

Parenting

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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



SO PARENTING GLOBAL CONTRIBUTORS



*Numbers on map pins represent number of contributors from that country.

*To check our contributor's list, visit our website www.drdad.in

How to read a pregnancy test

Pregnancy is one of the most important things for a couple. If you are trying to conceive, you might have bought a pregnancy test to find out whether you are pregnant. But with pregnancy test kits, there are risks sometimes; it can be false negative or false positive. So, to be sure from your end that you have read the pregnancy test right or you have correctly taken the test. The pregnancy test generally comes with booklets that have instructions and information on using the pregnancy test.

How do pregnancy test kits work?

- The pregnancy test looks for the hormone called Human chorionic gonadotropin (HCG) in your urination. This hormone is produced by your body only when your eggs are fertilized and when the fertilized egg gets attached to your uterus lining.

You can make sure to get a 100% accurate result by buying a good pregnancy test that is known for its accuracy. Below are some of the brands from which you can buy a pregnancy test

—

1. In India, one of the most famous brands is Prega News, and we are sure you have heard of this brand if you are looking out for

Prega News. It gives the result in Just 5minute.

2. I-Can pregnancy test kit.
3. Velocity pregnancy test kit.
4. First response test kit, etc. There are many more brands you can talk to your doctor about, and they may recommend you better.

Even if you buy a pregnancy test kit and do not clearly understand the instructions, here are simple ways you need to follow which are some universal steps for many pregnancy kits –

1. Whenever you miss a period, the first thing you may remember to do is to [take a pregnancy test](#), but it is recommended that you use your first urination in the morning for the pregnancy test. You will need to pee on a stick or in a disposable cup (If you have the dip the stick type of pregnancy kit).
2. Set a timer on your phone according to what time is written in the pregnancy kit, such as prega news gives a result in 5min.
3. Once your timer goes off, it is time to ready the results, and you have the news.

Many women may be confused about how to read the tests and what the line indicates. In addition, every test kit may work differently, so you should read the test kit's instructions, ask the salesperson in the medical shop about it, or just call your doctor or somebody who has already used the kit. In the 21st century, you also have the option to buy a digital test kit that mentions the word 'Pregnant' if you are and 'Not pregnant' if you aren't.

But many pregnancy kits work on the line formulas, and here is how to read them –

1. One-Line means that the result is negative, and hence you are not pregnant.
2. Two lines mean positive, and hence you are pregnant.
3. No lines mean that the test didn't work, or maybe you are looking for the results before time wait for a few more seconds, and then you can conclude that the test didn't work.

If the test is negative, there is nothing to worry about; you just have to trust the process and keep trying to conceive. And if you are positive, your next step should be to consult your doctor, and from then on, you can start your pregnancy journey.



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Superfoods that help increase height in children.



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

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

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

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

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

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

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

Sundal Recipe I Channa Sundal I Chickpea Sundal



Sundal is a stir-fried dish made with different types of lentils, legumes even grains from the cuisine of Tamil Nadu. This Channa Sundal has white chickpeas, spices and a good dose of freshly grated coconut. This dish is vegan and quite healthy too.

Ingredients

For Cooking Channa

1 cup dried white chickpeas (chole or safed chana)
3 to 4 cups water – for pressure cooking
More Sundal Ingredients
2 tablespoons oil
1 teaspoon black mustard seeds
1 teaspoon urad dal (spilt skinned black gram)
1 pinch asafoetida (hing)
2 dry red chillies – broken and seeds removed, can swap with 1 to 2 green chillies, chopped
10 to 12 curry leaves
2 to 3 tablespoons fresh grated coconut
salt as required

Instructions

Preparation

Rinse and soak the chickpeas overnight in enough water.

Drain the water from the soaked chickpeas and rinse a few times. Pressure cook the soaked chickpeas with 1 teaspoon salt and 3 to 4 cups water till they are tender and softened.

You can cook chickpeas in a stovetop pressure cooker or in an Instant Pot.

For cooking in a stovetop pressure cooker, cook chickpeas for about 12 to 15 minutes on medium heat or more if needed until the chickpeas are tender and soft.

Drain all the water from the cooked chickpeas and set them aside.

Making Channa Sundal

Heat oil in a pan. add the mustard seeds and urad dal. Heat on a low flame stirring often.

The mustard seeds will crackle and the urad dal will get browned.

They almost take the same time to cook on a low heat.

Immediately, add the curry leaves, red chillies and asafoetida. Fry for 10 to 15 seconds or until the curry leaves look crisp and the red chillies change color.

Now add the cooked chickpeas and salt. Stir and saute for 3 to 4 minutes on a low to medium heat.

Switch off the heat and add the coconut. Stir to combine well.

Serve the Channa Sundal as prashad or naivedyam to the deities.

Notes

A basic sundal recipe can be prepared with various legumes, lentils and grains. Using this recipe as a base you can choose to make sundal with your preferred lentils. Also do check more sundal recipes I have shared earlier in the post above.

When using canned chickpeas the dish comes together very quickly. Rinse the canned chickpeas a few times in water and add to the tempering mixture. Sauté for a few minutes and lastly finish with the coconut.

Instead of dry red chillies, you can use green chillies. Either slit them or add chopped. For a more traditional variation, you can choose to use crushed black pepper or ground black pepper instead of chillies.

For the oil, feel free to use sunflower oil, peanut oil, coconut oil or any neutral flavored oil.

For a gluten-free version of sundal, skip adding asafoetida.

Easily halve or double this channa sundal recipe.

#2 on Dr Dad Travels



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

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10 Amazing Five Senses Activities For kids



