#IAmThe BestMom

A handbook of vital insights for mothers of infants to teenagers on eating habits, growth & behavioural development.

Dr Anuj Rastogi MD
(Neonatal-Pediatrician)

Dr Jai Madaan
is one of India's well-known names as an astrologer, numerologist, palmist and vaastu expert. She is also a renowned motivational speaker and a sought after relationship counselor

Foreword

I feel delighted to be writing the foreword of **I AM THE BEST MOM**.

A courageous and self-proclaiming statement in itself, the title of the book is self explanatory. We don't want to be known as just a mother, but as the best mother.

Everyday we do the best we can to nurture our kids and to help them grow healthy and strong.

As they say, when a child is born, so is a mother. In this remarkable journey of motherhood, often we ask ourselves if what we are doing is right for our kids. This book is the perfect companion to provide us with those answers. Dr Anuj Rastogi's lucid flow of text makes it easy for everyone to understand the context of every topic with clarity. From a toddler to a teenager, Dr Rastogi extensively covers all areas of concern, right from a child's eating habits to their growth and behavior.

This book is a must read for every young mother to help make her journey more rewarding!

Wishing Dr. Rastogi the very best!

Dr Jai Madaan (Hon.)
Astrologer & Vastu expert

Dr Anuj Rastogi

"A child's life is like a piece of paper.

Everything we do will leave a mark on it. Choose to leave back happy colors"

About The Author

Dr Anuj Rastogi is a prominent childcare specialist who comes with 26 years of experience as a Paediatrician. He believes childcare is a vast and expansive subject. When it comes to India, it's the mindset of using age-old remedies that needs to change. He advocates vaccination as a timely precaution rather than using medicines for a cure and believes in the miracles of water over injections. Dr Anuj holds an exhaustive experience and has various awards and accolades to his credit.

He firmly believes that taking care of the child begins even before he or she is born and is always trying to educate and empower parents with knowledge and science. One of his cherished philosophies is, "changing the mindset of elders can work wonders for the child's health". He wishes to place India on the global map by being on the prime spot on the "mother's index".

Dr Anuj Rastogi sees everything from the broader perspective and thinks wellness does not just mean healthy kids without infections, but also implies happiness, willpower, cognitive health and overall smartness for the children as well. It is no surprise that his vision has led him to become a household name in Meerut and a leading influence in the field of childcare. He is constantly trying to innovate methods to associate with all age groups. Therefore, Dr Anuj has come up with a mascot named Jazy Tara that can help transform kids' mindset and pave way for meaningful development of children through animated short movies, comics, books, toys, and other interactive accessories.

Dr Anuj Rastogi envisions the future of the nation to be holistic and empowered in every way, and to support this he has authored and co-authored several articles for journals and leading newspapers of India. He is a regular blogger and a true social influencer.

Dr Inchie Lonial (PT)
Neurodevelopmental
Therapist & Special Educator

CONTENTS

07-54 Feeding issues

55-66 If a newborn could speak

67-68 Eat Together & Stay Together

69-70 Food Rules

71-72 Banana Na Na

73-74 Temporary hunger can be a good thing

75-76 Why the french are so smart

77-78 10 reasons Why your child Is a picky eater

79-80 Obesity in children

81-98 Well-baby check-up at 6to18 months of age

99-100 It was six months ago

101-102 Tara kids- a channel for mother and child

103-104 Relativity of anxiety and parenting

105-106 Kids-inborn yogis

107-108 Sport-good for mental health

109-110 Tarakids-boon for children...

FEEDING ISSUES

Feeding issues – Current epidemic

This is the main complaint by the parents, in fact, it tops the list of current illnesses.

I keep thinking about the root cause of this perception.

The main factor begins around the time of weaning with attempts to advance a child's diet prematurely, which may result in a developmental mismatch between foods offered and those foods that a child is able and ready to accept (e.g. chopped food when the child has skills for purées only).

It will ultimately lead to food aversion and the child will stick to a selective food (maybe only milk)

Although food selectivity decreases with advancing age, babies at 6 to 8 months have fewer expressions and parents misread it.

It leads to coercion for feeding which becomes the cause of feeding issues later on...

Feeding issues – Are they real or a matter of perception?

Most of the feeding issues have their roots in earlier medical problems like acute Diarrhea, which causes decreased appetite, fatigue, vomitings and abdominal pain.

Overcaring parents calculate child's health, weight and food consumption on an hourly basis and end up creating more stress in the child for food.

They always demand an appetite stimulant, even in acute illnesses, adding one more medicine for an already fragile child.

Dear Parents, have patience during illnesses, as at such times the child has a poor appetite.

The cultural belief, "The bigger the baby, the healthier the baby" influences parents' perception and causes feeding problems in their wards.

Picky eating may be normal!

Picky Eating...

Picky eating or selective eating is common in children.

Picky eating behavior is at its peak around 2 years of age.

At this age, the child is very sensitive to new foods.

Parents perceive good appetite as a sign of perfect health in children and enforce family menu on their child.

They force it with coercion or competitive feeding with older siblings or scary stories...

They presume this model would be successful but on the contrary, they end up offering carbohydrate-rich foods instead of protein-rich foods. This might encourage picky eating.

