

Parenting

10 ways to deal with whining behaviour

Soy-Is it safe for kids?

TRAVEL
DIARY

My baby calls me mama even though I am his dad- is this okay?

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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.dr dad.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



SO PARENTING GLOBAL CONTRIBUTORS



*Numbers on map pins represent number of contributors from that country.

*To check our contributor's list, visit our website www.drdad.in

Ovulation pain: Can it be a sign?

An unpleasant sensation of cramps always bothers us, which you already know comes with the menstrual cycle, but what about abdominal pain between your periods or in the middle of the cycle, this indicates you are experiencing ovulation pain though unpleasant is completely a normal phenomenon which occurs when your ovary releases its monthly egg.

It's not common for everybody to experience ovulation pain, but if you do, it can be a good marker, especially if you are trying to get pregnant.

What does ovulation pain feel like?

Generally, just before two weeks to your period, ovulation may cause a dull and crampy achiness or sharp and sudden pain on either side of your lower abdomen.

You can feel pain on the same side for several months in a row or different sides each month, depending on which ovary releases an egg. But if severe, check in with your gynecologist.

Causes of ovulation pain and cramps

Experts have their opinion on some prime suspects which can cause ovulation pain; these are:

- Normal follicle growth before ovulation stretches the outside of the ovary, causing discomfort.
- When a follicle naturally ruptures and releases an egg during ovulation, it releases blood and fluid that may irritate surrounding abdominal tissues.

Can it be a marker for ovulating?

Whether you are trying to conceive or merely want to know your body's temperature, signs of ovulating is significantly quite important. Among many signs, ovulation pain is one of them.

Mild pain or ache in the lower abdomen, usually on one side, not on the same side every time, the ovulation pain called Mittelschmerz, can last anywhere between a few minutes and a few hours. You might also experience vaginal bleeding, discharge, or nausea along with the ache or pain, but it's usually mild and short-lived.

There is no need to worry about ovulation pain that goes away with a simple anti-inflammatory medication (Motrin). If you are experiencing it severely or persistently, see a doctor to rule out conditions like ovarian cyst or endometriosis. It's better to monitor and record your ovulation symptoms every month to get a sense of what is normal for your body.

Apart from ovulation pain, some other symptoms can be a marker for ovulation; they are as follows:

- Cervical Mucus Changes
- A heightened sense of smell
- Breast soreness or Tenderness
- Light Spotting or Discharge
- Changes in the Cervix

Summing up

Ovulation pain is usually not much to worry about, especially if you are trying to conceive it; ovulation pain can be a significant marker that can help you get pregnant faster. But if you are concerned about severe pain or symptoms, it is better to check in with your health care practitioner.



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**My baby
calls me
mama even
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his dad- is
this okay?**

Each relationship is given a specific term to make it easier to express. But there lies a much deeper meaning, in all its form, which cannot be interchanged with the changes in titles. The only people they rely on most are their parents; the other relations get the place after.

The attachment between the kids and their parents is irreplaceable. Each parent has a role to perform. Earlier, one of the parents would be out of the house, earning for the family, and the other would take care of the household chores, generally the female parent. Kids would get more attached to the one they saw frequently. Thus, mothers always had that special connection with their child than the father.

Currently, the situations are quite different. Both parents contribute to the family income; the parents give equal time to their kids. There are situations where the father works in the house, and the mother needs to step out of the house for work, and in this scenario, the kids get more attached to their fathers.

Kids, at their age, try to interpret on their own whatever they observe.

If the child somehow interprets that mothers stay at home and take care of the child, but they see the father doing those chores in his/her house, they might get the feeling that their parents exchanged their roles, and thus they should be addressed with the proper names. For a single parent, the parent plays the role of both the father and the mother; here, the kids addressing their father as 'mama' is an expression of what they feel.

If their gay parents bring up any child, it is common for a child to see one of them as a motherly figure.

There may be numerous reasons for a child to express their feelings and emotions.

Kids have very little analytical ability; they speak out whatever comes to their mind. Your baby calling you "mama" instead of "dad" is just a way to express what they feel for you. In terms of love, the word "Mama" often comes at the top. Your child communicating with you with that name can be taken as a compliment as well. The love and care you give may be similar to the motherly love your child gets.

A relationship between you and your child is irreplaceable. What they call you now may change down the line as your child keeps growing. You can see a child calling 'dada' when young, and gradually it ends at 'dad' as they grow older.

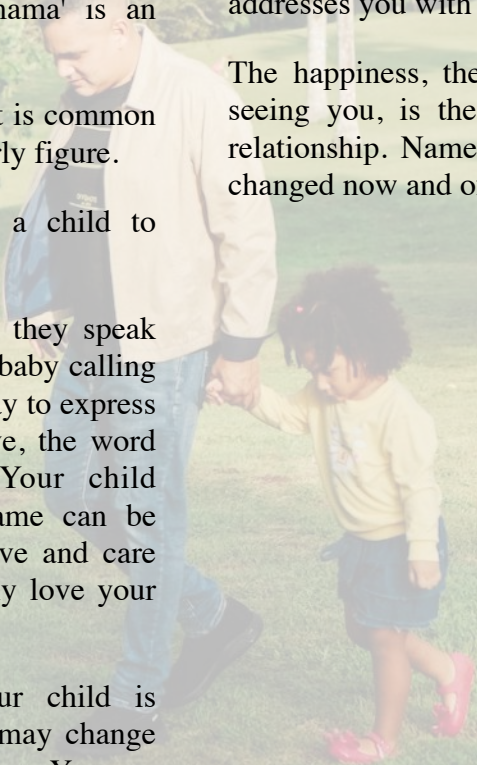
Such can be the scenario in your case as well. Your child does not understand what you feel about it; they just speak what comes to their mind. If your child gets hurt or wakes up in the middle of the night and calls for mama, it does not matter to you, if your child calls out 'mama' or 'dada', you are just there for him/her anytime. The same can be your child's case; seeing you in both the role of a mother and father at times may give your child an overview that parents can be addressed differently as well.

As your child grows older, so will their thinking capability. They may not call out the names they address you now. So, enjoy these precious moments and cherish those memories in the upcoming years. The love you impart in your child will reflect when they grow up, not what you were addressed to.

It can be a bit difficult to read the minds of kids at times. You can often see a kid feeling a different way and expressing it differently. It's okay to be addressed by your child in any name. But, if it makes you uncomfortable, you can make him understand in his/her way about addressing the names.

Your child understands the meaning of care, love, and happiness the way you express in your household. Your child may get motherly love from you as well, and the moment he/she feels it, he addresses you with 'mama'.

The happiness, the comfort your child feels when seeing you, is the most important aspect of your relationship. Names have the probability of getting changed now and often, but love stays on forever.



Ferrero Rocher Ice-cream Cake



Impress with this spectacular Ferrero rocher ice-cream cake. It's surprisingly simple to make.

INGREDIENTS

- 2 x 200g pkts Ferrero rocher
- 2 liters vanilla ice-cream, softened
- 2 tablespoons Frangelico
- 1/2 cup (125ml) chocolate hazelnut spread
- 1/4 cup (60ml) milk

METHOD

- Step 1
- Line a 10 x 20cm loaf pan with plastic wrap, allowing the sides to overhang.
- Step 2
- Coarsely chop half the Ferrero Rocher. Reserve remaining Ferrero rocher. Combine the ice-cream and Frangelico in a large bowl. Add the chopped Ferrero rocher and gently fold to combine. Spoon ice-cream mixture into the lined pan. Smooth the surface with the back of a spoon. Cover with foil. Place in the freezer for 6 hours or until completely set.
- Step 3
- Combine the chocolate spread and milk in a small saucepan over low heat. Cook, stirring, for 2-3 minutes or until spread melts and the mixture is smooth. Remove from heat.
- Step 4

- Turn ice-cream out onto a serving plate. Drizzle with chocolate sauce and decorate with the remaining Ferrero rocher. Return to the freezer until ready to serve.



#2 on Dr Dad Travels



Dr. Dad

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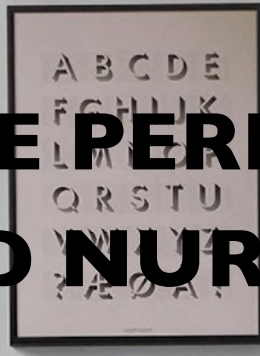


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Soy-Is it safe for kids?

