

Parenting

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Leukorrhea

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Effective Ways to Stop Kids From Lying

RUSSIAN VEG BORSCHT SOUP OR RED SOUP

TRAVEL DIARY

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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.drdad.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@drdad.in . We would love to hear from you. We might even feature you in our future editions.



EDITORS NOTE

FOR THE LOVE OF READING



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**Frequent
urination
is a big
problem in
pregnancy**



Frequent urination during pregnancy is often a part of the pregnancy experience. While pregnancy is itself an exciting experience, this frequent urge to pee more often may turn into a big problem.

If you too experience the same, we have got all you need to know. In the sections that follow, we will discuss the potential causes of frequent urination during pregnancy and how you can deal with it. Let's dig in

When does frequent urination start during pregnancy?

Frequent urination is a common symptom of pregnancy in women which typically begins in the first trimester, around the fourth week. Most women find that they feel the urge to pee even more frequently during the later stages in pregnancy which is around the 35th week. In certain situations and cases, it can even begin from the third trimester as well. Certainly, it can be different for every expecting mother but the expected timelines are usually as we discussed here.



What causes frequent urination during pregnancy?

While it is a common phenomenon in pregnant ladies, certain factors contribute to the urgent and frequent need to urinate during pregnancy. If it is so common, what causes frequent urination during pregnancy?

Here are a few reasons:

- First of all, the frequent need to urinate is one of the symptoms of pregnancy. It is a very well-known cliché, but pregnant women usually need to pee more frequently than they usually do. The increased size of the uterus exerts an added pressure on the bladder, which causes it to empty frequently.
- The second reason is the intake of too many fluids. When you continually hydrate your body, it lets go of what it does not put into use. The frequency of hydration depends on your environment and activity. For a pregnant woman, it is a very common phenomenon, and there is absolutely no harm in it unless there are any serious symptoms.

How to deal with it when I am pregnant?

Pregnancy and [frequent urination usually go hand in hand](#). Often there is no way to stop it or to get around it. However, you can follow a few tips to deal with this situation. Here are some of these coping tips to help you :

- Drink enough fluids. Of course, you won't like to drink more if you are already worried about having to pee. But please do not forget that you also need to hydrate your body as you are losing extra fluids through your urine, so you won't like to reduce your fluid intake while trying to stop urinating frequently.
- Avoid caffeine as it removes water from your body which may leave it dehydrated. When this happens, you are more likely to use the bathroom after consuming caffeinated beverages. Therefore, limiting or stopping the consumption of caffeine may help you.
- Try to lean your body forward while urinating. It will help you to empty your bladder properly and completely without causing any discomfort to your body.

I feel the urge to pee but little comes out. How to deal with it?

If you are pregnant, you might feel the urge to urinate more frequently. It happens due to an increase in the progesterone hormone. As you proceed towards your second trimester, you will gradually notice that the urge tends to reduce.

In addition to this -

With the increased levels of hormones, the levels of your body fluids start to increase during the pregnancy. It pushes your kidneys to work extra hard to channelize the extra fluid. This extra labor results in frequent urination during pregnancy in the expecting mother.

During the third trimester, the size of the fetus increases and puts even more pressure on your bladder. As a result, you may experience an increased urgency to urinate due to the increased pressure.

Some women often experience **the urge to pee but little comes out**. Sometimes pregnant women may also experience urinary leakage, which may occur due to cough, sneezing, exercising, or even a casual laugh. It is important to note that sometimes this urge may also indicate urinary tract infection (UTI). Women are most likely to experience this infection during pregnancy. It may be an indication of the symptoms include -

- Painful urination [during pregnancy](#) and difficulty in urinating.
- A Burning sensation while urinating.
- The urine is pink, red, or even slightly concentrated.
- It appears cloudy.

If you experience any of these symptoms, immediately report your doctor and take a proper consultation on it. If left untreated, it may affect your urinary tract and lead to even more severe symptoms, and result in serious health problems.

Poha Dosa Or Atukula Dosa



Poha dosa is amazingly soft, spongy, porous crepes or pancakes made with flattened rice, idli rice, curd and urad dal batter. Poha is flattened rice and dosa are crepes. Poha has various names. So these dainty fluffy pancakes take the first name of this hero ingredient aka poha and are also called as Atukula Dosa or Aval Dosa or Avalakki Dosa in regional South Indian languages. Serve them with Coconut Chutney or Sambar for a comforting breakfast or lunch.

Ingredients

- 1 cup idli rice or parboiled rice or regular rice like sona masuri rice, parmal rice – 200 grams
- ½ cup thick poha (flattened rice or parched rice) – 50 grams
- 2 tablespoons urad dal (husked black gram)
- ½ cup Curd
- 1 cup water for mixing with curd
- ¼ teaspoon baking soda
- 1 teaspoon salt or add as per taste
- oil as required

Instructions

Making Aval Dosa Batter

- In a bowl, take fresh curd (dahi or yogurt) and water. Mix very well with a wired whisk to make buttermilk. Don't use sour curd.
- In an another bowl, take idli rice or parboiled rice or regular rice like sona masuri rice, parmal rice. Also add thick poha (flattened rice) and urad dal (husked black gram).
- Rinse the rice, poha and urad dal a couple of times with water. Then drain all the water.
- Now pour the prepared buttermilk (curd+water mixture) in the rinsed rice, poha and urad dal.
- Gently stir the mixture.
- Soak the rice, poha and urad dal in the buttermilk mixture for 2 to 3 hours.
- Drain and reserve the soaking liquid. Add the soaked rice, urad dal and poha in the blender jar.
- Grind or blend to a smooth batter using all of the reserved liquid.
- Remove the batter in a bowl and add baking soda and salt. Mix well.
- Ferment the batter for 4 to 5 hours or as required.

Cooking Poha Dosa

- Heat a tava or griddle or a cast iron pan. Brush the pan with some oil.
- Take a ladle of batter. Spread in a circular motion with the back of a spoon. Make a slightly thick dosa.
- Drizzle oil around the edges and on top of the dosa. Cover the dosa with a lid.
- Cook poha dosa for 1 to 2 minutes or till the base is cooked and crisp and the top is soft and spongy.
- Flip the dosa and you can cook the other side if you want.
- Similarly, make the rest of the avalakki dosa with the batter.
- Serve poha dosa hot with coconut chutney or sambar.
- Any leftover batter can be refrigerated for 1 day.

Notes

- Don't use sour curd as the batter will become very sour by the time it is fermented.
- You can also use 2 cups of buttermilk instead of mixing curd (yogurt) with water.
- For making vegan poha dosa use plant-based yogurt like almond or cashew yogurt.
- Baking soda gives a nice fluffy and lighter texture to these dosai. Feel free to omit it if you don't want to use.
- The recipe can be scaled to make a bigger batch of aval dosa.

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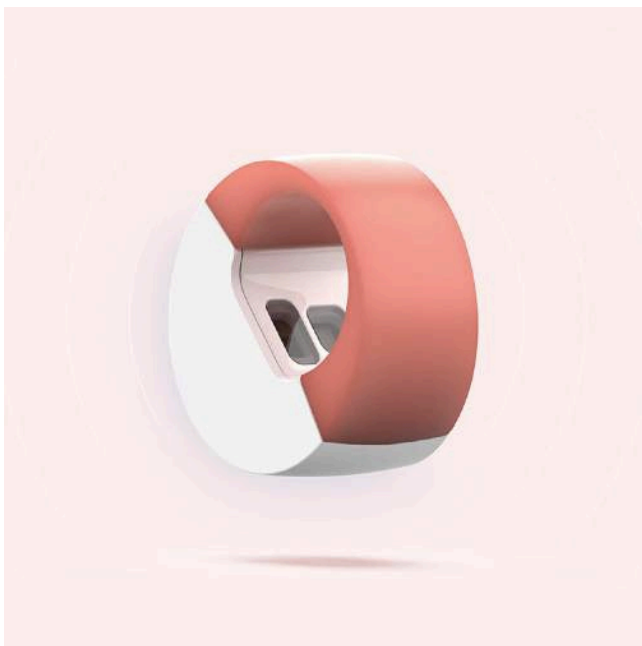
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Gripe Water for Babies

Safety,
Usage,
And
Alternatives

A young child with light brown hair, wearing an orange long-sleeved shirt, is crawling on a white surface. The child is looking towards the right of the frame. The background is a bright, out-of-focus indoor setting.

When you're the mother of a cranky baby, you've probably gotten a lot of advice from others on how to calm and soothe your child. For example, friends and family members may suggest strolling your baby around, taking a long drive late at night, removing particular items from the diet, and giving your infant gripe water if your child has colic.

Gripe water

Gripe water is a popular over-the-counter fluid supplement offered to fussy or colicky babies all around the world. In fact, according to one study, the majority of newborns in India are provided gripe water by their parents or caretakers during their first six months of life.

Depending on the product, gripe water often includes sodium bicarbonate and a blend of herbs such as fennel, ginger, dill, chamomile, lemon, and peppermint. Gripe water may be found in most grocery stores and is delivered via drops from the dropper that comes with it.

