

Parenting

5 Important Fever Facts
Most Parents Might Not
Know

11 Super Foods Your
Kids Would Love To
Eat

**Naturopathy
Heal by
Nature**





Dear Reader,

Being a parent is definitely one of the best things that can happen to you, and while that is happening, your mind is filled with so many questions. You go on the internet to search for the right answers, and you end up getting more confused. We understand that you need a source of information that comes through a perfect combination of first-hand experience (parents) and back up with a professional word (pediatricians and OBGYN and, of course, so many other doctors and medical staff).

“So Parenting” journey started when the I became a dad Myself and felt that I could help millions just by writing down few blogs at the end of the day being a pediatrician Myself. Netizens well perceived these efforts, and soon, a personal blog went on from being personal to this gigantic project attracting thousands of parents. From planning a pregnancy to being pregnant. From newborn to toddler, from big kid to a teenager.

Once again, from all of us at So Parenting, we wish you all the very best in this journey called “parenthood,” which starts with the first thought of becoming a parent.

Dr. Chaurav Nigam
M D

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Here's How to Motivate Your Unmotivated Kids.

(This Doesn't Include Bribery!)

"Come on son, let's go jogging", said dad on an early winter morning and Jack, tucked under the warm blanket, would just not move an inch.

Does this sound familiar?

Why is it so hard for kids to be motivated?

You don't have to play arm-twist here to make kids do what you think is best for them. Let's do away with that notion, but at the same time make attempts to motivate your little one.

Our aim is to help motivate our kids do stuff that is good for them; not end up in a power struggle each day.

Ways to inspire and motivate the young mind

We would like to share a few tips on how to help influence the mind of the young one and get them motivated to do anything that is good for them.



A FEW QUESTIONS FIRST

Begin with asking yourselves a few questions first.

For example, *"What would motivate my little one", "What really drives his spirit", "How can I best help him explore and discover his innate interests" and "Do I know what his ambitions and goals really are"?*

When you respect and observe from far your child as an individual, and most importantly when you listen to his needs, even if you disagree, show him some respect and he would in time take steps to motivate himself in doing what you want.

ARE YOU AN INSPIRATION TO YOUR CHILD?

Maybe you should just stop trying to push in the name of motivation, and work towards being a shining example of inspiration for your daughter. Kids tend to emulate and imitate what their parents do and also be like them too.

Be an inspiration first and ask yourself if the behaviors you exhibit are controlling or inspiring. The former act makes the kid run far away, the latter brings them closer and you wouldn't motivate them to resist you or the acts you want them to perform.



ENLIGHTEN YOUR KIDS ABOUT THEIR CHOICES AND SUBSEQUENT CONSEQUENCES

Motivate your kid under supervision of course, to make their own choices and face the consequences too. Your kid would thus learn how to deal with what comes naturally- good, bad and the ugly. For example, if the child hasn't done his homework, he gets no playtime this evening, and that was a deal the two of you sat and worked out. This would turn out to be motivation enough for him to walk on the right path. There would be no more yelling and lecturing on what to do, from parent to a child anymore.

STOP BLAMING YOURSELF FOR THEIR LACK OF INTEREST

Quite often parents take the blame and victimize themselves when their kids aren't motivated enough to sing or dance or do what they want them to do. Stop taking it so personally, this creates anger, frustration and resistance. Step back and take a deep breath let the blurry negative image of yourself go away and now you have your space to think clearly. Remember, your kids are a separate part of you and not a part of you to be honest; take a stand back in such situations and understand the reasons why your little one isn't motivated enough to sing a song.

Is it because they are too shy, introverts, too conscious about their stance in public?

There are many reasons underlying that could be tapping into their primal fears; respect and understand them all.



BE PATIENT AND OBSERVE

If you are too anxious about your little one and want them to comply and do something you have told them to do, they would resist and test your patience until all hell breaks loose. In most cases, kids want to be left alone and feel scared or intimidated in telling their parents of the same. Anxiety on your part isn't motivation; instead it makes the kid retract into a shell. Anxiety only leads to power struggle, which is why you should be patient and give out gentle loving reminders, telling them what they would gain in doing what they are told.