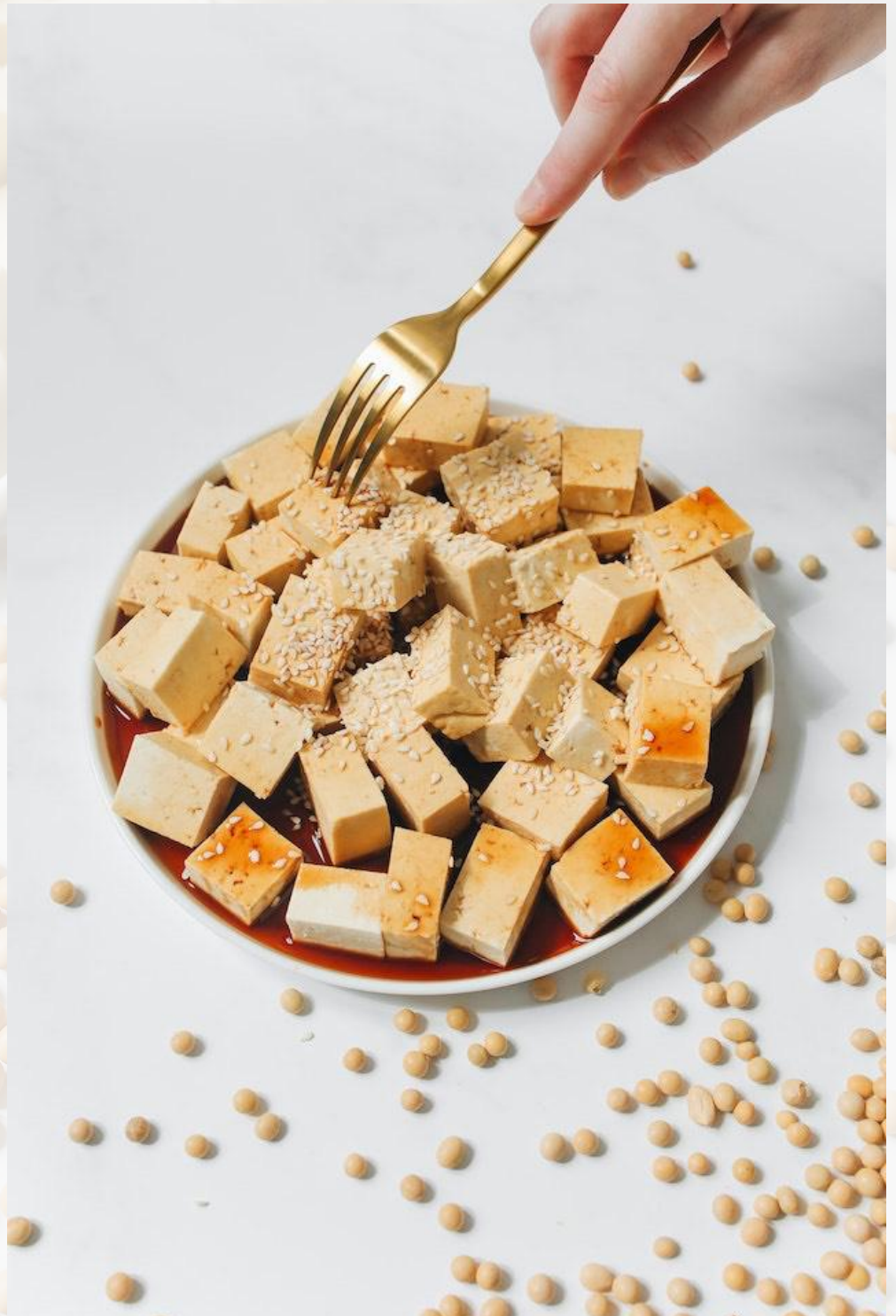
Soy can be processed into different types of food products. We can get soy milk, soy flour, soy powder, soy chunks, tempeh, miso, tofu, soy sauce, whipped soy toppings, soy nut butter, soy cheese, meat alternatives, soy yogurt, soy ice-cream, and many other retail food products from it.

Soy acts as a superfood for the kids. It is highly recommended that as a parent, you should provide Soy to your kid only after consulting a physician.

It should be avoided or given in lesser quantities if they show allergy signs when consuming any such food items. The reaction can also be seen in kids if they are allergic to any of the protein present in Soy.

The immune system protects the body from infections and as the body reacts to the protein, the immune system tries to discard it from the body. These changes in the body cause allergic reactions to occur.

Soy allergies are rarely found in kids, and if they develop any such reactions, they are likely to go away at 10-12 years of age.



Kids should always be given a balanced diet for their healthy growth and development. They should get the following necessary nutrients every day:-

Protein-Protein helps in building body cells. It maintains and replaces the tissues in our bodies. Soy and soy products are a rich source of protein.

Carbohydrates

Carbohydrates are an essential source of energy. It helps the body to use fat and protein for building and repairing damaged tissues. Cereal is a good source of carbohydrates. Some cereals also contain soy as an ingredient.

Fats

Fats act as the fuel needed for a body to function well. The body uses the fats present in the foods to build nerve tissue and hormones. Kids should have a diet with 30% of the nutrients coming from healthy fats. Soy cooking oil, tofu, and soy cheese are some of the soy products that can provide the body with the needed fats.

Calcium

Calcium helps build stronger and healthier bones as well as teeth. Parents are advised to give their kids 2-3 servings of calcium every day. Tofu, a by-product of Soy is a very good source of calcium.

Iron

Iron gives the blood the strength to carry oxygen to cells all over the body. Kids need about 8-10 milligrams of iron every day. Soya beans and foods derived from soybeans are rich in iron.

Folate-B

These are the vitamins that help in the healthy growth and development of cells. Soy milk and tempeh give the body the necessary B vitamin.

Fiber

It reduces the chances of heart disease and cancer later in life. Kids need about 15-20 grams of fiber

every day. Edamame, black soybeans, soy flour are some of the soy-products rich in fiber.

Vitamin A

It helps prevent infections in the body. Tofu gives the body the needed Vitamin A.

Vitamin C

Vitamin C strengthens the walls of blood vessels. Soybeans are high in vitamin C.

Based on the nutrient profile, Soy and soy products are a powerhouse of all the nutrients necessary for kids daily. They are rich in amino acids and omega-3 fatty acids as well.

Studies showed that the regular consumption of soy and related products during childhood could reduce the risk of breast cancer in adulthood. It has also been found that Soy lowers bad "LDL" cholesterol levels. It helps in building a healthy heart and protecting it as well.

Parents are advised to give their kids one serving of Soy or any soy products per day. Foods are beneficial only when consumed moderately. Excessive consumption of any food can have harmful effects on the body.

There is a cause of concern among the parents because of the presence of isoflavones(a plant-based Estrogen) in Soy. It is said that isoflavones can have negative effects on the kids in their later years. But there is no scientific support regarding those claims.

This was all we had regarding the contribution of Soy in your kid's life. Hope you liked going through it.

Dear sister, our bond is of love and
togetherness. It's a thread that binds our lives
and hearts.

Happy Raksha Bandhan





**10 lessons children learn
from family value**

It is often commented that children are a reflection of their parents. In this dynamic world, values play a very important role in the shaping of a human character. So, it would help if you taught them these basic values for life. There are many life lessons that a child learns from his family, below are some of them which we have picked and are the most important, so keep reading.

Learning Good behaviors:

Good manners and behavior are the fundamental lessons that children are taught from the very beginning. This makes them a loving and understanding person. Try to use words like "Please", "Thank you" and "Welcome", when interacting with them. From the early days, they understand and observe your actions and behavior which gets imbibed within them.

Honesty:

We are taught from our childhood "honesty is the best policy", and it is truly so. Honesty is one of the fundamental lessons that children learn from their families. As parents, you should always encourage to



tell them the truth even if they have done something wrong. Explaining to them, the purpose of truth is very integral.

Developing inquisitiveness:

Curiosity and inquisitiveness are very important for a child to develop his creative self and help them take various opportunities that will come along in their future course. You can do this by teaching the practice of reading or admitting them to classes like the abacus, phonics classes. This will help them to extend their boundary of imagination and also be acquainted with real-life experiences.

Speaking up:

It is very important that you teach your child to voice their opinion and have the courage to speak up when things are wrong. It is very important that you give them this important lesson to stand up for oneself and others. You can do so when you are teaching them, try to express themselves after teaching them a particular subject and ask them to ask questions on it. Observe how they behave in school or neighborhood and explain to them the importance of speaking the right thing in all circumstances.

