



Toddlers: Quirky discipline rules that work

As a mother of a toddler, you are constantly trying to battle their stubbornness, their irritations, frustrations and their tantrums. You try every trick you have heard, read and even gained from the experienced parents in the neighbourhood or relatives.

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Smart ways to end picky eating

All new moms want their kids to be good eaters. But the question that always keeps arising is what can one do in the initial months to make sure that the toddler is open to eating and trying everything once they start weaning.

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Pregnancy Myths



MYTH: You can tell the baby's gender by heart rate. Boy's hearts beat slower than the girl's.

FACT: It's illegal to try and determine the gender of the baby in India. But there is no difference to the heart rate of a baby boy or girl in the mother's womb. All that should matter is a healthy baby and a healthy mummy.

MYTH: Lifting your arm over your head can cause your baby's umbilical cord to wrap around their neck.

FACT: There's simply no connection between your arm muscles and joints and the umbilical cord, which connects your baby to your placenta.

MYTH: Burning could cause early labour.

FACT: Some form of exercise is recommended and healthy for most pregnant women. If your doctor permits slow running/jogging keep up to it, unless specifically not told to. No kind of exercise causes early labour.

MYTH: Spicy foods can help you go into labour.

FACT: Spicy food has no effect on your chance of inducing labour naturally — unless your body is really ready to have that baby.

MYTH: Castor oil helps induce labour.

FACT: One of the many known tactics include consuming castor oil to induce labour, but they also lead to contractions in your intestinal tract, leading to really unpleasant side effects including diarrhoea, upset stomach and cramping.



Nail changes during pregnancy

There's good news and bad news when it comes to pregnant nails. Pregnancy brings in faster nail growth, sometimes accompanied by brittleness, groove formation or sometimes even separation of the nail from the nail bed called onycholysis.

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New Mom: Don't Worry. Be Happy.

All the new moms are jealous of that one upbeat mom, who seems to have everything under control and manages to keep the joy and love flowing.

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New Dad: What dads can teach the moms

You and your partner might have very different takes on parenting styles. But that doesn't mean what the fathers are doing is wrong. While Men may be from Mars, ...

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Quirky discipline rules that work

As a mother of a toddler, you are constantly trying to battle their stubbornness, their irritations, frustrations and their tantrums. You try every trick you have heard, read and even gained from the experienced parents in the neighbourhood or relatives. Here are some quirky rules, which sometimes are not even rules but just laid down facts; and surprisingly their clarity and enforceability make them work despite all odds.

RULE #1: You can't be in same room as me, unless you're working too

The objective here is to get your child to help you around or at least stop bugging you, while you do the chores. Keep 2 things in mind here.

One: The kids want to be around you as much as possible.

Two: You can't really force them to help you.

So you just give them an option. Either you sit here and help me with some work or go elsewhere because you can't just sit here and watch me. Whatever they choose; either they stay and help OR get away and let you complete the work; you win.

RULE #2: Mummies don't work past a certain deadline

While this might take a little more time to get used too; your kids and family have always had you available round the clock. The objective here is to regularize bedtime and also find the time for you.

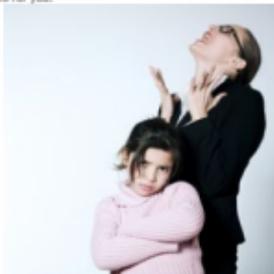
Set a rule that post a pre-decided time you will not engage in any activity related to the kids. Before that you are more than willing to spend as much time as needed, reading them stories, playing with them, bathing them, putting them to bed etc. But as the clock strikes you become Cinderella.

Not only will the kids rush to make sure they get the most time with you, even your husband will also help around knowing that otherwise he will have to manage the rest all by himself.

RULE #3: You get what you get, and you don't throw a fit

Dealing with a tantrum over serving the milk in the red and not the green mug, or which cupcake had more cream than the other, or even why did the other toddler get a better gift than me is next to impossible. With kids sometimes using direct but little harsh facts not only work well, but even get them ready to face the competitive world ahead.

Let them deal with the situation and accept it.



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Smart ways to end picky eating

All new moms want their kids to be good eaters. But the question that always keeps arising is what can one do in the initial months to make sure that the toddler is open to eating and trying everything once they start weaning. You also wonder if appetite is ingrained in kids like personality traits, hair colour etc.

Here are some strategies you can try to raise an adventurous eater or helping a cautious and choosy eater convert into a relatively more adventurous one.

1. The meal is planned. And I have no time to cook anything new.

It is very important to lay a meal time rule that 'This is what is for your meal today. If you don't like it, you don't have to eat it. But there isn't anything else.' Your toddler can then decide if they want to eat the given meal or wait until the next meal time. Make sure there are a few things on the plate you are sure your toddler likes. It's about introducing new things; not shunning them away from eating completely.

Also remember children will not become ill or suffer any kind of damage if they refuse one or two meals. So take it easy and be patient.

2. Give vegetables the hard sell.

Vegetable is something traditionally all kids would like to give a pass; especially if they have something more exciting coming up in the next course of the dinner/lunch.

Try this: The first thing you serve on the dinner table should be a portion of the veggies you want your toddler to eat fuss-free.

How it works: The kids are the hungriest when they arrive at the dinner table. And this plays to your advantage, where they would have gladly eaten what is there in front of them without any coercion.

3. You have to try one bite.

Trying a bite sounds more convincing than putting a ladleful of stuff on their plate and forcing it down their throat. And if this doesn't work, try the traditional tricks your parents used when you were young.