Gripe water and over-the-counter gas drops are sometimes confused, but they are two completely different items. Gas drops include simethicone, an anti-foaming ingredient that breaks up gas bubbles in the digestive system and allows newborns to pass gas. Likewise, gripe water is a concoction of chemicals intended to calm irritable stomachs.

Usage of gripe water

Gripe water is most commonly administered to babies in their first year of life when they are most likely to have symptoms of colic, excessive crying, or general fussiness. In most cases, a caregiver or parent gives gripe water to a newborn because they feel it will help with colic. However, no research has been done on the effects of gripe water on colic.

Parents may hear anecdotal evidence that gripe water assists with teething pain, gassiness, and fussiness from a friend or family member. Some parents have even claimed gripe water to be effective in relaxing babies and allowing them to sleep through the night. If you're thinking about giving your child gripe water, make sure to consult with their pediatrician first.

Is it safe to use gripe water?

When feeding your infant gripe water, you must always consult with your child's pediatrician first. This is because several variables make gripe water a potentially dangerous decision.

Ingredients

It's difficult to make generalizations against all gripe fluids because the components in gripe water might differ. However, no single study has found that gripe water is detrimental to babies. There are, however, some elements in gripe water that should be avoided.

Because gripe water is a supplement rather than a drug, it is not controlled by the Food and Drug Administration. As a result, it may include chemicals that are harmful to infants. One brand of gripe water was banned in 2019 due to a potentially hazardous ingredient.

Furthermore, while most companies advertise to be alcohol-free, not all types of gripe water are. According to one study, Some gripe water sold in India contains alcohol. Additionally, gripe water with sodium bicarbonate might cause alkalosis and milk-alkali syndrome if taken in high amounts regularly.

- **Nutrition**

One of the most serious problems with gripe water is just what it effectively removes from newborns rather than what it gives them. More specifically, if you give your kid a lot of gripe water during the day or night, they may become too satiated on gripe water alone.

If this occurs frequently, your child may experience issues such as stunted or slowed growth or insufficient weight gain. It may also interact with digestive system microorganisms that play a role in digesting and overall health. In addition, our bodies benefit from good bacteria, particularly in babies whose immune systems are still growing.

While it may not be as severe in very healthy infants, the use of gripe water regularly in low-income families is a significant worry. According to one study, gripe water is commonly used in underdeveloped nations, where mothers may not be adequately nourished to produce enough breast milk levels or may not be able to buy enough formula for their infants.

Because gripe water is utilized as a non-nutritive addition to feeding, it can be harmful because it is being used to substitute necessary supplementation for babies. Finally, administering gripe water to a baby immediately away may interfere with the child's ability to nurse and reduce the mother's own breast milk supply.

Alternatives to gripe water

It's ideal for working with a pediatrician or doctor to find a solution if your infant is highly irritable, has digestive difficulties, or you believe has colic. There may be an underlying medical ailment that



White discharge during pregnancy - Leukorrhoea

L e u k o r r h e a

A row of wooden blocks spelling 'Leukorrhoea' is centered in the lower half of the image. The blocks are light-colored wood with black letters. Surrounding this central row are several other wooden blocks scattered across the light pink background, each showing a different letter or symbol, such as 't', 'f', 'w', 'e', 'x', 'm', 'b', 'h', 'o', '!', and '7'.

Pregnancy is a magical time for a lady, but during this period, a woman's body experiences a lot of physical change. Changes like body size, weight gain, an increase of blood volume, etc. At this time, a pregnant woman also experiences something called leukorrhea, where she experiences white discharge from the vagina. Leukorrhea generally happens to every woman, but during pregnancy, the vaginal discharge increases.

Leukorrhea is a common vaginal discharge that can impact both [pregnant and non-pregnant women](#). It's a colorless, odorless discharge that's clear or milky in appearance. The length, heaviness, and amount of leukorrhea vary from person to person, just like menstrual flow.

Leukorrhea is made up of fluid and dead cells that are released from the vaginal area. It's a symptom of a healthy vaginal environment. The mucus-like fluid keeps vaginal tissues moist and removes pollutants that might cause infections.

For the non-pregnant woman, the white discharge can increase during the time of the menstrual cycle or near the time of your menstrual cycle.

As mentioned earlier that vaginal discharge or leukorrhea can increase during pregnancy; some women might wonder what the causes are for this vaginal discharge. Here are some causes or reasons for leukorrhea –

1. As said earlier, vaginal discharge can increase during menstruation because of hormone fluctuation. In pregnancy, also hormones fluctuate a lot, and thus you can experience an increase in leukorrhea.
2. Vaginal discharge is also affected by changes in the cervix during pregnancy. The body releases more discharge as the cervix and vaginal wall soften to prevent infections. In addition, as you get closer to the conclusion of [your pregnancy](#), your baby's head may press against the cervix, causing more vaginal discharge.

If you feel something wrong or fishy with the discharge anytime, such as itching, redness, foul odor, or change in the color of discharge, you can

consult your gynecologist. All of these signs can also lead to yeast infection, which is told to be normal in pregnancy. However, it is also said that yeast infections can also form because of Sexually transmitted diseases or STDS. That's why it is recommended for pregnant ladies to have a screening to find out whether they have STD or not, so if they have STD, the gynecologist can reduce the risk of passing it to the fetus.

Well, there are some things which you can do to reduce the vaginal discharge or avoid yeast infections –

- Wear loose and breathable clothes. Do not wear tight, suffocating jeans. Instead, try to wear loose pants, pajamas, or lounge pants.

- Wear underwear with better and breathable fabrics such as cotton Undergarments. Breathable fabrics reduce moisture and discomfort as well.

- Do not use things that are not recommended by your gynecologist just because you want to avoid discharge. For example, do not use tampons to avoid release; instead, you can use panty liners to prevent your underwear from getting wet.

- One way to also reduce the discharge is to maintain good intimate hygiene. Bath regularly with warm water and soap. But avoid using any harsh soaps. Always use mild soaps.

These were some of the tips to reduce leukorrhea. These are only some healthy habits to follow for a [pregnant woman](#) as well.

Leukorrhea or vaginal discharge is not something to worry about because there are more changes in a pregnant woman's body other than excessive vaginal discharge. If you have more doubts or concerns, you can talk about them with your OBYGN. A woman does not need to see a doctor unless and until you see excessive discharge, any pain, or burning sensation.

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10 Reasons Why You Might Need An IVF?

Surrogacy entails becoming pregnant and carrying a kid for the benefit of other people who will become the child's parents after delivery. A surrogate mother is a woman who carries the children. Financial arrangements between the surrogate and the biological parents may or may not be involved.

Traditional surrogate

In the classical sense, surrogacy. Using her father's sperm, a woman is artificially inseminated. The child will subsequently be carried and delivered to you and your spouse to raise. The baby's biological mother is a traditional surrogate.

Gestational surrogate

Using "in vitro fertilization," it is now possible to gather eggs from the mother (or an egg donor), fertilize them with sperm from the father (or a sperm donor), and implant the embryo into the uterus of a gestational surrogate (IVF). The surrogate will then carry the baby until it is born. They have no genetic ties to the child because their egg was not used.

Is surrogacy common in India?

Adoption used to be the only option for couples who had no chance of having a child, but the advent

of contemporary Assisted Reproductive Techniques (ART) has proven to be a blessing. Surrogate mothers have been employed to assist childless couples through medical treatments such as artificial insemination of sperm or the transfer of fertilized eggs. Surrogacy is currently banned in many nations; however, it is lawful in others, though it is a pricey practice. Commercial surrogacy has been permitted in India since 2002. The National Guidelines for Accreditation, Supervision, and Regulation of ART Clinics were published by the Indian Council of Medical Research in 2005.

The Indian surrogacy industry is valued at more than \$ 400 million every year with over 3,000 fertility clinics providing surrogacy services. The average cost of surrogacy is between \$ 10,000 to \$ 30,000, which includes the cost of IVF, the surrogate's pay, insurance coverage, antenatal care, delivery costs, and legal and medical fees. One of the main reasons for the surge in surrogacy services in India is poverty, which causes poor Indian women to rent their wombs for money or other necessities.

In 2015, the Indian government established new laws on the surrogacy process, making what had once been a popular destination for international intended parents no longer a possibility. Surrogacy rules in India now make it unlawful for foreign intended parents to finish a surrogacy in the country. Only Indian intended parents who have been married for at least five years can finish commercial surrogacy in India nowadays.

Surrogacy is no longer considered taboo, because to rising infertility rates, a growing trend of same-sex couples adopting children from surrogate mothers, and well-known celebrities adopting children from surrogate moms. Previously, it was associated with prostitution, but factors such as poverty, illiteracy, unemployment, the need for money for children's education, medical treatment for family members, and the desire to own a home are motivating Indian women to rent their wombs for surrogacy, eschewing traditional values. It's been more than 20 years since India's first surrogate kid was born, and attitudes around surrogacy have shifted over time, as seen by the 40,000 to 45,000 children born through surrogacy across the country.

