

Parenting

8 Foods You
Should Try Avoiding
While Trying to
Conceive

**CRUNCHY
VEGETABLES
TORTILLA WRAP**

**TRAVEL
DIARY**

**Headache
During
Pregnancy:
What You Need
to Know**

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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.drddad.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@drddad.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



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Planning pregnancy? Tips to prepare yourself to increase chances of conceiving



Changes you need to make for a healthy pregnancy

Pregnancy is a complex process, and a lot of factors can influence it. Some couples conceive within a month of trying, while for others, the waiting period can be longer because their body is unprepared for it. Having a healthy pregnancy and baby starts before you get pregnant. For that, it is essential to prepare yourself emotionally as well as physically. Pre-conception planning can help you and your partner understand how to improve your chances of a healthy pregnancy. It is done by undergoing some tests and making some lifestyle changes. Here is a checklist you need to adhere to when trying to get pregnant.

Medical test

A pre-pregnancy test can help you determine any health-related complications that may interfere with your chances of conceiving. Both you and your partner need to undergo a medical check-up to ensure that you two are healthy and can conceive. During the examination, the health care provider can go over issues like you and your families' health histories to gain a better understanding of factors that may increase the chances of complications.

Review medicines you two are taking

It is recommended to clean your medicine cabinet when planning a baby. Review all the over-the-counter medicine and herbs you have been taking on a daily basis for health issues like headaches, colds, and anxiety. Discuss them with your doctor as they may contain some ingredients that might not be good during pregnancy.

Add multivitamins

The nine-month-long journey of pregnancy isn't easy for a woman. Pregnancy leads to several physical and emotional changes. This increases the demand for nutrients to stay healthy and fit. Besides, nutrients are also required to meet the demand of the growing baby inside the womb. So, you need to up your multivitamin intake to ensure a healthy pregnancy. Talk to your doctor and increase the intake of multivitamins and folic acids, which are required for the growth of the baby.

Manage your weight

If you or your partner have a higher Body Mass Index (BMI), take steps to manage your weight. Excess weight may be a little problematic for those trying to conceive. Along with that if you are suffering from many metabolic diseases like high blood pressure and diabetes, take medicines and try to keep the levels in control.

Maintain a healthy lifestyle

Quit smoking, drinking and manage your sleeping schedule for a healthy pregnancy. These three things have a major impact on you and your baby' healthy during and after the pregnancy. Sleep at least 8-9 hours a day.

Exercise

Exercising is crucial both before and during pregnancy. By exercising we do not mean that you have to perform a rigorous workout. The idea is just to stay physically active. For that, you can try walking, yoga, or even pilates, whatever suits you. Try to exercise at least 3 times a week for an hour.

Eat healthily

Multivitamins help to meet the increasing demand of the body, do not rely on them solely. Have healthy and nutritious foods from the time you are trying to get pregnant. Cut down the intake of junk and fatty food items. Have more leafy greens, fruits, nuts, whole grains and healthy fats.

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Crunchy Vegetables Tortilla Wrap



Crunchy Vegetables Tortilla Wrap Recipe is a super nutritious wrap packed with veggies made Mexican style with the addition of a creamy greek yogurt sauce that adds great flavor to the dish. An ideal lunch box recipe.

Crunchy Vegetables Tortilla Wrap Recipe is a comforting and nutrients packed recipe. It has the goodness of colorful and crunchy vegetables like bell peppers, carrots, zucchini, and cukes marinated in a flavourful coriander and garlic low-fat greek yogurt sauce.

Ingredients

- 4 Tortillas
- 1/4 cup Red Bell pepper (Capsicum), thinly sliced lengthwise
- 1/4 cup Yellow Zucchini, thinly sliced lengthwise
- 1/4 cup Carrots (Gajjar), thinly sliced into strips
- 1/4 cup Cucumber, sliced into strips
- 1 Onion, thinly sliced

Ingredients for the greek yogurt sauce

- 3/4 cup Hung Curd (Greek Yogurt)
- 2 cloves Garlic, chopped
- 5 sprig Coriander (Dhania) Leaves
- 1/4 teaspoon Black pepper powder
- Salt, to taste

Instruction

1. To begin making the Crunchy Vegetables Tortilla Wraps, wash and thinly cut all the vegetables in equal lengths and keep them aside.
2. Next, in a mixer- jar combine the yogurt, garlic, coriander leaves, pepper powder, and salt to taste. Blitz until smooth.
3. Take a bowl and toss the vegetables in this greek yogurt sauce.
4. Heat a skillet and warm the tortillas on either side one by one and keep aside.
5. To arrange the wraps, take a tortilla and place 2-3 tablespoon full of the vegetables filling in the middle and roll it. Cut it into small finger-sized pieces and serve.

6. Serve Crunchy Vegetables Tortilla Wraps Recipe with Low Fat Vegetable Dip Recipe with Herbs as finger food for parties along with some refreshing drink like Thandai Recipe (Spiced Festival Drink With Saffron And Dry Fruits).



#3 on Dr. Dad Travels



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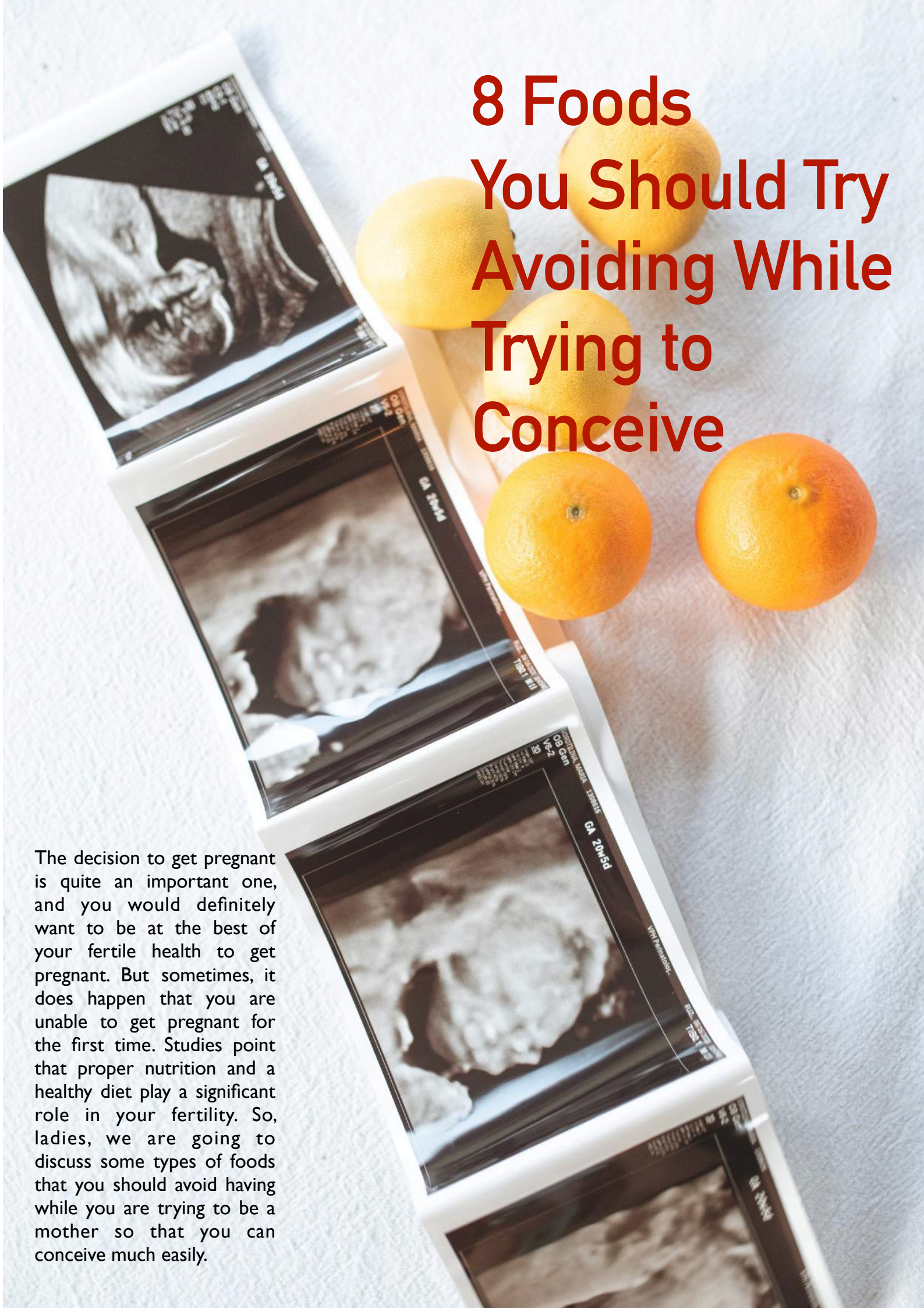
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8 Foods You Should Try Avoiding While Trying to Conceive