Carbohydrates mainly sugary food/potatoes/refined flour are more addictive than protein-rich food.

Picky eating at this age is normal up to some extent and this does not have long term repercussions on the growth of a child as an adult...

No Two Children are Comparable…

Picky eating is another step in the process of growing up and becoming independent. As long as the child is maintaining his growth chart and has plenty of energy, he is receiving all that he needs.

Do not be concerned so much, do not compare any two children. We all are born with some differences, yet we're all normal.

Most young parents are themselves, picky eaters.

Children are keen observers. They imitate adults, just like they learn to wave their hand to say 'Bye' or blow flying kisses when we teach them to.

So if a mother is less willing to try a new food herself, so will her children.

Just set her right...

Each parent wants their child should just eat right.

But they find it incredibly difficult to feed their child the way they want to, probably because their emotions have overpowered their goal.

They do not want their child to stay hungry even for a minute.

So they give in and succumb to their emotional pressure. Since they cannot let their child stay hungry, they even give a pass for junk food.

Teach your child proper eating habits. Do not offer choices everytime.

Please do not give food to your child on conditions.

Healthy Supplements…

When we think of nutrition, we visualize a few things in our mind.

1. Carbohydrates 2. Proteins 3. Fats 4. Calcium
5. Iron 6. Green vegetables 7. Fruits 8. Now Omega-3 fatty acids too

We think good, and plan good, but end up pleasing our taste buds.

Example: When we take juice, we eliminate many good properties of fruits.

Sometimes even worse, we add sugar or salt to it, gradually training our taste buds for more sugar or more salt as well.

Finally we end up drinking colas, or canned juice.

Or

When we take powdered supplements, we consume concentrated sugars with fewer vitamins or smaller amount of proteins.

(i.e. adding a little to milk), which is not recommended. They don't even bother to check how much should be given per day to receive full benefits.

Or

Few parents give pizza to their kids thinking they have the goodness of vegetables. This is neither true nor a healthy nutrition. It is just an eyewash.

We are only pleasing our taste buds, not pleasing our nutritional needs.

P.S. Do not eat Paan for Calcium! (hehehe!)

DO not treat him everyday…

Aajkal ke Bacche Sunte nahi..

I asked a Mom, "What's your aim for feeding your child?"

She explained very nicely,

"Doctor, I want him to have a healthy breakfast, lunch and dinner.

I do not mind if he has cold drinks, chips, chocolates, biscuits or patties etc in between for snacks."

It was a nice thought.

I asked her if she was successful in feeding him a healthy lunch or dinner.

She said, "he does not like vegetables, and dinner time is a struggle."

Once a child eats junk as snacks, he consumes empty calories (high sugar/ high fat/ high salt).

He downregulates his taste, and it is not easy to consume nutritious food thereafter.

For these children, dinner is a struggle and it is a vicious cycle; parents themselves end up giving more junk to children.

Junk is not only junk, but it kills the desire to eat healthy food...

Isn't that so???

Think Big, Think Long Term…

If you focus only on nutrition, your kids will most likely develop bad eating habits.

It is better to develop long term habits, good nutrition will automatically follow.

Habit reflects behaviour, and nutrition reflects food.

As the mother is never satisfied if her child has enough protein, or enough calcium, she keeps trying to feed him more.

That is counterproductive, as after repeated persuasion for years, children start eating more.

Finally, after 10 years of age, they weigh more for their age.

As adults, the majority if not obese, are overweight.

So whatever you do, think for the long term.

E.g. If you want your child to eat green vegetables, don't bribe to reward him with chocolate.

Then he will never learn to enjoy green vegetables.

He may eat a little, but consume it as medicine in greed for chocolate.

A few mothers increase portion size as they assume the child will only finish a third of what is served.

This is not the correct strategy, do not learn short cut.

The whole family should eat green vegetables, with no added sauces or pickles. Let your child learn to enjoy the green vegetables as food.

Do not change the plate…

Most children have food preferences, they push the plate away and demand one of their favorite foods as a replacement. (I also did the same in my childhood; my mother pampered me always with my choices. She had a fear, I will not eat enough otherwise)

Dear Parents, this is not a solution, rather an invitation to a bigger problem.

Like it happened with me…

My food list became shorter and it revolved only around potatoes.

The result? Within a few years, from being a very smart child, I went on to become ugly and plump.

These bad habits die hard. Sometimes with a deadly warning, and sometimes with deadlier consequences without any warning. (A few adolescents are on antihypertensive treatment because of poor eating habits and a few others are on anti-diabetic treatment)

Most children eat only 3 or 4 foods like Instant Noodles, Pizza, Yogurt, Stuffed Aloo paratha…

There is no variety, no green vegetables and hardly any fruits in their daily nutrition.

The answer is Simple…

Do not change the plate under pressure from your kid. Give him/her the option to eat what is served or sleep hungry.

Be fearless…

I often suggest parents to stick to their goal. The goal of giving good nutrition, but they have a fear.

They are too much concerned about growth. This fear stops the mother from achieving her goal of giving healthy food because it is in conflict with her goal of giving food to her child at any cost.

Until that changes, the child's diet is going to stay the same.

One has to draw a tough line for a few days, the child will automatically change.

When we dream of a big picture, we should not fall prey to these small hiccups.