Many places across the country do not consider surrogacy as a bad thing like it was before. Many individuals are aware of what surrogacy is and what it means and therefore it is no longer considered

5. When Other Forms of Infertility Treatment Don't Work

Doctors or specialists in infertility treatments offer various methods of fertility treatment, depending on the condition and severity of the patient. One of the simplest forms of fertility treatment is IUI or Intrauterine Insemination. The process involves the artificial introduction of sperm in the uterine cavity or cervix of the woman to achieve pregnancy. If the patient has undergone six cycles of IUI and has been unable to conceive, then they should opt for the IVF treatment process. Similarly, there are many other forms of infertility treatments such as COH or Controlled Ovarian Hyperstimulation or use of HMG Injection (woman infertility injection) that may be used to treat infertility. When none of these works, IVF is said to offer better success rates.

6. Unexplained Infertility

Infertility can be frustrating when there is no explanation for it. It also happens to be one of the most common reasons found in couples to come to treat infertility. About one in four couples are told by the doctors that there is no explanation of infertility in them. You must also understand that there is a reason behind everything, and there is definitely a cause for infertility. The human body is more complicated than we think, and it is probably because the way to evaluate or measure that cause isn't available yet or is quite expensive or invasive. IVF is the best way to include a child in your family when you are unable to find the actual cause of infertility.

7. Older Women Can Conceive

Other fertility treatments offer a lesser rate of success when compared to IVF in older females. IVF gives an opportunity to perform Comprehensive Chromosomal Screening or CCS, which is a biopsy of the embryo that ensures it is genetically perfect before being placed in the uterus of the woman. It eliminates the need to transfer several embryos to older patients.

8. Sperm Quality

Although 90% of chromosomal embryo problems happen because of the egg quality, but male fertility also plays an important role. If the fertility issues are with the male partner, then IVF can help resolve the effects and help in a successful pregnancy.


9. Quality of Eggs

Suppose the reason for a patient's infertility is the poor quality of eggs because of age or illness. In that case, donor eggs can be utilized to develop the embryo before it is placed in the uterus of the patient.

10. If one of the Partner Has been Sterilised

If either one of the couples has been sterilized and wishes to have a baby (for any personal reason), then IVF is the perfect way to complete your family.

IVF can overcome all the hurdles of infertility. There are millions of couples across the world that are enjoying a complete family because of IVF. There is no reason why you should not!



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Prawns Coconut Curry Recipe



Prawns Coconut Curry recipe is made with tiger prawns in coconut milk curry is a delight to be enjoyed with hot rice. This delicious cooked seafood recipe is an easy preparation and best enjoyed during cloudy days with steamed rice.

Did you know: Prawns are low-fat source of protein. It is rich in calcium, potassium and phosphorous and is a good source of Vitamin A and E. Coconuts are highly nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6



Ingredients

- 500 grams Prawns , tiger prawns
- 1/2 cup [Coconut](#) milk , first extract
- 1/2 cup Coconut milk , second & third extract
- 2 teaspoon Fennel seeds (Saunf)
- 1 teaspoon Black pepper powder
- 1 tablespoon Coriander Powder (Dhania)
- 1 teaspoon Red Chilli powder
- 1 teaspoon Turmeric powder (Haldi)
- 3-4 Green Chilli
- 1 sprig Curry leaves
- 1/2 cup Coriander (Dhania) Leaves
- 1 teaspoon Tamarind Paste
- 1/2 inch Ginger
- 7 cloves Garlic
- 2 Tomatoes
- 1 Onion , medium
- 1 teaspoon Mustard seeds (Rai/ Kadugu)
- Salt , to taste
- 1 tablespoon Coconut Oil

How to make Prawns Coconut Curry Recipe

1. To prepare Prawns Coconut [Curry](#) Recipe, begin by making a paste of fennel, pepper, ginger and garlic by adding a little water.
2. Heat a Kadai or meen chatty with oil. Once hot, splutter mustard seeds.
3. Add the above paste and saute till the raw smell leaves.
4. Add curry leaves, green chilli and chopped onions. Saute till onions turn translucent.
5. Add in chopped tomatoes and cook till tomatoes turn mushy.
6. Add in tamarind paste. Add coriander powder and chilli powder and mix for a minute.
7. Add second and third milk extract of coconut. Add salt and bring it to a boil.
8. Add cleaned and deveined prawns. Cook for 4-5 minutes.
9. Now add first milk extract of coconut and mix well. Do not boil. Once it is heated enough take it off flame and garnish prawns coconut curry recipe with chopped coriander leaves.
10. Serve Prawns Coconut Curry with hot steamed rice.

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10 MUST HAVE FOOD FOR BREASTFEEDING MOTHER

If you're a breastfeeding mother, there's never been a time wherein your body isn't constantly making milk for your infant. The number of calories necessary to generate each ounce of milk causes many nursing mothers to feel perpetually hungry. Therefore, it's vital to consume nutritious foods that aid in the replenishment of your body.

Your breastmilk will provide your kid with everything they need to grow normally when it comes to nursing. It's crucial to [eat well](#) when breastfeeding, and superfoods are a great place to start. Good nutrition will aid in increasing your milk production, providing you with greater energy, and assisting you in losing baby weight.

1. Nuts and seeds

Due to the phytoestrogen's composition, which is similar to estrogen and is a signal for breastmilk secretion, a breastfeeding diet rich in fenugreek seeds aids in improving breastmilk output. In addition, drinking fenugreek tea or ingesting it whole is an excellent method to get iron, calcium, and other minerals and vitamins into your system.

For example, Dill, fennel, and carom seeds are also good. They can be eaten by boiling them using water and drinking the resulting liquid.

Calcium, magnesium, manganese, fiber, iron, copper, and phosphorus are all abundant in sesame seeds. Toast them and gently spread them over salads, vegetables, and other dishes.

Almonds are a fantastic non-dairy resource of protein and calcium that may be sprinkled on top of cereal or eaten as a snack.

2. Pulses and legumes

Pulses such as chickpeas, kidney beans, and moong dal must be included in a vegetarian mother's diet to ensure that she gets enough protein, minerals, and anti-oxidants. They're also heavy in fiber, that aids digestion. However, because these high-fiber beans can create gas, it's best to eat them during the day.

3. Whole grains

Oatmeal is simple to prepare complex carbohydrates high in iron, calcium, and fiber and is believed to help lactation by activating Pitocin, the milk-producing hormone. Also high in minerals, vitamins and fiber are whole grain pasta, bread, and brown rice.

4. Leafy vegetables

Iron, magnesium, calcium, and folate are abundant in leafy green plants, including fenugreek, spinach, and Dill. They can be eaten as a vegetable, juice, or salad or added to an omelet to enhance your immune system and promote breastmilk production.

5. Salmons and sardines

Salmon is high in omega-3-fatty acids, and vitamin B12 is a good source of protein. It's also one of the few sources of natural vitamin D, and many women are deficient in this vitamin. Salmon is good for breastfeeding mothers because it includes a lot of DHA, a form of fat that is vital for a child's nervous system development. Salmon, whether canned wild-caught or farm-raised, is nutritious. Breast milk supply can be boosted by both salmon and sardines.

6. Dairy

While breastfeeding your infant, refill your blood flow of calcium by drinking at least 3 glasses of milk or yogurt throughout the day.

7. Eggs

Vitamins B12 and D, Protein, lutein, choline, riboflavin, and folate are all abundant in eggs. They're a simple and quick lunch or snack. To get the most nutrition, eat the whole egg. According to new studies, eggs do not raise cholesterol levels.

8. Sweet potatoes

One moderate sweet potato is enough to meet daily vitamin A requirements for breastfeeding mothers. Vision, bone growth, immunological function, and cell specialization all require vitamin A. Your child's vitamin A requirements for development and growth are based on your dietary intake. Breast-feeding has another advantage in this regard. Vitamin A deficiency in breastfed newborns is extremely rare. Sweet potatoes are a good source of potassium as well.

9. Apricot and dates

Prolactin, the hormone that signals your body to produce milk, can be increased by eating apricots and

dates. Apricots are high in Vitamin A, dietary fiber, vitamin C, and potassium, among other nutrients. Fresh is preferable to canned. If you must use canned apricots, stay away from those that are packaged in syrup. Dried apricots are a convenient snack to have in your purse for when you need a fast bite. Dates are also high in fiber, calcium, and naturally sweet.

10. Garlic

This herb is helpful for more than just warding off vampires; it also helps to keep the digestive fire burning, prevents infection, detoxifies the body, and improves milk production in mothers and feeding babies.





