

Parenting

What the new
Covid-19 variants
mean for
parents and kids

5 tips to prevent
your child's
back, neck pain

CHOCOLATE ICE CREAM
RECIPE

10 SIGNS OF POOR
NUTRITION DURING
PREGNANCY





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
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SO PARENTING GLOBAL CONTRIBUTORS



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10 SIGNS OF POOR NUTRITION DURING PREGNANCY



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

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

What is Malnutrition/Poor Nutrition?

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

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

1. Dental problems:

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

2. High Blood Pressure Levels:

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

3. Osteomalacia:

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

4. Anemia:

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

5. Lack of an Appetite:

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

6. Hair fall:

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

7. Falling ill regularly:

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

8. Vomiting and diarrhoea:

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

9. Chance of higher infections:

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

10. Lack of proper productivity:

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

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

Risk of Diabetes Mellitus:

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

Cardiovascular Diseases:

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

Development of Osteoporosis:

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

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



www.drdad.in

Conclusion

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



CHOCOLATE ICE CREAM RECIPE

A VINTAGE FAVOURITE IF EVER THERE WAS ONE, CHOCOLATE ICE CREAM MAKES EVERYTHING BETTER! WHY NOT TRY MAKING IT AT HOME BY FOLLOWING THIS SIMPLE RECIPE?

INGREDIENT

1/2 tin (200 gms) Nestlé MILKMAID

150 gms Fresh Cream

90 ml Chocolate sauce

1 tsp Vanilla extract

DIRECTIONS

Whip the cream till it is fluffy

Add Nestlé MILKMAID, chocolate sauce, vanilla essence & mix well

Pour into a freezing tray and freeze till half set. Remove and beat with a whisk or electric beater until smooth. Doing so will help keep the texture of the ice cream soft and creamy while it sets

Pour back into tray and freeze till well set

Plan A Healthy Pregnancy



SUCKING THUMBS

5 WAYS TO DEAL WITH THIS HABIT

It has been up for debate whether thumb sucking causes teeth misalignment or not. While some dentists say that thumb sucking beyond the age of four can damage the alignment of baby teeth. Also, it possibly forms jaw deformities, overbite/underbite, lisp due to jaw alignment, and palate (roof of the mouth) alteration. Others argue that the misalignment of teeth and other dental deformities has nothing to do with sucking thumb.

Either way, orthodontia can be expensive for you and painful for your child, later in life. It can also make their self-confidence suffer in the later years. So, getting rid of the habit at the right time is necessary. Although children grow out of this habit eventually without their parent's intervention. But if you wish to get rid of the habit, you need to first understand the motivation behind the habit.

Your child does suck his/her thumb because s/he finds it comforting. When they are anxious, it calms them; when hurt, it soothes them, and during bedtime, it lulls them to sleep. Thumb sucking provides them to feel a sense of security, a habit they developed as a toddler. So, getting out of the habit might take time; be patient and try the steps listed below.

Talk to your child:

Explain to your child that the habit is unpleasant. Be kind at the same time firm while explaining it, many times children are not aware themselves about their habit. Also, make sure that you tell them the reasons why it is unpleasant instead of just ordering them to stop. Children often want to be as grown-up as they can be and would understand.

Often children suck on their thumbs unintentionally, not even on purpose. If that is the case with your kids, giving gentle


reminders will work like a charm. Do not scold, criticize, or shame your child around others.

Once they become aware of their habit they will consciously try to stop. As a parent, you must remain patient and just give a nudge when they stick their thumb in their mouth. But this works only when your child wants to stop.

Also, help them positively reinforce not sucking their thumb. Reward them with gifts and little treats like a stroll in their favorite park. The intention is to praise your child if you find that they are not sucking their thumb.

Recognize what triggers the thumb sucking:

Thumb sucking might act as a soothing action, identify the triggers, such as stress or anxiety. It is their coping technique against those negative emotions or triggers. If you have established the root cause, you can provide your support easily. Try to soothe your kid with an embrace or use soothing phrases to quiet them down. A stuffed animal can also prove an effective pacifier for children. Or help them develop a new coping habit for stress like deep breathing. These small habits go a long way in building their coping mechanism.