Money Management:

It is quite important that you teach your child the importance of money. Most parents don't feel the need to teach the concept of money management to their child as they feel that they would learn it in the future. But it is not so. You can try to make them understand through their pocket money. Set them a target on how much should they save every month. For the initial months, it might be difficult for them, but slowly they would get the hang of it. The concept of managing money if taught from childhood makes them responsible adults

regarding money matters.

Nutritious food:

Your child will choose to have healthy food if they are taught the same from childhood. It is possible that you have a hectic schedule but do take some time and prepare a healthy meal for them. When you start feeding them excess junk food, it is not only unhealthy for them, but they would choose only junk



food in the future. Make sure you inculcate the habit of healthy eating within them which shall comprise of macro and micronutrients.

Facing confrontations calmly:

As we move on with life, there will be agreements and confrontations. But your child is new to this; hence he/she will try to learn from you, how you are handling situations. Try to calmly approach disagreements so that they can learn from you. E.g., if you are arguing with your spouse, try to keep cool of yourself and approach it through various angles by coming to a comprehensive solution rather than fusing about the problem.

The happiness of helping:

Kindness and generousness are some novel qualities that we must practice as human beings. So, it would help if you always tried to encourage your children to help others whenever such need arises. Empathy rather than sympathy is what we should be thriving for. This must be taught to our children too. Indulge in such activities every day like helping the maid to dry the clothes, helping the gardener to clean the plants. Such small activities every day help them to imbibe it.

Being optimistic:

It is very important that your child should understand that life won't be a cakewalk. There will be some highs and lows, but they should always remain optimistic about the future, and they can do so when you are positive too. Adapt

and encourage such a mindset in them as it goes a long way in developing a healthy mental life balance.

Adjustment:

It is important that your child understands that everything would not go along their way at every point in time. They have to adjust and sacrifice certain things, but they should not crib about it. But be sure that when they are learning this, they should not become an undue victim of compromises. As parents, your behavior would be an ideal way of guiding them.

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Dinner Time Arguments With Children- 7 Ways To Avoid Them.

Dinnertime is the time to sit with your family and unwind after a long day, but oftentimes it ends in a frustrating clash of parents and children and ruining everyone's appetite. According to Stanford Children's Health *'Dinner is a perfect opportunity to build self-esteem in children. By listening to what children have to say, you are saying, "I value what you do; I respect who you are and what you're doing; what you do is important to me.'*" So, here are 7 ways to tackle or avoid dinner time arguments:

Identifying the topics of arguments:

According to a study, there are 4 types of arguments; qualitative, quantitative, appeal to consistency, authority. These were used frequently by parents and children alike during mealtime discussions.

- The quality and quantity of the food form the most arguments revealed the study, the quality i.e., the taste and texture of food become the source for children, on the other hand, it refers to parents persuading the children that the food is nutritious and healthy, and parents pressuring children to eat more quantity of food formed their major arguments.
- Appeal to consistency: These arguments start with a conversation related to past behavior, parents either compliment or censure the children during mealtimes, which either ends in a negotiation or a fight.
- Authority: The power play mostly between teenage children and parents, and sometimes even preschoolers, becomes the source of argument. For example, if a parent asks their child about not using their smartphone during dinner, the child argues that the parent uses their phone during dinners which will end in the parent pointing out that they are adults and they have important things to do.

Other than that, there might be recurring sources of argument at your dining table, not discussing them while eating is the best approach.



Set Dining Table Rules:

It is important to make rules if every family meal ends in a battle. Rules like:

1. Politely declining the food instead of passing insulting remarks.
2. No watching T.V. or using mobile phones are allowed at the dining table.
3. No shouting or negative conversations.
4. Arriving at dinner on time.

And many more, making sure that everyone is at the table to eat and not spend quality time. It is important to follow these rules consistently for this to work.

Do not discipline your child during dining hours:

Conversations related to schoolwork, or even telling them to eat more should not be done at the dining table. You would not you are your boss critiquing your work while you try to eat, it is similar for kids. It is better to leave them off for later. And constantly nagging children to eat more just makes them avoid the dining table more. Force-feeding has been linked to child obesity and fussy eating. So, telling them to eat only as much can be a better and healthier option.

Be a role model:

Children reflect their parent's behavior, so if you are in a habit of bringing your work- or work-related frustrations to the table, children soon pick up on that sentiment and do the same.

In research involving 55 families, it was found that it was more probable that it was the parents who were distracted by their phones more than the children.

Behaving the way, you want your children to behave is leading with an example; this includes not complaining about the food and reaching home for dinner on time.

Keeping conversation light:

In case you are one of those families where everyone gets angry in less than a breath, then keeping away from touchy topics is a good strategy.

Some children do not like being reminded of school, especially if they are finding it hard to get grades or make friends. Conversations like these require a sensitive setting and not the dining table.

Avoid discussing grades and keep the discussion to light and pleasant topics. Talk about serious issues in a different and more focused setting.

Avoid getting into shouting matches:

If a conversation starts spiraling towards a shouting match, it is better to cut it off quickly. No one enjoys eating in a tense atmosphere, if there is an argument bubbling, just say "We will discuss this after dinner."

Make more family time:

Usually, dinner is the only time the whole family gathers and so the only opportunity to talk, but if parents spend more time with their children these issues that come-up while eating would be resolved earlier. So, it is important to eat as a family and not make dinners into a business meeting.

Overall, it is also important for parents to unwind and let the child unwind to enjoy a better meal. Listening to them and talking about their hobbies helps improve their self-esteem. Family dinners are foundational in family bonding it is important to use this time wisely.

The background features a circular zodiac chart with concentric lines. The outermost ring contains white constellation lines connecting stars. The inner rings contain blue zodiac symbols for each sign: Aries (♈), Taurus (♉), Gemini (♊), Cancer (♋), Leo (♌), Virgo (♍), Libra (♎), Scorpio (♏), Sagittarius (♐), Capricorn (♑), Aquarius (♒), and Pisces (♓). A central sun symbol is also visible. The text is centered over this chart.

**This Is the Kind of Parent
You'll Be,
Based on Your
Zodiac Sign**

Your nature depends on your date of birth. So you can maximize your strength and minimize your weakness based on your zodiac sign and you can learn a new parenting style.

Aries (March 21 - April 19)

Aries (मेष) As the first sign in Zodiac, it is a symbol of beginning. Main element of this sign is fire so your passion will drive your kid's success. As a mother or father you will help your kids be both humble and ambitious. But must have fun with your children as they will look forward to your impulsive road trips.

As the nature of Aries is tough so it may harm your relationship with your kids if you will be stubborn. Your kids might hands up and rebel if you will be too tough on them. Remember you are Ram (मेष), butting head is your nature. So be careful while spending time with your kids.

Taurus (April 20 - May 20)

Taurus (वृष/वृषभ) is a sign that harvests the fruits of labor. As a Taurus, you will like to create as much security in the home as possible. People having Taurus sign loves to stay indoors and to spend time with family. As your main element is earth, you would like to teach your kids about Earth and the importance of recycling.

Being as a Taurus, you will be probably more patient than most people. But as your symbol is Bull, you are stubborn and you will be ready to fight. It means you may have a quick but your children will always know that you are faithful to them.

Gemini (May 21 - June 21)

Gemini (मिथुन) represents two different personalities in one and you will never be sure which one you will face. As a parent Gemini is a fun, impulsive and inspiring caregiver. You love to take your kids to parks or museums to keep them as physically and mentally active as possible. You would like to teach your children that you are a good listener so you try to answer every questions asked by your kids.

But as a drawback of being Gemini, you tend to be anxious. So if your kids hurt your feelings, you might put a front and hide your emotions. Try to be more open with your loved ones.

Cancer (June 22 - July 22)

Cancer (कर्क) are very sensitive, and care deeply about matters of the family and their home. As a parent you love family traditions. To you, want's most important is being together so you love to play board games, puzzles, rafting or any kind of family game.

But being as a cancer, you involve in your kid's relationships and lives. You are a water sign and your love flows freely but be sure that your kids aren't drowning in attention.

Leo (July 23 - August 22)

Leo (सिंह) is a natural born leader. Your sign is Lion and as the Lion proud, you will love bragging about your kid's accomplishments. You will celebrate every proud moment of your children. You would like to buy whatever your children desire. You want to give your children the world.

But you are Leo, small arguments are personal attacks on your self-worth, which you guard closely. You may also be arrogant. But despite your weakness, your children will treasure your fierce protection and loyalty.