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

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

Here are 10 Amazing Five Senses Activities For kids



1. Read and Locate

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

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

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

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

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

2. Taste bottles

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

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

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

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

3. Sound trip

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

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

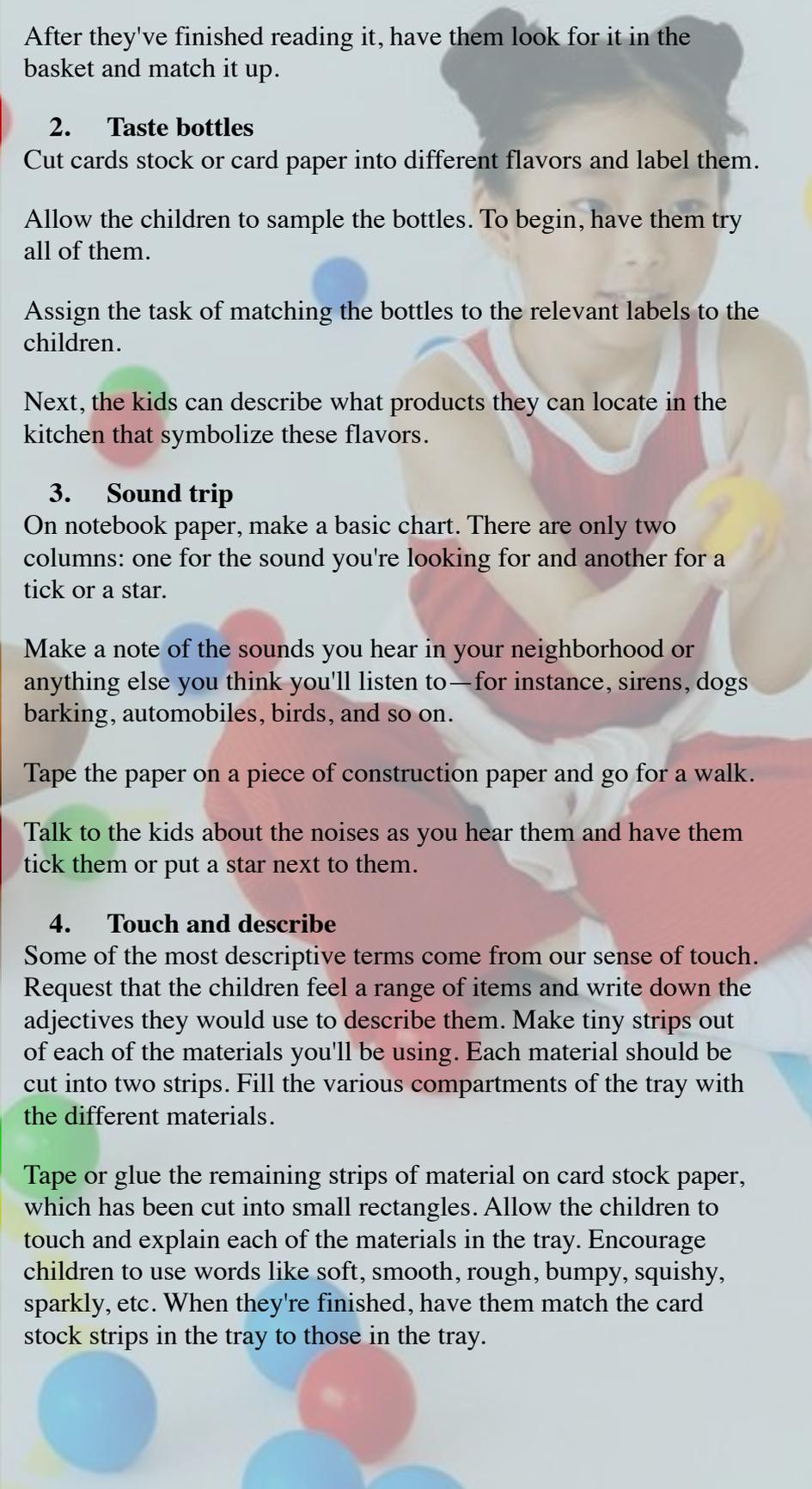
Tape the paper on a piece of construction paper and go for a walk.

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

4. Touch and describe

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

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



5. Sound matching

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

6. Fun with paints

Fill the bowls with paints.

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

7. Scratch and sniff

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

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

8. Alphabet touching

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

9. Celery Taking Up Coloured Water

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

10. Ice cream tasting test

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





10 Must have food for breastfeeding Mother

If you're a breastfeeding mother, there's never been a time wherein your body isn't constantly making milk for your infant. The number of calories necessary to generate each ounce of milk causes many nursing mothers to feel perpetually hungry. Therefore, it's vital to consume nutritious foods that aid in the replenishment of your body.

Your breastmilk will provide your kid with everything they need to grow normally when it comes to nursing. It's crucial to [eat well](#) when breastfeeding, and superfoods are a great place to start. Good nutrition will aid in increasing your milk production, providing you with greater energy, and assisting you in losing baby weight.

1. Nuts and seeds

Due to the phytoestrogen's composition, which is similar to estrogen and is a signal for breastmilk secretion, a breastfeeding diet rich in fenugreek seeds aids in improving breastmilk output. In addition, drinking fenugreek tea or ingesting it whole is an excellent method to get iron, calcium, and other minerals and vitamins into your system.

For example, Dill, fennel, and carom seeds are also good. They can be eaten by boiling them using water and drinking the resulting liquid.

Calcium, magnesium, manganese, fiber, iron, copper, and phosphorus are all abundant in sesame seeds. Toast them and gently spread them over salads, vegetables, and other dishes.

Almonds are a fantastic non-dairy resource of protein and calcium that may be sprinkled on top of cereal or eaten as a snack.

2. Pulses and legumes

Pulses such as chickpeas, kidney beans, and moong dal must be included in a vegetarian mother's diet to ensure that she gets enough protein, minerals, and anti-oxidants. They're also heavy in fiber, that aids digestion. However, because these high-fiber beans can create gas, it's best to eat them during the day.

3. Whole grains

Oatmeal is simple to prepare complex carbohydrates high in iron, calcium, and fiber and is believed to help lactation by activating Pitocin, the milk-producing hormone. Also high in minerals, vitamins and fiber are whole grain pasta, bread, and brown rice.



4. Leafy vegetables

Iron, magnesium, calcium, and folate are abundant in leafy green plants, including fenugreek, spinach, and Dill. They can be eaten as a vegetable, juice, or salad or added to an omelet to enhance your immune system and promote breastmilk production.

5. Salmons and sardines

Salmon is high in omega-3-fatty acids, and vitamin B12 is a good source of protein. It's also one of the few sources of natural vitamin D, and many women are deficient in this vitamin. Salmon is good for breastfeeding mothers because it includes a lot of DHA, a form of fat that is vital for a child's nervous system development. Salmon, whether canned wild-caught or farm-raised, is nutritious. Breast milk supply can be boosted by both salmon and sardines.

6. Dairy

While breastfeeding your infant, refill your blood flow of calcium by drinking at least 3 glasses of milk or yogurt throughout the day.

7. Eggs

Vitamins B12 and D, Protein, lutein, choline, riboflavin, and folate are all abundant in eggs. They're a simple and quick lunch or snack. To get the most nutrition, eat the whole egg. According to new studies, eggs do not raise cholesterol levels.

8. Sweet potatoes

One moderate sweet potato is enough to meet daily vitamin A requirements for breastfeeding mothers. Vision, bone growth, immunological function, and cell specialization all require vitamin A. Your child's vitamin A requirements for development and growth are based on your dietary intake. Breast-feeding has another advantage in this regard. Vitamin A deficiency in breastfed newborns is extremely rare. Sweet potatoes are a good source of potassium as well.

9. Apricot and dates

Prolactin, the hormone that signals your body to produce milk, can be increased by eating apricots and dates. Apricots are high in Vitamin A, dietary fiber, vitamin C, and potassium, among other nutrients. Fresh is preferable to canned. If you must use canned apricots, stay away from those that are packaged in syrup. Dried apricots are a convenient snack to have in your purse for when you need a fast bite. Dates are also high in fiber, calcium, and naturally sweet.

