



Toddler: Potty Training : Do's and Don'ts

The battle is half won, once your toddler is psychologically and developmentally ready to shift from diapering to potty training. While different strategies work with different children, here are a few do's and don'ts that will help you get the job done with a little more ease.

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Toddler: Rejoice your toddler's first step

From crawling to cruising to finally toddling... your baby's first steps is a tick off another milestone for every parent and the fun ride begins for all. Once the baby learns to pull themselves up with the help of some furniture or their parent's legs, it's just a matter of time that they will independently take that awaited first step.

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Fascinating facts about new-borns



1. During the nine months between conception and birth, a baby's weight increases by 3,000 million times.
2. Between birth and the end of its second year, an infant will have quadrupled in size.
3. A baby's head is proportionally huge, being one-quarter of the total body length, compared to only one-eighth of the total adult's length.
4. At the moment of birth, a baby's heart beats at 150 pulses per minute. Within a few hours, the rate falls to 140 pulses. At 1 year old, the infant heart rate is 115 beats per minute. An adult's average resting level is 70-80 beats a minute.
5. Up until 7 months old, a baby can breathe and swallow at the same time.



Mom to be: Breast lump during pregnancy

Do you feel alarmed by the sudden lumps you notice on your breasts during pregnancy and worry if it's the dreaded breast cancer? Don't worry. Under most scenarios they are benign. According to the American Cancer society, the chance of having breast cancer during pregnancy is very rare especially if you are under 35 years. But here's what you should know all about it.

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New Mom: Tress Stress: Post partum hair loss

During pregnancy you may have been thrilled with your thick and lustrous mane of hair. Except for some dryness you may have thought that pregnancy has finally given your hair some life!

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New Dad: Daddy's survival tips to calm a crying baby

All babies cry. They cry a lot in the first year and most of all in the first three months. Of course, this is also the time when it's all new to you, especially the dads and it's easy to panic. ...

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Do's

Take a gradual step: Once ready for potty training don't discontinue the use of diapers. Use the disposable ones that can be easily pulled up and down by the toddler while they are using the potty. They prove to be very helpful in case in event of an accident, where they absorb like diapers. Shift to the regular cotton underpants post a few successful attempts at using the potty.

Allow them some bare time: This is important to get them aware about their own body signals. Let them roam bare in a closed space where the potty is easily accessible so they can act when the time comes.

Choose easy comfortable clothing: Don't let the better of zippers; buttons or clasps get the better of your child's urge to visit the potty themselves. Bottoms with elastic are the best things as they are getting the hang of things.

Observe and suggest: Observe the toddler for specific body signs when they receive the nature's call. Nudge or suggest them if they need to visit the potty. Just in case they are late, still have them seated on the potty to reinforce the connection.

Offer praise and keep them motivated: Establish connect between using the potty and growing up. Pat on the back along with materialistic motivators like small gifts, coins in the piggy bank for every successful potty visit can help them keep focus on the target.

Don'ts

This process might seem endless, but sooner or later your toddler will realize that it really is better to use the potty than wear diapers.

1. Even the most enthusiastic kids take long to master potty training. Expecting too much will diminish their self confidence.
2. Don't scold, punish or mistreat if they wet or soil their clothes. Be patient else you might discourage their future attempts.
3. Don't deny drinks to avoid accidents when on the move. This is particularly unhealthy and not a wise way to potty train children.
4. Nagging or forcing eventually leads to more resistance. You can only direct as a parent. The final action should be left to the child.
5. If you see a lot of resistance, shut the topic off until the toddler himself approaches the same.
6. Never ever make the mistake of comparing them with peers who have already moved on and mastered potty training.





Rejoice your toddler's first step

From crawling to cruising to finally toddling... your baby's first steps is a tick off another milestone for every parent and the fun ride begins for all. Once the baby learns to pull themselves up with the help of some furniture or their parent's legs, it's just a matter of time that they will independently take that awaited first step. Once they do its practise, practise and more practise that will take them from toddling to walking.