Virgo (August 23 - September 22)

Virgo (कन्या) house is never dirty. You will always pay attention to the smallest details and their deep sense of humanity makes you one of the most careful signs of the zodiac. Your children will learn responsibility from the chores you dole out.

Your kids will learn to value what they give world from you as you are a curious, selfless parent, and you respect your kid's opinions.

As you are picky and critical, you might annoy your kids. But they know that you care so dearly and would do anything for them.

Libra (September 23 - October 22)

Libra (तुला) are lenient. You are peaceful and fair, and you don't like being alone. You cave easily, you will give your kid the toy he/she so desperately wants. You will give the best education you can afford. You are so friendly and chill that your children tell you everything. There is not secret in your family.

Ruled by Venus, you value beauty and appearance. This can be draining for your children, who want to wear tracksuit to the mall *just once*. As you love physical beauty, you love art and craft, and your household is a creative oasis.

But all your attention comes at a cost. You, being libra expect your kids to give back, and when they don't, you may feel deflated. You dream of giving your kids a mansion, but you'll be angry if you only get an invitation to move into the pool house.

Scorpio (October 23 - November 21)

Scorpio (वृश्चिक) are assertive and passionate people. Scorpio mom or dad love to keep their kids occupied. It means you will have an everyday ready plan for your children. Being as a scorpio, you love to create a balanced life. You love to keep everyone close and you value family time.

But there is side effect of balanced life. So if you see, you are expecting too much from your children, try to back off a bit. Let them be free some hours and let them to do their own plan for some days.

Sagittarius (November 22 - December 21)

Sagittarius (धनु) is Curious and energetic. Sagittarius loves life. Sagittarius parent loves traveling so you take your kids to as many trips as you can. If you got an offer to go abroad from your company, you will plan to go with your kids. It doesn't mean you don't value education but you believe that traveling will also teach your kids a lot like regular school and your kids will learn out of the box.

But be careful as your kid may not understand you and they may disrespect formal education. Sometimes you may speak too freely and with lots of curse words in front of your kids. Kids might start to curve a more traditional child-parent relationship.

Capricorn (December 22 - January 19)

Capricorn (मकर) is hard working. Their persistence extends to their parenting. As a parent, you love to teach you by example and your kids follow your lead as a breadwinner.

Capricorn loves giving his/her children anything education – books, educational toys, movies. Like any mother or father, you want the best for your kids but you have no problem in saying no.

But remember you are a parent and you should not be too serious with your kids. If your kids want to have a playdate instead of study time, humor them. It's right that their education is important but so is being a little soft on kids once in a while.

Aquarius (January 20 - February 18)

Aquarius (कुम्भ) born is shy and quiet but they can be eccentric and energetic. Aquarius parents want to be their kid's best friends. You love to share your past crazy story and hope that your children have as much humanitarian bents as you do.

Aquarius parent sometimes lacks emotional intelligence, which may be damaging to a child-parent relationship. So if your kids are saying you something, trust them and believe them when they share you how they feel.

Pisces (February 19 - March 20)

Pisces (मीन) are very friendly. Pisces encourages their kids to express creativity wherever possible. Above

creativity, though the Pisces parent values kindness. Others often describe your kids as angles.

Pisces (मीन) can also be serious. When it comes to protecting their kids, Pisces don't mess around. The symbol of Pisces is fish and don't forget that a shark is also a fish. Pisces are unrelenting and can do anything to ensure their kid's safety and happiness.

Pisces parents are lenient but it is not all good. You need to make sure that you are not being too easygoing. If you are not careful, your kids might resent your relaxed attitude and crave more structure. Even though your children will ultimately remember a childhood full of love and light, you want them to plan constructively for the future, too.

Semolina

Jaggery

Rusks



Suji Jaggery Rusks are a healthier tea time snack. One of the best accomplishments with tea or coffee.

Course: Tea time snack / School Time Snack

Ingredients:

1.5 cups Semolinna/Suji
2 tps powdered jaggery
¼ tsp. salt
1 tsp. oil
¼ cup whole wheat flour
¼ cup milk powder
2 tsp Custard powder (optional) I used for flavor as well as for the beautiful colour
1cup water
1.5 tsp instant dry yeast
1tsp Saunf/fennel

Instructions

Take a large bowl and Mix everything except the saunf.

Start kneading until everything comes together and comes to a soft dough-like consistency.

Apply a little oil and let it rest for 1.5to 2 hrs. Or until it doubles in size.

After 2 hrs. take the dough on a flat surface and punch down the air.

Give it a quick knead and add the saunf and knead again so that saunf is uniformly mixed in the dough.

Take a baking pan, flatten the dough and let it rest till it doubles (approx. 1 hr.)

After 1 hour, Give a milk wash and bake this bread in a pre-heated oven at 180 degrees for 25 -30 mins.

After 30 min. take it out from the oven and let it cool down completely and then slice it.

Bake again in a pre-heated oven at 150 degrees for 15-20min or until it becomes crisp. (keep flipping in in-between for uniform heat)



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WHEN TO STOP WORKING DURING PREGNANCY?

As your due date approaches, you might be wondering when to stop working and begin your maternity leave. This decision is based on several considerations, the most important of which are your medical, economic, and personal circumstances.

Some people like to keep busy at work nearly till their due date, or they have a financial commitment to work as much as they can. Others consider their due date to be a definite "end date." Even if you intend to work as long as possible, health issues will make it impossible or dangerous to proceed beyond a certain point.

It is a good idea to keep the following factors in mind when making your decision.

Medical Points to Consider

You may need to take time off work earlier rather than later if you are pregnant with twins or have complications such as preterm labor. Even a safe pregnancy is physically demanding, so keep track of how you feel as time goes by.

Certain conditions during pregnancy can necessitate bed rest since you are not supposed to sit in a chair for more than 1 hour at a time when on bed rest; working is usually out of the question. Standing time should be limited to no more than 1/2 hour at a time.

The following are examples of situations that could cause your doctor to put you on bed rest:

Carrying multiple babies:

Carrying two or more babies puts the body under extra pressure.

Cervical effacement:

If the cervix is thinning, you might be at an increased risk.

Concerns about fetal development:

If your baby is not developing as predicted, you might need to take it easy at work.

Complications in the past:

A history of premature birth, stillbirth, or fetal loss can warrant bed rest.

Cervical incompetence:

A weakened cervix will lead to early labor.

Preeclampsia:

It is a condition that increased the protein in the urine, high blood pressure, and swelling; it is dangerous for both you and your baby.

Premature Labor:

Bed rest can help to slow the progression of early labor.

Vaginal bleeding:

This may be a sign of a problem with the placenta. Even if bed rest is not needed, you can talk to your doctor about your everyday life demands. Give specifics on what you are expected to do at work and at home and how your job affects your stress level.

Consider how you feel while making the decisions:

Before taking your maternity leave early, think of ways to make work more enjoyable if you are having sleepless nights, swelling, back pain, or other issues. If you can change your work environment or schedule, it could help.

Wearing more comfortable shoes, switching to a different chair, bringing a fan to your desk, taking more frequent breaks, or working an earlier shift are all possibilities.

How Does Your Commute Go?

If your commute involves a long car ride during rush hour, you might be adding to your day's stress (and risk). As your pregnancy progresses, standing on the train or subway, or waiting outside for the bus, may become more difficult to handle. If you have no choice but to go to work and your commute is becoming too much for you, taking an early maternity leave could be the best option.

Monetary considerations

Your decision will most likely be influenced by the specifics of your maternity benefits and your family's financial needs. If you are on unpaid leave, you may want to put off your last day of work as long as possible.

Saving up some extra money if possible, to allow some leeway at the end of your pregnancy is always a good idea. Nonetheless, you should never have to compromise your health for financial conditions.

How Many Days Off Do You Have?

If you get six weeks off, leaving work on or before your due date will begin the countdown to the birth of

your child. If you are two weeks late, you will only have four weeks with your baby. If your child is not old enough for daycare or other childcare options, you will need to take two weeks off without pay.

Career Considerations

If you are not yet ready to start maternity leave but are having trouble getting through your regular workday, talk to Human Resources or your boss about your concerns. Employers should be respectful of your medical and family needs because pregnancy is a human right.

Prepare ahead of time and bring up ideas that highlight your value as an employee throughout the conversation. Describe how a flexible schedule would help your business. Some employers place a higher value on family than others. Consider the other choice if you are unable to come up with a satisfactory arrangement.