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Make them wear mittens:

Those foul-tasting solutions that are available in the drugstore should be the last resort to break the habit. For one they might be harmful and second your child might end up developing a taste for it. Also, your child might end up irritating their eyes while rubbing them with their hands. Start with making your child wear mittens or woolen gloves to break the habit. This will stop them from sucking their thumb and it will leave the woolen fuzzy taste in their mouth.

Your kid would likely have the toughest time not sucking the thumb at bedtime. Make them wear mittens to the bed. They might throw a tantrum or two, you can cover their hands with mittens after they fall asleep.

Ignore the habit:

It might seem counter-productive, but sometimes your child can do this only to get your attention. Ignoring their habit will work in this scenario. But be sure that your child is doing this for attention and to understand this you need to know their triggers.

Take help from your child's dentist:

Speak to the dentist about the effects on your child's teeth that thumb sucking can have. They will prescribe special dental tools that can help your child grow out of the habit. Or let the dentist talk with your child about their thumb-sucking habit. It might work better, and the dentist might convince the child to not continue this habit.

Children grow out of the habit of sucking their thumb on their own. Some children just hold on to the habit for longer. Parents must understand like they cannot give up their nail-biting or foot-tapping habits easily, children need time too. And be patient with the child. And instead of scolding them whenever they suck their thumbs, parents should reward the child for overcoming the habit.

WHY IS MILK IMPORTANT FOR CHILDREN?



DAIRY MILK HAS ESSENTIAL NUTRIENTS THAT SUPPORT A CHILD'S GROWING BODY, INCLUDING:

- High-quality protein
- Calcium (supports bone health)
- Potassium (helps maintain healthy blood pressure)
- Vitamin D (supports bone health and heart health)
- Vitamin B12 (builds red blood cells)
- Vitamin A (improves the immune system)
- Phosphorus (supports bone health)
- Vitamin B2 (riboflavin, which converts food into energy)
- Vitamin B3 (niacin, which converts food into energy)

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IN THE SECOND WAVE MANY CHILDREN ARE CONTRACTING COVID AND IN FACT, THE NUMBER OF CONSULTATIONS WITH PAEDIATRICIANS THIS YEAR IS MORE THAN IT WAS IN THE FIRST WAVE.

With the second wave hitting India with full force and impacting the people in a drastic manner we need to know what is ahead of us. In the past few weeks, health specialists and researchers have found many new mutants of the Covid-19 virus. There is a sharp rise in cases in the second wave in India. The rise of the second wave of Covid is making parents anxious and they are trying to safeguard their kids as much as possible.

Children are at equal or higher risk this time compared to the first wave of Covid. The new mutant in India was tagged as a 'variant of concern' (VOC) by the World Health Organisation. With the emergence of new strains so frequently, fresh facts about COVID-19 are being uncovered every day.

A virus multiplies by copying the genetic composition repeatedly. However, these copies are not always ditto to the original virus. Each of these imperfect or different copies of the original virus is known as a variant of the initial virus. Generally, the mutation in the virus does not alter the functioning of the virus, though it does come out to be stronger or weaker than the originally known virus. Some mutations can prove to be extremely beneficial for the virus. If the multiplying is not kept in check it can develop into becoming more resistant to healthy immune systems. However, a new variant does not always mean that it is a more harmful variant than others.

In the second wave many children are contracting Covid and in fact, the number of consultations with paediatricians this year is more than it was in the first wave. As of May 18, 2021, approximately 40,000 children have contracted Covid-19. Also, there is no such thing as immune boosters. Immunity is dependent on balanced and adequate nutrition. The deficiency of certain vitamins predisposes a body to weak immunity. Hence, vitamin supplements are prescribed to set the deficiency right. Multivitamin syrups are not immunity boosters.

In India, along with the new variants has come a petrifying fungus called 'Black Fungus'. Many hospitals in India have reportedly seen the Mucormycosis or Black Fungus latching itself to COVID patients or newly recovered patients. This fungal infection is extremely strong and disturbing. The particles of the fungal infection are present in the environment (airborne) and if one breathes this air in, they can catch this petrifying fungal infection. This attacks the people who have lower immunity like diabetes or lowered by rampant steroid use or in patients just recovered from COVID who have damaged respiratory tract.

What is MIS-C?

