

# Parenting



**The Five-Pronged  
Approach to a  
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Meltdown**

**NUTRIENTS  
IN  
WATERMELON**

**15 Reasons your kids  
should play Sudoku:**



**Dr. Dad**

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## Newborn Baby Bootcamp: Taking Care of a Newborn

EVERY NEW MOM AND NEW DAD NEEDS SOME HELP. HERE'S EVERYTHING YOU NEED TO KNOW ABOUT SLEEPING, BREASTFEEDING, CRYING AND MORE TO GET THROUGH THOSE FIRST FEW WEEKS WITH A NEW BABY.



### HELP YOUR BABY BOND WITH DAD

Make sure your baby has ample time alone with Daddy. His touch and voice are different than yours, and this will begin a bonding process and give you a break. Plus, it gets the baby used to being with someone other than you.

### CRIB COMFORT

The only thing your baby needs in their crib is an appropriate-sized firm mattress and a well-fitted crib sheet. The mattress should not show an indentation when the baby is lying on it. To keep your baby warm while sleeping, use infant sleep clothing and sleeping sacks instead of blankets.

### ANOTHER REASON BABIES CRY

People always say that babies cry because they want food, their diaper needs to be changed, they're bored, etc., but they always leave out that the baby might be cranky because he's tired.

### DON'T HUSH-A-BYE-BABY

You don't have to be quiet while the baby is sleeping. The womb is loud, and newborns are used to the noise.

### SOOTHE YOUR WAILING NEWBORN

When your baby cries, you should comfort her by patting her back in a heartbeat-like rhythm. That helps her burp more quickly, and it also helps her relax if she's crying from insecurity.

### HELP GET YOUR BABY TO LATCH

If you are having latch-on issues while breastfeeding your baby, you can use breast shields to help the process.

### GET PREPPED

At 3 weeks, babies' days and nights become more predictable, and you can focus on yourself in addition to your newborn. One way to do that is by reducing your stress level - and having everything ready for your hungry baby and yourself is one way to do that. Start by prepping for the next feeding as soon as the previous one is over.

### KEEPING YOUR BABY AWAKE DURING FEEDINGS

When your baby eats slowly and sleepily, you can massage her cheek to stimulate her to eat faster. A gentle stroke with a fingertip on her cheek was all it took, and on those long sleepless nights, this simple trick was a godsend!

## Mango Lassi

### How to make Mango Lassi

#### **Puree Mangoes**

1. Rinse, peel and chop 3 to 4 medium-sized mangoes. You need about 2 cups of chopped mangoes.

Add the chopped mangoes in a blender. Add 4 to 5 tablespoons sugar or honey or any sweetener of your choice. You can choose to omit adding any of the sweeteners if you prefer or if the mangoes are very sweet.

You can add more sugar later if the lassi has more of a sour taste.

2. Add flavorings of your choice – ½ teaspoon cardamom powder or 8 to 10 saffron strands or 1 tablespoon rose water. I added rose water.

3. Blend everything until smooth. The consistency is pulpy and mushy without any fine chunks of mangoes.

4. Add 2 cups chilled curd (dahi) or yogurt and 2 to 3 tablespoons light cream. Note that adding cream is optional.

5. Add 4 to 5 ice cubes (optional). If you want a slightly thin consistency, add some water or milk to the lassi while blending.

6. Blend until all the ingredients are mixed evenly and the yogurt has become smooth. Taste a few spoons of mango lassi. If it tastes slightly sour or tangy or is not sweet enough according to your taste, add some teaspoons of sugar and blend again.

7. Pour mango lassi in glasses.

8. Serve straightaway.

Mango Lassi is our all time favorite Indian summer drink. What better way than to combine the sweetness of mangoes with the tanginess of yogurt.

Make this fruity, thick, creamy, refreshing Mango Lassi recipe in less than 15 minutes with ripe mangoes, yogurt and your choice of flavorings – cardamom, saffron or rose water.