10. Garlic

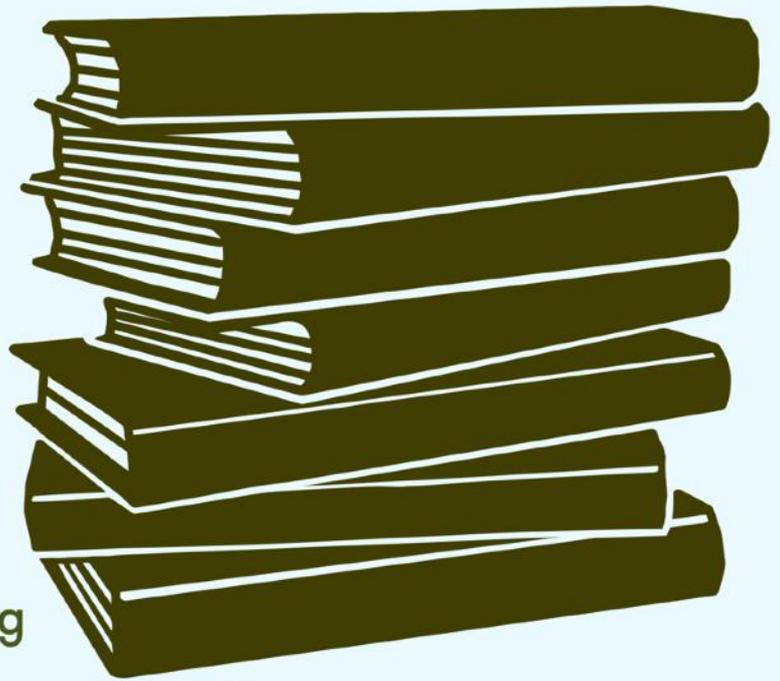
This herb is helpful for more than just warding off vampires; it also helps to keep the digestive fire burning, prevents infection, detoxifies the body, and improves milk production in mothers and feeding babies.

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How To Deal with A Disrespectful Teenager

Do you have a disobedient adolescent on your hands?

Whenever you ask him to finish his schoolwork, he may mumble under his breath. When you tell her she can't go out with her friends; she may slam her room door. If so, you're probably at a loss for words. You care about your teenagers and want the most for them. But you want kids to understand that your family has rules, just like the rest of the world. Don't be concerned. Disrespect for parents is frequent as children transition from childhood to adulthood. You cannot, however, deal with contempt by totally ignoring it. It would help if you devised a strategy. Here are some things you should do and things you should avoid doing.

This article discusses strategies for dealing with impolite and often disobedient teenagers.

1. Disrespectful behavior toward parents must never be allowed.

However, it is critical to recognize that some level of [disrespect is a natural aspect of growing up](#) and acquiring independence. Eye-rolling, needless remarks, or ignoring requests are examples of this type of disrespect. Children grow up in a household where the balance of power is skewed in favor of the parents. Children often feel powerless when rules and expectations surround them. Talking back and other types of modest disrespect are just methods for your kid to feel like he's regaining some of his authority. It's a natural process: your adolescent is learning to communicate himself and form his own opinions. And gaining independence is an important part of growing up.

2. Be consistent with rules.



1. Be consistent with rules.

The absence of limits is one of the most prominent reasons for disrespect in teenagers. Youngsters who have been spoiled or who have been permitted to use their way frequently grow up to be impolite teenagers. Rudeness among teenagers is practically unavoidable in families with few solid rules. Families with standards for their children's behavior but uneven enforcement are more likely to generate disrespectful teenagers. Inconsistency occurs when a parent applies various rules for no obvious cause on separate days.

2. Do not make it personal.

It's easy to get wrapped up around your own emotions while engaging with a disobedient adolescent. You're more inclined to make it personal if you do.

But this is a mistake because you should be focusing on the behavior, not really the person.

When you concentrate on the behavior rather than the person, it is simpler for everyone to remain calm. It permits you and your adolescent to avoid becoming emotional.

3. Avoid unnecessary arguments.

Arguing with a disrespectful adolescent will not result in a favorable consequence. Arguments have a habit of escalating and spiraling out of control. When we are furious, we often say things that we subsequently regret. Instead, maintain your cool and recall that you would like to focus on the conduct rather than a power battle. But this isn't always easy because adolescence is a roller coaster of emotions. Recall that as an adult, you have more control over your emotions than a teenager. You must enjoy the benefits of this perk.

4. If you set responsibilities, be sure you are following through it on them.

While it is important to recognize your teen's positive behavior, you may need to establish penalties for their negative conduct at times. If you do, it's critical that you follow through on penalties. A common error made by parents is to promise repercussions in the heat of the moment and afterward fail to follow through on them. Teenagers, whether it or not, are yearning for boundaries. They would like to know in which the boundaries are, which is why they test them. When you enforce consequences, your adolescent feels more comfortable because she understands where the lines are drawn. She comes to trust you since you keep your word. Most importantly, she realizes that the behavior is unacceptable.

5. Be a role model

The essential thing you could do is model the behavior you want your adolescent to exhibit. It's astonishing how many parents criticize their children for being disrespectful and then mimic the same behavior. Remember that your children look up to you as a role model all of the time. If you want your children to respect you, you must treat them, your spouse, and individuals outside the family with respect.

6. Consider the emotional demands that underpin the behavior.

When teenagers treat their parents with contempt, it's often a sign that their emotional needs aren't being satisfied. Demeaning behavior is sometimes used to gain attention. It could also be a sign that they don't feel accepted. Sit down with your adolescent and tell her that you're always there to chat about anything. Assure her that you adore her completely and completely. Please remember that adolescent feeling of powerlessness is common. Teenagers must distinguish themselves from their parents as part of the maturation process.

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.

10. Parenthood

The Braverman family tree's lives and tragedies.

Capsicum Besan Bhaji | Shimla Mirch Besan



Ingredients

¼ cup besan (gram flour)

300 grams green capsicum or 2 large capsicum or 2 heaped cups chopped capsicum (shimla mirch)

50 grams onion or 1 medium onion or ⅓ cup chopped onion

3 to 4 garlic or 1 teaspoon chopped garlic

1 or 2 green chilli, chopped

2 tablespoons peanut oil (you can also use sunflower oil)

½ teaspoon mustard seeds

½ teaspoon cumin seeds

1 sprig curry leaves or 8 to 10 curry leaves

1 pinch asafoetida (hing)

¼ teaspoon turmeric powder

¼ teaspoon red chilli powder

salt as required

¼ cup water

2 tablespoon coriander leaves

½ to 1 teaspoon lemon juice (optional), can be sprinkled while serving or added when adding coriander leaves

if you want you can also add some sugar.

Instructions

Preparation

First rinse, halve, remove the seeds and then chop capsicum in 1.5 cm cubes or squares. Also chop onion, medium garlic cloves and green chillies. Keep aside.

Heat a thick bottomed shallow frying pan or kadai. Keep the heat to a low and add besan.

Roast the besan stirring often till it becomes aromatic and changes color.

The besan has to be roasted well and should not be raw as we are not going to cook it much further.

Roasting besan will take about 5 to 6 minutes on a low heat.

Once the besan has got roasted well, remove it in a separate plate.

Making Capsicum Besan

In the same pan, add peanut oil (can also use sunflower oil). When the oil becomes hot, add mustard seeds. Lower the heat.

When the mustard seeds crackle, add cumin seeds. Saute till the cumin seeds also splutter and change color.

Next add chopped onions, chopped garlic, chopped green chillies and curry leaves.

