10 years old in terms of maturity.

This is why countries and organizations have not yet specified rules and regulations when it comes to leaving children unattended, but, on the other hand, there are also strict punishments and legal consequences if children are found to be neglectfully left unsupervised, in some countries.

This is what we call a catch 22 situation where sound parental judgment is required before making a decision. As for the United States of America, every state has its own policy about leaving kids alone, In Ontario, Canada, the age at which a child can be left without an adult is 16 years. In the UK, age 16 is the number, but with a condition that they can not be left unsupervised overnight. So, we see every state has its own guidelines, but the most important element required when making this decision is; parental judgment of the circumstances and their child’s maturity level.

**Some good questions to ask oneself before deciding to leave kids unattended could be:**

**What are the legal guidelines in the particular state/country I live in?**

**Is my child’s age according to the guidelines? -Can my child understand and follow the instructions in my absence?**

**Is my neighborhood a safe place?**

Is there someone in the neighborhood where the kids can go in case of any emergency?

How long would my absences be every day, will my child be able to cope? It is also very important to take these steps, to make the unsupervised time as safe as possible for your child:

Explain to your child, your itinerary, the duration of your absence, the time you expect to return home, and your location.

Make sure he has contact numbers of the parents, closest family members, or any person you trust, emergency numbers, and doctors’ number and address.

Ask your child if he feels confident, or if he feels scared. If he is not ready, don't force it on him as it will instill fears and will affect his confidence.

Teach your kids how to lock doors, how to put out a fire or call for help, to keep away from sharp objects and flammable liquids.

Do set out rules clearly and have them written down in a place where they can read.

Instruct them how to never mention on any platform that they are home alone, in case the phone rings, teach them to reply by saying, ‘Mom can't take the call right now, she will return your call’ instead of telling her she is not home.

Have someone you trust to check on them once in a while. -Teach them never to open doors for strangers, and to people, they don't trust.

Most of all, try leaving them for shorter periods of time, as a trial, before jumping straight into the routine. In a nutshell, there is no magic number, instead; it is a big decision for the parents who, sometimes, are left with no choice but this.

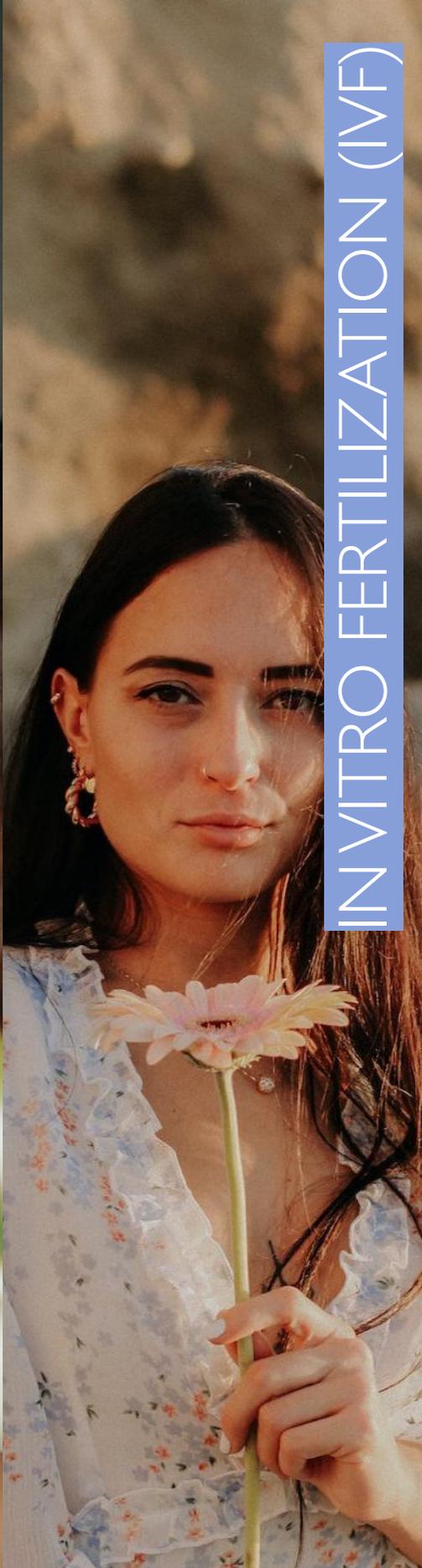
So, whenever taking this leap, sit down and talk with your children, give them a walkthrough of what it will be like, get community help and support, and most important of all, make sure you know the right rules and regulations imposed by your local Government.



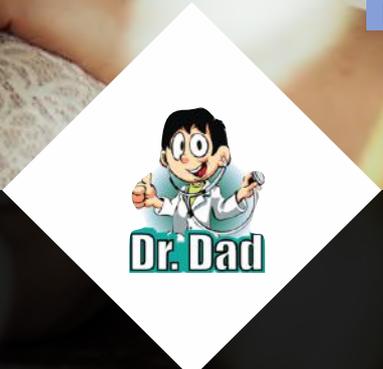
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