# WHEN YOUR CHILD LIES TO YOU

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## Lying Is a Sign of Healthy Development in Kids (Yes, Really!)

Lying is nothing unusual for small children, and a new study says it's actually an important developmental milestone.

The ability to lie is a developmental milestone for a toddler. It is self-realization that what occurs in the head can be protected and accessed only by the young individual. It is then incumbent upon parents to instruct the child about the consequences of mendacity and the high importance of honest dealings.



# NUTRIENTS IN WATERMELON

Watermelons are storehouses of nutrients. For your benefit, we list the nutrients in watermelon, along with their health benefits:



**Lycopene:** It is an antioxidant that helps maintain a healthy heart, bones and also prevents cancer.

**Vitamin A:** This Vitamin is good for eyes and skin.

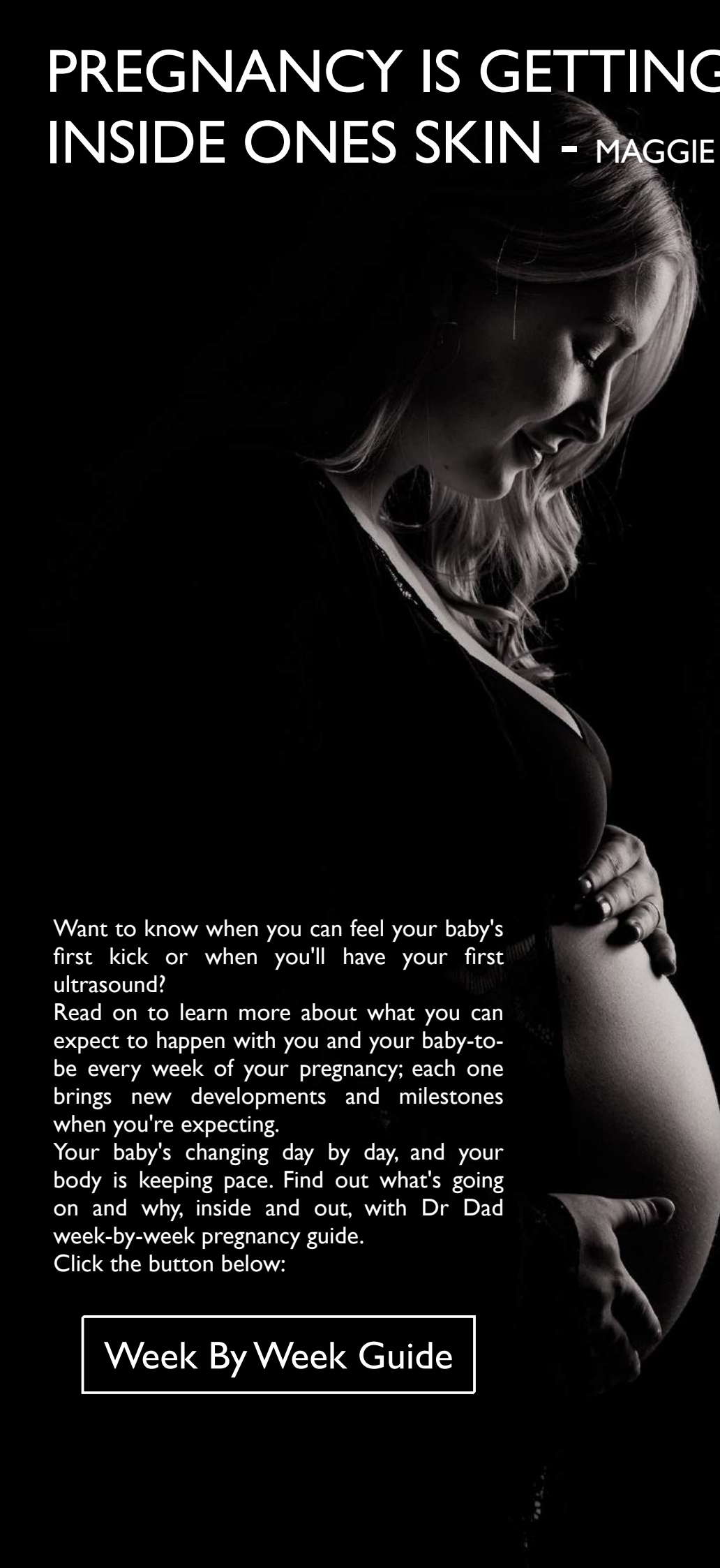
**Vitamin B1:** This Vitamin helps the body to use food for getting energy.