As our body is a storage body, it provides good fuel even when we do not eat anything.

Storage keeps changing.

So do not worry, stick to good nutrition for good health of your child…

Do not push him for more…

Do not try to Avoid Hunger...

Let your child feel hungry, do not offer food out of your hung-up.

E.g. a few kids do not want to eat while going to school, but parents put a lot of pressure because they feel the child will get hungry at school. They do not want their child to be hungry any minute.

Children who can eat a snack whenever they want have no reason to eat at meal times.

It is impossible for parents to know how much food their kids need to eat.

I see at times, the child says, "Mumma, I have finished my food."

But then the mother says, "you cannot eat enough so fast. Sit down and eat more."

Dear Parents, the only way to be sure that your child is eating enough is to teach them to be their own EATING EXPERTS.

Mind it, it is your understanding which is not achieving your goal of child feeding.

That's the reason all Pediatricians are asked for by parents to prescribe appetite stimulant for their children.

Please revisit your problem, the solution is also with you... not in any tonic.

It is not just a phase...

Most parents know that to eat packaged food daily is not good.

They want to give their children a variety in the form of curd, vegetables and fruits.

But...

How it goes is,

Either they give packaged food like Chips which will keep him from being hungry.

Or

They give packaged food to avoid conflict. They fear he will cry and make a fuss if they refuse to do so.

Both types of parents think he is too young and will change with time.

"Iska dil nahi tutna chahiye..."

This strategy only makes matters worse.

You inadvertently teach them to be even more obstinate.

So, it is not just a phase that will pass with age, but will rather worsen.

Whatever you want, practice it from today...

Good habits are harder to learn…

When parents completely fulfil the culinary demands of their children, they end up reinforcing picky eating rather than taking steps to eradicate it.

The longer you wait to teach children good habits, the harder it will be for them to learn it.

There is no medicine for it…

Do not sow the wrong seed…

Many of us use food to show our feelings...

Like we give candies, chips, etc. to a child to show him our love or bribe him to get his love.

Or

We use food to stop their feelings.

Like if a child is crying or throwing tantrums, we calm them down by offering chocolates or candies.

You might think what's the harm in doing so?

We are teaching them to eat for an emotional reason, hence they end up learning over-eating.

Nobody will learn to eat cucumber in crisis, but will definitely turn to candies or ice cream like we adults do.

Their brain gets confused with negative feelings or feelings of hunger.

Many a time, parents scold their child, but when the child lands up in a meltdown, they try to calm him down with sweets.

In doing so, you even wash away your reason for scolding.

Is that needed?

Our brain creates patterns…

"Babu, just taste it"

I've seen parents who try hard to improve how their kids eat...

They request strategically like - "Baby, taste it at least..."

"Two more bites"

"Please finish your food, I will give you chocolate."

"Will take you to park today"

Children respond with the same set of reactions. Finally, they wind up in the same place from where they started.

Children do not like too much preaching.

You have to teach them patiently and tag them daily once.

E.g. if your child is not interested in a meal as,

maybe you want to offer healthy food which he finds too controlling...

He will always say, "Bhukh nahi hai..."

(maybe he does not like to listen to the preaching for healthy breakfast)

My suggestion is whenever you try to inculcate a good habit in your child or good behavior, you should first connect with him, love him and say your thing only once.

Repeat it next day (only once, with respect)

Repeat the next day too...

You will see within the next 10 to 15 days, the pattern you wished for would have evolved.

Forest, not just trees…

Why feeding children is such a big mess?

I feel either parents are too pushy or too much liberal…

By pushy I mean,

"Eat healthy food, it is good for your brain."

"Finish your food, clear your plate."

"You do not value your food. You will learn its worth only when you earn."

Now a few children, those who are obedient will listen…

But a few others will lock their horns with their parents and argue or stop eating at all.

Few parents are easy going, they allow their children to eat substitutes of healthy food… they will make a special meal or allow them to eat unhealthy snacks.

Although most parents know only these two styles, if they fail in one, they flip to the other. My suggestion here is, not to be extreme on either side.

Be flexible but firm…

You just have to think beyond the immediate meal to consider the correct eating pattern of your child, to look at the forest rather than the trees… the bigger picture!

When I tell the mother not to pressurize her child for food, she will always say, 'I do not'

But when I ask the child, he will always say, 'Mom pressurizes me a lot'.

So this is the gap between the understanding of a child and a mother.

Most of the time, we try to give a good lesson for food or study, but that is perceived otherwise by the child…

Eating Zones...

You all must be feeling why so much discussion on a single topic...

As a Pediatrician, I was part of this dynamics for many years.

Lately, children started coming in with poor appetite only.

So, I realized this issue needs a good understanding of the problem at both levels. Doctors, as well as Parents.

Majorly this is a structural issue, as we all have to fix mindset about food and nutrition.

Children sleep more in the night than adults, and their appetite does not coincide with adults. Even adults have breakfast between 9 am and 10 am.

Their Eating zones are different as compared to adults.

But because of the schools starting early in the morning, the mother feels pressurized to feed her child before school; which most kids do not accept.

Mother has to complete the breakfast routine within time.

So it ends up in Sandwiches and Parathas only.

No rotation or variety...