The decision to get pregnant is quite an important one, and you would definitely want to be at the best of your fertile health to get pregnant. But sometimes, it does happen that you are unable to get pregnant for the first time. Studies point that proper nutrition and a healthy diet play a significant role in your fertility. So, ladies, we are going to discuss some types of foods that you should avoid having while you are trying to be a mother so that you can conceive much easily.



1. Sugary Foods:

Generally, in your daily diet, you should always minimize the content of sugary foods. But if you are trying to conceive, then it's an absolute no. High sugar product contains a lot of artificial and refined sugar which automatically means that it would be filled with carbohydrates. This increases the level of insulin in your body, thereby directly affecting the ovaries and reducing your chances to conceive. Not only these but excess carbs also erase out all the essential nutrients, which is again a key requirement for boosting fertility. So, all those creamy wafers, candies, and cupcakes should be kept at bay for now.

2. Beverages that are aerated:

Fizzy and aerated alcoholic or nonalcoholic drinks are something you should altogether avoid. These contain high preservatives, artificial colors, and flavors, which are not suitable for the body. When you have such drinks, your body requires a lot of energy to process this, thereby being unable to process the essential nutrients. And by now, you definitely understand how nutrients play a very important part in infertility.

3. Raw or High Mercury Content Fishes:

Just like when you are pregnant, you should avoid raw fish or meat. Similarly, when you are trying to conceive, it is best if you try to eat low or nil mercury content fish. Mercury is a leading cause of water pollution, and most fishes are found to have a considerable amount of mercury content. So, it's best if you avoid it during the time you are trying to conceive as mercury entering your body is a serious problem and will deter you from becoming pregnant. Some fishes like cod and salmon have very low or nil mercury content, which you can definitely have.

4. Junk Food:

Well, you are maybe a burger or a hotdog lover. But for the time being, you can't have it. Yes, junk foods are very unhealthy, especially if you are trying to conceive. They not only contain artificial flavors but a lot of trans fat and processed meat, which is not at all good for your fertility. According to studies, lack of a nutritious diet and too much dependence on junk increases the time for getting pregnant. So, make sure that you have a proper healthy and nutritious diet when you are trying to get pregnant.

5. Too much caffeine:

Well, caffeine is a very strong element, and when you are trying to conceive, it's quite a delicate thing. You don't have to completely reduce your caffeine intake but try and limit it. Studies show that there is an indirectly proportional relationship between caffeine and fertility. The more you increase your intake of caffeine, the lesser becomes your chance of getting pregnant. So whatever food you are having for a day, make sure you check the content of caffeine and try and limit it as much as possible.

6. Low-fat dairy:

Generally, most women, to remain fit, take low-fat milk, but while conceiving, you have to keep in mind that your body needs the right amount of nutrition. So instead of low-fat dairy products, try having full-fat dairy products as low-fat dairy products have the potential to raise the risk for infertility. So, make sure you avoid it.

7. Soft cheese:

Unpasteurized or soft cheese contain bacterium like listeria, which not only affects during pregnancy but also reduces the chance of getting pregnant, thereby increasing infertility. So even if you have cheese, try to have pasteurized cheese, which is always a healthy option.

8. Peas:

Well, yes, according to studies, it is revealed that peas contain certain chemicals that deter pregnancy. So, if you are having a lot of peas in your food, try to reduce its content. Peas or soybean seems to act as a natural contraceptive in such cases.

Bottom Line

Well, you need to make sure that you are on top-notch health when you want to conceive. Try eating fresh and leafy vegetables along with fresh poultry and meat. Even if you have milk, try to have whole milk and full-fat dairy like yogurt. So keep these factors in mind while you are trying to conceive, make yourself healthy with proper nutrition so that the good news comes very soon.

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FOODS THAT CAN AFFECT FERTILITY

Nutritional requirements and lifestyle disorders that can affect your chances to conceive

Most women do not follow a well-balanced healthy diet prior to pregnancy and this hinders the process of conception

Good nutrition in women and men plays an important role while conceiving. Prenatal nutrition is an important phase while preparing for pregnancy. Good nutrition and BMI play a significant role in the process of conception. Women need to focus on healthy weight and nutrients such as iron, folic acid, and a balanced intake of other macro and micronutrients to create a safe nine-month antenatal phase.

Men also need to focus on their weight as excess weight will lead to hormonal imbalance which will have an effect on the quality of the sperm. Hence, it's advisable for them to include a good amount of fruits and vegetables, antioxidants, vitamins, and mineral-rich food in their daily diet.



Most women do not follow a well-balanced healthy diet prior to pregnancy and this hinders conception. Balance can be achieved by following the healthy plate guideline:

Fruits:

A variety of fruits is recommended to be consumed, at least 2 servings per day. They are not only a good source of vitamins and minerals, but also fiber.

Grains:

While there are different types of grains, choose fortified grains with folic acid for an additional benefit during pregnancy. Fill 1/4th of the plate with grains and cereals.

Dairy:

Milk and milk products come under dairy, they are a good source of calcium and plant-based protein for vegetarians. Low fat or fat-free organic milk and milk products are ideal if obesity is an issue.

Vegetables:

Vegetables are divided into different groups such as green leafy, orange-colored, starchy vegetables, and other vegetables. Add 2-3 varieties of them in each meal.

Protein:

Nuts, seeds, and non-vegetarian sources like meat, fish, poultry, and high biological value protein (egg) come under this. Choose lean meat like fish, poultry, nuts, and seeds. Fill 1/4th of your meal plate with lean protein.

In addition to a healthy plate, the following micro-nutrients can boost fertility:

Men	Women
B-carotene-carrots, pumpkin, squash	Folic acid, GLV, cauliflower, orange, lentils, broccoli
Zinc-sesame seeds, quinoa, pumpkin, asparagus, lentils	Omega-3, walnut, chia seeds, flax seeds, carrots, salmon
Selenium-salmon, spinach, sunflower seeds	B-carotene, carrots, pumpkin, squash, GLV
Vitamin E-Almonds, Broccoli, Avocado	Zinc, eggs, nuts, meat, legumes
Vitamin C-citrus fruits, bell peppers, tomato	Vitamin B6, banana, spinach, garlic, cabbage, cauliflower, broccoli, bell pepper
L-arginine- Pumpkin, Peanut, chickpea, lentils	L-Carnitin, chicken, avocado, asparagus.