Stir well and saute till the onions turn translucent stirring often.

Then add turmeric powder, red chilli powder and asafoetida (hing).

On a low heat, mix both the spice powders very well ensuring that they do not get burnt.

Now add the capsicum cubes. Stir and mix very well with the rest of the ingredients.

Add salt as required. Mix again. Pour water and stir.

Cover the pan with a lid and cook the capsicum on a low heat.

Do check the capsicum a couple of times when its cooking and stir. If the water dries up, you can add more water. The capsicum have to be tender and done. Some water will also be there when the capsicum gets cooked.

Then add the roasted besan in batches. First sprinkle add 1 tablespoon besan all over the capsicum sabzi. Mix very well.

This way keep on adding roasted besan in batches and mixing.

Mix the besan very well. If the bhaji looks very dry, then you can sprinkle some water. You can saute further for 1 to 2 minutes or more if you prefer.

Lastly switch off the heat and add chopped coriander leaves. Also drizzle lemon juice. Adding lemon juice is optional.

You can also serve lemon wedges while serving the shimla mirch besan bhaji, instead of adding lemon juice at this step. mix very well.

Serve capsicum besan hot or warm with some chapati or paratha or as a side dish with dal-rice or varan-bhaat. It can also be packed in the tiffin box.



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C O-NURSING – IS IT SAFE FOR YOUR BABY?

Have you ever wished for an extra set of boobs to help you out during those late-night feedings? Co-nursing is precisely what it looks like: two mothers, either biological or adopted, breastfeed their child. Co-nursing, also known as cross-nursing, is a practice in which one woman's child is cared for by another. This is usually done when the woman cannot adequately milk or when the infant refuses to feed at her breast but will accept another.

What are the risks of co-breastfeeding?

When co-nursing another woman's child or allowing your child to be nursed by another woman, there are a number of hazards to consider, ranging from biological to behavioral.

Seeing a lady nursing another woman's child may generate questions in his siblings' thoughts and create unpleasant situations at home.

Given the presence of a newborn child, the child of the other woman's child may stop nursing.

When your child is trying to feed, the nursing mother's mentality may limit her from lactating adequately.

Because of the age difference, your baby may end up ingesting milk meant for an older or younger infant.

The milk flow for the nursing mother's kid may be affected at times.

Any infection carried by the breastfeeding mother or her child could spread to your baby.

Benefits and Challenges of Induced Lactation

More time with the baby is always a benefit, and being able to breastfeed and effectively participate in feedings means more face-to-face time for the non-gestational mother.

Any relationship should have a shared set of obligations. Being so involved in the care of the newborn can be beneficial for both women, especially in the early days and weeks when sleep is scarce, and there is so much to do and remember. Breastfeeding can take a long time, so plan and be patient with yourself if everything doesn't go according to expected.

More milk, please! One or both mothers may be able to pump and preserve an abundance of milk in the fridge or freezer when both are producing milk.

Even if the mother who is inducing lactation has problems maintaining her flow, she can still nurse her infant for comfort.

Remember that this is only one option; there are several methods for non-gestational parents to bond with their children. If you think co-nursing is suitable for your family, talk to your doctor or a lactation specialist. They can assist you in developing a strategy and ensuring that both mothers are healthy and ready to take on this unique adventure.

Alternatives Methods of Feeding Your Child

Realizing that cross-nursing can introduce your kid to certain risks that are sometimes unforeseeable, you may want to consider other options if available. For example, when nursing complications arise, moms are often advised to seek

alternative methods to ensure their kid receives the nutrition they require.

1. Feeding Breast Milk Via a Bottle

Perhaps your work schedule or other parts of your lifestyle prevent you from traditionally feeding your kid. Your buddies are breast pumps and bottles. Pump the milk ahead of time and give it to [your baby in a bottle later](#).

Even after learning that my kid can be breastfed by someone else, some moms may feel uncomfortable with the concept. It's critical to consider the baby's health and safety before deciding.

2. Breast Milk Bank supply

Breast milk banks preserve breast milk from a variety of women. You can contact a comparable bank and request a prescription for your baby's breast milk. This will ensure that your child receives the necessary nutrients and antibodies milk and milk from a healthy source.

3. Supplement Breastfeeding with Formula

You may be producing less milk than necessary, leaving your baby hungry more frequently. It is preferable if you continue to breastfeed your baby and supplement his nutrition with a milk formula that is appropriate for him.



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When Do Babies Get Molars? Symptoms, Pain Remedies and Care



Molars are the very last teeth to emerge, and they may do so one by one.

While the precise date of molar releases varies, most youngsters obtain their first molars [between the ages of 13 and 19](#) months on top and 14 and 18 months on the bottom.

The top row of your child's second molars will arrive between 25 and 33 months, while the bottom row will arrive between 23 and 31 months.

Symptoms

Getting two-year molars can be pretty painful, and a kid may not explain the source of the pain.

The indications of falling molars are comparable to those of other types of teething. These can include the following:

- irritability
- drooling
- chewing on objects and clothing
- visibly sore, red gums

Teething symptoms in children may worsen at night when they are weary and have fewer diversions from the pain.

A youngster in pain in the gums and mouth may be hesitant to show an adult the area. Singing a song or playing a game where you stick your tongue out and open your mouth wide will assist.

Remedies

Teething discomfort can be relieved with a variety of inexpensive home remedies.

The following tips can decrease discomfort:

- **Apply a damp, cool gauze pad to the gums.**
- **Then, gently massage the region with your finger.**
- **Use a chilled spoon to massage the gums**
- **Give your child a damp towel to chew on.**
- **Use moisturizers on the area surrounding the mouth daily to avoid cracking and dryness caused by drooling.**

Parents should constantly watch children attempting to treat pain with a spoon, teething toy, or another gadget.

Coloring, dancing, and singing songs are all good ways to divert a child's attention away from their sore teeth.

For one or two days, acetaminophen or ibuprofen can help relieve pain. Always offer children child-safe pain medicines, and never give them more than the specified dose.

If a parent or caregiver wants to give their child pain medicines after two or three days, they should first visit a doctor.



When to see a doctor

If home cures aren't working to relieve 2-year molar discomfort, a visit to the child's doctor may be necessary.

A kid's teeth should not make them sick. If your child displays any of the symptoms listed, consult a doctor:

Taking care of your child's molars

Molar breakouts aren't always a reason to visit the dentist unless they coincide with a previously arranged appointment.

Even so, you must begin teaching your child to care for their molars in the same way that they care for their other teeth. As soon as the molars are cut, use toothpaste to brush on and around them gently.

Use no more than a smear or the size of a grain of



- **the temperature of more than 100.4°F**
- **diarrhea**
- **vomiting**

These signs and symptoms could indicate an underlying sickness, such as a viral infection.

rice for children under the age of three. Use no more than a pea-sized amount for children aged 3 to 6. Brushing should be done with the help of an adult.

Cavities are most common in and between the molars, common among children who cannot floss or wash their back teeth as well as their front teeth. Preventing cavities and tooth decay can be as simple as paying attention to the position of the molars.