MIS-C stands for Multi-Inflammatory System Condition and this is a new kind of Kawasaki disease. Some symptoms of MIS-C are significant abdominal pain, diarrhoea, not eating well, irritability, and inflammation of the skin and around the eyes. One should not take this lightly and consult a paediatrician as soon as you see any of the symptoms.

Will the third wave impact children more?

There is no current evidence that the third wave will impact children any more than it already has. All India Institutes of Medical Sciences recently mentioned that there is no indication that children will be severely or more affected in the third wave of Covid-19.

Possibility of vaccination

Unfortunately, the Covid vaccine is not available for children under the age of 18. The reason is that doctors do not know how the child's body will react to the vaccine. However, there is

WHAT THE NEW COVID-19 VARIANTS MEAN FOR PARENTS AND KIDS

no need to panic. Doctors and researchers have started studying the reaction of the vaccine on younger kids and hopefully, the vaccine will be safe and available later in the year for the younger population.

How to protect your child?

Parents need to keep in mind that to protect their child they need to be very wary of following the safety precautions. To keep themselves and their children safe from Covid, parents can follow the general safety protocols put in place by the government.

Parents must see to it that the children are washing their hands whenever they touch any dirty item or surface.

Keep tissue papers handy so the child always sneezes/coughs into it. The tissue paper needs to be instantly disposed off in a dustbin.

Parents should encourage their children to eat more healthy food and increase their intake of greens/proteins.

Wear a mask and encourage your child (above the age of 3 years) to wear one as well. Do not put a mask or any kind of face shield on a newborn baby as it might cause suffocation and irritation.

Exercising is also vital for both the parent and child and it helps one to clear their mind.

If suspected with Covid, parents must figure out logistics and instantly go into isolation.

Double-masking should be followed.

If a lactating mother is infected, she can continue to breastfeed but wear double masks and practice strict hand hygiene.

Parents should get their toddlers and children up to date with all their vaccinations, as these will help in reducing the chances of the children getting infected.

The most important is to get vaccinated as soon as one gets a slot as that decreases the chances of that person contracting the virus.

Every time the virus is prevented from spreading from one person to another, it is also barred from mutating and creating mayhem for the population.



For A Healthy Smile



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CHOCOLATE-PEANUT BUTTER BANANA SHAKE

THIS CHOCOLATE, PEANUT BUTTER, AND BANANA SHAKE IS LIKE AN EXPLOSION OF FLAVOURS ALL IN ONE GLASS. TOP THIS SHAKE WITH A GENEROUS (AND MESSY) CROWN OF WHIPPED CREAM AND CHOCOLATE SYRUP FOR THE PERFECT ANSWER TO YOUR CHOCOLATE CRAVING

INGREDIENT

3 scoops vanilla ice cream | 1 banana, sliced | ½ cup milk | 3 tablespoons peanut butter | 2 tablespoons chocolate syrup | 1 teaspoon vanilla extract

Garnish with whipped cream, chocolate syrup and chocolate-peanut butter candy pieces, if desired

DIRECTIONS

Step 1: Combine first 6 ingredients in a blender; process until smooth. Pour into a tall glass and garnish as desired with whipped cream, strawberry syrup and peanut butter candy pieces.

Step 2: Garnish as desired with whipped cream, syrup, peanut butter cups and chocolate-peanut butter candy pieces.



INCORRECT POSTURE, WHILE SITTING IN FRONT OF A COMPUTER FOR LONG CAN STRAIN THE EYES, NECK, AND BACK. IT'S NOT JUST THE ADULTS WHO ARE AFFECTED. KIDS, AS YOUNG AS 5 ARE NOW COMPLAINING OF BACK PAIN AND ACHES. PRETEENS AND TEENAGERS ARE BEING DIAGNOSED WITH ACUTE PROBLEMS LIKE SPONDYLOSIS.

TIPS TO REDUCE BACK PAIN, IMPROVE POSTURE DURING YOUR CHILD'S ONLINE CLASSES

Experts feel that the problem can be aggravated by long hours of online schooling, improper sitting, and lack of physical activity by children.

Long screen time can impair your child's spine and lead to back stiffness, physical fatigue, and other health problems. With some more months extended into online learning, it has become all the more imperative that good posture and a suitable learning environment must be crafted even at home.