Along with that emphasize the intake of:

* **Folic acid:** It is known to assist in the development of a baby’s neural tube which forms into the spine and brain. A lack of vitamins is linked to spina bifida, a condition where the baby’s spine fails to form properly.

* **Sources:** Dark green leafy vegetables, cauliflower, orange, and lentils.

* **Iron:** The need for iron will increase 50 to 60 percent during pre-pregnancy. Iron helps our body to make new blood to carry the oxygen and nutrients to the baby during pregnancy. Lack of iron leads to anemia, weakness, shortness of breath, preterm delivery, low birth weight.

* **Poultry,** lamb, kidney beans, almonds, pistachios, walnuts, prunes, raisins, beetroot.

* **Calcium:** Preparing for pregnancy includes building healthy bones. If a woman’s diet lacks calcium during the pre-pregnancy and pregnancy phase, the growing fetus draws the calcium from the mother’s bones, which can put her at a risk for osteoporosis in later stages of life.

* **Milk and milk products,** seafood, dried peas, and beans, it is also found in green vegetables like broccoli, spinach, and greens.

* **Vitamin D:** It has been linked to a variety of health benefits for women trying to conceive. It plays a significant role in fertility acting both on the ovary and endometrium. At the ovarian level, vitamin D has been shown to enhance ovulation.

* **Egg yolk,** milk, salmon, fortified cereals, and orange juice.

Lifestyle and its impact on fertility

There are also lifestyle practices and disorders that can increase the risk of infertility.

The common health problems are PCOS, endometriosis, uterine fibroids, sexually transmitted diseases. Stress, smoking, alcohol, irregular sleeping patterns along with poor diet are known to affect fertility in both men and women.

These can affect the hormones, resulting in insulin resistance, thyroid issue, overweight, high blood pressure.



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Gajar ka Halwa

A carrot halwa (Gajar ka Halwa) recipe made in the traditional way

A carrot halwa recipe made in the traditional way and slow-cooked – with just carrots, whole milk, ghee, sugar, and some nuts. You will love this evergreen and popular **Gajar ka Halwa** recipe.



Ingredients

- 8 to 9 carrots medium, juicy, tender – 650 grams or about 4 to 4.5 cups grated carrots
- 4 cups whole milk or full-fat organic milk
- 4 tablespoons ghee (clarified butter)
- 10 to 12 tablespoons regular sugar or raw sugar or 180 to 190 grams – add as required
- 5 to 6 green cardamoms – powdered finely in a mortar-pestle or about 1/3 to 1 teaspoon cardamom powder
- 10 to 12 cashews – chopped
- 10 to 12 almonds – sliced or chopped

- You need approx 4 to 4.5 cups of grated carrots.

Making Carrot Halwa

- In a kadhai or deep thick bottomed pan combine milk and grated carrots.
- On a low to medium flame, bring the whole mixture to a boil and then simmer.
- While the mixture is simmering on a low flame, keep on stirring in between.
- The grated carrots will cook in the milk and the milk will start to reduce and evaporate.
- When the milk has 75% reduced, add the ghee, sugar, and powdered cardamom to the



- 2 tablespoons golden raisins
- 1 pinch saffron strands – optional

Instructions

Preparation

- First rinse, peel, and then grate the carrots (8-9 medium-sized tender juicy carrots), either with a handheld grater or in a food processor.

- mixture.
- Stir well and continue to simmer and cook on a low flame.
- Do keep on stirring the halwa in between.
- Towards the end, add the cashews, almonds, saffron, and raisins. Simmer the halwa till all the milk is evaporated. Switch off the burner.
- Serve Gajar halwa hot, warm or you can also serve it cold. garnish with some chopped dry fruits while serving.

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HEADACHE DURING PREGNANCY: WHAT YOU NEED TO KNOW

Headaches are common during pregnancy. The increased sinus congestion, interrupted sleep and dehydration are some additional risk factors for headaches in pregnant women.

In most cases, pregnancy headaches are harmless. But headaches that happen suddenly and start during the second half of the pregnancy, can be a sign of preeclampsia, which is a dangerous condition requiring medical intervention.

What is preeclampsia?

Preeclampsia is a pregnancy-related complication, which can lead to high blood pressure and damage organs in severe cases. It usually begins after 20 weeks of pregnancy. If left untreated, it can lead to serious and even fatal complications. The most effective treatment is the delivery of the baby, which can also be a problem if preeclampsia happens too soon during pregnancy. This is because the baby needs time to mature.

What causes pregnancy headaches?

Pregnancy headaches are more frequent around nine weeks when the blood volume and hormones increase. But headaches can start anytime during pregnancy. The headache might feel like one you never experienced before.

The headache might happen only on one side of the head, the sinuses or on both sides.

Sinus pressure

Increased blood volume during pregnancy can increase the pressure on the sinuses, leading to a sinus headache.

Sleep interruptions

Not getting enough sleep increases your chances of getting a headache.

Dehydration

Pregnancy-related nausea can keep people from drinking enough water, increasing the risk of dehydration related headaches.

Hunger

As you consume more calories, you may experience bouts of hunger and low blood sugar that can trigger headaches.

Hormonal fluctuations

Hormonal fluctuations can trigger migraine pain during pregnancy.

Tension

Weight gain and body changes increase the pressure on the

shoulder and neck, leading to tension headaches.

Caffeine withdrawal

Many women give up caffeine completely during pregnancy, which can lead to withdrawal symptoms like headaches and fatigue.

High blood pressure

High blood pressure related to preeclampsia can cause headaches too, mostly after 22 weeks. If you experience a sudden headache, which is something you have never experienced before, check with your doctor immediately.

How to get relief from a headache

First, try to identify the cause of your headache. It might take a bit of trial and error when it comes to finding out what works for you.



Drink water

Whenever you feel a headache, have a tall glass of water. This can give you relief from headaches caused by dehydration.

Rest in a dark and quiet room

Resting can reduce tension and interrupt headaches. While resting, avoid looking at any screen.

Tylenol and other medication

Pregnant women can't take NSAID pain relievers. But

Tylenol is a perfectly safe medicine to be taken during pregnancy for headaches.

Hot and cold compress

Heat and cold both can relax muscles in the head and neck. Try with what you feel will be more effective for you.

Scalp and neck massage

Massage can help relieve pain from a tension headache, improve blood circulation and boost relaxation.

When to meet your doctor

During the third trimester, the risk of preeclampsia rises. If you experience vision changes or see spots, call your doctors immediately as it can be a sign of preeclampsia.

Along with a blood pressure check, a urine test may also be done to find out. If you do not have preeclampsia, your headache does not respond to Tylenol, talk with your doctor.



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A pregnant woman with long brown hair tied back, wearing a light blue t-shirt and a white cardigan, is shown in profile from the waist up. She is smiling and gently holding her pregnant belly with both hands. The background is a bright, slightly blurred indoor setting with a window and a green plant.

*IS IT SAFE
TO USE
STEAM
WHEN
PREGNANT?*



Pregnancy comes with a long list of dos and don'ts. While most pregnant women consult their doctors about every little query they have, the internet is also a trusted place for many women. Most women look up to the internet to know whether taking steam during pregnancy is beneficial or not. This guide will provide you with all the information you need to know about taking steams during pregnancy.

Can you take steam during pregnancy?

- Anything that raises the temperature of pregnant women during the first trimester could potentially harm the baby.
- It can cause birth defects like the brain or even spinal cord defects in the growing fetus.
- Even worst, having a high temperature for a prolonged period could cause a miscarriage.
- This is one of the major reasons why anything that raises the temperature of pregnant women is supposed to be avoided and eliminated from the daily lifestyle.
- To prevent your baby from having any brain malfunctions, you will be advised against using steam rooms or even saunas.
- Steam rooms can dehydrate pregnant women and even induce fainting-like symptoms in them.
- Pregnancy causes women to feel warmer than usual, taking steam to increase the heat of their bodies and result in a change in the core temperature.
- Change in the core temperature could be very harmful to your baby in the first 12 weeks of the pregnancy.
- When you are taking steam, the blood flow increases towards the skin and reduces near the internal organs. This means less blood will be flowing near your internal organs and if this happens to your brain then chances are you might feel faint.