- No dessert if you don't eat a fair amount of dinner.
- No seconds until you try a little of everything—but then seconds can be whatever part of the meal you like most.
- Or, the most mysteriously effective one of all, "See you're not eating your chicken. Mind if I give it to your brother?" at which point, some inexplicable competitive urge kicks in, and the child turns into a food-eating dynamo and polishes off everything on his plate.



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Nail changes during pregnancy

There's good news and bad news when it comes to 'pregnant' nails. Pregnancy brings in faster nail growth, sometimes accompanied by brittleness, groove formation or sometimes even separation of the nail from the nail bed called onycholysis. Pregnancy hormones actually make your nails grow faster, which is terrific for some moms to be. For others, nails that grow too quickly can be thin, weak and easy-to-break.

What you can do to protect your nails during pregnancy

Eating a balanced diet with regular intake of your prenatal vitamins containing B-complex, ensure improvement in nail firmness, hardness and thickness. Include nuts, eggs, soya bean, mushroom, peas, avocados, bananas, milk and whole grains in your daily diet as they are rich in vitamin B-complex. Make sure you check on your allergies before including any new items in your diet. Consult the CareNine dietician for a well planned balanced meal.

What products you should refrain from using

Check labels and avoid nail paints, polish removers and acrylic/artificial nails with acetone and formaldehyde whenever possible. Also while getting a manicure/pedicure, make sure the room is well ventilated to avoid direct inhaling of the fumes from the nail paint.

What preventive steps you can take

- Don't bite or pick at your nails.
- Keep nails clean and dry. (Water makes nails soft, and soft nails break – another reason to limit your bath time.)
- Opt for short nails for a while. They're less likely to chip off and break. This will make it easier for you to care for.
- Slather a good moisturizing cream onto your nails and cuticles at bedtime.
- Wear rubber gloves when washing dishes and using household cleaners.
- Push back your cuticles gently, rather than cutting them. Nails will stay stronger and you'll be less likely to get an infection.
- Don't dig out ingrown toenails. See a dermatologist if they get really painful.
- To minimize your chances of infection, bring your own grooming kit to the nail salon; sanitize them well before you use them again.



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Don't Worry. Be Happy.

All the new moms are jealous of that one upbeat mom, who seems to have everything under control and manages to keep the joy and love flowing. Let's uncover the secret of some habits that these mothers follow on a daily basis that make them 'The Happy Moms'.

1. Ask for help

Happy mothers are not afraid to ask for help from family and friends. While frustrated, 'tired to the T' moms miss on those out-of-town weekends and movie nights with their husband because they can't find a babysitter or a willing relative. Very Happy Moms just say, "Please." Trust us it is as simple as that. Remember asking for help is not a sign of weakness or mismanagement, but a sign of managing things right.

2. Leave the house - NOW

Fresh air, sunlight and nature are believed to be critical mood enhancers for women and moms can get this little lift while pushing strollers or swings. Look around that playground. Spot the happy mother across the field. Go talk to her, right now.

3. Plan some big fun

Very Happy Moms work their way round to make time for vacations and fun times. It's very important to stack away those alarm clocks, your child's homework, the household chores and bring in beautiful sunsets, long & luxurious spa dates, card games, a romantic movie night and even a weekend off.

4. Eat, Sleep & Be Merry

Being sleep-deprived may be a badge of honour for those with young babies, but the sooner you can figure out how to get your eight hours back, the more delirious with joy you will be. Follow the well deserved sleep with a balanced meal and feel the happiness quotient rising within.

5. Get back in shape

Just about equal to how good regular exercise makes us feel is how swiftly the gloom creeps in when we skip it. Fortunately, to a mom, exercise can feel almost self-indulgent -- after all, you're doing something for yourself, in the company of other grown-ups. And that's part of the buzz.



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Parenting tips: What dads can teach the moms

You and your partner might have very different takes on parenting styles. But that doesn't mean what the fathers are doing is wrong. While Men may be from Mars, when it comes to bringing up babies, they can be just as effective as women. So daddies, this is your time to show your partner some effective ways to deal with the babies and be successful at them too.

1. Turn work into play

It's amazing how the dads can turn the most mundane jobs into playtime. Jobs like diaper changing can be made fun by daddy making silly faces with the fresh diaper, turn the toothbrush into a choo-choo train scrubbing the tracks etc. Make a team and help the mom turn mundane roles into fun times. Even better - get them done yourself.

2. Let them learn

While there is nothing wrong with helping out a toddler in distress, most dads will let the kids work through the problems themselves, which in most cases is the best way to learn. Your little one will be doubly proud of their accomplishment.

3. Treat them like grown-ups

Sometimes straight talk is the most direct route to a solution. Suppose your 3 year toddler is biting other kids at the playschool, while mummy may try to make stories that encourage him to alter his behaviour, most dads choose to offer constructive criticism by saying 'If you keep biting other kids, you won't have any friends.' While it may sound harsh, even your toddler knows it's true.

4. Choose your battles:

A stubborn toddler can make you feel like you are going from head to hot head over every little tiny thing. Suppose your toddler doesn't want a bath. While mummies might choose to plop them up kicking and screaming in the bath tub, the daddy cool might just let go of the bathing routine for once to totally avoid the tantrum, which might ruin the whole day ahead. It is important to choose your battles. And if it is necessary that the toddler be cleaned up, turn that into a fun event and not a mundane job.

So daddies, team up with the mummies, let them relax and show them how it is done. Most importantly, how well it is done, even if done your way.



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