10 expert-recommended Ways to Develop Self Control in Kids

Self-control

Self-control is a set of abilities that enable adults and children to control their behaviors, emotions, and thoughts to accomplish a goal. In a nutshell, it's the ability to consider and pause before acting. For example, waiting in line, sitting calmly, and taking turns all necessitate self-control in seemingly basic ways. But on the other hand, self-control is a considerably more sophisticated talent that takes time to master.

Benefits of Developing Self-Control in Kids

Self-control makes people happy, famous, and successful in life. On the other hand, people with poor self-control are more prone to acquire an overeating habit, become addicted to something, and be underachievers. [Self-control](#) was once thought to be a skill that could only be developed over time, but specialists now believe that it can be developed with the correct mental exercises.

Let's look at ten expert-recommended Ways to Develop Self Control in Kids.

1. Listening skills

Children behave impulsively because they don't always heed instructions. They are usually up and moving before you have finished your statement. You can teach children to pay attention by asking them questions about what they heard before allowing them to act.

2. Be a role model

Keep in mind that your youngster is watching and copying everything you do. As a result, if you lack self-control, [your child will pick up](#) on it and behave accordingly. For example, he'll assume it's okay for him to spend too much time in front of computers, consume junk food, or do anything else that sets a bad example if he sees you do it.

3. Encourage them to take breaks.

When youngsters are angry or unhappy, encourage them to take a break or leave the situation and take a time-out. This is one of the tried-and-true methods that work. Children frequently forget and forgive in a short period, and they will return to normal, if not even feel better, following the break.

4. Recognize and reward positive behavior.

The majority of the time, good deeds go unrecognized. So when your youngster displays self-control, it's critical to congratulate him and provide him positive attention. Please make a point of highlighting the positive behavior you'd like to see more of from him. Also, remember to compliment your child when he achieves anything without prompting!

5. Assist Children in Recognizing and Managing Their Emotions

When children can distinguish between feelings and behavior, they can begin to acquire self-control. For example, make it clear to your child that being angry or upset about something is normal, but hitting someone or yelling and screaming is not. This will help your kids manage their impulses, and they will look for other ways to deal with the emotion instead of behaving impulsively.

6. Teach Problem-Solving Skills

When kids learn to resolve issues, they learn to think before acting. Therefore, it is preferable to teach your child to seek out multiple answers to a problem rather than solve it for her. She will learn to analyze an issue, come up with solutions, and then put the best one into action. This will prevent her from reacting rashly to any crisis that happens in her life.

7. Make Penalties a Part of Your Strategy

Along with excellent rewarding behavior, there should also be consequences for poor behavior. The threat of punishment motivates youngsters to act to accomplish long-term objectives.

8. Play games that require self-control

Play games that require a youngster to pay attention to certain instructions patterns and follow them, and make adjustments as needed. You can play these games with your child to have some fun while teaching him the importance of self-control.

9. Create a routine or schedule.

Make a daily schedule for your child so that they become accustomed to it. He'll be less likely to get side-tracked by other activities if he knows what he's meant to be doing. You may assist your child to learn to follow a morning and night-time routine by establishing one for them. Assign appropriate household responsibilities to an older child, and make it his job to remember to accomplish them.

10. Encourage Physical Activities

Children who are physically active have a higher chance of controlling their urges. Because children have so much energy, they are more inclined to behave without thinking, especially if that energy is not expended in a timely manner. Engage your child in physical activities and allow her to expend energy in a healthy and appropriate manner. This will also assist her in developing self-control while also keeping her physically and psychologically fit.



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7 Signs It's Time to Wean Your Baby from Breast or Bottle

Weaning is the process through which newborn transitions from breast milk to other sources of nutrition. Weaning your baby is a process that requires both you and your baby to be patient and understanding.

It's a personal choice when it comes to weaning. A mother's decision may be impacted by a return to work, her or her child's health, or simply a sense that the time is right.

Before weaning your child off formula or nursing, make sure to consult with their pediatrician. Doctors recommend looking for specific signals that a baby is ready to stop nursing or [drinking from a bottle](#).

Let's look at some signs that indicate it's time for weaning a baby:

- 1. The baby eats his hands and toys with his mouth.**
- 2. They can sit on their own.**
- 3. The baby wants to be breastfed or given formula regularly.**
- 4. The baby's weight has more than doubled since birth.**
- 5. The solid food you're eating seems to pique the baby's attention.**
- 6. When he observes others eating, the infant opens his lips.**
- 7. The baby can keep his head firm and straight.**

Approaches to Weaning

[Weaning](#) should be done gradually to allow both mom and baby to acclimate physically and emotionally to the transition.

Dropping one feeding session per week until your child takes all of their feeds from a bottle or cup is one option. You'll need to pump to keep your milk production up if you want to feed your infant pumped breast milk. Slowly decreasing feeding might help prevent engorgement when weaning your child off breast milk.

Some mothers delegate the decision of when to [wean their children](#) to them. Children who eat three full meals every day (including snacks) are less likely to nurse. A mother's milk will dry up due to a lack of demand in that situation, and she will need to pump to keep the milk flowing. If your child isn't getting enough iron from nursing, ensure they get enough iron-fortified formula or milk. Consult your doctor to determine how much your child should receive.

You'll need to give your infant formula if they wean before the age of one year or if you don't produce enough milk. Consult your doctor to determine which formula is best for your child. You can [start introducing solid foods](#) to your infant if he or she shows these symptoms and your doctor thinks it's okay. Weaning a baby does not follow a set schedule.

Depending on the infant, it can take anywhere from a few weeks to a few months.

Conclusion

Weaning is a difficult decision for many mothers. However, weaning gives a child more freedom and flexibility, and the satisfaction of achieving a goal. On the other hand, nursing is a private activity that builds a profound link between mother and child, which some women find difficult to let go of.

Expect a whole variety of emotions, and know that your child may experience them as well. Also, keep in mind that there will be many other opportunities to nurture your child in the days ahead.



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Some common birth control options that you must know about

Birth control measures

Both men and women can use birth control to avoid becoming pregnant. With the increase in technology, humans are offered a wide variety of options today. They could be a procedure, medicine, or device that helps women avoid getting pregnant. There are different types of birth control available, some for men and some for women. They're all effective, but the one you pick entirely depends on your needs and comfort.

When does birth control come into the picture?

If you and your spouse aren't on the same page regarding unwanted pregnancy, it can have a lot of bad consequences. It can cause financial hardship, disrupt your relationship, and even impact the mother's emotional and physical health. When you engage in protected sex, the chance of unintended pregnancy is always present. Start using birth control right away if you're sexually active and don't want a child. When you have unprotected sex, an unplanned pregnancy can occur.

Let's look at some common birth control options that you must know about.

1. Diaphragms

Diaphragms are reusable birth control devices that are tiny, soft, and silicone. They're soaked in spermicide before being inserted into the vaginal canal to keep sperm out of the womb. It is approximately 96% effective and must be fitted by a physician. However, it is ineffective at preventing STDs and should not be used when menstruating because of the risk of toxic shock syndrome.