Conclusion

Taking steam during pregnancy can cause severe problems to you and your growing baby. Doctors will advise against it to avoid miscarriage and other birth defects in your baby.

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Parental Guidance: Help your teens become social beings again

As more and more kids step back into the real world of in-person school, many of them, especially teenagers, may struggle with how to become social beings again.

In the past few months, I've asked several teenagers if they are excited to go back to in-person school, and surprisingly, several have said they would rather continue with online classes, at home. Some say their friends are not going back yet so they don't want to go, some are just happier to not have to wake up early, get ready, do the commute. They'd rather just wake up, freshen up and sit for class, and shower later as and when they want to.

Personally, I find this odd. I was at a boarding school, so going back to school post-holidays was always very exciting. Imagine living with your friends 24/7 and doing everything together! By the time we were teenagers, we had stopped missing home and long holidays were often a tad boring. Day scholars too, I'm sure, were happy to get away from home and be with their peer group for more than half the day before getting home to strict parents, tuitions, and regimented routines.

However, the pandemic has turned everything on its head and, technically, children now don't even live at home, but in a virtual bubble. They study, socialise, shop, play, watch movies, listen to music, and hang out online. They are already active inhabitants of the 'metaverse'. So it's not odd to find them almost shunning real school, real connections, real interactions.

But all of us know that the world does not exist only online and real-world social skills are very important. So if you find your teen resisting school, and not wanting to meet up with friends in person, you know it's time to help nudge them back to regular life.

Encourage your teenager to pursue an activity (not online) that they enjoy. They are more likely to develop bonds with people who share similar interests. Model empathy, so your teen does too. Real connections cannot be forged without empathy, without being able to understand and feel how someone else is feeling. When your friends or family come over, don't let the teen sit inside his/her room with the door shut. Tell them they should come out for a little while and say hello. Regular everyday conversations help to enhance social and communication skills and build confidence. Also, talk to your teen so they can express how they are feeling. Sometimes, just voicing it helps to not only acknowledge the feelings but also to recognize and label them. Validate your child's concerns. Do not make light of it or laugh it off because it seems trivial to you.

Going back to a routine also helps in instilling so many other skills such as efficient time management; you have to sort out and pay attention to the uniform a night before, pack the bag every day, adhere to a timetable, plan school meals. When teens study from home, rarely do they follow any of these. If your child is still doing homeschooling, insist on him/her following a daily routine even at home. It's also a good way to ease them back into the routine physical school requires. However, as any parent to a teenager knows, do not impose these on your kid. Instead, talk it over and mutually decide. Maybe the child wants to shower later during a break, but is happy to make their bed and freshen up and be at the desk on time. If the school asks for kids to be in uniform and have their cameras on, insist on your child following the protocol.



When I was younger, I grew up on a tea garden in Assam with very limited access to formal schooling. I didn't attend Nursery, KG, or even Class 1 anywhere. My first year of formal schooling was at a Delhi boarding school in Class 2 and I was taking the entrance for a boarding school in Dehradun that my older sister was already at. However, the latter kept abolishing junior classes, so after Class 2, my parents decided to pull me out, take me back to the tea gardens, made me do the entire class 3 syllabus during the summer break, and I had to jump a class and go straight to Class 4 at the age of 8. The moral of this story is not to tell you that I was some sort of child genius; it's to tell you that social interactions are very important at all stages.

While we always spent a few minutes wishing our parents' friends and talking to them at dinners, I didn't have much interaction with children my age. My sister went to boarding school when I was just one, so I met her only during the summer and winter breaks. At the boarding school I attended in

Delhi, I remember having just one good friend and even worse, I remember an incident where I said something very inappropriate to someone; it was not intended that way but it came across as hurtful and lacking empathy. That person was very hurt and cried for a long time, and I have never forgotten the talk my mother gave me much later about words hurting more than a knife. Sure, I was just seven, yet that is no reason to have not thought about the impact my words could have. I was very obviously lacking in social skills.

Whether it's at seven or 13, social skills are a very important part of personality building. When you meet an adult who does not shake your hand firmly, who does not make eye contact, who cannot initiate conversation, who shies away from meeting new people, you realise that this stems from not having built this skill set at a younger age. So whether at home or back to in-person school, pay attention to not just your child's grades but also their personality.

SEXUAL HEALTH EDUCATION- IS IT STILL A TABOO?

Why is sex education important?

- Without proper sex education, people are more inclined towards faith healing rather than believing in medical sciences.
- Having a strong belief in the former is not only problematic but also pushes a country backward.
- Surprisingly in India, there happens to be only one medical college that has a department of sexual medicine. This mere fact speaks for itself and says so much about sex education in India and how big of a taboo it is.
- The lack of sex education in schools is one of the main reasons why people either suffer in silence or are misdiagnosed.
- Even doctors and medical practitioners are not completely aware of sex education and often remain misinformed and believe in faith healing which has caused hundreds of patients to lose their lives.
- Sex education taught in medical school is the same as that in schools or even other colleges.

Why is there hesitation to talk about sex education?

- It has been noted that the hesitation to talk about sex education is not just in India but throughout the world.
- People hardly ever talk about contraceptive methods, dysfunction, sexual health, and even STDs. This is one of the major reasons why there is a significant amount of misinformation.
- Suffering sexual dysfunction in silence not only affects the person concerned but also harms all the social relationships that the concerned person has including marriage, domestic and social relationships.





A survey conducted on sexual health education in Pondicherry, India

- A study was conducted in the city of Pondicherry, India shows that more than 90% of parents want sexual health education in schools.
- While around 4.5% of parents believe that sex education is supposed to be given to students when they are in their colleges.
- You will be even more surprised to know that there is a percentage of people who do not want their children to have sexual health education.
- Among people who voted for sexual health education to be given in school, 58.9% of parents want their children to have sexual health education in high schools.
- 2% of parents want their children to have sexual health education in higher secondary schools.

- Last but not the least, around 8.5% of parents want their children to have sexual health education when they are in primary school.
- The survey concluded that if parents are being explained the importance of sexual health then there could be some change in the attitude of how people perceive sexual health as.

What is the future of sexual health education in India?

- Even though the changes are happening slowly, the changes are still happening which shows the progress India is undergoing.
- Sexual education is still a taboo in India, but with time and more reinforcements, there could be some significant improvements that could be expected in the coming years.
- More and more schools are coming up with sexual health education courses that are helping India achieve the goal of being educated when it comes to sexual health education.



Travel Diaries

AN EVENTFUL TRIP TO VARANASI

An ancient city of ghats along the river Ganges has its uniqueness in the people, colours, temples and its air. The city carries its history in the depths of the river flowing through. So much known and heard but still a lot unexplored. Untangling alleys, crowded places, chanting sadhus, silk weavers, ganga aarti, aroma of local delicacies leave you enchanted when you walk through the city.

We decided to take a short break from the bustling city lives and visit Varanasi (as it is called now) over next two days. The moment we landed it seemed to us like any other small city airport, not much crowded as frequency of flights is quite less. But the moment we took Ola cab (yes, they serve there) to our hotel which we had booked on Mir ghat, an amazing unforgettable journey started. After a short while our driver started opening pages about the city who though loved his birth place but was not much happy with the fact people are migrating towards it from neighbouring towns and villages. As per him, it was exploiting the sacred place. He told us about the history, rituals, festivals, temples, ghats, food, silk market, toys and glass market which helped us making our itinerary.