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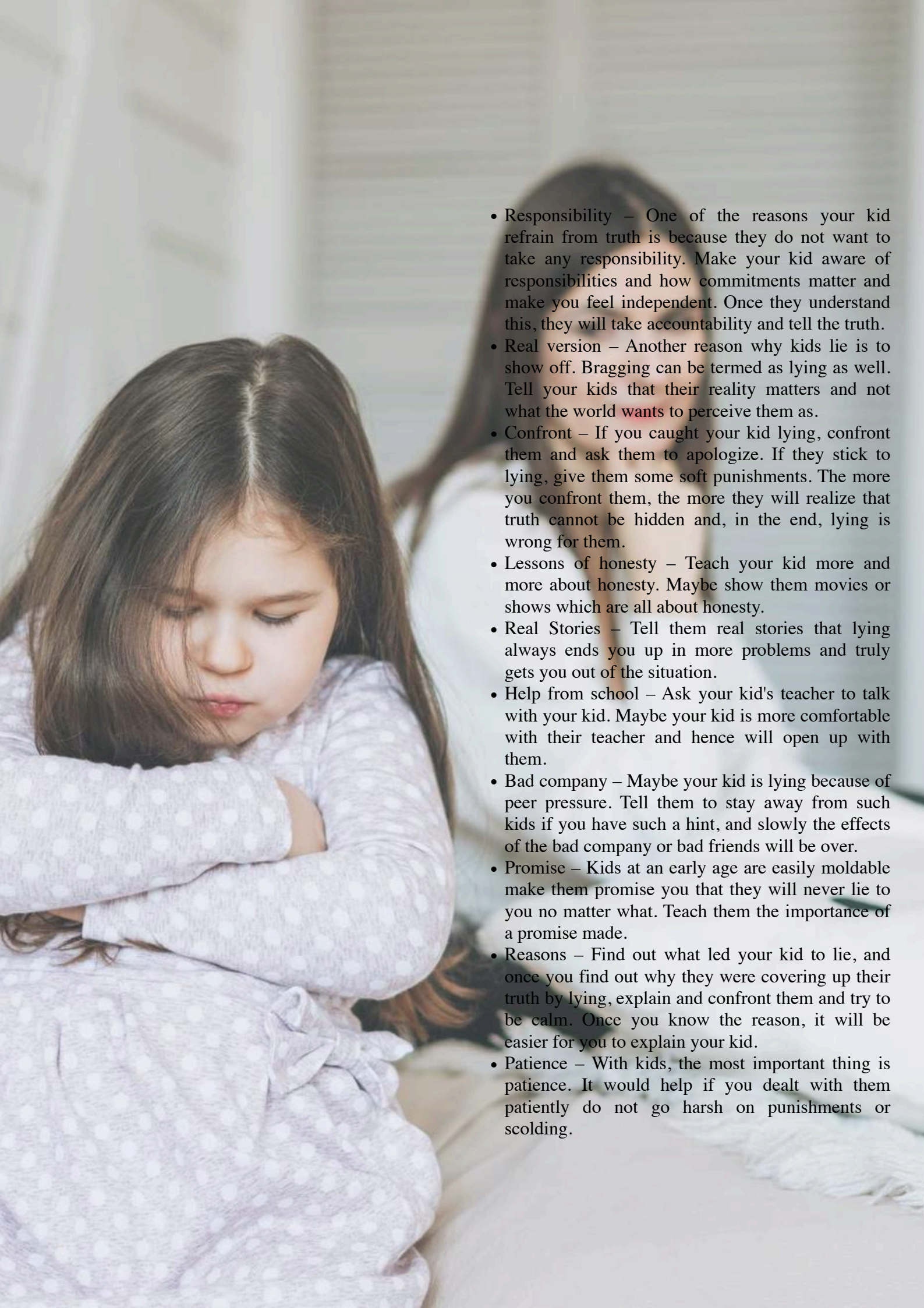
15 Effective Ways to Stop Kids From Lying

When kids start growing up, there are many habits and behavior they develop. Some of them may be good habits, but they can develop bad habits, such as lying. Kids can lie because of many factors, such as their fear for you, or maybe they cannot share things with you and hence end up lying. Other reasons for lying can be if they want something from you are afraid of the consequences if they tell the truth.

If you are fed up with your kid lying and want them to get rid of this habit or behavior, then here are some ways how you can stop your kid from lying.

- **Rules** – You can make rules for all household members never to tell a lie and always stick up to the truth. Kids often copy from their elders or their parents. If their parents and other people in their surroundings are telling the truth, then ultimately, they will understand and stop lying.

- **Establish trust** – One of the reasons why your kid is lying is because they don't trust you. It would help if you made your kids understand that you are with them no matter what and that they can trust you. Once they start trusting you, they will eventually stop lying.
- **Establish bond** – Another reason can be that you both don't have the bond or comfort with each other. It would help if you were both a friend and a parent to your kid. Once they are comfortable with you, they will not shy away from telling the truth.
- **Consequences of lying** – Make your kid understand that lying may look like an easy way and it may get you out of the problem, but later on, lying can weave a ton of problems, and you may end up having more significant trouble. If you tell the truth, you actually face the problem, and both of you can solve the problem together or analyze the situation together.
- **Reward** – Whenever your kid tries to tell the truth and ends up telling the truth, even if it is something they did bad, rather than scolding them, you can support them and praise them for telling the truth. It would help if you established that telling the truth is the right thing and a good thing.



- Responsibility – One of the reasons your kid refrain from truth is because they do not want to take any responsibility. Make your kid aware of responsibilities and how commitments matter and make you feel independent. Once they understand this, they will take accountability and tell the truth.
- Real version – Another reason why kids lie is to show off. Bragging can be termed as lying as well. Tell your kids that their reality matters and not what the world **wants** to perceive them as.
- Confront – If you caught your kid lying, confront them and ask them to apologize. If they stick to lying, give them some soft punishments. The more you confront them, the more they will realize that truth cannot be hidden and, in the end, lying is wrong for them.
- Lessons of honesty – Teach your kid more and more about honesty. Maybe show them movies or shows which are all about honesty.
- Real Stories – Tell them real stories that lying always ends you up in more problems and truly gets you out of the situation.
- Help from school – Ask your kid's teacher to talk with your kid. Maybe your kid is more comfortable with their teacher and hence will open up with them.
- Bad company – Maybe your kid is lying because of peer pressure. Tell them to stay away from such kids if you have such a hint, and slowly the effects of the bad company or bad friends will be over.
- Promise – Kids at an early age are easily moldable make them promise you that they will never lie to you no matter what. Teach them the importance of a promise made.
- Reasons – Find out what led your kid to lie, and once you find out why they were covering up their truth by lying, explain and confront them and try to be calm. Once you know the reason, it will be easier for you to explain your kid.
- Patience – With kids, the most important thing is patience. It would help if you dealt with them patiently do not go harsh on punishments or scolding.



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Try These 8 Vitamins and Supplements that help to conceive

In our previous generation, giving birth to a child or conceiving was considered as something that couldn't be prepared for. It was believed to come unexpectedly. As a result, there were many complications as women were not fully prepared or capable of bearing the child. But nowadays, more couples are leaning towards planned pregnancies which means they take their time and only have a baby when ready. Conceiving is also pre-planned. Planned parenting is better for the mother because her body gets ample time to have the strength to bear a child. If you are trying to get pregnant, you should ensure that your body is ready.

During the pregnancy period, one should start taking Vitamins and supplements even when trying to get pregnant. It's always better to have your body pre-equipped with [the necessary elements while trying to conceive](#). It also helps to develop faster. We have found some vitamins that are most helpful when you are trying. Take a look.

Folic acid

Doctors have advised taking folic acid for every woman, whether trying to conceive or not. Folic acid, also called vitamin B9, increases the fertility rate and makes the eggs more fertile. Not only that, but it also helps the baby's neurons preventing the disease spina bifida.

The prescribed amount of daily amount – 400 micrograms (higher in some cases like past complications, family history, alcoholic/smoker)

Sources – Broccoli, chickpeas, asparagus, peas daily cereal

Vitamin C

Vitamin C is very important for fertility. Pregnant women do feel a craving for something sour, as we all know. But it even helps to get pregnant. Both men and women should take a fixed amount of Vitamin C daily. It increases progesterone production and helps in muscle gain.

The prescribed amount of daily intake – 500mg twice a day

Sources – Orange, bell pepper, Papaya, Tomatoes

Vitamin E

Vitamin E upgrades the sperm quality and thickens the cervical mucus for women, which makes the sperm more productive as they stay alive in the fluid longer and the eggs stay attached to the wall.

For men, Vitamin C enhances sperm motility.

The prescribed amount of daily intake- 15 milligram

Sources: vegetable oils such as sunflower oil, Olive oil, corn seeds, nuts

Vitamin D

There is a direct [relationship between vitamin D and conceiving](#), for studies have shown that women with normal vitamin D rates are likely to be pregnant faster and safer than those with Vitamin D deficiency. Calcitriol, [a form of vitamin D](#), increases the inversion of Estrogen. It also strengthens the bone.

The prescribed amount of daily intake – 10-20 micrograms

Sources (apart from sunlight)- Milk, Cheese, egg yolks

Iron

Iron is highly essential to any stage of human life, be it childhood, be it middle age or old or even when she is trying to conceive. It's one of the most effective prenatal vitamins as it increases sperm and egg count.

Men and women should maintain the daily supply of iron during this period.

The prescribed amount of daily intake – 27mg

Sources – everyday food

Calcium

Although calcium mainly helps to develop the bones of the baby, which means that it is more effective once you're pregnant, still to ensure that your body already has the required strength to bear a baby and your bones are strong enough, one should start taking calcium while trying to conceive.

The prescribed amount of daily intake – 1000mg

sources- Fishes, [Almonds](#), milk, and eggs

Selenium

This lesser-known Vitamin is an incredible fertility booster. A 2019 research has shown that vitamin selenium and vitamin E mixed together works wonders for infertile men as it improves the semen quality.