2. Internal condoms

Internal condoms, often referred to as female condoms, are latex-free, hormone-free polyurethane sachets placed inside the vaginal opening to prevent semen from entering the womb. Female condoms are 95% efficient at preventing pregnancy and sexually transmitted diseases. However, remember that even before a man fully ejaculates, some semen can still flow out of the penis. As a result, before sex, the condom should be inserted into the vaginal canal. Before inserting the condom, check for the expiration date and any tears or defects.

3. External condoms

Men use external condoms as contraception. They're usually composed of latex, so males with latex allergies should avoid them. This type of condom resembles a bag that fits over an erect penis to prevent any fluid from getting into a woman's vaginal canal, resulting in an unprotected pregnancy or STD. External condoms are approximately 98% effective and should be discarded after one use.

4. Oral contraceptive pills

Oral contraceptive pills are perhaps the most widely used technique of preventing pregnancy worldwide. These are little tablets. They are a type of pill that combines estrogen and progestin and come in various forms. Oral contraceptive pills work in two ways: first, they block the ovaries from producing eggs, and second, they prevent conception. They must be taken to work every day at the same time. Contraceptive pills are nearly 100% effective; however, they do not protect you from STDs.

5. Intrauterine device

A doctor or nurse inserts an intrauterine device (IUD), a little T-shaped device made of plastic and copper, into a woman's womb (uterus). It is threaded through the cervix and into the top end of the vagina with a nylon thread. The device releases copper for around 5 to 10 years, which keeps you from becoming pregnant (depending on the type). The device must be replaced when this time period has passed. This technique of contraception prevents pregnancy with a 99 percent success rate. It does not, however, protect you from STDs.

6. Female sterilization – tubal ligation (surgical)

Tubal ligation is a surgical technique in which a woman's tubes are tied together (fallopian tubes). This stops the egg from reaching the uterus, resulting in sterility for the rest of the woman's life. This also prevents sperm from passing up the tube to the ovulating ovary, where fertilization normally occurs.

7. Male sterilization – Vasectomy

A vasectomy is a quick and painless treatment that permanently sterilizes men. The vas deferens, or sperm-carrying tubes in the male reproductive system, are cut and sealed during the procedure. It is usually done in a physician's surgery. The transport of sperm out of the testes is prevented by a vasectomy. The surgery does not affect a man's ability to orgasm or ejaculate (potency). Although there will be a flow of ejaculate, it will be devoid of sperm.

Travel Diaries



Visiting VARANASI

I landed in Varanasi after 24 hours of traveling from Jaipur in Rajasthan.

It was the second leg of my trip, and after four days during which I had been attending a conference and taken care of 24/7, I'd finally be visiting India by myself.

The trip had been eventful:

Eight hours on a shuttle bus to cover a distance I had later learned to be just 200 kilometers, with the driver hitting the horn at regular intervals of five seconds or so, followed by a flight to Delhi and another one to Varanasi.

By the time I landed in Varanasi I had a splitting headache. I had arranged for a driver to pick me up and take me to my guesthouse, but after waiting for him for a while and looking around the arrivals terminal, it became clear he would not show up — so I walked to the taxi stand.

I didn't understand the value of Indian Rupees at that point, so in order to save what must have been 10 cents I hopped on a taxi that was not air conditioned.

As soon as we pulled out of the airport, it was chaos. Dust, cows, dogs, people, and cars; an India I had yet to get to know. I was terrified and kept wondering why I was doing this to myself.

Moments later, I resolved to book my flight back the minute I got to my room — whenever that would be.

Indeed, the taxi dropped me off outside the old city and I had to make my way to the guest house. Thankfully, a friend I had met at the conference in Madhya Pradesh gave me his SIM card so I could use Google maps to find my guesthouse.

The moment I walked inside the old city the atmosphere changed.

A Belgian guy outside a bakery invited me in to have breakfast, a huge smile on his face. I even resolved to return the following day, and that's when I'd meet a few other people traveling solo who'd roam the city with me.

Once I made it to the guest house, the sweet smile of the owner convinced me to postpone buying the flight back after a much-needed nap.

I ended up staying.

Varanasi was the highlight of my trip to India and to date I still wish to go back.

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8 WAYS YOUR LIFE WILL CHANGE WHEN YOU BECOME A FATHER

Becoming a Father Changes You. When others say this to you before your child is born, you politely nod and smile, but inside you think they're morons for allowing their lives to change because of a tiny little person. Then, you start wondering how and why! And it is understandable to feel so, because everything sounds impossible until it's not.

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Everything sounds impossible until the baby enters your life and you start experiencing those words you have been told before.

Of course, your life evolves with time, but the initial few days, weeks, and months may bring some unexpected changes.

Let's look at some of the changes you will undergo on becoming a father.

1. You start respecting sleep.

Sleep was something you used to take for granted. You adored it, but you craved it as you crave water. To put it another way, absolutely not. When you turn on a faucet, water comes out, and if you want to sleep, you simply go to bed. Not any longer. Every second of restful sleep is a priceless gift.

2. You're accountable in ways you never imagined.

It's one thing to be in a relationship with someone who is financially and emotionally reliant on you. It's another thing entirely to [become a father](#) and know you're in charge of keeping this little new being alive. They are entirely dependent on you! That is a huge duty and one that should not be taken lightly.

3. You can go through a full range of emotions in less than a minute.

[Being a father](#) is an emotional rollercoaster, to put it mildly. It can move you from red-faced rage to full-on weeping to heart-swelling pure love in under 60 seconds. Do all fathers have mood swings? It appears to be that way at times.

4. You learn to think before you act.

As a father, your words have a lot of weight. So, you cease spouting off the first ideas that spring to mind.

Instead, you start to wonder how other people will react if you're speaking out of rage or raw emotion and if it's sometimes better to say nothing at all.

5. You become more affectionate.

If you were previously uninterested in public shows of affection, that is about to change. There will be kissing and hugging, and you will be fine with it. It will happen on demand, at any time, and in any location, and you will be fine with it.

6. Your wardrobe will change.

You are trying to figure out what to wear today? Prepare to ask yourself the following questions: a) what is clean? b) Is there anything that isn't white? & c) where do you feel most at ease when you're playing? You'll almost certainly notice a change in your appearance.

7. The new social norm

The new social norm will be spending basically all of your free time with your partner and baby. You will now spend most of your time with your family. Allowing yourself less time to socialize with friends and do the other things you used to do. You might even feel bad about leaving them at home when you go out.

8. Meeting new people

It's just as vital to schedule time for yourself and your family, as it is to schedule time for your friends and hobbies. Even if it takes a lot less time than it did before. Your partner is in the same boat. Furthermore, parenting entails meeting a LOT of new individuals regularly. Chatting with someone you've never met on the playground? That's your new life, then!

The Dog At the Well

A mother dog and her pups lived on a farm. On the farm, there was a well. The mother dog always told her pups never to go near or play around it.

One day, one of the pups was overcome by curiosity and wondered why they weren't allowed to go near the well. So, he decided he wanted to explore it.

He went down to the well and climbed up the wall to peek inside. In the well, he saw his reflection in the water but thought it was another dog.