After checking in we went out to walk alongside the ghat, had dinner at a small eating place and retired in our beds to begin fulfilled forty eight hours. A friend of ours had given us a touch to assist us roam round, on speaking to him we got here to understand that transferring round in cab/auto/rickshaw become simply now no longer viable so he supplied us tripling on his bike. A bit hesitant as it's miles in any other case illegal, we agreed locating no different option. And so our day began out at six with a brief darshana at famed Kashi Vishwanath Temple. Even early morning, it become so crowded, rows goodbye and every body wearing milk , chandan and flower to provide to the Lord. Though the existing temple become constructed in 18th century however the unique one has its mentions withinside the Puranas. From there we moved to Kashi Chaat Bhandar to have well-known neighborhood cuisine kachori sabzi and malaiyyo. We have been so complete nonetheless couldn't abstain ourselves from having karari pakoda chaat , a hawker become putting in then. Bellies complete and sleepy eyes we determined to visit Sarnath, the experience become small however took round forty five mins. There at Sarnath Museum we witnessed Lion Capital of Ashoka from which country wide brand of India has been adapted. We additionally went to Dhamek Stupa that is of Buddhist Origin & as proclaimed marks the seat of Buddha and Deer Park in which Lord Buddha brought his first sermon after achieving enlightenment. Sarnath is domestic to a few sizeable ruins of age antique monasteries, temples, museums and gardens.

After coming again we rested in our room for some time after which took ferry boat which rode us thru Ghats, one became Manikarnika the maximum historic and anciental one in which it's far known as if somebody's useless frame is cremated there, his soul unearths Salvation. All along, the boat guy advised us the testimonies of all of the ghats as we go them, River Ganges(Yes, this the simplest location in which Ganga runs northwards...Interesting, I didnt recognise that too) and plenty of more. Watching pyres burning thru the Sunset became now no longer a glad scene however leaves you thinking. Then he stopped the boat close to Dashashwamedh Ghat that is the maximum well-known ghat. Several clergymen carry out

this ritual via way of means of shifting deepak up and down on a rhythmic song of bhajans. This is the maximum magnificent rite and takes location there daily. After witnessing the rite we roamed across the neighborhood colourful markets at Dashashwamedh Ghat. Then we took a rickshaw and moved to Assi Ghat, that is truly extraordinary location from historic, soulful Banaras. Having our Pizza at Pizzeria Cafe at the same time as looking the calmness of the River placed us into deep sleep. But no, we couldn't simply quit the day, we needed to attempt the Bhang that you get at Government Bhang Store close to Assi Ghat. We reached again had our bhang and glaringly subsequent day commenced late.

Day began out with sunrise from Hotel room Balcony(manifestly we ignored Assi Ghat morning Arti as we had planned). Then we started for Sankat Mochan Hanuman Mandir , should attempt the besan ke laddoo supplied as Prasad there. Again the trip among the bustling crowd , we went to a Silk manufacturing unit and noticed the Silk Fabric being made. You can save clearly without delay from factories, higher cloth at higher price. We headed subsequent to Banaras Hindu University Campus, a century vintage University simply to take into account the times of Entrance Exams and combat to get into right college. In the evening, we roamed across the market , had our subsequently portions of neighborhood chaat. Something which we forgot turned into the Banarasi Paan which we picked at the same time as at the manner returned to airport to capture our overdue night time Flight. Yes, do attempt it while it melts on your mouth you get transient heavenly feelings.

Banaras/Kashi/Varanasi has lots of tales, history, myths, facts, music and faith attached to it and it keeps flowing there and you got to be there to feel it.

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A baby with light brown hair tied in a small ponytail with a pink hair tie, holding a clear plastic water bottle with a gold-colored lid. The baby is wearing a white diaper and a white top. The background is plain white.

HOW TO
TELL IF
YOUR
BABY IS
EATING
ENOUGH:
BABY
FEEDING
SCHEDULE

One of the most common worries among the concerns of a mother is if the baby is getting the right nutrition and is being fed correctly.

Having a newborn comes with its set of curiosities and questions according to a mother's concerns, no matter how prepared a mother will be. One of the most common worries among the concerns of a mother is if the baby is getting the right nutrition and is being fed correctly, while a mother worries about the baby's development.

As every baby is unique, the requirements will be different. But there are a few general guidelines that need to be followed when you have a newborn in the home.

What is the quantity of food that babies should consume?

Birth to 2 months: After babies are born, they should eat 8-12 times a day until they are one month old. That sums up to consuming food after every two to three hours. Babies who are breastfeeding can eat every one-and-a-half, which comes to about 15 times a day. If the baby sleeps and does not wake up on time to eat their food, the mother should keep a track of the timings and wake the baby up to feed food on time.

While breastfeeding, the baby should feed for about 10 to 20 minutes. While the baby is breastfeeding, make sure that the baby is sucking and swallowing the entire time which should add up to about 1.5 to 3 ounces of feed every time until 1 month and about 4 ounces at each feeding after a month.

As babies who are being breastfed get accustomed with time, they will start getting more milk gradually with every feed. With the growing baby, his appetite will also grow, whether it is from the bottle, or through nursing.

At 4 months: When a baby is four-months-old, the baby should need up to six ounces of milk with every feed. After around 20 weeks, your pediatrician will encourage you to start introducing the baby either to thicker and solid foods or advise you to wait if you want to continue to breastfeed the baby exclusively. Some prerequisites for starting semi-solids or complementary feeding are sitting with support, increasing demand for milk, etc.

Complementary feeding is an important step in the baby's growth and nutrition. It's always advisable to visit your doctor and have a discussion on the topic whenever you plan to introduce your baby to complementary feeding.

By 6 months: By this time, babies should drink as much as eight ounces of breastmilk. The gap between the feeds can now go longer than what it was before with extended time intervals.

By this time, the exact amount of food intake by your little one will vary from a day-to-day basis. For instance, sometimes your baby may want to eat more than what they normally have. This happens due to the growth spurt. At such times, you should trust your baby and let them eat the quantity they desire, but just be careful and watch the signs of them being full.

You can watch for a few signs that they are full which have been mentioned below:

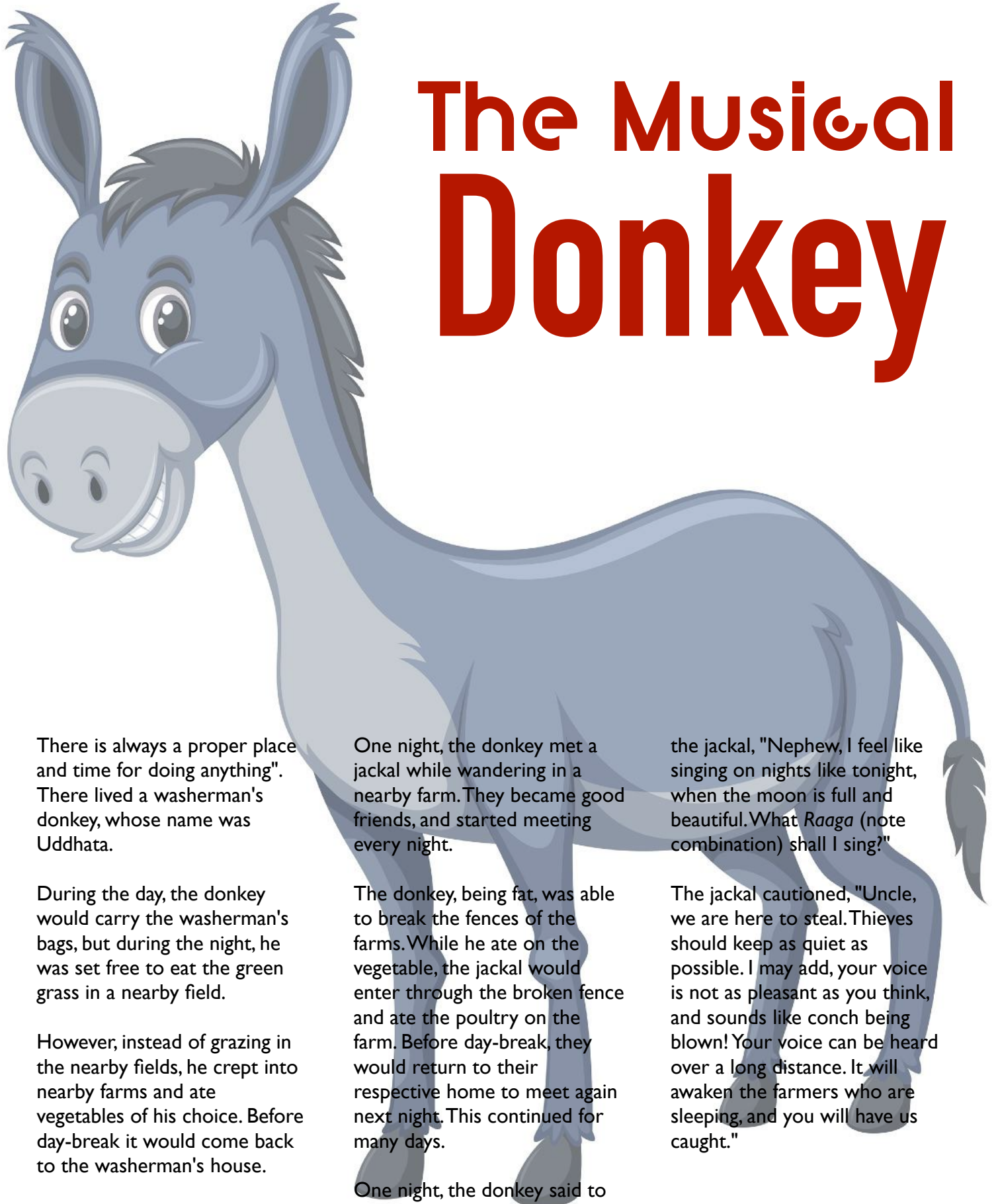
*The baby pulls away from the breast or the bottle.

*The baby falls asleep during the feeding.

*The baby shakes its head and keeps its mouth closed.

These signs are important for a mother to observe and as they help in telling you that you're not overfeeding your little one. Doing regular checkups with your pediatrician helps as this will keep the baby's growth on track and the doctor will also track the baby's height and weight to keep a check on the right growth.





The Musical Donkey

There is always a proper place and time for doing anything". There lived a washerman's donkey, whose name was Uddhata.

During the day, the donkey would carry the washerman's bags, but during the night, he was set free to eat the green grass in a nearby field.

However, instead of grazing in the nearby fields, he crept into nearby farms and ate vegetables of his choice. Before day-break it would come back to the washerman's house.

One night, the donkey met a jackal while wandering in a nearby farm. They became good friends, and started meeting every night.

The donkey, being fat, was able to break the fences of the farms. While he ate on the vegetable, the jackal would enter through the broken fence and ate the poultry on the farm. Before day-break, they would return to their respective home to meet again next night. This continued for many days.

One night, the donkey said to

the jackal, "Nephew, I feel like singing on nights like tonight, when the moon is full and beautiful. What *Raaga* (note combination) shall I sing?"

The jackal cautioned, "Uncle, we are here to steal. Thieves should keep as quiet as possible. I may add, your voice is not as pleasant as you think, and sounds like conch being blown! Your voice can be heard over a long distance. It will awaken the farmers who are sleeping, and you will have us caught."

The jackal assured, "Please uncle, eat as much as you like, and forget about singing!"

This annoyed the donkey and he said, "Dear nephew, it is because you are a wild animal that you don't appreciate music. I shall sing a melodious Raaga. Wait till you hear it!"

Observing that the donkey was determined to sing; the jackal did not risk staying there anymore. He said, "Uncle, if you must sing, please wait till I go outside the fence and keep a watch on the farmers."

He ran outside the fence, and hid himself. Then, the donkey started to bray at the top of his voice.

When the farmers heard the donkey braying,

they could see easily in the fullmoon-lit farm that the donkey was in their farm.

The angry farmers chased the donkey with sticks, and beat him so hard that he fell on the ground. Then, they tied a wooden mortar around his neck and let him go.

When the donkey was returning through the broken fence, the jackal laughed, "Musical uncle! That was a great Raaga! I see the farmers have rewarded you with this necklace!"

**The wise indeed say:
There is always a proper place and time for doing anything.**





6 tips to
make
hand
hygiene
fun for
children

Kids often forget to wash their hands and touch their mouth, face, eyes after coming home from the outdoors.

Hand washing has become one of the most essential habits since the onset of Covid-19 and the pandemic has brought out the importance of following good hand hygiene. Although most of us have invariably started to follow this ritual regularly, getting children to follow regular hand hygiene can be a task for many parents.

Kids could have a tendency to forget or find excuses to skip it. Sometimes they may even practice it just to avoid getting reprimanded by parents, which is not the ideal way to inculcate good lifestyle habits. Kids often forget to wash their hands and touch their mouth, face, eyes after coming home from the outdoors or touching public surfaces like floors, windows, railings. In such situations, there is a high risk of virus and bacteria transmission and the child could be affected in many ways.

Plenty of clinical research has shown that hand hygiene is one of the most important factors to avoid the transmission of harmful germs. Hand washing regularly can prevent about 30 percent of diarrhea-related illnesses and about 20 percent of respiratory infections. Kids being kids are not entirely aware of the benefits and necessity of handwashing due to which they avoid it. However, turning this simple process into a fun and interesting activity and making it an enjoyable process is the right way to encourage children to have good hand hygiene.

Listed below are a few suggestions which can help in making hand-washing fun for kids:

Get different coloured and shaped soaps:

Children mostly get fascinated by different shapes and bright colours. Keeping such soaps at home will excite them and increase their interest in hand-washing. Additionally, you can also try making your own soaps at home using different moulds. You can add a little

toy in it and encourage kids to use the soap more often to find the toy surprise.

Sing while you wash hands:

Encourage kids to sing a song while washing hands. It will help encourage them to properly wash their hands as they have more time to reach into all the nooks and crannies. Choose one verse of a family favourite song that will last for about 20-25 seconds as this much time is enough to thoroughly clean the hands. As kids love song and dance, this will help create the image of handwashing as a fun activity. Parents and elder siblings can even join them and turn it into a little performance so that further positive reinforcement is received around the activity.

Make it look like a challenge:

To make the activity even more engaging for children, give them the challenge of washing their hands for a certain time. For example, you can use a sand timer and ask the child to wash their hands till all the sand gets accumulated at the bottom. Children love being challenged and winning games, so regularly doing this will encourage them to continue the activity.

Educate them about germs:

Sit with your child and explain to them about nasty things that germs can do to our body and their effects on our health. To make the session more interesting, draw germs on their hands using coloured pens and ask them to wash them using soap and liquid hand-wash. You could even conduct a science experiment to show how easy it is for germs to transfer to the hands and how much rubbing with soap is required to clean the entire hand.

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Encourage them to do soap surfing and bubble bursting:

Children love playtime and do not want to miss a chance to engage in good play. While washing hands, ask the kids to later up well and show them how to create bubbles using the lather in their hands. Also, later up the sink or tub using soap water and let them play with the foamy waves.