The prescribed amount of daily intake: 55 micrograms/day

Sources – Oysters, Chicken, Sunflower seeds, bananas, baked beans

Omega-3s

Omega 3 is another vitamin that increases sperm motility and improves egg quality.

The prescribed amount of daily intake: 1100 for women and 1550 for men

Sources - Sea fish, fish oil

These are some prenatal vitamins that help to conceive. Sometimes, it's the deprivation of vitamins that delays the pregnancy. So, in that case, you should consult your doctor first and start taking vitamin tablets.



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Sensory play provides young toddlers and children with a limitless number of opportunities to grow and learn. While utilizing their senses to investigate and explore the environment, children build coordination, enhance concentration, and develop gross and fine motor skills through sensory play. In addition, sensory activities expand their curiosity, creative thinking, and problem-solving and solution-testing abilities.

Pre-schoolers will enjoy [learning about the five senses](#), especially in the early stages of the year. This is because children naturally interested in the world around them, and they frequently explore and learn using their senses.

Here are 10 Amazing Five Senses Activities For kids

1. Read and Locate

This activity has two purposes: it helps you focus on visual stimuli and it helps you read.

Fill a basket with all of your belongings, such as a toy vehicle, a ball, and pencils.

On a piece of card stock paper, jot down the goods you've placed in the basket.

Begin by having your youngster read each item on the list to you. Then, encourage them to make use of their phonics abilities.

After they've finished reading it, have them look for it in the basket and match it up.

2. Taste bottles

Cut cards stock or card paper into different flavors and label them.

Allow the children to sample the bottles. To begin, have them try all of them.

Assign the task of matching the bottles to the relevant labels to the children.

Next, the kids can describe what products they can locate in the kitchen that symbolize these flavors.

3. Sound trip

On notebook paper, make a basic chart. There are only two columns: one for the sound you're looking for and another for a tick or a star.

Make a note of the sounds you hear in your neighborhood or anything else you think you'll listen to—for instance, sirens, dogs barking, automobiles, birds, and so on.

Tape the paper on a piece of construction paper and go for a walk.

Talk to the kids about the noises as you hear them and have them tick them or put a star next to them.

4.Touch and describe

Some of the most descriptive terms come from our sense of touch. Request that the children feel a range of items and write down the adjectives they would use to describe them. Make tiny strips out of each of the materials you'll be using. Each material should be cut into two strips. Fill the various compartments of the tray with the different materials.

Tape or glue the remaining strips of material on card stock paper, which has been cut into small rectangles. Allow the children to touch and explain each of the materials in the tray. Encourage children to use words like soft, smooth, rough, bumpy, squishy, sparkly, etc. When they're finished, have them match the card stock strips in the tray to those in the tray.

10 Amazing Five Senses Activities For kids



5. Sound matching

Fill one thing – for example, if you're loading the eggs with uncooked beans and you have red and yellow eggs, fill one yellow egg and one red egg. Carry out the same procedure with the remaining eggs and ingredients. To prevent leakage or spillage, tape the eggs together with cello tape. Allow children to shake each egg and match it to its mate.

6. Fun with paints

Fill the bowls with paints.

Toss in the artificial fragrance. If you're using yellow, give it a banana flavor so you can talk about

scented name has dried, ask the youngster to identify the scent and scratch it off a little to release more of it. Place the name board in a prominent location in the classroom or at home.

8. Alphabet touching

Begin by drawing the letters onto a piece of card stock. After that, cut the pieces and adhere them to the letter's outline. Cut out the letters and glue them to construction paper. Now it's time to start tracing the alphabets with your fingers while experimenting with the texture. Examine the material and explain "A"- it is glistening and gleaming. The letter "B" is a kind one.

9. Celery Taking Up Coloured Water

Half-fill the pitchers with water and then add the food dye. Celery stalks should be placed in the vases. Inquire about the children's predictions for what would happen next. They might react by anticipating that the celery would grow to be rather enormous. The children can observe how the stalks and leaves change color.

10. Ice cream tasting test

The cups you'll use to hide the ice cream bottles should be numbered. Make a chart with one column for the numbers, one for their predictions, and one for the flavours. Put the flavour on a piece of paper and wrap it with peel-off labels. Once the predictions have been recorded, the children will peel these off. Blindfold the children and explain how their other senses will function even if they are blinded. Solicit a scent and then a taste of the ice cream from them. Compare it to the number on the chart. After you've finished, open the blindfolded and peel off of the tags to discover how many correct answers your youngster received.



the colour as well. Allow the children to begin putting their brush into the bowl one by one. Get the youngsters to paint on paper and try to figure out what the fragrance is. Please give them a few hints about what it could be. "Do you suppose it smells like something of a vegetable or a fruit?"

7. Scratch and sniff

With a pen, write the children's names on card stock paper.

Allow the kids to use glue to trace over their letters. Trying to squeeze and handling a glue bottle may be necessary for some children. Gelatine should be sprinkled thoroughly over the glue. Once the



Travel Diaries

Thrilling Experience

What could be a better & thrilling experience than falling in love at first sight, I guess nothing. That is what happened to me as soon as I crossed the security check and entered the Jim Corbett National Park.

Jim Corbett National Park is a forested wildlife sanctuary in northern India's Uttarakhand State. Rich in flora and fauna, it's known for its Bengal tigers. Animals, including tigers, leopards and wild elephants, roam the Dhikala zone. On the banks of the Ramganga Reservoir, the Sonanadi zone is home to elephants and leopards, along with hundreds of species of birds.

I had visited the Jim Corbett National Park along with my Wife and 3 Year Old Son during the month of October in the Year 2017. We were there for four nights in all and we took 5 Safaris and saw 6 different tigers. Rich in Heritage as well as the Wildlife, Ranthambore National Park is truly mesmerizing.

Every zone which we visited was different in its own way. We were truly mesmerized by Zone 3 which is as beautiful as it can be. With ample water and flora and fauna Zone 3 is a Tiger's paradise. I would love to mention that during our visit we were able to witness three generations of a Tiger.

It was wonderful driving almost parallel to her and at one point of time we were facing her directly when she came out of the bushes and moved head on towards our Safari Vehicle.

A couple of Tigers walking together with us was a dream come true for me as I had never witnessed two tigers together before.

In the evening we went to Zone 3 and after a few minutes we reached the boundary of Zone 3 and Zone 4 and in front of us was Arrowhead lying down. Tiger was there relaxing and took her time to get up after which she moved down towards Zone 3 where she stalked a wild boar. After stalking the wild boar for almost 15 minutes she ran towards it and what a pleasure it was seeing her running and leaping all over. It was such a thrilling experience watching her chase a wild boar as it was for the first time that we had seen a tiger chasing down another animal.

Previously we had only seen such an event on television and experiencing it live was another dream come true. I wish I could have stayed at Ranthambore for more but as I had my family with me I had to continue with my onward journey but a few things happened in my life after my visit to Jim Corbett National Park that just makes me feel happy and ecstatic. Firstly my wife Tanya who always told me that you have seen enough of jungles now wants me to plan another holiday to jungles as she too felt in love with the Tigers after seeing them for the first time in the jungle.

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A woman with voluminous curly hair is smiling and looking down at a pregnancy test she is holding. A man with a beard is sitting next to her, covering his eyes with his hand. The scene is set in a bedroom with a bed and white linens visible in the background.

SYMPTOMS
OF
PREGNANCY:

WHAT
HAPPENS
FIRST

The primary sign of pregnancy is missed period. This is a widely known pregnancy sign which confirms the good news even before the test. But sometimes that can be a false alarm. Many things including stress, disease, and irregular cycles can delay or stop the period. So one shouldn't solely rely on periods when expecting.

There are other signs as well that can emblem pregnancy. Here are some early signs of pregnancy that women will find useful.

Body heat

If you notice, you will find that a [woman's body heats up after ovulation](#). The temperature may rise one or two degrees. But after sometime, it automatically is reduced.

But those who are pregnant will feel overheated even after that specific period. What you can do is to check the body heat regularly. If the body heat is higher than the normal for one or two weeks consistently, it can mean pregnancy.

Change in breasts

Changes in women's breasts begin right from the first moment of pregnancy. They get tender and swell. And this is one of the earliest signs of pregnancy- tender and sensitive breasts.

The apparent changes that you can spot in your breast are swelling, visible veins, and enlargement of nipples.

Aversion to strong smells

Repulsion to a strong smell is also an early sign of pregnancy. It is well known that many smells strongly work as an anti-factor to the body during pregnancy. But many people don't know that it can happen at the very early stage of pregnancy.

It does not always have to be an odor that a pregnant body will abhor. It can be any strong smell – even the perfume you used to love earlier

Dizziness

Due to hormonal changes and changes in blood pressure, dizziness along with headache and uneasiness in the body is a common early symptom of pregnancy.

Fatigue

Fatigue is also a frequent sign of early pregnancy.





Constipation

This is also very common during early pregnancy. Due to the increase of progesterone hormone, your body may feel a bit of complication in digestion and it may take a bit to pass through the intestine.