Working up until the start of labor is possible for a woman who is having a natural, healthy pregnancy. You may, however, decide to stop working whenever it is convenient for you.



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7 ways to make cute indoor gardens with your kids



Soil, water and lots of green are nature's best gifts and working with them not only is good for mental health, but also a good boredom buster for kids who have been stuck indoors for a long period of time. Gardening is a very healthy activity and can encourage parent-child bonding, also opens doors to creativity and imaginative thinking in kids, and develops a sense of responsibility and nurturing.



There are many ways to create small green spaces within the house. Depending upon the size and area available, there are many options and many designs to work with. So come on mums and dads, roll your sleeves up, get your hands and (little ones' hands) in some dirt, and bring some nature to your living room(s)!

1- A Cacti Garden



Cacti are included in the category of 'succulents' and there are many benefits of having succulents around your house. Easy to take care of and drought-resistant, it is a good choice of plants with your little ones around. One great idea is to have your kid name each cactus and be in charge of each one. This will encourage them to love and own the plants and develop a strong sense of responsibility.

2-Terracotta Flowering Pots



If you can find a sunny spot in your house, you can place many terracotta pots with different flowers planted in them. Before planting, you can get your kids to get crafty by painting and decorating the pots according to their taste. Get them acrylic paints, glue, stickers, and all other craft supplies, and let them be creative. Later, plant flowering plants or just green plants in the pots and put it in an area where it catches the eye. Not only is it a good time pass for kids, but also, the additional splash of color from painted pots will add life to your room.

3-Vegetable Garden



This is a great way to spark excitement in those little minds as they discover that a vegetable can be grown from the remains! You can use vegetable scraps, especially green leafy ones like celery, or romaine lettuce. Cutaway the head portion and place it in a saucer or a tray of water. Refresh the water regularly, and soon you can see new budding leaves.

4-Flowers and Fairies



Add some magic to your indoor spaces by creating an enchanting fairy garden. For this, you will need a big pot filled with soil. Use decorative stones, green plants, and small figurines to create a magical look. You can add small fairy lights, that can make it look more dreamy and enchanting.

5-Vertical Garden



If the space in your house does not allow you to install the greens, a vertical garden is an answer! There are plenty of ways to create vertically hanging gardens that can be looked after easily. Be it in the kitchen or your balcony wall, vertical gardens are easy to create and add beauty to space.

6-Terrarium - fancy word for plants in a jar!



Just how an aquarium catches one's eye, a terrarium, that is just a glass jar with an ecosystem will add vibrancy to your room. You can fill up rounded glass jars, with stones and small plants like mosses and ferns and a lovely looking portable garden is all set for you and your kids to look and enjoy!

7-Utilising Dead Spaces



Bring to life dead spaces in your house that cannot be utilized in any other way. For example, the area under the staircase, or any dead corner in the living room. Fill it up with different potted and climbing plants. Let your kids play an important part in deciding the corner, choosing the plants, watering them, and cleaning up any messes. With all these great tips and some more research, get your kids to explore the world of nature and arts, and while you enjoy, don't forget to click some really good photos that will be a memory for a lifetime!

Pregnancy causes several changes in your body. In such a situation, **constipation is common during pregnancy** for many different reasons. Often, it is one of the symptoms of pregnancy for expecting mothers.

In certain cases, **constipation affects baby movement**, which is a rare experience but mostly mother experiences infrequent or uncomfortable bowel movements due to constipation. If you experience these, don't worry. It is a very common thing during pregnancy and for different reasons.

In this article, we will go through some of the causes of constipation during pregnancy explaining why it can potentially happen to any expecting mother.

the digestive tract, which can become a **reason for constipation during pregnancy** in women.

As the embryo grows bigger and exerts pressure on the walls of the uterus, which happens in the later stages of pregnancy, the passage along the rectum may become constricted. This constriction prevents the bowel from regulating body waste smoothly, which is usually among the major **causes of Pregnancy Constipation** in women.

Sudden changes in diet

Pregnancy constipation can also happen due to a sudden change in the diet of pregnant women as

CONSTIPATION DURING PREGNANCY. WHAT TO DO ABOUT IT?

Also, we will be taking you through certain preventive measures you should take to avoid constipation during pregnancy. Let's discuss these in detail in the sections below :

Why does pregnancy constipation happen?

Constipation can happen to anyone and at any time in life, but it may be more problematic during the later stages of pregnancy which is probably in the third trimester. The potential reasons for constipation during pregnancy include :

Hormonal changes

During pregnancy, the increasing levels of progesterone hormones can cause the muscles of your body and intestinal muscles to relax and slow down. As the muscles tend to relax, the process of digestion in the body also tends to slow down. This situation leads to slower movement of food through

they need to modify their diet for better development of the fetus. Moreover, if the mother does not take fiber in sufficient quantity, that can also lead to constipation during pregnancy.

Reduce appetite and morning sickness

Frequent morning sickness can directly affect the expecting mother and make it difficult for them to follow their diet and even stay hydrated properly. It also affects the appetite negatively and makes the expecting mother feel nauseous and tired.

How to prevent constipation during pregnancy?

Stay hydrated

One of the most important precautions you can take to **prevent constipation during pregnancy** is to stay hydrated. Try to double your water intake and drink at least 8 glasses of water every day. It will help to keep stools soft and ensure that solids keep moving throughout your digestive tract. Staying hydrated will also help you to increase your fluid intake and regulate your blood volume more effectively.

Though staying hydrated is important for everyone, it is particularly essential during your pregnancy. If you drink enough water every day you will likely notice that your constipation problems will reduce drastically. Therefore, make sure to take enough fluids and drink sufficient water.

Eat fiber-rich food

Fiber helps to ease your bowel movements and improve overall regularity. To increase your fiber intake, you can rely on fruits and vegetables including beans and some grains. Moreover, prune juice is also considered a very good source of rich nutrients, and you may find it helpful to use it as a natural laxative. So, make sure to include it in your diet and follow the same every day to help prevent the problem of constipation.

Exercising frequently

Lack of body movements is often the reason for constipation during pregnancy. On the other hand, frequent exercising is linked to better regulation of bowel movements. Since pregnancy is a sensitive time, this does not necessarily have to be a proper workout session. Even a few simple and light movements can improve your bowel movement and functioning.

For instance, you can walk around your neighborhood, or get in more steps at your work or home whenever it feels comfortable. Anything that moves your body is a good option to exercise for your overall health during your pregnancy.

Although being a common phenomenon during pregnancy, constipation may result in complex health problems. Moreover, avoiding **constipation because of pregnancy** and taking it casually might not be a sensible decision. Always talk to your healthcare provider or doctor and make the suggested lifestyle changes upon their feedback. Make it a note to mention everything you experience to your doctor. Remember, you need to take special care of yourself during such a sensitive time without even the smallest compromise in your healthcare!





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5 signs that your teenager is depressed

'Depression' has become an overused word that you can hear buzzing around in all age groups. Be it, new mamas, old-aged parents, or youthful teenagers, you will definitely come across someone proclaiming how depressed they feel.

On the other hand, you will meet a group of people who I personally call the 'happy bubble dwellers'. These people fail to understand that depression and other mental health problems do exist and need to be acknowledged and cared for.

These people negate any discussion on mental health topics and think these are just self-created problems, that are easily controllable. As a parent of young adults or budding teenagers, it is highly important to keep a watch on your children's mental health. The teen years mark the huge transition from youth into adulthood and with external stressors and surging hormones, they are very vulnerable to mental disorders.

It is important to know that a child might not show straightforward symptoms, nor he will be able to tell you that something is wrong with him. Instead, it will be totally on the parent to explore and pick clues from the child's normal behavior and routine.

Some nonspecific, but important signs to look for include :

Lack of energy:

You may hear this a lot from your teenager, 'Mum I'm tired, Can we please visit grandma tomorrow?' and you would just turn a deaf ear, blaming it on his laziness. This doesn't always mean your son is depressed, chances are, he is just being a normal procrastinating teenager, but if you find him turning down plans more often, and being more lethargic, it is a good idea to talk to him and get him checked for other medical conditions as well as any mental disturbance he could be facing.



Changes in sleep:

Hormonal shifts and normal adolescent sleep patterns can change as the child ages, but if you start noticing very unusual sleep, then take serious notice. Sleeping too much or too less, both are harmful to the growing body and deprives the body of the energy it needs to grow. Changes in sleep patterns are also indicative of certain diseases like thyroid, and therefore, it is very important to take action and start with a friendly talk to explore further.