We hope all these ways on how to motivate your kid comes in handy. If you need further help, do consult a child psychologist or a specialist with kids and they would let you know what you could apply on a daily basis to motivate the little ones at home to do better!



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Decoding Your Child's Behaviour at

Home

vs.

School

*By Dr. Kuljeet Singh,
Germany*



Do Kids Play Jekyll And Hyde At Home And School? Keeping The Scene Uniformed Both Ways!

Ever wondered why your child is so *'well-behaved'* at school and just the opposite at home?

Moms and dads across the world have wracked their brains trying to figure out the personality changes from one zone to another. More than just trying to control their actions at home, parents should focus on teaching their kids *'self-control'*.

Experts from the **'National Association of School Psychologists, USA'**, stress on the importance of understanding the connection between feelings and emotions, and how to handle their anger outbursts at home or misbehavior too. Development of the young mind is different when the child is at home as compared to that of a social environment, such as a school.

And here are four steps to understand how to create a balance between the two zones, where your child spends most of his or her time.

You may notice that your child is the most combative immediately after pickup. *"It's as if he's saying, 'I'm exhausted from having to listen and follow everyone's rules and be on my best behavior throughout the day. Now I'm home where I can be myself,"* explains Tovah Klein, Ph.D., author of *How Toddlers Thrive*.

The fix: Let your little guy have time to decompress. Try giving him a shoulder rub or suggesting that he squeeze a squishy ball.

Blowing bubbles is great, too, because the deep breaths physically calm him and slow down his instinct to snap at you. For other kids, 15 minutes of running around outside is all they

need to blow off steam.



REPLICATE THE RULES

Your preschooler might be more likely to behave in class—sharing toys, sitting for snacktime, and not interrupting while others are talking—because the rules and consequences are clear.

Start establishing similar boundaries at home. Talk to your child's teacher about the classroom rules and come up with a few that you can adapt, like not getting up from the table without asking to be excused or using her "inside voice" when she's talking to you and other adults.

You'll also want to find out what the teacher does when expectations are not met and implement a similar system at home. Use the same language as her teacher. For example, tell your students that if they don't clean up their toys, you'll "close the dress-up area" as a consequence.

Get siblings on board with the new rules, too, since the group mentality is so powerful and schools use it to their advantage. Your child might not want to come inside for lunch, but if everybody else is going to the table, he or she'll follow the group.

SET HIM UP FOR SUCCESS

As you begin to smooth the transition from school to home, think about how you can break down tasks into manageable steps. For instance, if you want your kid to hang up his things when he walks into the house—the way he does at school—be sure there are two hooks at his level for his jacket and book bag. Place a mat or a boot tray near the door to mimic his shelf at school, so he knows where his shoes go.

Making multiple small requests like the teacher does at school would help your kid during cleanup time at home. Cue your child about the time to pick up with a special cleanup song. Ask her to find all the red toys. Once that's done, ask her to locate all the blue ones. Because, well if you just tell her to pick up her toys, she'll say it's too hard.

JOIN FORCES

Ask the teacher if she'd mind helping to reinforce your child's progress. Fill her in at pickup or send an e-mail to let her know how it's going at home.

Your little one may be surprised if her teacher says, *"I heard that you sat at the table like a big girl last night. I can't wait to hear if you do it again tonight."*

Not only will this help merge the worlds of school and home in her head, but she'll also be inspired to live up to expectations and impress her teacher—even if you're the one who'll benefit.

Your child is more likely to behave in class because rules and consequences are clearly laid out.

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5 Important **FEVER FACTS** Most Parents Might Not Know

*By Dr. Gaurav Nigam,
M.D Pediatrics*

*Stay Informed and Take
Apt Measures Today!*

Change of season, rains and the winter winds; kids can get affected with allergies, coughs and colds, influenza and Respiratory syncytial virus (RSV) during any season.

It's scary for parents who have to deal with it all, especially when the little one is at unrest at night and is drained all day long.

Parents keep checking the temperature of their little ones, and a slight rise in body heat gets them worried.

Here are a few facts about fevers that you as a parent should know off, before you make that call to the pediatrician.

Myth: My little one's body is warm, does she has a fever!