**Vitamin B6:** Helps in fighting infections.

**Vitamin C:** This Vitamin makes the immune system stronger thereby keeps your child from falling sick.

**Citrulline:** It is an amino acid that converts to arginine. This amino acid promotes healthy blood circulation and maintains cardiovascular health.

# PREGNANCY IS GETTING COMPANY INSIDE ONES SKIN - MAGGIE SCARF''



There is no right or wrong way to experience a pregnancy! Whether you love it and feel your very best, or just see it as a race to the finish line, your feelings are completely normal and valid.

## 7 Tips to Rock Pregnancy When You're Doing It Solo

Surround yourself with supportive friends and family.

Join a support group.

Believe in yourself.

Don't be afraid to accept help.

Make decisions that are best for you, not for everyone else.

Get friends to come to doctor's appointments with you.

Relieve stress.

Want to know when you can feel your baby's first kick or when you'll have your first ultrasound?

Read on to learn more about what you can expect to happen with you and your baby-to-be every week of your pregnancy; each one brings new developments and milestones when you're expecting.

Your baby's changing day by day, and your body is keeping pace. Find out what's going on and why, inside and out, with Dr Dad week-by-week pregnancy guide.

Click the button below:

[Week By Week Guide](#)

Source of Vitamin A, B & C





# A TODDLER'S PUBLIC MELTDOWN

## The Five-Pronged Approach to a Toddler's Public Meltdown

Make sure your child is both well-fed and well-rested before running errands.

Stay cool when your child has a public tantrum. They're not breaking down on purpose. Your child has no concept of public versus private nor do they understand humiliation.

Go over your schedule with the child before heading out. Giving them a game plan will prepare them for the day.