Most kids graduate from pulling up to walking with the help of a piece of furniture or external help by 9-10 months. Once confident of balancing the standing straight act they attempt to take their first step. While most of them don't show signs of walking until after their first birthdays, some even start as late as 18 months or even as early as 8 months. It largely does depend on their gene pool. They seem to follow yours or your spouse's early or late footsteps. Also a hyper active and daring toddler tends to take the leap faster as compared to calm, composed and a very cautious one.

How to help your baby discover independent walking?

-Tempt them into the act: Keep those favorite toys at a distance that encourages the toddler to reach it by taking those few shaky steps. Remember to use the tricks that got them from crawling to pulling up. They always work wonders.

-Assist them in every way possible: If you witness that the baby is not confident that first step help them by aligning some pieces of stable furniture together which they can use to cruise along. Make sure the furniture is babyproof without any sharp edges and do not tend to tumble over to avoid any accidents. You can also encourage them by holding their hands and help them walk and balance for better self control.

-Try using push toys: Sometimes their favorite push toys can help them learn the art of balancing and graduate to independent walking faster than anything else. Just make sure using support does not turn into a habit and avoid walkers as many experts suggest they tend to slow motor development in children.

-Provide open spaces that encourage walking: While stationary activity centres provide safe environment for playing, they seldom encourage walking. It's important that your baby develop motor skills that strengthen their torso and arm muscles along with leg muscles to walk. Hence provide open spaces that can help overall physical development.

-Let them bare their feet: The best shoes for beginning walkers are no shoes at all. While indoors and even in safe outdoor with smooth, even surfaces let them go bare to develop the arches, build muscle tone and learn balance and coordination. For outdoor excursions, have shoes that are lightweight and flexible and allow free movement. Fancy looking shoes can sometimes restrict free movement and slow down the process of learning.

At this stage the child is learning a lot of new things like trying finger foods, learning their way to the first few words and even walking. This may sometimes take their interest off one of the activities and concentrate on the others for a few days, weeks or even months. A fall, bad tumble or even illness may sometimes take them back to crawling. Give them their own sweet time to learn their way. There's not much that parents can do to speed up a baby's development timeline besides providing lots of safe, fun, supportive opportunities to practice during playtime.

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Breast lump during pregnancy

Do you feel alarmed by the sudden lumps you notice on your breasts during pregnancy and worry if it's the dreaded breast cancer? Don't worry. Under most scenarios they are benign. According to the American Cancer society, the chance of having breast cancer during pregnancy is very rare especially if you are under 35 years. But here's what you should know all about it.

Your body undergoes a lot of changes during pregnancy. While your hormones do play a major role, your body is also prepping itself to undergo various changes for the baby that is growing inside you. Apart from the very evident baby bump and an overall weight gain, your breasts undergo a lot of changes too. They feel heavy, lumpy and firm than you're used to. In fact if you are in your 2nd or 3rd trimester, the most logical reason for feeling a lump is the clogged milk ducts. Yes, even as early as the 2nd trimester, the body begins prepping to nurse your baby and during the process sometimes the milk duct gets clogged and enlarged.

How to differentiate between a clogged duct and a malign lump?

Clogged milk ducts are red lumps that are tender to touch and generally clear up in a few days, though they do have a tendency to show up again. Breast Cancer lumps on the other hand are not usually red and painful when they first appear and neither do they clear up with time. We advice, it's always better to consult your doctor for any such symptoms and not to wait until after you deliver. While it can be trickier to get your breasts examined during pregnancy as the tissue gets denser and lumpier, it is important to get an accurate diagnosis as soon as possible.

While it's the clogged ducts that are giving you painful days and sleepless nights, here are a few handy tips you can try to give it a relief:

1. Apply warm compress to the lump regularly for some relief.
2. Run hot/warm water on the area during showers.
3. Massage the duct gently to help unclog and eliminate the duct.
4. Some experts suggest discontinuing the use of under-wired innerwear and shift to a more full support bra during the pregnancy tenure.