I strongly feel if schools start around 11.30am in place of 8 or 9am, this major problem can be resolved.

Do not be an autocrat…

If we really want to bring a change in the feeding habits of our children, we need to be consistent and clear, thereby a lot of conflict can end.

Take time to explain a new rule to your child, no matter how old or how young your child is.

Remember you and your child are part of the same team, the new plan will not work if your child does not know what it is.

The right lesson can only be taught with a nice explanation.

Do not be an autocrat if you wish for a tension free food time.

E.g. narrate to your child…

'Dear Sweetheart, I have decided, I will not force you to eat and let you choose and decide how much you will eat.

We will have three snack-times besides regular meal times.

So even if you do not want to eat at the regular time, you can wait for snack time and eat.

We can bear little hunger in between, I know you can do it.'

"Eat when it is time to eat."

The rule of rotation…

The solution is to change the Old Structure…

Rule of Rotation…

Never serve the same food two days in a row (except milk, curd)

This is a very basic principle, but it is a game changer. As parents start using Rotation Rule, their kids start being less fussy, they are ready for new food.

When you start PRACTISING this rule, please brief it to your child and maintain a diary.

You can show him, when he has eaten a particular food, two days ago or three days ago.

Always maintain a diary…

It will help to remind your child about the rule and he will not feel weird as well.

If you serve the same food every day, he will expect the same food every day (like Paratha, Omelette, Sandwich)

But now Rotation Rule will create different expectations…

Practice it and innovate yourself…

The Good, The Bad and The Ugly...

As parents, you should teach your child the category of food...

* Growing food (Good Food)

Foods that are fresh and healthy like apple, chicken, eggs, whole grain bread, brown rice, nuts, unsweetened milk and yogurt, sprouts, vegetables...

Fun Food (Bad Food)...

Vegetables in cream and rich or sweet sauces, canned fruits, pizza, french toast, waffles, crackers, sweetened yogurt, chocolate milk...

Treat foods (junk or ugly food)...

French fries, deep fried vegetables, fried chicken, Sweet rolls, Cake, Ice cream, sports drinks, Colas...

Treat foods are not only tastier, but they are also available everywhere. You can't avoid them. Your kids are not going to live without junk.

If you do not teach your kids to portion control treat foods now, you are not teaching them the right lessons.

e.g. If your child is eating french fries as a whole meal, it's not right. Balanced nutrition in each meal should be our goal, instead of just filling the tummy...

He should be briefed about good or bad foods from early childhood so that he learns to use the right proportions while eating them.

This awareness about good or bad food affects our food choices even later in life.

Familiarity with fruits…

Many parents do not offer frequent servings of fruits and vegetables as they think their children will not eat them.

Actually, kids will not eat what you won't serve.

Children are most willing to eat the foods, they are most familiar with…

So the more frequently you serve fruits and vegetables, the more familiar these foods will be to your child.

I hope you understand this psychology…

Five servings of fruits are the key to a good life and long-term healthy nutrition.

Good parenting inculcates good habits…

One of the easiest ways to avoid fun foods or treat foods is to avoid keeping them at home at all, not even for guests. Do not buy them…

Instead let them develop the habit of eating fruits, nuts and vegetables as snacks.

Do not refuse your child's desire outside of the house…

It is ok to have fun food if it is offered elsewhere, out of the house.

Children are not born with good habits rather good parenting helps them to inculcate good habits…

Wean with difficult foods first…

Variety is the key to a lifetime of healthy eating.

When your baby is six months to 12 months of age, he wants to put everything into his mouth, this is the phase when he will "eat anything."

Capitalize on this phase, offer him lots of variety. the more flavors your infant gets used to now, the more flavors he will enjoy throughout his lifetime.

Two to three-year-olds who eat lots of variety of foods will become an adult who eats lots of variety of food…

He will be open to eating new foods in times to come.

If you missed this period and your child has limited choices, stop trying to convince him for new foods rather teach him the habit of tasting new food.

Good tasters develop the confidence to be good eaters…

IF A NEWBORN COULD SPEAK

I've realized that we all are born same but are culturally different. Our parents and grandparents care a lot but all what they do may not be right or appropriate.

Newborns are in best of health that they can be maintained easily with good nutrition, appropriate care and good vaccination. They are not diseased, they do not have hypertension, high cholesterol or diabetes, they just need thoughtful care…

Maa, love me like I do…

Maa keep me with yourself,
NOT with my Nani or my Dadi...

Your milk is best for me…
I DO NOT need extra water...

DO NOT feed me every time I cry…

I will make lot of gas, more faces but please NO medicine for me

I pass urine 8 times in a day, if my tummy is full…

DO NOT forget to check my weight every week…

Maa please keep my mittens away,
I enjoy my fingers...
It's fun for me Please…

Green poop and Orange pee are normal for me…

Itne saare clothes,
NA Maa NA Mujhe fever Ho jayega…

Help me open my nose by saline drops as I cannot breathe from mouth…

NO ghutti NO Kajal...
Bas Thoda Saa Kajal mere maathe par kafi hai…

DO NOT worry as long as I am gaining weight…

DO NOT get confused as sneezing is the way I clear my nose…

Please fan on Karo na, ab garmi hai…

NO powder on my body or on belly button…

hahahaha hahahaha

I strain many times a day…

Look Maa I cannot sit, or walk similarly I have to strain for passing stool or urine as my body functions are developing...