Concentration



Her teacher says she doesn't focus in class at all, she is always staring at the walls or scribbling in her notepad'. Does this sound like your 15-year-old daughter's teacher's remarks? - If yes it's time to be more alert! There could be a number of reasons for lack of concentration, study stress, peer pressure, love interest, or simply boredom, which is highly common in adolescents. But in cases of depression, lack of concentration, coupled with many other signs and symptoms could be self-explanatory and calls for further inquiry.

Guilt



Guilt is a crippling emotion. It brings down a person's morale down to an extent he/she may start having suicidal thoughts. Although to some extent, it is good to feel guilty, especially when you know you have wronged yourself or someone as this is a sign of healthy conscience. But if you see somebody feel guilty or make remorseful remarks about himself all the time, it is important to sit down for a talk. It is a very good indicator that the person is depressed. The

constant negative guilty thoughts may sink him into further depression and the vicious cycle continues until made to stop by external help.

Appetite



Teenage is also a time of rapid growth spurts and to accommodate rapid growth, the body asks for more nutrition and hence appetite soars to new levels. If this is the case with your happy-go-lucky, fun-loving, or seemingly content child, there is nothing to worry about, but if you notice your kid turning into a ravenous beast, who is always hungry, along with other signs of depression, it is time to ring your physician and ask for help. This could also be otherwise, so if you see your usually happy kid going on hunger strikes more often, lend your ears and see what is going on with them. Sometimes, all of the above is just a part of growing up, but it is very important to be able to figure out when it is turning from 'just a phase' to a serious, but very treatable and manageable condition, called 'depression'.



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What's the right time for potty training the toddler?

What's the right time for potty training the toddler?

Toddlers are those babies within the age group 18-36 months, though it may vary. They are very active as they toddle around throughout the day. Babies at this age are most active and curious about their surroundings. They are at the age where they can slowly start expressing what they feel in their way. As they are not lying down or sitting at a single place, they start feeling the diapers' heaviness and uncomfortableness when moving around. Parents must observe the changes in their behavior and decide the right time to get rid of the diapers.

The right time to potty train

There is no perfect answer to this question, or we can say there is no ideal time to potty train. Some toddlers get potty trained quite early, while some take a much longer time. Parents should not force their toddlers to get trained. They must be given time to make themselves adjust to the situation. Until and unless they are comfortable when to go to the bathroom and sit in the toilet, they should not be forced to let go of their diapers.

Parents should keep an eye on the toddler's behavior and observe if they are uncomfortable or grumpy as soon as their diaper gets heavy. If they show signs of irritation quite often, it's the perfect time to start potty training for the toddler.

Toddlers are often curious about the things going around. They start recognizing their surroundings.

They move around the rooms often. Parents must regularly make them hear about the bathroom and its use in a fun way. Parents should make them understand that everyone needs to go to the bathroom. It will make them curious about it, and it would be easy for their parents to start their potty training.

Potty training is not a quick task. It takes a lot of time and patience to get them trained. Parents must be cautious not to make it a tedious task for their toddlers. If it does not go as planned after starting the training, parents should not hurry, take a step back, and start all over again. The training should be fun and interesting for the kids.

Initially, the toddlers should be taught to inform when they feel to 'pee' or 'poo' even on their diapers. Getting the habit to tell it would give the parents the idea of their time when they get the urge. The toddlers get the idea that they need to be informed every time they need to go 'pee' or 'poo'. After they get used to the habit, parents can then gradually introduce them to the bathroom.

When parents are unsure whether their kids are ready to be trained or not, they must gradually reduce the diaper time. If the toddlers stay dry for a longer duration, parents can introduce them to underwear for an hour or two. As regular underclothes are comfortable and more eye-catching than normal diapers, toddlers would often be interested in wearing underwear. That is the right time when parents can introduce them to the bathroom and understand that only after going to the toilet can they wear it for a longer time.

Ultimately, the right time to potty train is entirely on the toddler, when, and how they are comfortable. The more comfortable they are, the easier it is for the parents to train them. When starting their training, parents should not plan any vacation or function where they could not properly focus on the child's training. Potty training needs consistency;

parents should plan well at the earliest and make their schedule to potty train as such. If, in any case, the training gets interfered with, they should start all over again.

If possible, potty training should be done earliest as it is a healthy alternative to using diapers. Continuous use of diapers can cause rashes and other skin irritation in toddlers. It is advised by doctors to avoid contact of the toddler's skin with the wetness caused by the diapers for a longer time as much as possible.

Visiting Golden Temple

I headed straight for the Golden Temple from the Wagah Border and within an hour's time, the taxi dropped me near the Golden Temple. Vehicles are not allowed to go up to the entrance of the Golden Temple so you will be dropped off around 700 metres from the Golden Temple. Only VIP cars, two wheelers and cycle rickshaws are allowed up close. The approach to the Golden Temple is through a busy market place with restaurants and hotels on either side of the road (see photographs section). It is good in a way that cars are not allowed on these streets as there are many people who frequent these streets.

Once you reach near the Golden Temple, you need to deposit your footwear at the footwear counter. This counter is run by the Golden Temple and they keep your footwear without any charge. After depositing your footwear, you need to walk along a road till you enter a pathway that leads you to one of the entrances of the Golden Temple. The road is a normal road with a few vehicles going by and hotels and shops on one side of the road (the other side being one of the boundary walls of the Golden Temple). It had rained the whole day and hence this road was still slushy. Although there was some kind of carpet (marking a pathway), it was wet and dirty because of the slush. The pathway to the Golden Temple was also wet because of the rain. There were shops along the pathway and there is also a HDFC Bank ATM. You can buy a scarf to cover your head from one of these shops. Before entering the entrance to the Golden Temple, you need to wear a scarf to cover your head. If you do not have a scarf, you can borrow one at the entrance. There is also a small pool of flowing water at the entrance for you to wash your feet before you enter the temple area. The main area of the Golden Temple looks stunning at night. There is a broad pathway that runs around the holy lake and on one side of the lake is the main temple (which is covered in gold). There were hundreds of people inside but it was so big that it was still peaceful inside. There are many devotees who queue up to get inside the main temple. The Golden Temple is open till 10 pm.

The Golden Temple also provides free accommodation. They have separate dormitories for men and women. I met a few non-Indians who were staying at the dormitories. The women said that their dormitory was nice and clean and there were not too many people staying. However, one man who was staying at the dormitory for the night mentioned that at night it was crowded but by the next morning most of the people staying had left.

Travel Diaries



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6 PM- A LITTLE BIT MORE

8 PM- YOU MADE IT!

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GENDER-SPECIFIC TOYS
ARE BAD FOR
DEVELOPMENT

Children get knowledge of generalizations in gender roles through gender socialization. Gender socialization is defined as a way of knowing one's role in society according to the gender in which they belong. The process of socialization initiates right after birth and keeps on evolving throughout the whole life of an individual. There are many things created by human beings to make a newborn well accustomed to their gender roles. But among them, one of the most important tools is a gender-specific toy. Start from birth girls and boys are treated in a different manner such that they could get well accustomed to the difference between women and men with respect to religious, ethnic, and cultural values given by society. It is seen that the kids at an early age set up an image of boys and girls through interaction between teachers, parents, other society members, games, and toys.

As per Monica Brasted in *Care Bears vs. Transformers: Gender Stereotypes in Advertisements* (2010), kids begin focusing on gender suitability of toys simply after they comprehend the idea of sex steadiness. One new term that is important to consider here is gender constancy. It means that the child is well aware of the fact that the gender of the individual remains unchanged throughout life. To be clearer, gender constancy means the children are well known that even if they try to change the haircut or the way of clothing, their gender will not be affected.

One of the powerful tools to make children learn about gender-stereotyped behavior is toys.

It is the most common experience in a toy store to find a different section of boys and girls. The boys' section has navy and blue as the most important color while the girls' section has purple, pink, and white as the predominant color. We have very few numbers of toys in the market that can be said to be neutral i.e. played by both girls and boys. Toys that are made for boys depict the quality of aggression and confidence while those that are made for girls convey the message to be quiet, help, nurture, and take care of other people. Common toys for boys are soldier's dummy, cars, helicopters, etc. while those for girls are Barbie dolls, makeup kits, kitchen sets, etc. These toys make every girl know that their role is very much important at home where she needs to cook foods, keep everything clean, and look after the kids. Thus a picture of a homemaker and a mother is drawn in their mind from an early age. These toys also make a

girl child know that to get good respect in society their appearance is very much important. Barbie doll is the best example to be considered for this fact. Generally, games and toys made for girls urge them to sit and play unobtrusively. This is so just because to make them learn that females are better at those tasks that are simple and repetitive. Young ladies are not explicitly stimulated to participate in dynamic games but instead to be progressively cautious and calm.