FACT: There are many reasons why your little one could have a rise in body temperature, for example-crying too much, jumping around, or maybe the summer heat to blame, could be reasons enough for her body temperature to rise. This is what medical experts say is a way that the body gives off heat.



The concept of fevers between 100 and 104° F (37.8-40° C) is much the same as a pot of water being brought to a boil to kill the germs and bacteria.

There is no reason to panic, since her body temperature would stabilize in a couple of minutes.

However, if you want to be sure you could use a thermometer and check her temperature. The normal readings would be 100.4° F (38.0° C) around the ears or the rectal zone, 100° F (37.8° C) when the thermometer is placed in the mouth and 99° F (37.2° C) when placed under the armpit.

Myth: Fevers are bad, high or low temperature!

FACT: Child specialists opine if the thermometer reading shows anything between 100 and 104° F (37.8-40° C), the fever isn't bad. Actually, having a fever once in a while is actually GOOD for the little one, since it helps the immune system, brings down the growth of viruses and bacteria in the body, and helps keep the internal system safe as well.

The concept of fevers between 100 and 104° F (37.8-40° C) is much the same as a pot of water being brought to a boil to kill the germs and bacteria.

Myth: All fevers need medication and medical attention

FACT: Not all fevers in children need medication and medical attention. Doctors would only treat fevers that are above the range of 104° F (37.8-40° C), which makes the child uncomfortable and vulnerable to further health issues. Anti-fever medication doesn't necessarily help bring the temperature back to normal; in fact such medications help the individual feel at ease whilst going through a feverish pang. From feeling lousy to altered sleep patterns, behavioral problems to oral intake issues as well, if you notice any of these symptoms, your doctor should be summoned at once. A good examination of the fever by the doctor would then let you know what to do, or else you can be rest assured that the fever will subside with snuggles and proper care at home.

Myth: Fevers in children cause brain damage

FACT: Grandmas especially warned mothers about brain damages and fevers, but we can take a deep

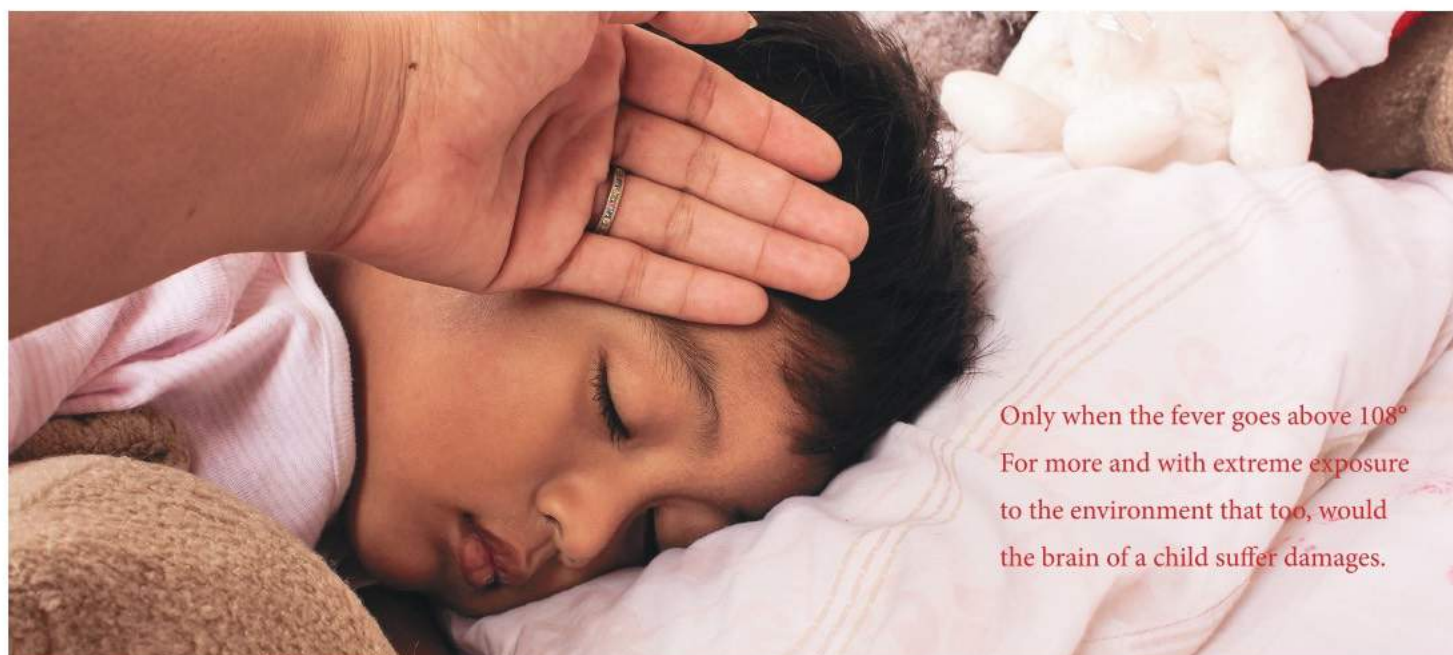
breath here knowing not all fevers cause brain damage.