Always check my urine stream...

Do not count on motions, as small blow out is common with passage of gas...

Do not compare me with any baby, who takes powder milk...

Always check my frequency of wet diapers...

If I am on mother's feeds, I will make more gas, more watery stool...

Maa please do not use Top milk as I want to be disease free and I will have better IQ...

Mumma, please no bottle feed even once as top milk will affect my immune system...

Maa Be Careful

Bada hoker bilkul Nahi pareshaan karunga... Maa be careful...

If I stop breathing...

If my vomit is of green color...

If I look pale...

If my milk comes out of nostril often...

If I roll my eyes upwards...

If my skin loses its glow...

If I do not gain weight every week...

If I do not drink milk...

If my lips and fingers turn blue...

Maa I am sleeping, will talk to you tomorrow...

I grow very fast, Maa…

Mujhe Nazaria bandhvaa de re, O meri jeevandayani...

Maa first three months of my life are the most growing months of my life... as most newborns double their birth weight in this period...

This growth never happens again in life...

A few years ago, it was customary to use Nazaria over wrist and every week, Maa had to loosen it to reassure growth of baby...

Maa tu ab bhee kar na, do not lose this good practice...

Maa, follow my Doctor…

Maa every baby is different as it is decided by many factors such as Genetics, time of delivery and ongoing mother's illness like Blood pressure, diabetes, thyroid disease etc...

Please Maa do not compare me with other babies... I am the best...

As intercurrent illness like vomitings and Diarrhea can make me weak...

Do not worry for my growth, follow my doctor... watch me growing through periodic check up...

I am the best...

I am the best...

Take care of both your and my nutrition as per doctor's advice and improve hygiene...

Only recommended tonic is Vitamin D and sometimes iron also...

Maa, make me happy…

Maa, I am learning every day, my brain cells are multiplying...
So whether I strain during piss or if I produce sound while passing stool I am learning...

I am learning,
how to pass urine while you are just lying down...

I push gas, I make my face red when I try to coordinate my small intestine with large...

I am learning, I am learning Maa...
NO medicine... These medicines make me drowsy only...
Sometimes do more harm...

Maa I am learning how to change my system when I wake up...
Often I am confused so I cry...

Ma Tu Bhi Khush Mein Bhi Khush…

Maa but I like White Noise
(shu oo shuooo sound) it helps me to concentrate... I do not cry...

So Maa I am having best health but I am learning...
My body is maturing... Just wait

I will be used to your milieu as I complete my first 100 days with you...

Just wait as I am learning how to be like you…

Maa Maa download Baby
Shushur tu bhee khush
Mai bhee khush…

Maa, I do not breathe through my skin…

Maa, it's summer,
it's very hot...

No bundling,
No swaddling as it can
give me a fever...

Actually Maa, my system to control temperature
is maturing. You sweat a lot when you feel hot and your body
cools down by sweating...
But I do not sweat as you do, so my temperature rises...

It can make
me slow, lethargic and
I can even throw
seizures...

I do have sweat glands,
even more than what you have...
But my function is yet
developing...

Keep me in a cool environment,
if you do not feel cold,
I too won't. Keep me in the same
temperature as you.

If I still have fever,
go to my doctor and
rule out infection.
I love you Maa...

Maa, you are too good…

I do sneeze sometimes,
in fact many times in a day but
it is not cold Maa...

You please do not give me a
medicine for cold,
rather avoid them...

Keep my nose open,
use simple saline water...
Many times a day.

Maa tere nahaane,
khane se kuch naa hone Kaa...

That is how I clean my nose,
you know I cannot blow my...

Yes my nostrils are very small,
get easily clogged and I find it difficult
to breathe through my mouth.

You can make saline water
by adding quarter spoon
of salt in one glass of water...

Eat curd, rice and orange...
No Worries...

Tu bhi healthy main bhi healthy

Eat Together & Stay Together

EAT TOGETHER & STAY TOGETHER

Begin Early – It is important to inculcate healthy habits of food, exercise and sleep from the very beginning. It becomes easier for the child to get accustomed to a variety of flavours, textures and kinds of food right from early childhood. Babies and toddlers should be served a healthy food alongwith their known favourite food. What parents can do best, is to work on taste!

Ensure most foods in your home are healthy – Do not purchase junk, cheat foods, fast foods, sweets or packaged foods at all not even for your visitors or guests. If you do not make them available or accessible, it'll be simpler to manage food habits. Instead, serve them chopped fruits, fruit shakes or smoothies, fruit chaat or 'Raita' as snacks and accompaniments.

Make healthy eating easy – Kids prefer to eat easily available food whenever hungry. So parents can plan and prepare the next healthy snack made of sprouts, fruits or green vegetables or soup in advance, to serve as soon as child demands.

Have meals as a family – 'A family that eats together stays together' and much more! Family is the child's first school. Seeing the family members eating diverse kinds of foods and flavours makes it easier for the baby to think, "I can also try, I can also eat". Also, the child learns to understand his limits, when to keep eating and when to stop.