Toys that are made for boys are very much constructive as well as mentally stimulating.

Some toys related to boys upgrade the art of coordination and critical thinking abilities, which strengthens the generalization that boys are better at assignments that require a more elevated amount of comprehension. As a result of these toys, boys get the knowledge to play a masculine role in society, participate in several violent activities, and be assertive and active. Toys and games related to boys are adventurous, which makes them learn that their role to the outside world is very much important. There are hell and heaven like the distinction between a military figure and a doll. There are some similarities like both of them are figures that represent a human being but that is not a good subject to be discussed. We hope that you are understanding that. Whatever be the case but the conclusion is, a doll portrays the image of care while an armed military figure describes masculine power.



In the present world, it is seen that if a kid is enjoying playing with the toys that are meant for opposite sex then other children and even the adults might be extremely brutal on it marking it as sissy or tomboy. Advertisements for toys on televisions and newspapers additionally help strengthen similar sexual orientation stereotypes. Rebecca Hains, a renowned professor of media and advertising studies

Some research also suggests that the children give much more attention to those toys that are meant for them. An experiment was carried out in 1986 by a psychologist named Marilyn Bradbard. Children aged between 4 to 9 were selected and they were allowed to play with unfamiliar toys in gender-specific boxes for around 6 minutes. After 1 week a memory test was taken for these children and it was seen that girls



at Salem State University, stated to The Current's Anna Maria Tremonti that advertisers are portioning small kids into profoundly stereotypical classifications by sexual orientation.

Commercials show girls playing with toys like dolls or makeup kit while boys are seen playing with racing cars, military tanks, etc. Boys are always seen playing in the park while girls and seen in the bedrooms. A study by Let Toys Be Toys, a British group, stated that girls were more likely to be shown playing with kitchen items while the boys were shown with helicopters and cars.

had good information about toys present in the "girly" box and the same was true for the boys.

By providing gender-specific toys parents are limiting the freedom of their children to learn and explore different roles. As a result, children will not grow in an overall manner, and from childhood, the kid will start to think about gender inequalities based on the people of the society. Girls and boys are biologically different since birth but still, they do not show any mental difference while playing. Thus, it is worthless to force sexual stereotypes since the beginning, which proposes that neutrality and cross-gender play in little youngsters can be empowered.

The Boy Who Cried Wolf

Once, there was a boy who became bored when he watched over the village sheep grazing on the hillside. To entertain himself, he sang out, “Wolf! Wolf! The wolf is chasing the sheep!”

When the villagers heard the cry, they came running up the hill to drive the wolf away. But, when they arrived, they saw no wolf. The boy was amused when seeing their angry faces.

“Don’t scream wolf, boy,” warned the villagers, “when there is no wolf!” They angrily went back down the hill.

Later, the shepherd boy cried out once again, “Wolf! Wolf! The wolf is chasing the sheep!” To his amusement, he looked on as the villagers came running up the hill to scare the wolf away. As they saw there was no wolf, they said strictly, “Save your frightened cry for when there really is a wolf! Don’t cry ‘wolf’ when there is no wolf!” But the boy grinned at their words while they walked grumbling down the hill once more.

Later, the boy saw a real wolf sneaking around his flock. Alarmed, he jumped on his feet and cried out as loud as he could, “Wolf! Wolf!” But the villagers thought he was fooling them again, and so they didn’t come to help.

At sunset, the villagers went looking for the boy who hadn’t returned with their sheep. When they went up the hill, they found him weeping.

“There really was a wolf here! The flock is gone! I cried out, ‘Wolf!’ but you didn’t come,” he wailed.

An old man went to comfort the boy. As he put his arm around him, he said, “Nobody believes a liar, even when he is telling the truth!”



The Moral

Lying breaks trust — even if you’re telling the truth, no one believes a liar.



Breastfeeding FAQs

Entering into the world of parenthood isn't easy for most couples. Be it feeding, diapering, bathing, or comforting a baby, everything seems to be a blur.

When it comes to the most essential part of parenting, that is, feeding; no matter how you decide to feed your baby, it just doesn't come naturally and involves a lot of trial and error. Breastfeeding, as natural as it sounds, is not a skill a mother is born with, and to establish a successful mother-baby bond, a lot of patience, persistence, and learning is required.

Those stumbling upon this post will find answers to the most common questions arising among the breastfeeding community. So come on, new mums, grab a hot cup of tea, sit back and enjoy reading, while also giving yourselves an appreciative pat on the shoulder for doing a great job feeding your little one!

The most favorite question of new nursing moms - How much and how often?

Newborn babies have small tummies and need to fill up with milk very often. In addition, breast milk is easily digested and hence triggers hunger pangs more often than we think. On average, a newborn baby feeds 8-12 times in a 24 hour period which can vary from day-to-day. Gradually, as the baby ages, the interval starts increasing and by around 4-5 months, babies can go without feeds for a long stretch of hours.

How long to feed is also very subjective and varies from baby to baby and day-to-day. On average, it takes 20-40 minutes for each feeding session. With this short interval and this long session, no wonder new mums feel what seems like an isolated milking machine! One piece of advice for all mums reading this: hang in their mama, this phase will pass in a flash and will be a distant memory quicker than you can imagine.

How do I figure out if my milk is enough for my newborn baby?

This question bothers a new mother like no other! With no way to determine the amount your baby drinks at each feed, it is hard to figure out if he is

okay or if he is starving. Some signs and clues that indicate a successful breastfeeding routine includes :

- Number of wet diapers per day (refer to the chart below)
- The baby is gaining weight as expected
- The baby is alert and active when awake
- The baby comes off the breast satisfied and sleepy
- Baby's mouth looks wet and pink

How do I increase my milk supply?

You may become overwhelmed by an ocean of advice regarding increasing milk supply, the simple solution is; frequent feedings! Nature wonderfully operates on the 'demand and supply' phenomenon and hence, the more you latch your baby, the more signals the brain gets about increasing the milk production and eventually produces more milk for the baby. Good maternal nutrition and hydration also contribute towards healthy milk production.



As a nursing mother, how do I take care of my health?

It is very important for a nursing mother to watch her diet, as breastfeeding burns as many as 500 kcal/day. It is important to include green starchy vegetables, an iron-rich diet, calcium-rich milk and milk products, and protein sources so that the body maintains its nutrient supply.

Mothers are also advised to continue taking their pregnancy prenatal vitamins throughout. Drinking 1-2 L of water per day is highly recommended. Steps to eliminate stress and getting adequate rest also should be on the priority list for the mothers.

I am a c-section mum, I cannot sit for hours to feed, how do I ensure successful breastfeeding?

Mothers healing from a C section find it difficult to



find a suitable position to nurse their babies. There are various other positions that can be tried that put minimal pressure on the wound. These include side-lying position, football hold, cradle, or crossover hold, with a breastfeeding (or normal) pillow on your lap and your baby lying on top.

I am 8 months pregnant, my friends suggest getting a breast pump, do I really need it?

A good electrical pump is a must-have for women who plan to breastfeed and also go back to work shortly after delivering the baby, as they can pump and stash the milk for the baby. However, for non-working women, who plan to stay with their babies, with no more than occasional trips away from the baby, it will be totally up to them to decide.

My baby is 6 weeks old and doesn't seem to get enough milk!

Many times, it has been observed that babies seem to not get enough, and in desperation and anxiety, moms start offering formula feed, commonly termed as 'top feed'. At different times in a baby's life, he undergoes periods of rapid growth called 'growth spurt'. This is when they need additional calories, and therefore, in simple words, are asking for more food. This is commonly seen at 2 weeks, 3 weeks, 6 weeks, 3 months, and 6 months. It is again nature's way to upregulate your milk supply to accommodate the baby's growing needs. Giving a bottle at this point can hinder the 'demand and supply' cycle and affect the milk flow. It is a test of patience for mums. The good news here is; babies usually return to their normal eating patterns within a few days and behave well up until the next growth spurt.

Ouch! My nipples hurt from the constant suckling.