Only when the fever goes above 108° F for more and with extreme exposure to the environment that too, would the brain of a child suffer damages. At 104° F your child's brain isn't melting, so there is no need to panic, say experts from the medical world.

Myth: Fevers and seizures are a deadly combination

FACT: It is but scary for anyone, let alone parents to watch their kids suffering from high fevers coupled with seizures, however, the issue doesn't last all day. Seizures stop in a couple of minutes and cause no permanent damage or harm to the young one. Seizures wouldn't cause learning problems and speech issues too, and your doctor would assure you on the same as well.

To learn more about the facts on fevers our children suffer from, it would be wise to have a talk with an expert child specialist and to get all your questions answered. ❖ ❖ ❖



Only when the fever goes above 108° F for more and with extreme exposure to the environment that too, would the brain of a child suffer damages.

NATUROPATHY

Heal By Nature

*Simple remedies that
work wonders .*

Abdominal pain or as we say tummy aches are extremely common in children, especially around the ages of four to eight. It can be dull, sharp, or crampy -- doctors judge severity based on when children stop playing and on how their eating and bowel habits change.

The next time your kid complains of an upset tummy, consider these natural remedies.



Natural Remedies for Stomachache

Chamomile Tea

Give your child a cup of chamomile tea (one cup of water per teabag).



Chamomile tea is an excellent home remedy for uncomplicated stomach upsets as it has anti-inflammatory and sedative properties, all of which

may contribute to a lessening of abdominal discomfort. Chamomile relaxes the muscle of the upper digestive tract, easing the contractions that move food through the stomach and small intestines; this will relieve spasms and tummy cramps.

Drink Ginger

Fresh ginger tea is very effective stomach ache remedy. Ginger's main ingredient is gingerol, a strong antioxidant that helps decrease the production of free radicals and their potential damage to the body; it also decreases nausea and discomfort.

Plus, ginger's anti-inflammatory properties increase digestive juices and neutralize stomach acids.





10 Super Drinks for Summer for Children

By Dr Sonia Narang

The kids of today are much prone to dehydration than adults because of their bodies take time to cool down, and therefore the risk of dehydration increases much more during the heat of summer. So, it is important keep them hydrated all the time. Drinks are the best options to keep them hydrated. Convincing the kids for healthy drinks is such a biggest task and a topic of concern for every parent. Good presentations and adding different varieties of drinks are the best way to make your child convince for having healthy drinks.

Kids Love it, if you add creativity with drinks and present to them in an interesting manner.

Lemon water or Lemonade

Lemon water is an excellent antioxidant which contains **VITAMIN C** and **MINERALS** like **POTASSIUM, MAGNESIUM** and **PHOSPHORUS** which helps to improve your kid's immune system and fight against the flu virus.

Excess sweating and perspiration in summer not only cause dehydration but also reduces the level of salt and glucose in your kid's body.

Lemon water with additional salt and sugar can reserve the efficiency instantly.

Adding lemon to your kids daily also help to metabolism assists your organs to toxins and dirt stomach.



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Coconut water

Coconut water is the best way to replace water and electrolytes, the body give off in hot climates. It contains vitamins, minerals, and an electrolyte that perfectly replenishes the body after a long day in the sun and provides many health benefits to the kids like enhances blood function that manages blood pressure etc. It is best recommended for diarrhoea patients.