Be a role model for healthy eating – When a child watches his parents buying and eating healthy, he learns the same way. Practice what you preach. Give him his favourite food, of course out of the, healthier choices, as a reward.

Food Rules

FOOD RULES

It is a mother's job to prepare nutritious food for her child, but it depends on the child how much he eats.

Mealtimes should be fixed. If a child is not eating or refusing at his mealtime, do not force him, and serve him meal only at his next mealtime, even if he insists on eating in between. Give him only a glass of water.

Remember kids almost always resist change. It's tough for them to accept new foods or to make a transition from bottle to a sippy cup. It takes time, so please have patience, and keep trying.

Try not making different menu for all family members, like – Moong dal for elders, and Arhar dal for children.

If child begins to sit with all at the dining table early, it'll be easier for him to eat full, proper and balanced meals.

Not more than two glasses of milk for 1 to 5 years old. If you're giving milk products like kheer or curd, count them as milk too.

Children's feeding and eating are a part of their learning process, so the one who's managing them should do it patiently and / or in a disciplined manner. Serve a food at least 10 to 15 times until the taste for it develops. You can do these two things:

1. Make kids a part of the food shopping.

2. Ask them to hand over the ingredients of the food being prepared.

Banana Na Na...

BANANA NA NA...

Mothers often complain that their child does not eat banana, curd, 'khichdi' and the like – First and foremost, it's important for the mother to believe that there's no problem with the child or his taste mechanism. Instead of just giving up that 'my child does not eat this or that', she should find a way to get him to eat it, that too without force-feeding.

Suggestion One – Take for instance, banana. Make the child purchase banana himself, for three consecutive days.

Suggestion Two – After those three days of purchasing tell him to peel it for his father or grandfather (Do not ask him to eat then). Keep repeating for another three days. He may do this very happily.

Suggestion Three – After these six days of the two activities, ask him to make pieces of banana and feed his father with his own hand. When he does this, he is ready to accept its taste.

Now you chop the banana for him, and you can watch him eat himself too.

Temporary Hunger Can Be A Good Thing

TEMPORARY HUNGER CAN BE A GOOD THING

A mother is always worried that her child's tummy should not be empty, but it's important to realise what temporary hunger implies. We do not intend to starve your kids or make your kids weak.

1. Children should know what being hungry means. Then they'll realise the value of food.
2. Those who have a clear perception of hunger, consume adequate food. They then tend to be less fussy.
3. Many kids who have not had the chance to understand hunger, stuff their stomach with food. They do not know when to stop.
4. Those who've learnt to manage their hunger, are less troubled with it in later life. Then they do not overeat as adults.
5. They learn to understand the difference between physical and emotional hunger.
6. Also, they know when to eat and when to stop eating.
7. When the parents worry less about kids being hungry, they prevent their kids from eating more snacks.
8. When kids are told to stay hungry when they refuse food, they learn to understand that they are hungry because they did not eat food at mealtime. However, babies are unable to understand this.

Why The French Are So Smart

WHY THE FRENCH ARE SO SMART!

French mothers are different when it comes to raising their children with the right nutrition. They love their kids as much, but it's their disciplinarian ways that make them different from the rest. Right from infancy, they manage their baby's hunger needs. They understand that crying does not only mean hunger, so they feed their babies and children at fixed times. This also curbs the association of crying with hunger in a baby's mind. If a baby receives milk or food as soon as he cries, they think that crying is the only way to get something to eat! Sucking thumb or the fist does not mean hunger, it's a way to keep himself calm and happy.

If a child eats less at a meal does not mean he's hungry, it does not require you to feed him earlier. Please serve him the next meal at his mealtime. Learn to say 'No' if he is just asking in between, and ask him to wait until his snack time. This process of learning would affect the child's behaviour and personality as he grows up. Parents should learn when and how to say 'No' to their kids. Start doing this from today!

My motto is not to starve your kids, but to make them healthy, self-regulated individuals.

10 Reasons Why Your Child Is A Picky Eater?

10 REASONS WHY YOUR CHILD IS A PICKY EATER?

Parents usually hesitate in saying 'No' to their kids, probably because they love their children to the extent of spoiling their food habits and giving them not what they SHOULD eat, but what they WANT TO eat, like chocolates, chips, chowmein, noodles etc.

Some parents say that our kids eat junk food less or occasionally, but do you really know how much is safe or less, once a day or once a week? And gradually your child begins to put on weight and becomes obese. Obesity in children is a curse. It leads to Type 2 Diabetes, Hypertension and High Cholesterol, which are actually disease of adulthood, but now very commonly found in children.

First, ensure your child is really hungry or not. Do not feed him in between meals. If a child still asks for something, give him only fruits or vegetable soup.

Keep only healthy foods at home and not readymade packaged foods, like noodles, pasta etc.

Involve your child actively while buying and preparing food. Make him a part of small chores related to food.

Make your child eat with all at home. When he sees others eating, he too will feel more open to try new things.

Keep changing the way you serve your child. If it is not monotonous, he'll want to eat it himself.

If a child does not want to eat something, do not hit or scare him, talk to him.

Keep trying a new food 10-15 times on consecutive days, to develop its taste.

Feed your toddler what you eat, do not cook separately for him. Then he will be able to eat a balanced healthy meal.