The little pup got angry when his reflection was imitating him, so he decided to fight it. The little pup jumped into the well, only to find there was no dog. He began to bark and bark until the farmer came to rescue him. The pup had learned his lesson and never went back to the well again.

The Moral:

Always listen to what elders say and don't defy them.



What is High-risk pregnancy? Know what to expect



A high-risk pregnancy means when a woman has more than one-two complication that can lead to health problems for the mother or the baby and can also lead to premature delivery. Not only during the pregnancy but the mother and baby will also need care post-delivery. If your pregnancy is termed high risk, you should consult a highly professional team of doctors to see your case. Medical care can help you have a standard delivery and a healthy baby. At least 20 to 30 percent of pregnancies in India are categorized under high-risk pregnancies.

There are many reasons why a woman can have a high-risk pregnancy –

1. Pre-existing health conditions such as diabetes, high blood pressure, obesity, thyroid disease, asthma, etc., and other infections or allergies can increase the risk.
2. If the woman is below the age of 18 or above the age of 35, pregnancy risks can be higher.
3. Lifestyle complications also affect and lead to high-risk pregnancy. For example, if the mother smokes or drinks or even consumes drugs, it can probably lead to health complications.
4. There can be several pregnancy complications such as abnormal placenta position, rhesus sensitization, reduced fetal growth or fetal growth less than 10 percentile for gestational age, etc. are considered pregnancy complications and increase the high risk.
5. There is also high-risk pregnancy when a woman is carrying more than 1 baby in the womb.
6. If your last pregnancy was not great or had many complications and you didn't have a normal delivery, then the same problems can occur in your current pregnancy, and you can have a high-risk pregnancy.



These were some of the reasons why your pregnancy may be considered a high-risk pregnancy.

What are symptoms of high-risk pregnancy –

1. Vaginal bleeding
2. Severe headaches
3. Decreased or no fetal activity
4. Fever
5. Dizziness
6. Pain or burning sensation while peeing
7. Sudden swelling in the face and other body parts etc.

Generally, if you have high-risk pregnancies, you should seek medical care, and other than that, you need to improve your lifestyle. Here are some tips which you can follow to take care of your high-risk pregnancy –

1. Encircle yourself with family and friends during this period and convey your demands. You may be experiencing lifestyle adjustments as a result of your health, requiring you to reduce your commitments and obligations. Have a solid team of medical professionals, as well as family and friends, to guide you through your pregnancy.
2. Pay attention to what your body is telling you. Allow yourself to rest if you require it.

Because your body is working tirelessly to create a fetus, you may not have as much energy as you do now. If you see anything out of the ordinary, make an appointment with your gynecologist as soon as possible.

3. Obesity during pregnancy can lead to a variety of health problems and complications. Therefore, maintaining a healthy weight before and during your pregnancy is essential for a successful pregnancy. Eating a balanced diet and remaining physically active is crucial for pregnant women.
4. Additional tests may be required to assess the baby's health and development. A biophysical profile or focused ultrasound are two examples of these tests that provide specialists with more specific information than routine testing.

So, these were some of how you can manage your high-risk pregnancy. The most important thing is to stay positive, confident, and happy throughout the pregnancy and follow whatever your doctor suggests.



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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.

Why did the teddy bear skip out on dessert when she was on a date?

She was stuffed!

Riya, 4Yrs, New Delhi

What is a little bear with no teeth is called?

A gummy bear.

Mohit, 3Yrs, Noida

What do you call a noodle that is fake?

An im-pasta.

Punit, 5Yrs, Mumbai

What's an alligator in a vest called?

An investi-gator.

Rajni, 3Yrs, Pune

What's the best way to throw a birthday party on Mars?

You planet.

Ritika, 6Yrs, Raipur

Why did the toddler toss the butter out the window?

So she could see a butter-fly.

Simmi, 5Yrs, Delhi

What is cheese that doesn't belong to you called?

Nacho cheese!

Kittu, 4Yrs, Delhi

What's one way we know the ocean is friendly?

It waves.

Nisita, 7Yrs, Noida

Why is Cinderella so bad at playing football?

She runs away from the ball.

Sumit, 5Yrs, Mumbai

What's a really sad strawberry called?

A blueberry.

Pulkit, 4Yrs, Delhi





The Book Bug

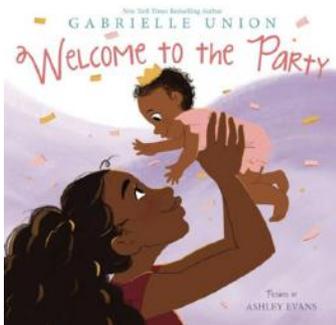
One of the best gifts you can give to your child is the love for reading. In due course of time if there's one thing that I have realised is that when you read a lot, you know a lot, but the real benefits of reading goes beyond the knowledge of the subject. You become a better person. You become articulate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

The Book Bug is an effort by Dr Dad's team to find out the best of best books for you. Our team comprises of authors, teachers, parents and children.

So, lets start with our this months list:

BEST BOOK FOR NEW MOM

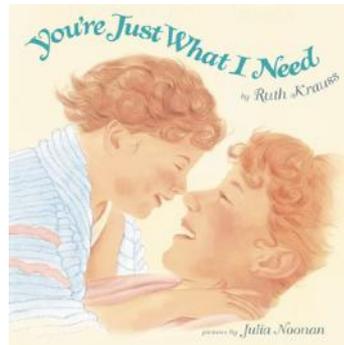
WELCOME TO THE PARTY



A perfect, upbeat, rhyming picture book for families welcoming a new baby to the world, from actress and New York Times best-selling author, Gabrielle Union. A true celebration of the party that is life.

YOU'RE JUST WHAT I NEED

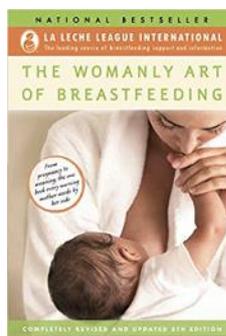
Every little baby loves playing the classic game of hide-and-seek. Ruth Krauss's charming picture book will be a favorite on your shelf and make your little one giggle as they urge you to play the fun guessing game.



BEST BOOK FOR PREGNANT MOM

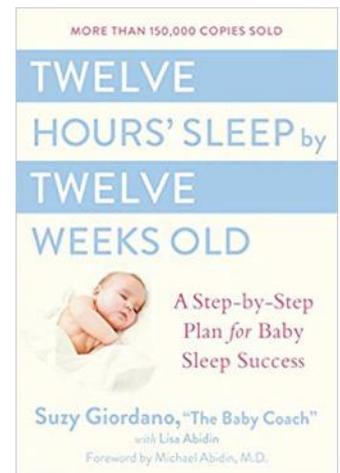
THE WOMANLY ART OF BREASTFEEDING

Breastfeeding offers a variety of nutritional and protective health benefits for your baby. But it can also come with challenges, from sore nipples to busy work schedules that don't line up with feedings. La Leche League International is an organization that provides information and support to breastfeeding women. They want you to have all the tips and advice you need to successfully breastfeed.