Increase of urination

Just remember how many “pregnant lady pee ” jokes you have heard throughout your life. It’s indeed troublesome and awful to feel the urge to urinate very almost with no time gap but it’s another sign of your baby. Your bladder will fill up real quick and due to the Hormonal changes and blood flow through the liver [this symptom will get stronger and stronger in the upcoming pregnancy.](#)

Weird taste

Change in taste bud is mainly prompted by the change of hormones. It is called Dysgeusia in medical science. Basically, [you will not like some foods](#) and crave things you usually don’t like.

Cramps

Cramps in the early stage of pregnancy are preparation for your body to be gentle to a growing fetus. You occasionally can feel pulling aches and sensations in the abdomen area. It is more intelligible when you move your body or sneeze.

Weird dreams

This is completely psychological. Due to the change of body, our subconscious mind also changes. As a result, one will see weird bizarre dreams even if they are unaware of [the pregnancy. These dreams can be scary](#) but it’s not so much concerning because it happens to almost every woman.

Mood swing

During the whole pregnancy period, a woman's mood shuttles like a ping pong ball. One moment you will feel ecstatic and another moment you’ll be in tears. If you are feeling down or euphoric for quite some days and you’re feeling angry about everything at one moment and the next moment crying after seeing adorable puppy videos, that can signify your pregnancy.

**TEEN
SMOKING:
WHAT ARE
THE HEALTH
RISKS AND
HOW TO
STOP THE
HABIT**



Here are some of the risks for teens associated with smoking –

According to studies, it is said that almost 3 million teenagers are smokers. Nearly 20% of high school kids are smokers. Studies also say that among smokers, 90% of them started [smoking when they were teens](#). All of these studies and facts prove that teens are likely to be attracted to the awful act of smoking. Smoking is one such habit that is not fruitful but only dangerous to everybody. And for teens who are still developing, smoking can be hazardous to both their physical and mental health. [Teens](#) try smoking or make it a habit for various reasons such as peer pressure, copying their parents, and the most famous one trying to be cool in front of their friends. There are many risks associated with smoking, especially for teens who smoke.

1. Yellow teeth - The nicotine and tar in tobacco cause teeth yellowing, which is one of the side effects of smoking. It can quickly turn your teeth yellow, and heavy smokers frequently remark that their teeth are nearly brown after years of smoking.
2. Gum disease - Gum disease can also be caused by smoking. Smokers have a higher risk of developing bacterial plaque, which leads to gum disease. In addition, the gums are harmed because smoking depletes oxygen in the bloodstream, preventing infected gums from healing.
3. Often coughing - The cilia lose some of their ability to drive chemicals and other undesirable items out of your lungs when you smoke. As a result, pollutants stay in your lungs for considerably longer than they would otherwise. As a result, you'll have to cough more to get the chemicals out of your lungs.
4. Senses – It is said that the more you smoke, the more you lose your feelings, such as taste, smell, or even vision. This is due to the tar on their tongues and nasal passages. This may not be apparent to a smoker until after he or she has stopped smoking and notices changes in the way foods taste and smell.
5. Long-term disease – Yes, it is true that smoking leaves short-term effects and long-term ones such as heart diseases, lung diseases, and even cancer. Cancer is one of the fatal diseases and may lead to death as well.



If you are worried about your teen smoking or you are a teen and want to get rid of this hazardous habit, then here are some of how you can quit or stop the habit –

1. Know the reason – If as a teenager you started smoking or your teen started smoking, then you need to know the reason as in first place why did they start smoking and what led them to continue with this habit. After knowing the reasons, you can help them eliminate it and thus will help you find a reason to quit smoking.
2. Consider negative effects – Talk about the negative effects of smoking on life. Once you analyze the negative effects, it will immediately give you the strength to start quitting smoking.
3. The art of avoiding – Once you or your teen has decided to quit smoking, you need to avoid people you started smoking or places you used to go for smoking. You need to avoid the temptation as well. If you hold out for some time, the nicotine cravings will pass out eventually. Patience and the strength to avoid are factors you need to quit smoking.
4. Products – You can use nicotine patches, nasal sprays, inhalers, etc., which can help you in the quitting process.
5. Help – Even after all the determination, if you cannot give up the temptation, you can always seek help from rehabilitation or support centers.

So these were some of the points that can help a teen stop smoking.



**How
Much
Protein
Do
Children
Need?**

Children are picky eaters, yet one of a parent's primary tasks is to get them to consume a very well diet and to emphasize the value of a nutritious diet. For appropriate development and growth, your child requires a balanced diet. Protein should also be a significant portion of his diet. Protein is essential for children during their developing years, so keep track of your child's consumption.

What Is the Importance of Protein in Children?

1. It aids in the immune system's strengthening.

Protein can aid in the maintenance of a child's immune system, allowing him to better fight illness bacteria and viruses. Proteins act as antibodies, assisting the immune system in its activity.

2. It is a good energy source.

Carbohydrates are essential for the body to produce energy. When carbs are scarce, the body can rely on proteins to provide calories and power.

3. It aids in the manufacture of haemoglobin.

Protein aids in the formation of haemoglobin, an essential component of blood that transports oxygen to all regions of the body.

4. It aids with muscular development.

Protein aids in the formation, maintenance, and replacement of tissues in the body. Protein is the most vital ingredient for muscle growth and is the building block of life.

5. It aids in the acceleration of metabolism.

Proteins, in the shape of hormones and enzymes, guarantees that the body's metabolism is in good working order.

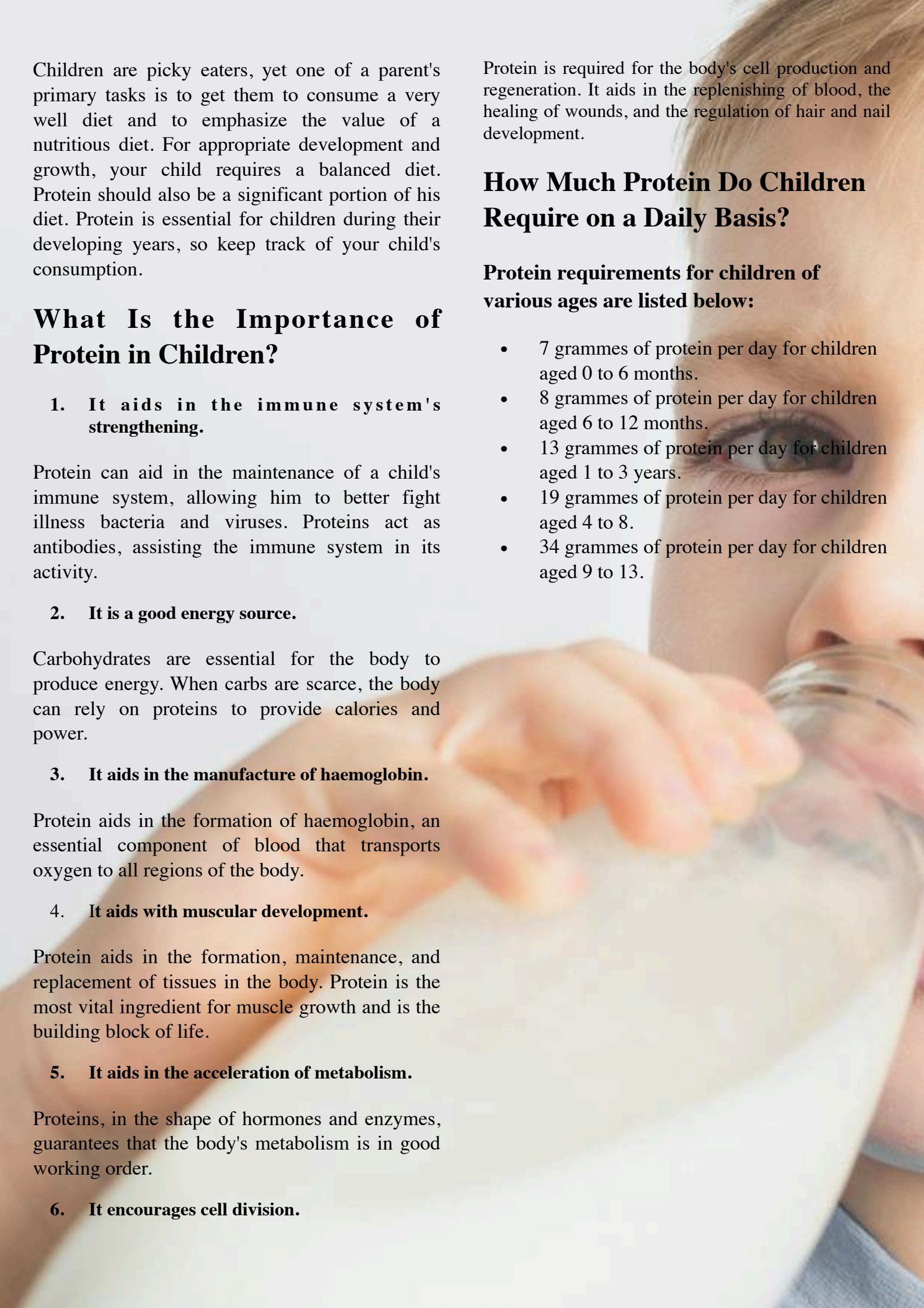
6. It encourages cell division.

Protein is required for the body's cell production and regeneration. It aids in the replenishing of blood, the healing of wounds, and the regulation of hair and nail development.

