



TIPS TO RAISE YOUR CHILD

These tips will help you maintain a healthy relationship with your children

There is no standard rule for bringing up children, as each child has different needs. They demand different levels of attention, expression of love, discipline etc.

- Don't make your children an investment for your future. It is a privilege that this child has come through you, but don't treat them as your property. Nurture them, watch them grow and support them.
- Don't try to fulfill your ambitions through your children and mould them according to your understanding of life. They need not do what you did in your life, in fact they should do what you never dared to do. Only then will there be progress in the world.
- Don't pamper your children too much. This will make them powerless and useless in the world.
- Don't be in a hurry to turn your child into an adult. It is important that a child remains a child and behaves like one. Once he becomes an adult he cannot go back into his childhood.
- Learn from your child. Life may have taught you few survival tricks, which you can teach your child. But if you compare yourself to him/her, you'll observe that he/she is the one who is more capable of joy and happiness. So learn from your child to be happy and cheerful.
- Please do not introduce any spirituality to young children. Children are very close to spiritual possibility if only they are not too much meddled with. So create an atmosphere where the child conducive to his growth, where he'll become naturally spiritual.
- Maintain a friendly relationship with them. Become his friend rather than his boss.
- Make yourself truly attractive. A child is influenced by various people and things and he'll follow the one he finds most attractive and approachable. So make yourself attractive to your child so that he/she always comes to you for guidance and company.
- Create an atmosphere of joy and happiness and transform yourself into a peaceful and loving human being. Your children will also learn from you and do same things.



- Tea, coffee, cola and chocolate drinks should be taken in minimum quantity.
- Daily salt intake should be cut to its minimum.
- A pregnant woman should not be in a standing position for long hours. She might feel giddy.
- During pregnancy, heavy work, lifting weights or climbing upon a stool or table are a no-no.
- Long, tiring journey should not be undertaken, specially during the first three months and last two months.
- Driving a vehicle should be avoided.
- Riding a two or three-wheeler vehicle should be done with extra precaution.
- Drug addition or smoking is dangerous for mother and foetus.

After 5 months of pregnancy, stretch marks appear on abdomen, thighs and breasts. This happens due to the stretching of skin spawned by increase in the girth of abdomen or thighs. There are less stretch marks in women with more elastic skin. There is no treatment to prevent it, but gentle massage on the parts with cream or oil leaves a soothing effect. After delivery, these marks fade away in due course of time.

One may experience backache, increased frequency of urination and breathlessness during the last 3-4 months of pregnancy. An obstetrician should be consulted.

Pregnant women should maintain a correct posture. This will prevent muscular pain. She should not bend forward on back bones. Rather sitting on knee is preferred.

Pregnancy should be handled with delicately. No medicine should be taken without the doctor's advice.

Mild exercises are helpful in relaxing pelvic joints. Walking and breathing exercises are highly recommended.

There are some alarming symptoms related to pregnancy like headache, pain abdomen, excessive vomiting, giddiness, dim vision, restlessness, less urine output, yellowish colour of urine, fever, watery discharge or bleeding per vagina and less movement of baby inside uterus. In these mentioned conditions, the obstetrician should be consulted immediately.

Last but not the least, baby should be put on breast as soon as possible after delivery, and breast feeding should be done for nearly one year.