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

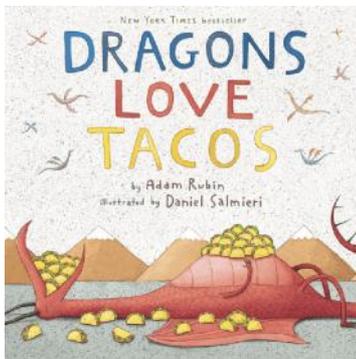
TWELVE HOURS' SLEEP BY TWELVE WEEKS OLD: A STEP-BY-STEP PLAN FOR BABY SLEEP SUCCESS



There is no bigger issue for healthy infants than sleeping through the night. In this simple, straightforward book, Suzy Giordano presents her amazingly effective "Limited- Crying Solution" that will get any baby to sleep for twelve hours at night—and three hours in the day—by the age of twelve weeks old. Giordano is the mother of five children and one of the most sought-after baby sleep specialists in the country.

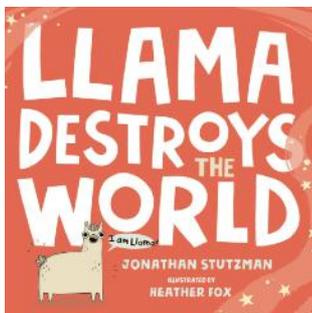
BEST BOOK FOR TODDLERS

DRAGONS LOVE TACOS



A hilarious read-aloud that's sure to delight little ones and parents alike. After all, what can go wrong at a taco party for dragons?

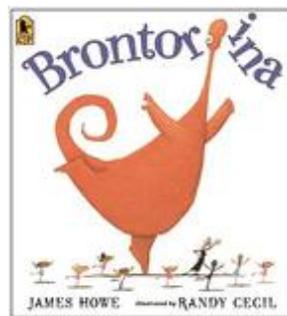
LLAMA DESTROYS THE WORLD



Comical, studious and completely oblivious, Llama's chain reaction of mistakes may just cause the end of the world. Filled with silliness that delights readers and listeners, this is one read-aloud you won't mind reading over and over and over again.

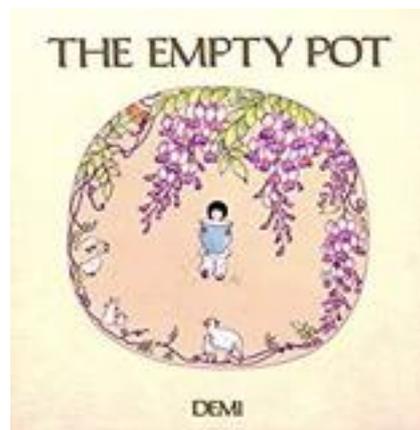
BEST BOOK FOR BIG KIDS

BRONTORINA BY JAMES HOWE & RANDY CECIL



Brontorina has a dream. She wants to dance. But Brontorina is rather large — too large to fit in Madame Lucille's dance studio. Brontorina does not have the right shoes, and everyone knows you can't dance without the proper footwear. Still, Brontorina knows, deep in her heart, that she is meant to be a ballerina.

THE EMPTY POT BY DEMI



Demi's exquisite art and beautifully simple text show how Ping's embarrassing failure is turned triumphant in this satisfying tale of honesty rewarded.

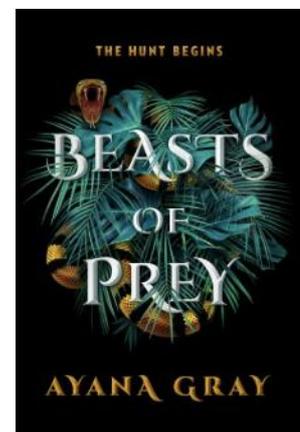
BEST BOOK FOR TEENS

BAD WITCH BURNING



When Katrell realizes she has the power to raise the dead, she sees a way out of poverty for herself and her family. But messing with the supernatural has consequences, and she'll have to decide if she's willing to pay the price.

BEASTS OF PREY



Ekon and Koffi must work together to hunt the Shetani in the dangerous, magical Greater Jungle—but not everything is as it seems.

10 parenting tips to have relationships with your school- age children



Parenting a school-going child can be easy, but sometimes it could be challenging. Problems may occur from your end or your child's end. School is probably the first place where your child meets new people other than their family. You all may not spend as much time as you used earlier when they didn't go to school. If you feel a distance from your kid or feel like there is a change in their behavior, you need to use some ideas and tips that can help you revive your relationship with your school-age children. Or if you are a parent whose kid is starting their school life and you want to maintain a healthy relationship with them, you need not worry; you are reading the written article.

Below we have provided certain ideas and tips which can help you to keep a healthy relationship with your school-age children –

- **Attention**

If not you, your child may think that you are not giving them as much attention as you all don't have enough time to spend. If you are a working parent or houseparent, don't forget to spend time with your kid. Your kid needs your attention in school life more than ever.

- **Do things together**

If you don't get enough time together, fix or schedule things that you both will do together. These activities can help in cooking, laundry, dancing, walking, jogging, etc.

- **Let them take a rest**

When they come back from school, don't keep bombarding them with questions or insisting, they answer questions. If you want to know about their day, let them rest for some time, and then you can have a conversation. If you instantly ask them questions when they come back home, it may frustrate them, leading to arguments.

- **Help them with tough topics**

When your child goes to school, they interact with different personalities and listen to different topics. Therefore, some conversations may be confusing to them, and they would ask you questions. Even It is awkward or challenging for you to answer them try being honest with them rather than building up a fake story.

- **Rules and regulations**

To keep your kid connected with values and ethics, you can establish and set some positive rules such as having dinner at a set time, waking up at a set time, resolving every issue with calmness, etc.

- **Make rituals**

You can make some rituals you need to follow, such as Tuesday Tacos or Sunday swimming sessions, birthdays, anniversaries, and other important days that you will celebrate every year together.

- **Affection**

Remind your child that you love them and are there for them every day and every time.

- **Detox**

You can practice some type of detox together such as technology detox, digital detox, junk food detox, and whatnot. You will learn new things together and develop healthy habits as well.

- **Be a friend**

If your kid is new to school life, they might find it hard to make new friends. At this time, you can step up from being a parent and instead be a parent. When you be a friend to your child, they start trusting you, sharing things with you, and start confiding in you as well.

- **Be yourself**

Don't try so hard to parent your child now and then. You can go with the flow and trust the process. You don't have to be like somebody else as everybody has their parenting style.

These were some of the points which you can try in your parenting style.



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

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

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

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

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

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

If you need healthy pregnancy, you need to stop smoking, drinking alcohol and drugs without even having a second thought. Smoking, alcohol, and drugs are harmful to pregnant women. Smoking, alcohol, and drugs can affect your fertility rate, and it

is said in studies and research that smoking can lead to premature deliveries. And there are numerous other reasons you shouldn't consume any of the above-mentioned things if you want a healthy pregnancy.

- **Healthy food = Healthy pregnancy**

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

- **Supplements**

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

- **Exercise**

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

- **No Stress and loads of relaxation**

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

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

PREGNANCY



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