Talk the concern over with your child. Explain to him why you want to give him a particular food or new foods. Tell how much you love him, and wish his growth and development to be good and age appropriate. He is very intelligent and sensitive, he will gradually understand.

Do not compare your child with anyone. Accept him as he is and love him unconditionally.

Obesity in Children

OBESITY IN CHILDREN

Most people are troubled with unwanted weight gain these days. This is an increasing problem even in toddlers and children.

Obesity is primarily due to a sedentary lifestyle and consumption of unhealthy junk food. Excess carbohydrates are responsible for the extra kilos. It is very important to understand that protein and fiber should be consumed instead of carbs.

There are a number of changes that occur due to obesity like the increased risk for diabetes, skin of neck darkens or even blackens, there's rise in levels of cholesterol, heart issues and even sleep apnea (noticed by loud frequent snoring).

Healthy weight loss requires a balanced and controlled diet with regular and safe exercises.

Tips to control weight:-

Drink at least 8 glasses of water in a day.

Consume lots of fruits and vegetables.

Fried food should be strictly restricted.

Eat breakfast daily.

Daily one hour of physical activity (dance, games, running and yoga).

Limit portion size.

Look for food recipes with more protein.

When children are younger, they play more. As they go into higher grades, their hours of studying are more, so their sitting increases. That's the time mothers should focus on their diet and exercise both for health and memory reasons. BALANCE OF ALL NUTRIENTS IS THE KEY TO HEALTH, or else your child would land up in this deadly problem of Metabolic Syndrome (Obesity).

6 MONTHS

Well-baby check up at 6 month of age

A step for bright future...

This age is most crucial for bright future as -

1. Child is vulnerable to develop good or bad habits.
2. This is the period when weaning from milk to semisolids begins.

   Any wrong doing by parents has devastating effects on the growth of the child with a possibility of behavioral issues later on.

   Most children grow well till 6 months and all look the same till this age but thereafter there is an appreciable difference in children of the same age group.

   This period is the most important time for good parenting.
3. Immunity derived from mother starts to wane now and child is now vulnerable to recurrent infections (which are perceived as being due to 'teething' by parents)
4. Developmentally, child begins to sit and by 7 months of age, sits without support.

   Sometimes overcaring parents do not give the child a chance to sit and child may have significant motor delay.

   It is not uncommon to see even normal children with delayed milestones as gross motor, fine motor and social milestones mature synergistically and even one mistake disturbs their synergy.
5. This is the time for extra iron supplementation.

   Anemia, poor appetite, Breath holding spells, Pica etc are linked with poor iron stores...

Well-baby visit at 6 months...

A step for bright future...

Vaccinations:

By 6 months of age painless or painful vaccination dilemma is over as now for next 12 months, all vaccines are painless.

Measles preferably should be given at 7 months of age alone or included in MMR vaccine.

Two shots of flu vaccine, that too one month apart. (Most parents are not aware of this vaccine)

Sign language...

You can teach your child at least 9 signs to express his needs because he can just utter Ma or Pa so far.

It will help in avoiding unnecessary coercion between mother and child...

High Chair...

Use of high chair is a must to make your child independent for life.

Right time for high chair sitting is 7 months of age.

Do not forget to use "Taarakids Growth Plan "

Always remember well-baby visit takes longer than sick baby visit...

Learn how to bring up your baby the right way.

Oral health in infancy...

A step for bright future...

Infant teething begins after 6 months of age and poor oral health makes them susceptible to dental caries even with eruption of one tooth.

White spots on teeth are the first sign of tooth decay.

Exclusive breastfeeding prevents Malocclusion of teeth.

Parents and caregivers should keep their oral health perfect to prevent transmission of caries causing bacteria from their saliva to baby's mouth.

Parents should not share cups and spoons with an infant.

Clean pacifiers with mild soap and water regularly.

Avoid dipping pacifiers in any sweet liquid

Do not allow the infant to sleep with a bottle in its mouth.

Fluoride is a very important mineral which prevents tooth decay.

Children should have Fluoride Varnish every six months starting from eruption of the first tooth.

9 MONTHS

Well-baby check at 9 months of age...

A step for bright future...

At this age you are the most important role model for you child. What your child eats is what you eat.

This is a critical time when he is developing choices, and wrong choices if you are not creating a balance.

Do not go by his faces, when he is trying new foods.

Most new foods are accepted after repeated exposure (taste development) may be 15 to 20 exposures of the same food...

Keep your focus on balanced nutrition.

750 ml milk is good enough now.

Use high chair.

He is now developing pincer grip, that's the grip between the thumb and the index finger. He can now take soft finger foods.

Do not bother about food wastage, as it is temporary. He is learning and will learn soon, how to feed himself without spilling or soiling.

Eating habits formed now set the food choices of adulthood...

Well-baby check up at 9 months...

A step for bright future...

Immunization

Measles is main vaccine at this age (it is recommended between 7 to 9 months of age)

Doctor can see his vaccination card and look for Catch up vaccines (like PCV , influenza...)

Most parents have tendency to offer food, what they are eating...

One should be very careful for Raisins and nuts...

Sleep...

They sleep around 10 to 12 hrs at this age with two naps of around one hour in day.