Aam Panna

The tangy drink that is made with raw mangoes is the best choice for your kids. It is the best delicious and quick remedy for heat strokes. It is a good source of vitamin C which helps to cure blood disorders. Aam Panna is best known for fighting indigestion and the diseases that are associated with it and keep your stomach cool even if the temperature soars.



Sattu drink

This unique drink is a good source of nutritious elements. It is the best energy drink for your kids to beat the summer. It would keep your kids body fit and energetic during a long day.



Jaljeera Drink

is a great appetizer to satisfy your kids taste buds. It helps to cool the body and reduces the heat produced in your kid's body during the summers. Adding Jal jeera in your kids routine will help to keep their digestive problems away and refreshes their body and make them feel fresh all the time.



Sweet Lassi

This sweet yogurt drink or also can be named as refreshing drink give your kids nourishing and calm feeling. It will make your kids body cool and hydrated all the time.

Chaos or Buttermilk

The best drink to beat the scorching heat. In summers, kids are generally affected by loose motions issues and chaos is the good cure for it. It replenishes the nutrients and water loss that occurs due to it. It is the best drink that contains **GOOD BACTERIA** which is essential for your kid's body.



Sugarcane Juice

The good sources of calcium, zinc, magnesium, copper and other benefits nutrients. It is considered one of the healthiest drinks for your kids during summers. It fights from infections that generally occur during summers and boost the immune system. It is also the best cure for stomach infections, tooth decay and bad breath due its mineral content.



Mango shakes

This delicious drink is loved by every kid. It is a good source of **VITAMIN A** and **C** which helps to boost the immune system and facilitates good eyesight.



Fruit Juices

The best drinks that your kids enjoy well. It is a good source of **VITAMIN C** and **CALCIUM**. Therefore, it is best known for maintaining your kid's energy level, concentration level, and a healthy system. Always make sure the juice you are giving to your kids should be 100% pure, avoid sweetened juices.

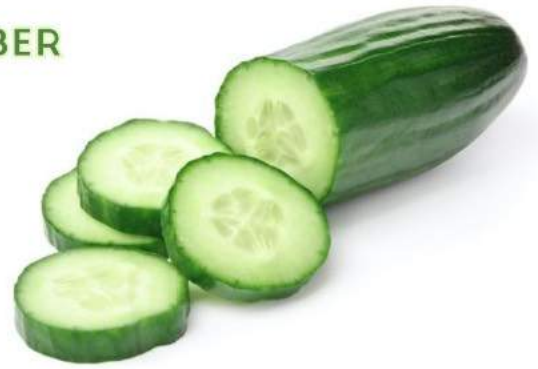


CURD



A delicious coolant. You can make spicy buttermilk, sweet lassi, shrikhand and riata. You can also add fruits to the curds to make lip smacking wholesome dessert, smoothies, and dips.

CUCUMBER



It's a vegetable which is great for kids this summer due to its high water content. It is an excellent coolant which hydrates your body. You can serve cucumber in cold sandwiches, as salads, or make a delicious cold soup.

11 Super Foods Your Kids Would Love to Eat

By Ms. Fatima Radhanpurwala

This summer try to incorporate few healthy and refreshing foods in your child's diet. Make sure you give them foods with high water contents and rich in calories, minerals and antioxidants.

Here are some foods which you can give to your young ones.

TOMATOES



Eating tomatoes this sunny summer will give you extra protection. Consuming more lycopene, the carotenoid that makes tomatoes red may protect your kid from sunburns. Tomatoes can be incorporated as juice, soup, salads, ketchup and etc.

BERRIES

These are rich in antioxidant compared to other fruits. Eating these in plenty helps to prevent many diseases like diabetes, heart problem. They are the children's favorite snacks because of their shape, color and flavor.



COCONUT WATER



Inexpensive coconut is full of health benefits and has wonderful cooling properties. It is full of electrolytes and essential minerals which keep the body well hydrated.

BANANAS



Bananas are known to be power foods due to its high calorie and minerals content especially potassium. When your kids from playground you can give them banana due to its high calories and mineral content. You can serve them as fruit itself or as milkshake, pudding etc.



WATERMELONS

It has 92% water content which is excellent food for kids to quench their thirst and keeps them hydrated in hot sunny days. Lycopene in it protects skin from sun damage. You can serve watermelon in form of juices, slush, or popsicles.