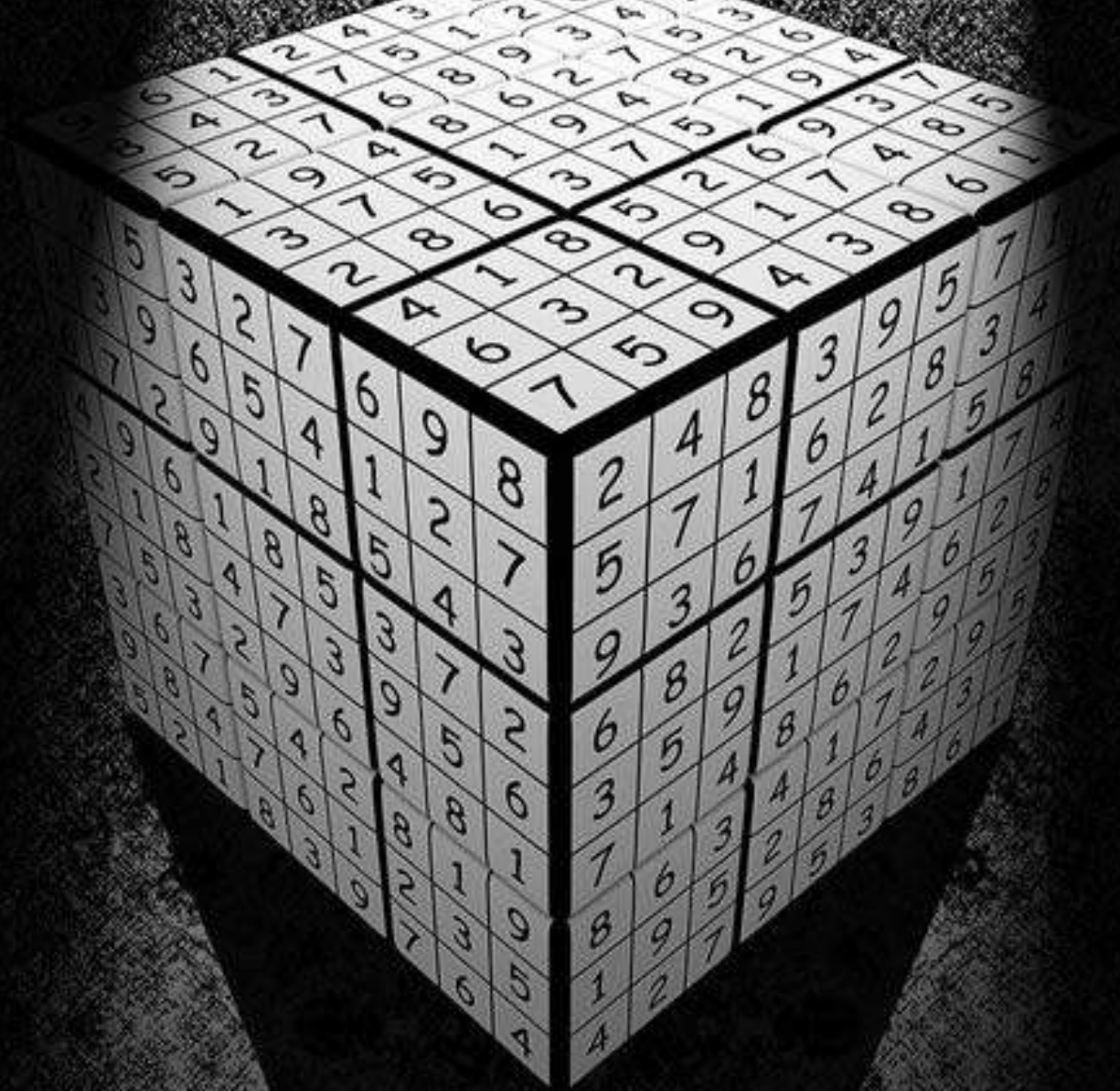
Reward your child with some one-on-one time after each completed task.

Don't combat the tantrum with anger. Instead, deflect with humor, stay empathetic, and negotiate when necessary to downplay the meltdown.



A GREAT SOURCE OF IMPORTANT VITAMINS,  
MINERALS, FIBRE AND ANTIOXIDANTS.





## Let's Play Sudoku

Sudoku fans may wonder why the quick-thinking numbers game isn't taught and promoted as much to kids in schools. After all, the benefits for the developing mind are many! Wouldn't you want your child to benefit from all the pros of learning Sudoku?

# 15 Reasons your kids should play Sudoku:

- Significantly improves memory (kids aged 7 to 11),
- Improves abstract reasoning,
- Improves data memorizing ability,
- Teaches patience & focus,
- Promotes logical thinking,
- Teaches decision-making skills,
- Reduces kids screen time,
- Teaches attention to detail,
- Mobile-friendly,
- Makes learning fun,
- Occupies and entertains simultaneously,
- Creates a healthy competition,
- Arguably, boost IQ levels,
- Teaches rational thinking & problem-solving,
- Provides an opportunity for family quality time.

Providing the body with nutrition is a top priority for most parents, but what about focusing some of that nutrition on the brain? Sudoku provides a great mental workout for the brain – it's like a fun dose of vitamins for your child.



# SO PARENTING



"It is easier to build strong children than to repair broken men." –Frederick Douglass

SO PARENTING  
MAY EDITION