Wash a toy:

Ask your child to wash a toy when he/she is going to wash hands. It will be fun for kids when they have to spend time with their toys and clean them. Avoid picking a soft toy as it takes a lot of time to dry

It is important to know that washing hands under running water are not sufficient. Ensure that children use soap or liquid handwash always while washing hands. In case of non-availability of water, advise kids to use sanitisers.



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Amazing Christmas Facts For Kids

If you're interested in the history of Christmas here are some exciting facts to learn more about how it all began.

It is believed that it took the three kings 12 days to reach Jesus Christ, which is why we say the 12 days of Christmas.

Christmas is celebrated around the world, the tradition started as it is the day which baby Jesus was born on.

Christmas became an official holiday back in 1836 when it was declared in Alabama which is in the United States as a federal holiday.

Many people today enjoy Christmas even if they are not religious as it has become a holiday which is about sharing joy and spending time with loved ones. As well as eating lots of lovely food, singing carols and of course, getting presents.

Carols used to be sung across all of the seasons. However, only Christmas time stuck. With the word Carol meaning joy and happiness.

Leaving cookies or mince pies, as well as milk out for Santa, has been a long time tradition, but some people also leave milk and carrots for the reindeers.

In Poland, spiders or spider webs are considered symbols of good at Christmas time, as they believe a spider wove a blanket for baby Jesus.

The largest Christmas present of all time is the one which France gave to America in 1886. That present was the Statue of Liberty!

Christmas is also known as Xmas, which comes from the first letter of Jesus Christ's name in Greek being an X.

The first Christmas trees were decorated within Roman times, with candles being used a later date to light up the tree. Electric lights on the tree were introduced in 1895. The shape of the bauble was first used to mirror the fruit, which was once on the trees.

Germany made the first artificial Christmas trees with dyed goose feathers!

There are more than 630 different types of Christmas trees to choose from.



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.

What do you call a boomerang that won't come back?
A stick.
Sneha, 7Yr, New Delhi

What does a cloud wear under his raincoat?
Thunderwear.
Trisha, 3.7Yr, Pune

Two pickles fell out of a jar onto the floor. What did one say to the other?
Dill with it.
Ritesh, 7Yr, Noida

What time is it when the clock strikes 13?
Time to get a new clock.
Maneet, 4Yr, Raipur

How does a cucumber become a pickle?
It goes through a jarring experience.
Richa, 6.8Yr, Nagpur

What did one toilet say to the other?
You look a bit flushed.
Vashu, 4.3Yr, Kanpur

What do you think of that new diner on the moon?
Food was good, but there really wasn't much atmosphere.
Sherya, 6Yr, Delhi

Why did the dinosaur cross the road?
Because the chicken wasn't born yet.
Riya, 4Yr, Delhi

Why can't Elsa from Frozen have a balloon?
Because she will "let it go, let it go."
Falak, 5Yr, Pune

What musical instrument is found in the bathroom?
A tuba toothpaste.
Aniket, 5Yr, Kolkata

Tickler





The Book Bug

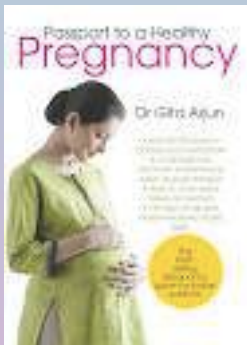
One of the best gifts you can give to your child is the love for reading. In due course of time if there's one thing that I have realised is that when you read a lot, you know a lot, but the real benefits of reading goes beyond the knowledge of the subject. You become a better person. You become articulate 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 BOOKS FOR PREGNANT MOTHERS

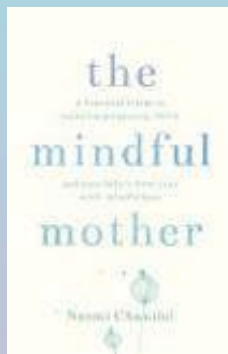
PASSPORT TO A HEALTHY PREGNANCY



This book is written by Gita Arjun, who has 32 years of experience. Passport to a Healthy Pregnancy is one of the best seller

books on pregnancy. This book is recommended for every woman trying to get pregnant, or she is pregnant or even after childbirth. This book will help you understand pregnancy and all the queries regarding pregnancy, such as how your body will change, your baby growth, sleep, what you should eat & what you should not eat, etc.

THE MINDFUL MOTHER

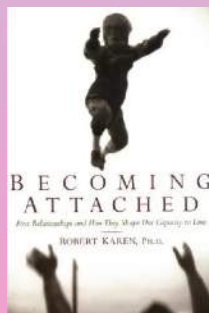


We highly recommend this book to all pregnant women and mothers. This book can be your knowledgeable friend and help you

understands what becoming and being a mom really means. This book covers all the joy and challenges of becoming a mother.

BEST BOOKS FOR NEW PARENTS

BECOMING ATTACHED



This occasionally slow-going but fascinating book goes deep on the history of attachment theory and its current renaissance,

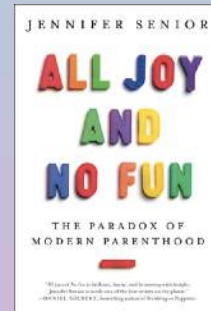
raising questions like: In what

specific ways did my parents ruin me for all future relationships?

ALL JOY AND NO FUN BY JENNIFER SENIOR

This book is a great answer to every time you've ever wondered, "Is it just me, or is being a parent bad in a very particular way right now?" A leading question, maybe, but Senior has convinced me

that the answer is "Yes." Inspiring either a consoling self-forgiveness or a maddening fire under one's ass (both, one hopes), former New York staff writer Senior winningly leads us through the world of modern parenthood with both depth and breadth, in a voice that is insightful, relatable, and genuinely searching.



BEST BOOKS FOR TODDLERS

ALL JOY AND NO FUN BY JENNIFER SENIOR



Toddlers just beginning to notice the lights twinkling above their heads at night are filled with questions, which this lift-the-flap book provides answers for—at just the right level for them to grasp.

BLACK BIRD YELLOW SUN

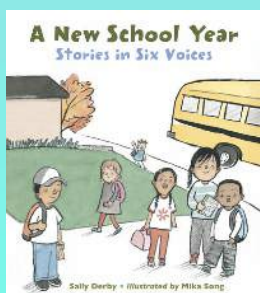


Deceptively simple, this book of colors will get your tot making up her own stories about what that black bird is up to in the green grass and under the purple grapes.

BEST BOOK FOR BIG KIDS

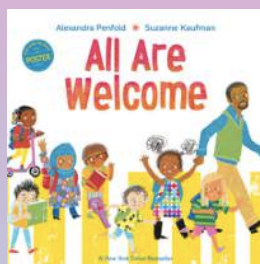
A NEW SCHOOL YEAR

In A New School Year, we meet six children, ranging from a



kindergartener to fifth grade, who share their hopes (and fears) about the first day of school. While their backgrounds and perspectives are diverse, the emotions they express are universal. This one is such a special book that your child will return to year after year.

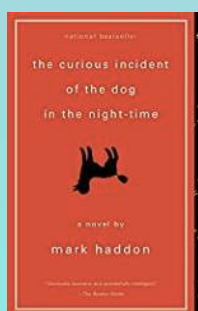
ALL ARE WELCOME



Holes is a 1998 young adult novel written by Louis Sachar and first published by Farrar, Straus and Giroux. The book centers on Stanley Yelnats, who is sent to Camp Green Lake, a correctional boot camp in a desert in Texas, after being falsely accused of theft.