If the lumps do not clear up or gets worse, it's best to get your-self examined for any unwanted infections that may have caused the same to worsen.



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During pregnancy you may have been thrilled with your thick and lustrous mane of hair. Except for some dryness (which a little deep conditioning takes care of) you may have thought that pregnancy has finally given your hair some life! But then once you have your baby you're alarmed, even shocked, to find that your hair seems to be falling out.

Here's what's going on. Normally, about 85 to 95 percent of the hair on your head is growing and the other 5 to 15 percent is in a resting stage. After the resting period, this hair falls out – often while you're brushing or shampooing it – and is replaced by new growth. An average woman sheds about 100 hairs a day. During pregnancy, increased levels of estrogen prolong the growing stage. There are fewer hairs in the resting stage and fewer falling out each day, so you have thicker, more luxuriant tresses.

After you give birth, your estrogen levels take a tumble and a lot more hair follicles enter the resting stage. Soon you'll have more hair coming out in the shower or on the brush. This unusual shedding will taper off and your hair will be back to its pre-pregnancy thickness about six to 12 months after you give birth. Not all women notice dramatic changes in their hair during pregnancy or the postpartum period. Among those who do, it tends to be more obvious among women with longer hair.

What can you do about it?

-Keep your hair healthy by eating well and taking vitamin supplement as suggested by your doctor.

-Be extra-gentle during your shedding season to prevent excess hair loss after pregnancy. Shampoo only when necessary and use a good conditioner and a wide-toothed comb to minimize tangling.

-Get a hair-cut with an easy to manage hair style that makes you look good without much to bother about.

-Skip blow-dryers and curling and flat irons if you can and put off any chemically based treatments until the shedding stops.

-Talk to your practitioner if your hair loss is excessive. When it's accompanied by other symptoms, hair loss after pregnancy could be a sign of postpartum thyroiditis.





Daddy's survival tips to calm a crying baby

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All babies cry. They cry a lot in the first year and most of all in the first three months. Of course, this is also the time when it's all new to you, especially the dads and it's easy to panic or worry that you're doing something wrong. The best way is to start by understanding that crying is Baby's only way of communicating and you'll be well on the way to dealing with it. Somehow the mother's get it faster because of the time they spend with the baby, but if you pay attention and listen, you'll pretty soon be able to tell the difference between 'I'm hurt' and 'I'm bored' and everything will be fine.

Basic reasons why babies cry

Babies have a very small number of needs and each one has its own unique cry. There are three main reasons babies cry, so always check for these first.

1. I'm Hungry

2. I'm Uncomfortable

3. I'm tired and bored

While these 3 things will explain most of the crying there are other things that might be bothering your little one.

1. Crying due to pain: You surely will be able to make that out versus the tired cry or the hungry cry.

2. Not feeling well: Check for signs of a rash, high temperature hard/ gassy tummy and contact your GP immediately.

3. Scared and unsafe: Babies can get scared of every small, new and not accustomed to environment. Make sure you are around when they meet strangers and even are exposed to not the usual sounds like that of a vacuum cleaner or any other electronic appliance in the house.

You've taken care of the obvious things - feeding, changing, whatever. But it just won't stop. Here are some things that might help.

- Soothing background music or a particular noise they are used to.
- Going outdoors for a walk or a drive helps sometimes.
- Sing a lullaby or a nursery rhyme.
- Your voice makes the baby feel secure and safe. Talk to the baby in soft tones.
- Rocking the baby to sleep may help them feel safe and secure.
- Some Don'ts that might harm the baby while you are trying to stop them from crying
 - Never shake your baby suddenly while they are crying. This can cause a lasting brain damage and even internal bleeding.
 - Do not get angry in front of the baby when they are crying as they sense the tension and it only gets worse from there.
 - Do not shout as it would again have a lasting negative impact on the baby.