Nipple erosion is very common and usually occurs in the first week of nursing. The nipples who have been an untouched entity until now are being exposed to friction rub 24/7 and therefore causing discomfort. This pain, however, can be prevented by effective latching techniques. A good latch is when the baby takes in the most part of the areola (the dark brown portion) of the breast and not just the nipple in his mouth. Furthermore, applying nipple creams and butter also prevents drying and cracking of the sensitive tissue, thereby decreasing pain.



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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.

1. What's a pirate's favorite class to take in school?
Arrrrrt.

Rajani, 6Yrs, Indore

2. What candy do bumblebees love the most?
Bumble gum.

Sanaya, 5 Yrs, Pune

3. Why does Peter Pan fly around so much? He
Neverlands.

Tanmay, 5 Yrs, Delhi

4. What did the math book say to the guidance
counselor?

I have so many problems.

Harsh, 7 Yrs, Delhi

5. What kind of shoes does a banana peel love
wearing?

Slippers.

Sumit, 4.5 Yrs, Mumbai

What did the big rose say to the little rose?
"Hi, bud!"

Ritika, 8Yrs, Gurugram

What's a pencil's favorite place to visit?

Pencil-vania.

Kanika, 6Yrs, Delhi

Where do polar bears store their money?

In a snow bank.

Manjeet, 10Yrs, Noida

Where should you go if you want to learn how to
make ice cream?

Sundae school.

Zoya, 5Yrs, Kanpur

Why is Superman's outfit always so tight on him? It's
a size S.

Anjali, 8Yrs, New Delhi





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:

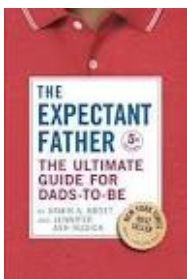
BEST BOOK FOR PREGNANT MOM

EXPECTING BETTER: WHY THE CONVENTIONAL PREGNANCY WISDOM IS WRONG--AND WHAT YOU REALLY NEED TO KNOW



"Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way." ...

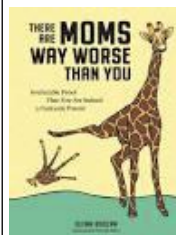
THE EXPECTANT FATHER



Since it was first published several years ago, The Expectant Father has become the indisputable leader in its field. It is an information-packed, month-by-month guide to all the emotional, financial, and yes, even physical changes the father-to-be may experience during the course of his partner's pregnancy. ...

BEST BOOK FOR NEW MOM

THERE ARE MOMS WAY WORSE THAN YOU:



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.

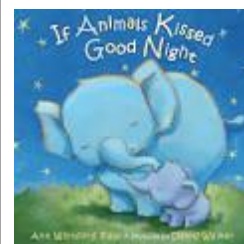
THE SCHOOL FOR GOOD MOTHERS



The School for Good Mothers is a 2022 debut novel by American writer Jessamine Chan. The novel concerns a woman, Frida, who is sentenced to a period at an experimental facility intended to rehabilitate mothers accused of even minor parenting infractions.

BEST BOOK FOR TODDLERS

IF ANIMALS KISSED GOOD NIGHT



A hilarious read-aloud that's sure to delight little ones and parents alike. After all, what can go wrong at a taco party for dragons?

PAT THE BUNNY



Pat the Bunny is a "touch and feel" book for small children and babies and has been a perennial best-seller in the United States since its publication in 1940.

BEST BOOK FOR BIG KIDS

STUART LITTLE

Stuart Little is a 1945 American children's novel by E. B. White. It was White's first children's book, and it is now widely

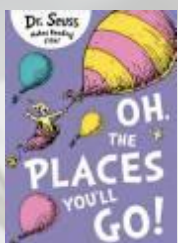


recognized as a classic in children's literature. Stuart Little was illustrated by the subsequently award-winning artist Garth

Williams, also his first work for children.

OH, THE PLACES YOU'LL GO!

Oh, the Places You'll Go! is a book written and illustrated by children's author Dr. Seuss. It was

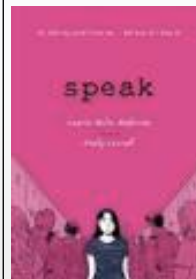


first published by Random House on January 22, 1990. It was his last book to be published during his lifetime. The book concerns the journey of life, its challenges and joys.

THE BOOK BUG

BEST BOOK FOR TEENS

SPEAK



Speak, published in 1999, is a young adult novel by Laurie Halse Anderson that tells the story of high school freshman Melinda Sordino.

After Melinda is raped at an end of summer party, she calls the police, who break up the party.

MISS PEREGRINE'S HOME FOR PECULIAR CHILDREN

Miss Peregrine's Home for



Peculiar Children is a contemporary fantasy debut novel by American author Ransom Riggs. The story is told through a combination of

narrative and a mix of vernacular and found photography from the personal archives of collectors listed by the author.

**10 ways
to deal with
whining
behaviour**



If your kid whines about everything from the food you prepare to the color of their shoes, it is hard to listen to every time you say no. Not to mention, you start dreading going to public places with your kid, in case they have a public outburst.

Whining is a normal issue in children. Most children understand from an early age that whining will get them what they want. For them, it is an effective way to bend adults into submission.

That is why it must be curbed as quickly as possible. Whining will get worse without adequate intervention, and a whiny kid can turn into a whiny adult. These steps will help you stop your kid's whiny outburst.

1. Establishing a “No whining” Rule

Establish a household rule, such as, “Ask for something nice and accept the answer politely.” This makes children realize that their whining would not be successful. And you would not change your minds.

Be sure that the other guardian of the child, including your spouse and your in-laws are on the same page. It would hinder your efforts if one of them gives in to the whining and get the child what they want.

Also, be persistent, remind them from time to time about the rules. “What’s our rule about how we ask for something?” or “What’s an appropriate way to respond when someone tells you NO?” These answers make your child see that whining is a bad habit, not a tactic for them to use.

2. Keep reminding them not to whine.

Children do not realize that they are whining sometimes. Remind them when they start whining. Also tell them that, begging, pleading, and constantly asking both constitute whining.

Create a whining jar if this behavior persists. If you give your child an allowance, tell them they lose a

portion of every time they whine. If not, then they lose out on their favorite dessert or activity every time they whine.

3. The key is to be patient and not giving in

Whining can be as musical as a cat screech. But adults must keep cool. If it helps you keep your composure, take deep breaths, leave the room, or put on some music. Do not give up, whatever you do. When you end up giving in, out of desperation, you are showing your kid that whining is a productive means of achieving what they want.

4. Ignore Whining

The attention of some way may cause the behavior to persist, especially though it is negative attention. A productive method of behavior management is to disregard attention-seeking behavior like whining.

You perpetuate the action if your kid keeps crying when you tell them to clean up their toys, then you keep talking to them as he whines. Paying attention to your child allows the crying to continue. Also, the more you involve them in a discussion, the more the toys will be picked up by your kids.

Chances are when they see that you are not responding, your child will start to complain louder. Keep ignoring it until it ends. They will realize that their whining will not work anymore.

5. Teach them other ways to express themselves.

Teach your child how they can express unpleasant feelings such as anger, disappointment, and sorrow. Teaching your child about emotions is vital so that they can understand how they feel and learn how to cope with disturbing feelings.

For starters, if your kid is upset because you told them that they cannot play video games, motivate them by involving them in coloring or jumping jacks to cope with those angry feelings. Coping skills will

For starters, if your kid is upset because you told them that they cannot play video games, motivate them by involving them in coloring or jumping jacks to cope with those angry feelings. Coping skills will help your child cope properly with their emotions. Kids need to learn healthy ways to express



themselves when they are upset.

6. Leave the room.

Simply leave the room as your child starts to cry or whine. Your child will likely follow or throw things, ignore them until they calm down. After a while, they will stop whining and will get distracted.

7. Remove the cause.

In case they are whining because of an object, simply take it away. Your kid, for instance, is whining over an extra cookie, then hide the cookies. Every time this happens remove the object, out of sight, out of mind.

8. Time Out.

The Time Out technique works in case your child is small. When they start whining tell them that they are upset and go sit down somewhere and tell you why they are angry. After a while, they will be back to their usual self.

9. Change the subject.

Changing the subject is another effective way to stop the whining. Every time they start whining ask a random question, they will be caught off guard. Redirecting young children's attention can be a perfect tactic for many different scenarios.

10. Make sure your kids get enough sleep.

A lack of adequate rest is the number one cause a child typically gets whiny. Parents underestimate the amount of sleep their children need to work at their best. Sleep deprivation puts the brains of children in a mode of stress that creates a constant state of irritability. Make sure your child has a proper night's sleep and it can aid in every part of their lives.



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