We tell you 5 things to do to support your child's studies, and his or her health while they continue with online coaching and studies:

1. Fix a steady desk position

A home desk should be patterned similar to that of a classroom. Do not encourage them to slouch, lie down, and watch classes on their gadgets. Encourage them to maintain proper posture while they are sitting and studying at the table. Their feet should touch the ground, screen elevated at the right level so that they don't have to slouch and look straight ahead at the computer screen. If you have a child younger than 8, consider getting a special desk or chair which suits their structure and doesn't harm their back.

2. Encourage stretching breaks between classes

Too much screen time is bad for your body as it can induce unnecessary stress on your eyes, neck, and back muscles. Long hours sitting down can also turn your little ones physically inactive.

A simple solution to this would be to tell them to take frequent breaks between classes. It could be a simple walk around the room or doing routine exercises that would stretch the muscles and improve flexibility. As a rule, every individual should get up for 5-10 minutes every hour and take a short walk.

Older kids can also try using a standing desk, which may even improve productivity

3. Support their lower back

When we sit and focus on the laptop, we put a lot of stress on our lower back muscles and lumbar region. The extra stress is also one of the reasons why a lot of children tend to slouch or have bad posture, which can end up causing problems later on. To fix this problem, try and support their lower back by rolling a comfortable pillow or towel at the back of the chair when they sit. This would make their desk a lot more comfortable.

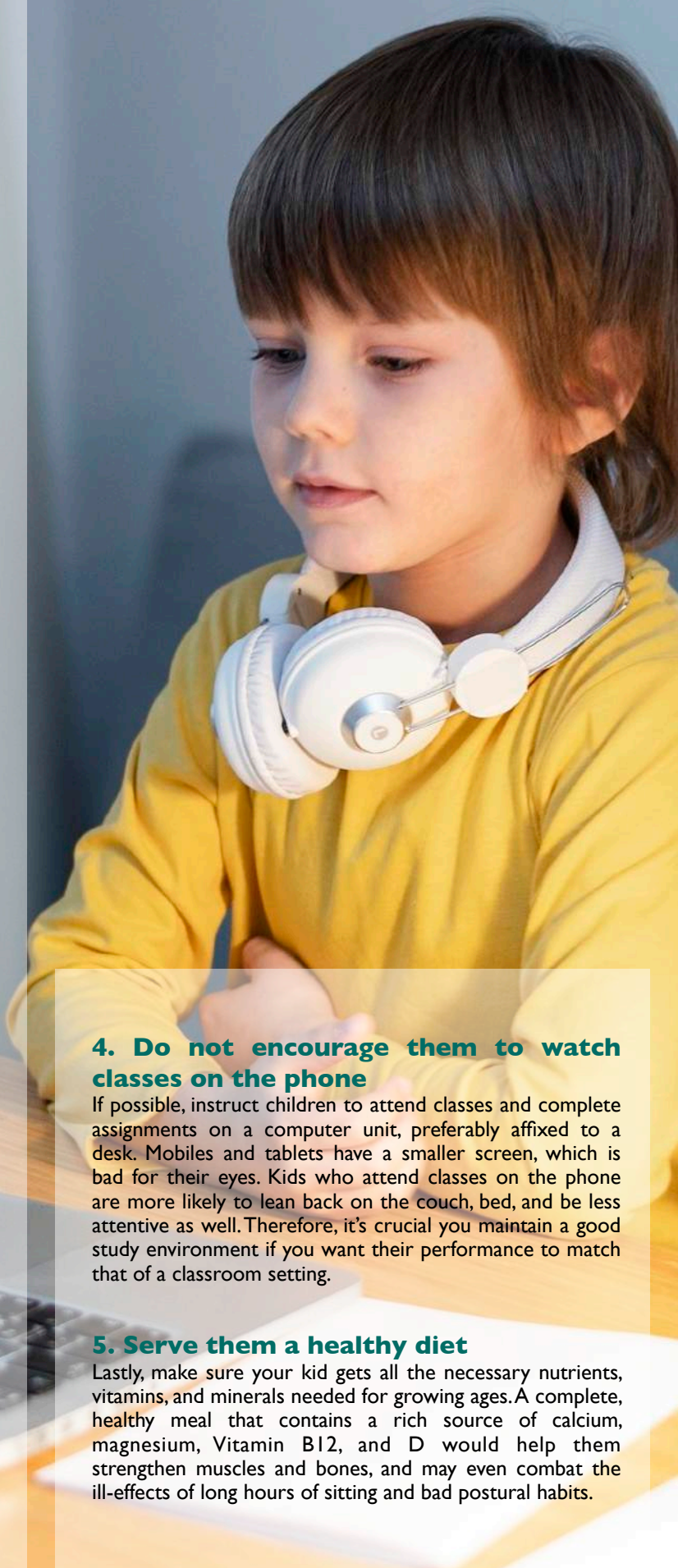
5 TIPS TO PREVENT YOUR CHILD'S BACK, NECK PAIN