How Much Protein Do Children Require on a Daily Basis?

Protein requirements for children of various ages are listed below:

- 7 grammes of protein per day for children aged 0 to 6 months.
- 8 grammes of protein per day for children aged 6 to 12 months.
- 13 grammes of protein per day for children aged 1 to 3 years.
- 19 grammes of protein per day for children aged 4 to 8.
- 34 grammes of protein per day for children aged 9 to 13.



What Are Some Great High-Quality Protein Sources?

1. Dairy

Protein is found in dairy products like cheese, yoghurt, curd and cottage cheese. Make sure your child gets enough dairy products on a daily basis.

2. Lean meat

Protein is abundant in lean meats such as skinless chicken. Your child will get enough of protein and a wonderful taste from a delicious chicken curry or a chicken starter.

3. Soy and soy products

[Soy and its variants](#) are a fantastic protein source that can act as an alternative to animals' meat. They also include important elements like iron, vitamin B and zinc. Soybean and its products, such as tempeh, tofu, enhanced soy milk, and miso, are suitable for vegan and vegetarian youngsters.

4. Beans, lentils, peas.

Beans, lentils and peas are excellent sources of plant-based, high-quality protein that can provide vegetarian and vegan children with a variety of micronutrients and dietary fibre. Experts recommend that children consume 2 to 3 portions of these types of food each day to get the most out of them.

5. Tuna and salmon

Tuna and salmon, for example, are protein-rich foods that are also high in omega-3 fatty acids, selenium, vitamin B12, vitamin

D, iodine, and zinc. These nutrients aid in a child's growth and development. As a result, specialists recommend children to eat two meals of low-mercury fish every week.

6. Nuts and seeds

Almonds, walnuts, cashews, chia seeds, pecans, chia seeds, sesame seeds, and flax seeds are just a few of the typical nuts and seeds that youngsters can eat on a daily basis as part of a healthy diet. Children will enjoy nuts and seeds as fast snacks since they are high in healthy fats, fibre and vitamin E.





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10 Awesome Facts About April

1. We know it is the fourth month of the year, but that's only by the Gregorian calendar that we adhere to now. It was previously the fifth month in the earlier Julian calendar.
2. April also only had 29 days, but a 30th day was added when Julius Caesar established the Julian calendar.
3. In the Southern Hemisphere, April is the seasonal equivalent to October. Prison. The book that was written by Nehru titled "Toward Freedom" was published in the year 1936 in the USA.
4. On April 15, 1912, the famous Titanic ship hit an iceberg and sunk on her first and only voyage.
5. Of course, one of the most well-known dates of April, is April Fools' Day on the 1st of the month. No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer's story in "Canterbury Tales" called "Nun's Priest's Tale."
6. April is also the month that the birds migrate north and settle down for the summer to mate.
7. April 10: National Siblings Day: They might have annoyed you when you were younger, but few people know you as intimately as your siblings do. So take a moment today to call your brother or sister and reminisce about all those times you drove each other (and your parents) crazy.
8. Poet William Wordsworth Was Born in April
9. William Shakespeare Was Born and Died in April
10. Leonardo da Vinci Was Born in April

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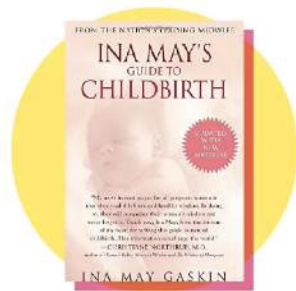


One of the best gifts you can give to your child is the love for reading. In due course of time if there's one thing that I have realised is that when you read a lot, you know a lot, but the real benefits of reading goes beyond the knowledge of the subject. You become a better person. You become articulate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

BEST BOOK FOR PREGNANT

Ina May's Guide to Childbirth



Ina May Gaskin speaks about pregnancy and childbirth with over 30 years of experience as a midwife. Her book focuses on reassuring women of their body's natural strength to give

birth. If you're looking for ways to have a more natural experience, Ina May provides tips to reduce pain and avoid drugs. She also addresses common concerns. May offers advice on how to work with doctors and how to create a comfortable birthing environment in any setting.

The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth



There are tips for getting the right nutrients and easing bothersome symptoms with natural remedies. The book is also sprinkled with personal stories from women who've had positive experiences going the natural route.

BEST BOOK FOR NEW PARENT

Welcome to the Party

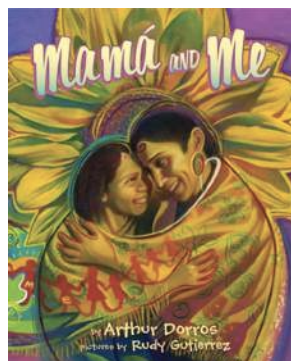


A perfect, upbeat, rhyming picture book for families welcoming a new baby to the world, from actress and New York Times best-selling author,

Gabrielle Union. A true celebration of the party that is life.

Mamá and Me

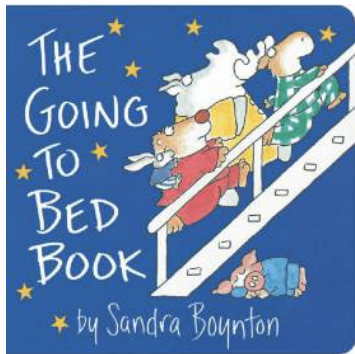
Mama and Me explores the special bond between mother and daughter. For this bilingual girl and her mamá, loving each other is about being together--and independent! With Spanish-mixed-with-English text by award-winning author Arthur Dorros and Belpre



Honor Illustrator Rudy Gutierrez.

BEST BOOK FOR TODDLERS

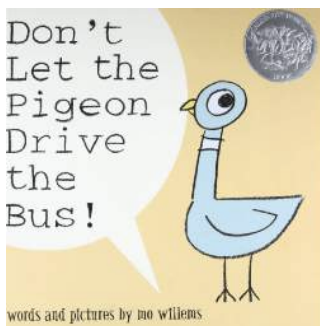
The Going to Bed Book



I don't believe there's a toddler on the planet who isn't completely delighted by Sandra Boynton books. The silly prose and charming illustrations are like kid catnip

and while it's hard to pick a favorite, this one gets top billing since it helps make the bedtime transition just a little bit smoother. (Mostly.)

Don't Let the Pigeon Drive the Bus



Books that break the fourth wall are a total delight for toddlers. They'll love answering back when Pigeon pleads his way into driving the bus.

BEST BOOK FOR BIG KIDS

Third Grade Angels



George, aka "Suds," is entering third grade and determined to earn "the halo" — the monthly award that his teacher, Mrs. Simms, gives to the student who is the best behaved and kindest to others. But acting perfectly — in and out of school — proves to be a tough task. Will his good

deeds pay off? This is the prequel to Spinelli's bestseller

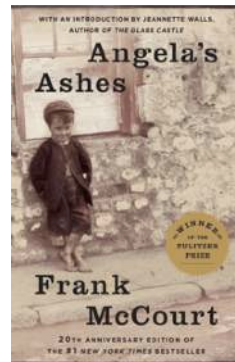
Ungifted



Middle school trouble-maker Donovan Curtis pulls a huge prank and expects a major punishment. Instead — thanks to a mix-up by a school administrator — he gets placed in a special program for gifted students. While Donovan is no math or science whiz, he shows the gifted kids that his lively antics are another sort of gift that everyone can learn from.

BEST BOOK FOR TEENS

Angela's Ashes



While the story is compelling, what saves McCourt through a series of tragic events are his relationships with his mother and father, siblings, neighbors, and friends. It's one of those classic rags-to-riches books for teens that not only inspires young readers to make the most of what they have,

but also encourages them to persevere and overcome any odds they may face.

Aristotle and Dante Discover the Secrets of the Universe



he book, which includes themes of friendship and love, unpacks the complex relationship between two boys—one of whom has not come to fully accept his own identity or the dynamics of his family. It's a page-turner from an LGBTQ author who shows teens what it means to embrace who you are

and who you can become. Readers will be happy to know the sequel was just released.



**How
To
Deal
With
A
Disrespectful
Teenager**

Do you have a disobedient adolescent on your hands?

Whenever you ask him to finish his schoolwork, he may mumble under his breath. When you tell her she can't go out with her friends; she may slam her room door. If so, you're probably at a loss for words. You care about your teenagers and want the most for them. But you want kids to understand that your family has rules, just like the rest of the world. Don't be concerned. Disrespect for parents is frequent as children transition from childhood to adulthood. You cannot, however, deal with contempt by totally ignoring it. It would help if you devised a strategy. Here are some things you should do and things you should avoid doing.

This article discusses strategies for dealing with impolite and often disobedient teenagers.

- **Disrespectful behavior toward parents must never be allowed.**

However, it is critical to recognize that some level of [disrespect is a natural aspect of growing up](#) and acquiring independence. Eye-rolling, needless remarks, or ignoring requests are examples of this type of disrespect. Children grow up in a household where the balance of power is skewed in favor of the parents. Children often feel powerless when rules and expectations surround them. Talking back and other types of modest disrespect are just methods for your kid to feel like he's regaining some of his authority. It's a natural process: your adolescent is learning to communicate himself and form his own opinions. And gaining independence is an important part of growing up.