MANGOES



This is the king of fruits and its love by all. Mangoes are rich in vitamin A and fiber. Raw mangoes have cooling effect when consume. While ripe mangoes are high in calories. Mangoes can be served as milkshakes, pickle, ice-creams, jam, and jelly.

ONIONS

They have amazing cooling properties. You can add to curries, dips, riatas, salads, and chutneys to help keep you cool. Eating lots of onion can protect you from sun stroke.



FRESH SWEET CORNS

The two of the antioxidant lutein and zeaxanthin in corn act like natural sunglasses helping to form macular pigment that filters out some of the suns damaging rays. You can incorporate corns making evening chat, soups, etc.



GREEN LEAFY VEGETABLES

It is good to have green leafy vegetable in summer because of their high water content. Don't overcook it because you may lose some important water soluble vitamins.



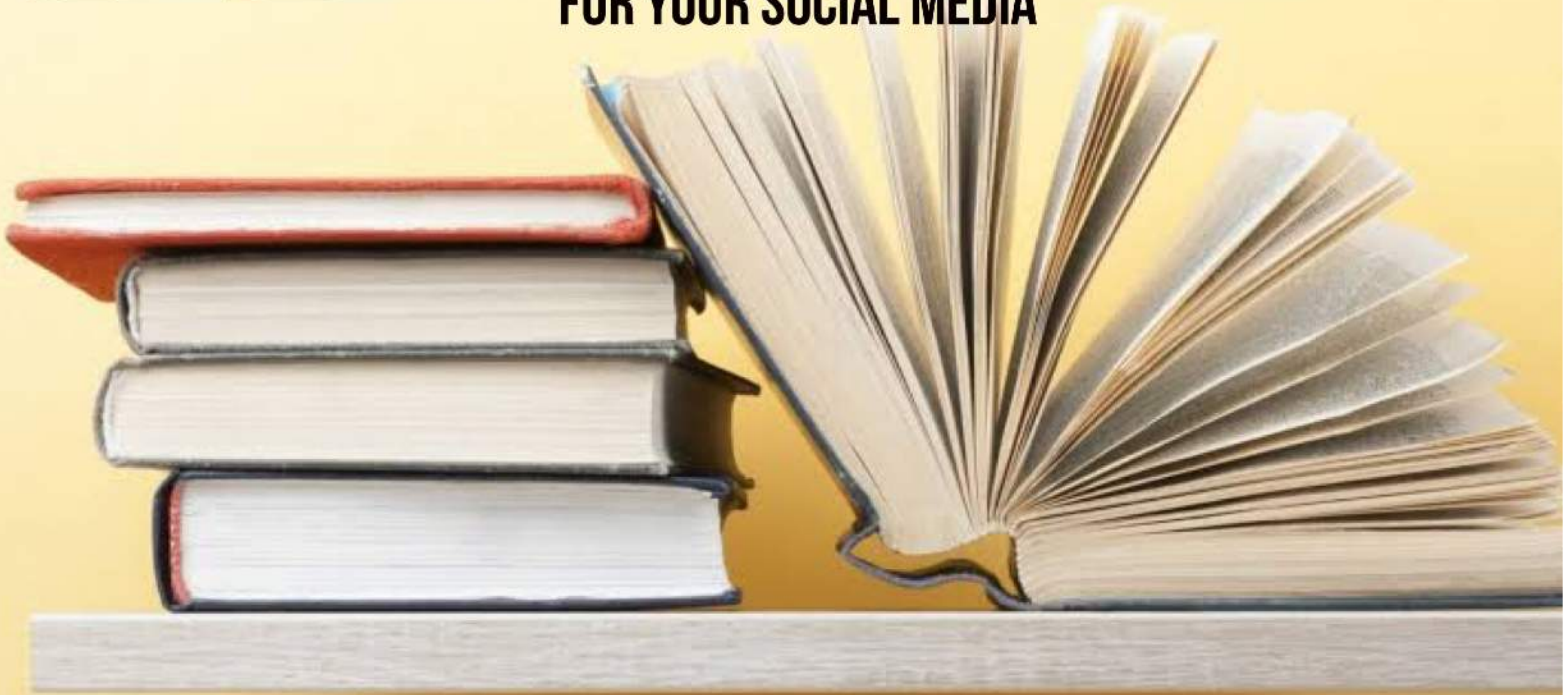
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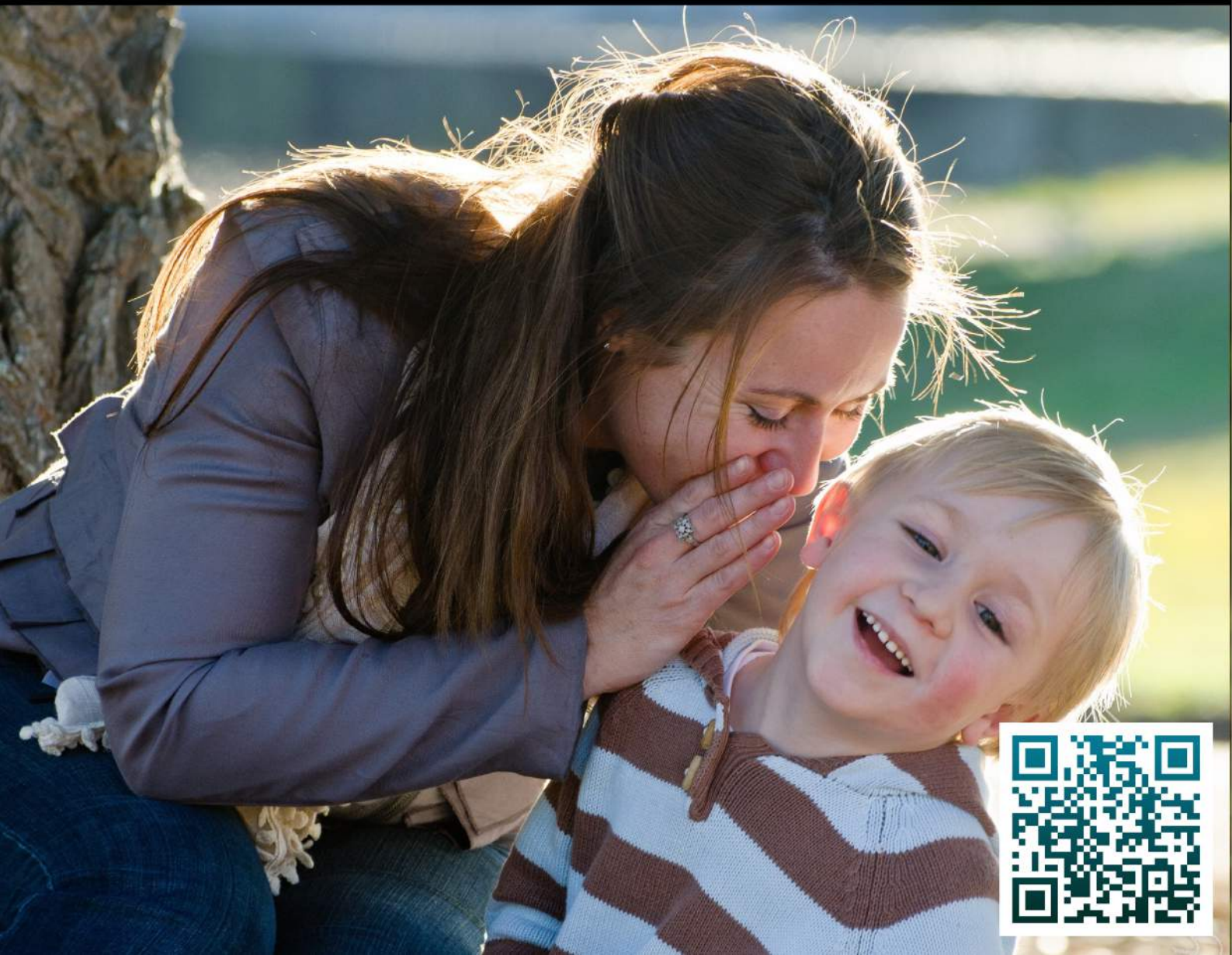
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"If you have never been hated by your child,
you have never been a parent." –Bette Davis

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