BEST BOOK FOR TEENS

THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT



This novel centers around a boy with autism and a mystery that the readers get to experience from the perspective of Christopher John Francis Boone. He doesn't understand human emotion, and living this mystery through this angle is a thoughtful way for teens to understand the ways in which people can differ yet also be the same.

A WRINKLE IN TIME BY MADELEINE L'ENGLE



Looking for Alaska is John Green's first novel, published in March 2005 by Dutton Juvenile. Based on his time at Indian Springs School, Green wrote the novel as a result of his desire to create meaningful young adult fiction.



How to
connect
with your
child after
school

During their long stay at home due to COVID-19, kids developed the habit of being around their parents all the time and now going back can be overwhelming for most of them. It may crop from time to time in the form of tears and frustration. After spending around 4 to 5 hours in the school, every kid needs some transition time to relax and rejuvenate. Break time is even more necessary at the moment when kids have resumed school after a gap of a year and a half. Spending some time and connecting with your kids after school hours can help to bring you two closer and provide reassurance to kids. Here are some easy ways to spend some time with your little one after school time.

Get them involved in household chores

Getting your kids involved in household chores has many benefits. Firstly, it will imbibe good habits in them and help them learn some basic life skills that

it can be fun to work along with your kid and tasks will be completed faster.

Play outside

Parents definitely have a number of things to deal with in a day, but remember that your kids are equally important. So, take some time out from your busy schedule and play with your kids outdoors. Take them to the playground or teach them how to ride a bicycle.

Talk to them

Some parents provide their kids with everything they want, except their time to talk to them about what is going on with them. Talking to kids is essential. It helps to get an insight into their life, their dream, their beliefs and issues that are troubling them. Take interest in your kid's life. Ask them about their day and other activities.

Weekly rituals can help

Come up with some weekly rituals that you can do with your kid like grocery shopping or picnic or movie night or board games. When you set a schedule for every week, your kids will look forward to it. These small efforts can help you to spend and enjoy some quality time with your family.

Drive them to school sometimes

Whenever you have time make sure you drive your kids to school. This random pick up and drop session will give some extra time to connect with your kid. Besides, your kid will love these kinds of surprises. On days you can also take them out for lunch after their school time.



can be beneficial for them in the future. Secondly, it can give both of you some time to connect. Besides,



EXTRA
SPACING
BETWEEN
LETTERS CAN
BOOST
CHILDREN'S
READING
SPEED

A new study has found that a child's reading speed can be improved by increasing space between the letters in a text.

The findings of the study were published in the journal 'Research in Developmental Disabilities'.

The research, led by Dr Steven Stagg of Anglia Ruskin University (ARU), examined the benefits of letter spacing and coloured overlays amongst a group of dyslexic and non-dyslexic children. It is the first study to investigate how these adaptations can help to reduce specific reading errors.

Published in the journal *Research in Developmental Disabilities*, the study discovered that text with increased space between each letter provided a benefit to both groups of children. On average, the dyslexia group showed a 13 percent increase in reading speed, while the comparison group of non-dyslexic children showed a 5 percent increase in reading speed.

The study involved 59 children aged between 11-15, 32 of whom had a statement of dyslexia, with 27 non-dyslexic children forming a control group. The participants were recruited from six UK schools in Cambridgeshire, Hertfordshire and London.

Participants read four texts with either standard or extra-large letter spacing, both with and without a coloured overlay. The children were instructed to read the text out loud while being recorded. The recording was used to measure the number of errors they made -- specifically missed words, added words, wrong words, and pronunciation -- as well as the participants' reading time.

In addition to improved reading speed for both children with dyslexia and the non-dyslexic group, the larger letter spacing also resulted in a significant reduction in the number of words being missed by the children with dyslexia. However, the study found that coloured overlays had no significant impact on reading speed or the reduction of errors for either group of children.

Dr Stagg, a Senior Lecturer in Psychology at Anglia Ruskin University (ARU), said, "We found that extra-large letter spacing increases the reading speed of children both with and without dyslexia, and significantly reduces the number of words that dyslexic children skip when reading."

"We believe that extra-large letter spacing works by reducing what is known as the 'crowding effect', which can hamper the recognition of letters and reduce reading speed," Dr Stagg continued.

"When viewed in the context of previous research, our findings strongly suggest that teaching professionals can be confident that all children would be helped by increased letter spacing in reading materials. As well as being a relatively simple change to make when producing handouts and worksheets, it means that children with dyslexia need not feel singled out by the introduction of specially adapted reading materials, as this is something that everyone can benefit from," Dr Stagg explained.

"While we found that colour overlays provided little benefit, we suggest that children should be encouraged to use overlays if they find these help their reading. Colour overlays may not increase reading speeds, but they may extend reading stamina," Dr Stagg added.

"Previous research suggests their benefits may not become apparent if reading time is less than 10 minutes and the short reading duration of the tests in our study may have put colour overlays at a disadvantage," Dr Stagg concluded.



10

Simple Ways to Set a Good Example for Your Children

Children look up to their parents and follow everything that their parents do which makes parents concerned about their behavior. Being a parent is a responsibility that will determine your child's nature while growing up. According to some researches, good parenting involves a great deal of consistency and routine. It also involves parents supporting their children physically, emotionally, socially, and intellectually. Not only parents but it is also very important for the teachers to set the right example in front of their students.

So, in this article, we'll discuss the 10 steps you should follow to set a good example for your child. Let's hop into it:

Be susceptible:

Parents often make the mistake of only telling their success stories to their children rather than talking about their challenges and failures too. Every success story is backed by some failures and shortcomings and it needs to be addressed to your children. This will build confidence in your kids if they come to

know how you overcame all the challenges and failures which led you to succeed.

Tell them to value relationships over materialistic things:

In today's world, people tend to use people for getting materialistic things rather than valuing and growing a relationship. Make sure, you guide your children to value relationships with the closed ones over materialistic wants.

Greet employees in every store:

Greeting employees who work at the stores or any other employee will help your child realize that everyone is equal. No matter where they work, at the end of the day they are human beings just like us. Teach your child to follow two things when they visit a store i.e., Greet the employee with "Good Morning or Good evening" and when they are about to leave, tell them to thank the employee and wish them to have a nice day.

Praise someone for their work:

We hardly value or praise anyone for their work or skill. So, make sure that you praise someone with a genuine compliment about their work which will encourage your child to do the same. This might help your children to value their work and efforts too.

Focus on Personal Development:

Teach your children to focus on their personal development which will help them to grow as a person. This will determine what type of person they become when they grow up. Tell them to focus on things like knowledge, habits, skills, and many more which will help them grow their personality and lead a better life.

Volunteering for charity work:

Helping society and the community is a good deed which we all want our children to follow. So, be an example in front of your children and start volunteering for social work.



Health is wealth:

As you must have already heard about this proverb that “health is wealth”. Strictly advise your children to take care of their health and to stay strong. So, you should lead by an example by starting to get 8 hours of sleep every night, eat healthy food rather than junk food from outside, and exercise every day. It will help you stay energized as a parent too.

Teach to be a keen listener:

We all want to speak but no one wants to listen to others. Teach your children to be good listeners as it shows respect towards others.

How to manage emotions:

We all have bad days which leads to frustration but, make sure you manage your emotions and keep yourself calm during those moments. This will have a great impact on your child and will help him to make good decisions in his life in tough situations. You can teach him various techniques to manage his emotions like taking deep breaths, identifying what you are feeling at that moment, and many more.

Being an organized person:

Teach your children to be organized starting from keeping

their room clean by keeping all the things in their respective places, writing down things that they need to complete, and always having a plan. This will help them improve their organizational skills.

So, these are the 10 techniques that you need to follow to set a good example for your child. Follow these techniques and your child will automatically follow you and you’ll be a great parent.



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