- **Be consistent with rules.**

The absence of limits is one of the most prominent reasons for disrespect in teenagers. Youngsters who have been spoiled or who have been permitted to use their way frequently grow up to be impolite teenagers. Rudeness among teenagers is practically unavoidable in families with few solid rules. Families with standards for their children's behavior but uneven enforcement are more likely to generate disrespectful teenagers. Inconsistency occurs when a

parent applies various rules for no obvious cause on separate days.

- **Do not make it personal.**

It's easy to get wrapped up around your own emotions while engaging with a disobedient adolescent. You're more inclined to make it personal if you do.

But this is a mistake because you should be focusing on the behavior, not really the person.

When you concentrate on the behavior rather than the person, it is simpler for everyone to remain calm. It permits you and your adolescent to avoid becoming emotional.

- **Avoid unnecessary arguments.**

Arguing with a disrespectful adolescent will not result in a favorable consequence. Arguments have a habit of escalating and spiraling out of control. When we are furious, we often say things that we subsequently regret. Instead, maintain your cool and recall that you would like to focus on the conduct rather than a power battle. But this isn't always easy because adolescence is a roller coaster of emotions. Recall that as an adult, you have more control over your emotions than a teenager. You must enjoy the benefits of this perk.

- **If you set responsibilities, be sure you are following through on them.**

While it is important to recognize your teen's positive behavior, you may need to establish penalties for their negative conduct at times. If you do, it's critical that you follow through on penalties. A common error made by parents is to promise repercussions in the heat of the moment and afterward fail to follow through on them. Teenagers, whether it or not, are yearning for boundaries. They would like to know in which the boundaries are, which is why they test them. When you enforce consequences, your adolescent feels more comfortable because she understands where the lines are drawn. She comes to trust you since you keep your word. Most importantly, she realizes that the behavior is unacceptable.

- **Be a role model**

The essential thing you could do is model the behavior you want your adolescent to exhibit. It's astonishing how many parents criticize their children for being disrespectful and then mimic the same behavior. Remember that your children look up to you as a role model all of the time. If you want your children to respect you, you must treat them, your spouse, and individuals outside the family with respect.

- **Consider the emotional demands that underpin the behavior.**

When teenagers treat their parents with contempt, it's often a sign that their emotional needs aren't being satisfied. Demeaning behavior is sometimes used to gain attention. It could also be a sign that they don't feel accepted. Sit down with your adolescent and tell her that you're always there to chat about anything. Assure her that you adore her completely and completely. Please remember that adolescent feeling of powerlessness is common. Teenagers must distinguish themselves from their parents as part of the maturation process.



Tickler

**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 is a little bear with no teeth is called?
A gummy bear.
Nikki, 5 Yrs, Delhi

What do you call a noodle that is fake?
An im-pasta.
Richa, 7 Yrs, Bhopal

What's an alligator in a vest called?
An investi-gator.
Reyansh, 8 Yrs, Indore

What's the best way to throw a birthday party on Mars?
You planet.
Riya, 9.9Yrs, Noida

Why did the toddler toss the butter out the window?
So she could see a butter-fly.
Ranjana, 5.9Yrs, Delhi

What is cheese that doesn't belong to you called?
Nacho cheese!
Kiara, 6Yrs, Mumbai

What's one way we know the ocean is friendly?
It waves.
Vihaan, 5Yrs, Pune

Why is Cinderella so bad at playing football?
She runs away from the ball.
Vipul, 5.8Yrs, Kochi

What's one animal you'll always find at a baseball game?
A bat.
Shiva, 5 Yrs, Delhi

What's a pirate's favorite class to take in school?
Arrrrrrt
Ritika, 6 Yrs, New Delhi



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Responsibilities of A Child and How to Teach Them?

One of the most popular responses is whenever parents are questioned what characteristics they want their kids to have now and as [grownups](#) are "to be responsible." Of course, every parent wishes for their kid to mature into a responsible adult. However, you must first comprehend the significance of responsibility for children and teach them the value of being accountable for their actions, whether good or negative.



Responsibilities of children

The age-appropriate tasks aren't set in stone, but they depend on how effectively your child accepts and integrates them into their daily routine. If they find a certain duty tough, be willing to let them off the hook. Here are some tasks and obligations you could assign to your child based on their age and development.

1. Keeping the house clean
2. Taking Care of Younger Siblings
3. Assisting With Special Events
4. Caring For their Pet
5. Packing school bags at night before sleeping
6. Putting the toys back where they belong after they've been playing with them
7. Organizing their play shelves and bookshelves
8. Homework completion
9. Self-grooming
10. Put dirty garments in the container for a wash.

Ways to teach them to be responsible.

- **Motivate them to take initiatives**

If you make them do something they don't want to do, they may see it as a penalty instead of a responsibility. Make the duties enjoyable for them, and find a way to have them do the activities on their own to give them a sense of accomplishment and boost their self-esteem. You could only assist when it was absolutely essential. It's OK if they don't execute it flawlessly because the idea is to get kids to take the initiative.

- **Be a role model**

Observing their elders is a [common way for children to learn](#). As a result, make sure that everyone in your household is responsible in their environment. Please keep all of your promises to them so that they will learn to do the same. This also implies that you must only make promises that you can maintain. Follow the household and society's rules, especially in front of them. They will follow your lead if they see you being responsible.

- **Make them realize the consequences of their actions.**

Your child may not comprehend the need to be responsible. Communicate it to them clearly and understandably.

- **Allow them to pay for any lost or damaged items.**

If your child damages something or loses something at the house, school, or neighborhood, make them pay for it with their pocket money. Alternatively, you could make them compensate by making them do some duties. The more they understand the effort that goes into obtaining items, the less likely they are to be reckless with their possessions.

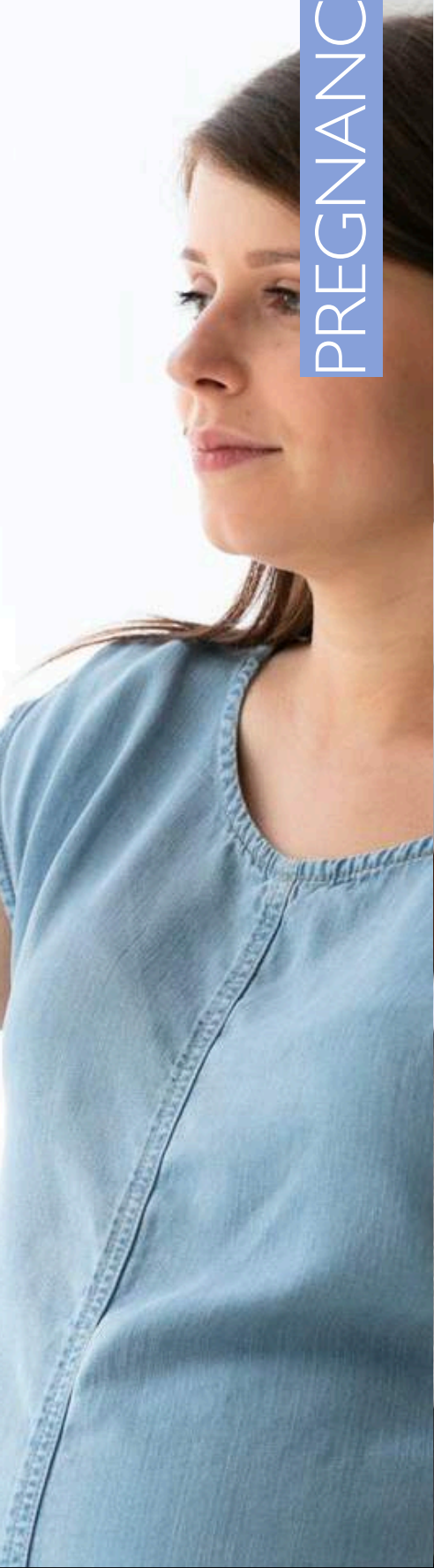
- **Teach them how to fix their own mistakes.**

Nobody is perfect, and your child is no exception. Everyone is prone to making errors. What matters is how they learn to mend the harm they have caused. It could be a fight they had with someone or a disobeyed guideline at home. Instead of commanding them to do the correct thing right immediately, have a friendly conversation with them and listen to their side of the story. Assist them with realizing and accepting their error and determining a solution for themselves depending on the circumstances.

- **Praise them**

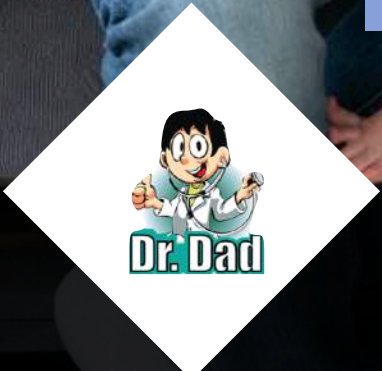
Don't forget to praise or thank your youngster once they've accomplished their work. You may get them the toy they've always wanted or give them a public compliment. It's okay if the task wasn't accomplished perfectly the first few times. They are still children, with years to complete the work ahead of them. As long as they take the initiative on their own, give them appropriate prizes or praise to encourage them to do more.

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