4. Do not encourage them to watch classes on the phone

If possible, instruct children to attend classes and complete assignments on a computer unit, preferably affixed to a desk. Mobiles and tablets have a smaller screen, which is bad for their eyes. Kids who attend classes on the phone are more likely to lean back on the couch, bed, and be less attentive as well. Therefore, it's crucial you maintain a good study environment if you want their performance to match that of a classroom setting.

5. Serve them a healthy diet

Lastly, make sure your kid gets all the necessary nutrients, vitamins, and minerals needed for growing ages. A complete, healthy meal that contains a rich source of calcium, magnesium, Vitamin B12, and D would help them strengthen muscles and bones, and may even combat the ill-effects of long hours of sitting and bad postural habits.





TICKLER

“A day without laughter is a day wasted.”

Charlie Chaplin

- 01** **how long will my pizza be ?**
Waiter: Not very long.
Sanjana, 6 Yr, Delhi
- 02** **What did one wall say to the other wall?**
I'll meet you at the corner!
Riya Gupta, 7 Yr, Pune
- 03** **What has four wheels and flies?**
A garbage truck!
Swambh. 4 Yr, Rajkot
- 04** **Why did a scarecrow win a Nobel prize?**
He was outstanding in his field!
Kavya. 4.5 Yr, Indore
- 05** **What do you do when a lemon gets sick?**
You give it lemon-aid.
Kartik. 5 Yr, Delhi
- 06** **What did the big flower say to the little flower?**
Hi, bud!
Tia. 5 Yr, Noida
- 07** **What do you call a bear with no ears?**
A “B!”
Harsh. 5 Yr, Bangalore
- 08** **What do you call a cheese that's not yours?**
Nacho cheese!
Tamanna. 5 Yr, Lucknow
- 09** **Why did the picture go to prison?**
Because it was framed!
Tanuj. 7 Yr, Delhi
- 10** **What did one eye say to the other eye?**
Between us, something smells!
Nikki. 9 Yr, Mumbai



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www.flawlesscoatboutique.com

Special Gift For Mom

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SPINACH ADAI

KEERAI ADAI RECIPE

INGREDIENTS:

- 1 cup of rice
- 1/3 cup of toor dal (tuvaram paruppu)
- 1/3 cup of channa dal (kadala paruppu)
- 1 large bunch of spinach
- 1 tsp of cumin seeds (jeera)
- 3-4 dry red chillies
- 1 tsp of coriander seeds
- 1/2 tsp of black pepper powder
- 1/4 cup of grated coconut
- 1 tsp of oil
- Salt to taste

HOW TO MAKE SPINACH ADAI:

1. Add the dals to the rice, wash, and soak for at least 2 hours.
2. Heat the oil and add the cumin seeds, coriander seeds, red chillies, and pepper. Fry for 30 seconds and add the spinach, roughly chopped. Cook for 2 mins until the spinach begins to wilt and shrink.
3. Grind the soaked rice-dal mixture along with the spinach mixture and coconut with some salt and water. The mixture can be slightly coarse, that's totally fine.
4. You can make the adai immediately. Make sure both sides are cooked until slightly golden. I used gingelly oil to cook them up.

Serve hot with coconut chutney. For a change, I served it with two of my favourites – chow chow kootu – and tomato thokku. Yum!



Share Your Story With Us

Every mother is an expert in something. Share your wisdom with us.

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SO
PARENTING



"The best way to make children good is to make them happy." –Oscar Wilde

