



A quick guide

Made For You



STAY AT HOME

#save lives

By doctors,

psychologists

and teachers

at Dr Dad

WORKOUT



Easy YOGA *At Home*



Crescent Lunge Halfway Fold



Crescent Moon



Garland



Happy Baby



Upward-Facing Dog



Cat



Horizon Lunge



Cow



Downward-Facing Dog

1 HOUR FOR CHILDREN
and 30 minutes
FOR ADULTS

CONTACTLESS DELIVERY



WEAR A FACE
MASK WHILE
COLLECTING
THE DELIVERY



LET YOUR DELIVERY
WAIT A LITTLE
BEFORE YOU OPEN
UP TO PICK UP

ALWAYS PAY ONLINE
IF YOU CAN

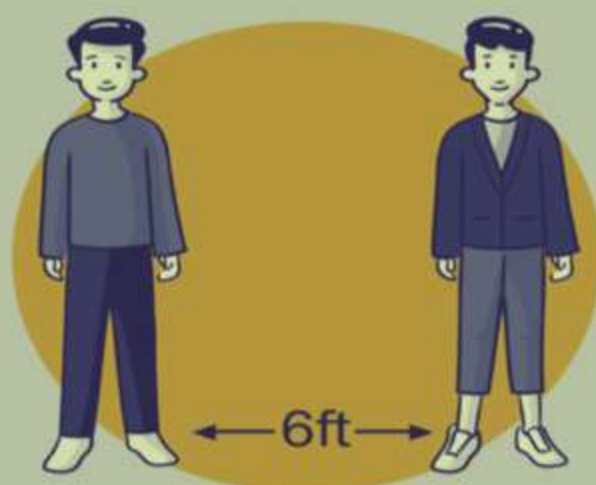


W e K n o w

YOU

Know this

CORONAVIRUS
COVID-19
PREVENTION



Avoid close contact



Clean your hands often



Stay at home



Cover coughs and sneezes



Wear a facemask if you are sick



Clean and disinfect



*We at Dr Dad really
care about you. We are
a group of doctors and
dads.*

WWW.DRDAD.IN

It might be a hard
time....being at home
and not meeting your
usuals.

We made this list.
Have a look.



Which one have you
done?



WHATEVER

IT IS

Do video calls.

IT HELPS



KEEP IN TOUCH WITH YOUR FAMILY



SPEND TIME WITH YOUR CHILDREN

IT'S
THERAPEUTIC



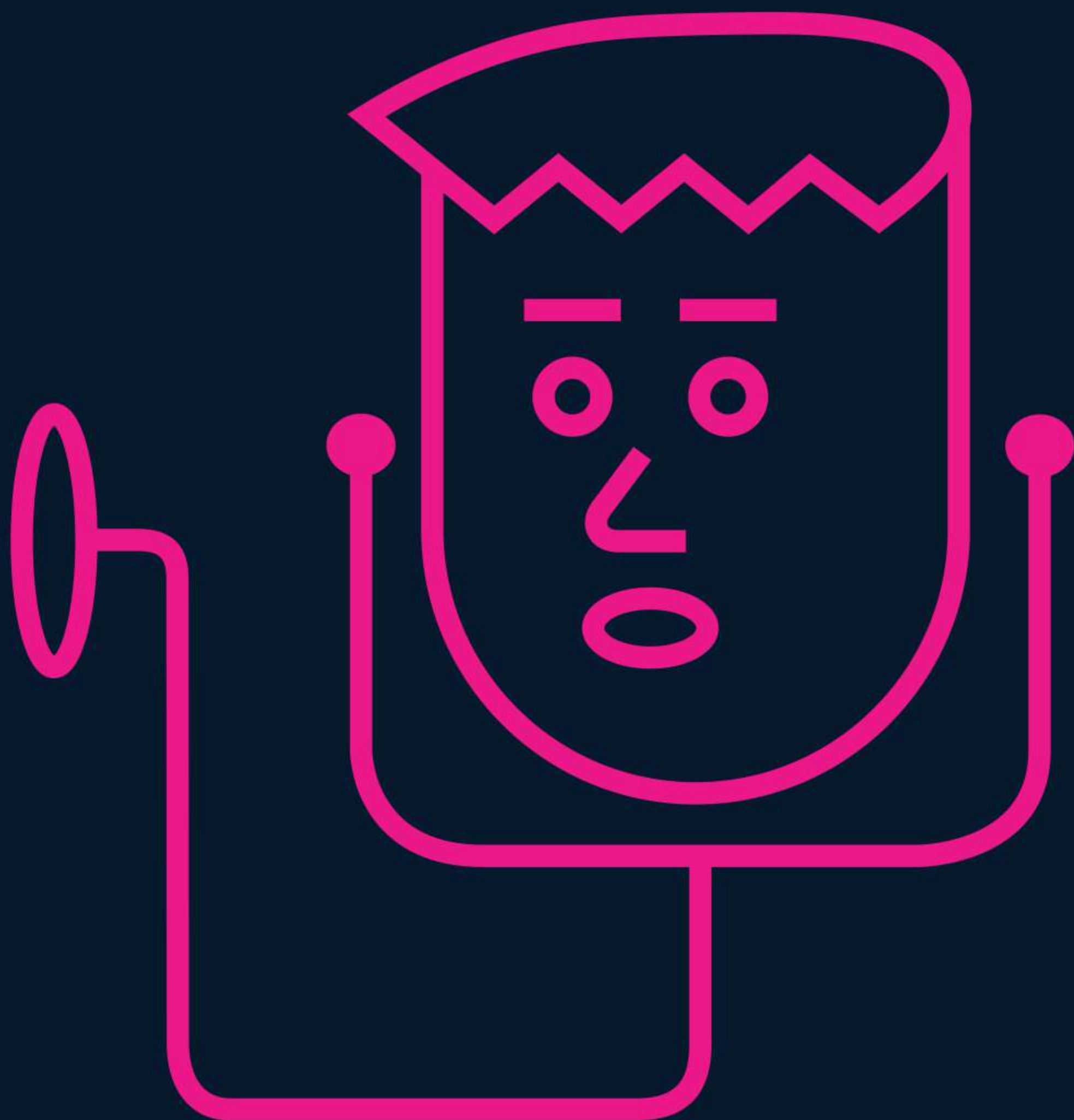
DO LOTS
OF CRAFT
WORK



FOOD FOR MIND READ AND MEDITATE



IN CASE YOU NEED TO SEE A DOCTOR



ONLINE CONSULTATIONS

*IF IT'S NOT AN EMERGENCY

About Us

We are a group of pediatricians, parents, teachers, psychologists, obstetrician and gynaecologist.

We write.

We consult.

And we make new stuff.

Right now our services include

1. Online consultations by best pediatricians.
2. Researched Products.
3. Parenting literature.
4. Online shop for amazing kids and moms products.



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