Most of them start waking up at night as a part of separation anxiety, not because of being hungry.

If you really want to prevent sleep problems, try to make a routine now...

1. Do not let child sleep while feeding.

Better to read a story book to your child, may be one or two liner with Pictures.

2. Do not use any screen in bedroom.

Bed room means sleeping room, no feeding or watching screen there.

3. Keep same light throughout, means intensity of light should be same as it is at the start of sleep.

4. When your child wakes up at night, just show your face and reduce his anxiety (No feeding Please)

At this age, if your child is bottle fed, shift him to a Sipper or Sippy cup... It is Doable...

Well-baby check up at 9 months...

Check his development, as it is now more obvious.

Now he can sit independently for longer periods but still he can topple while reaching for something (Do not leave him unsupervised)

Most of them begin to crawl, meaning they now learn to coordinate both sides of body...

After crawling, he masters pulling to stand and cruising...

At this stage parents often ask for WALKER...

There are many reasons, why we should avoid walkers

1. God wants baby to walk at 1 year of age not before. (Muscle development is like this by default)

No advantage in going against nature.

2. With walker, children get to places where they can pull heavy objects or hot beverages on themselves.

3. They are prone to getting hurt - Child can bang his head on wall, or slip on stairs, walking out of house...

Language...

Baby learns to say Ma, Pa and starts babbling.

It is very important to talk one on one, as by repeating words he learns to say words and understands their meaning.

Stranger Anxiety...

Has lots of anxiety with strangers or has Separation Anxiety..

Separation anxiety is healthy, it peaks around 10 to 14 months and fades between 24 to 30 months.

Few people may say, you are spoiling him, but it is not correct. All kids at this age cry on separating from their mother.

As children are always developing and learning, no single phase lasts longer...

12 MONTHS

Well-baby check up at 1 year...

This is the most joyous moment for the child as well as for parents as now he/she is learning independence.

Look he has started walking independently, also reaching for objects. Using Pincer grip (using thumb and finger to pick up objects).

Can drop object into a cup...

Uses one word like Dada, Mama specifically...

Follows Directions...

Feeds himself but little Messy... (Do not worry , he is learning and he likes that way only)

This is the right time to be a Role Model of your child.

He learns practically everything from his parents and from his environment...

This is the time to set routines...

It'll be a good habit to read or sing to your child before he sleeps rather than feeding him milk.

Keep him down in his crib while he is awake so that he can learn how to sleep by himself.

Well-baby check up at 1 year of age...

- Carve out a time slot for 'family time' each day...

  Avoid TV watching or digital devices during family time.

- Fix mealtimes for meals and snacks, will protect your baby from getting too hungry, which will prevent inappropriate behaviour.
- Avoid Screen time, as he does not learn any information at this age.

His best learning, is through exploring the environment...

His special time should be tech free please.

Absolutely no TV in child's Bedroom...

Rules... family Rules should be followed by parents as well as children.

- Continue Breastfeeding as long as mutually desired by Mother and child.

It is now appropriate to switch from formula to whole whole milk from Cow or Buffalo.

Fix Dairy products to 500 ml maximum...

- Appetite and Weight Gain

Weight gain is only 2 kg in next 12 months as child is now active throughout waking time.

Appetite is less, what it used to be in first 12 months.

Appetite varies, he may eat a lot one time and not much the next time...

Your responsibility is to offer nutritious food, accept the decision of your child, what to eat and how much to eat...

Well-baby check up at 1 year...

No Spanking or long explanations to punish your child, better to say NO, it is best to deal with minor irritation...

Children at this age have short attention span. It is easy to distract him towards a new activity from some unwanted behaviour...

Best is to start reading loudly... you will see, he will forget his previous demand.

Dental care is a must as teeth are erupting. It will be good to visit Dentist for his routine check up.

Learn PRACTISING good Dental hygiene.

Learn Car safety, back seat is the safest place for children to ride.

Now it is right time, when you can let him learn swimming...

Keep a close eye when he is near water.

Empty buckets immediately after you use them... few inches of water is enough for a child to drown. Practise this habit as soon as your child is six months old.

It is not uncommon, believe me - We treat kids with drowning in buckets almost every other month.

Pets are a great joy for kids... but dog bites are common at this age... (We are talking about Pet Dog bite...) as toddlers are not old enough to understand the difference of playing with and hurting a pet.

Children at this age are prone to every kind of poisoning or injury.

They will practically try every new thing on the earth.

They may even eat regular medicines taken by parents and grandparents (do not keep on tables or bedside!), Moth balls/Naphthalene balls etc

Can easily get choked with nuts, batteries or even swallow coins.

I witness these mishaps daily, these poisonings can change the entire dynamics of a family...

Key is supervision... Supervision - mostly touch supervision...

Well-baby check up at 1 year...

Immunizations...

It is time for Hepatitis A and Chickenpox vaccine. Both can be given together and they are painless...

You can show your vaccine chart for catch up vaccination...

Always discuss uses of particular vaccines and their efficacy...

As many parents, are not at all aware of protection given through vaccines...

There is no vaccine, which can be labelled as Optional...

Remember vaccines are effective, when they are maintained in cold chain...

15 MONTHS

Well-baby check up at 15 months of age... insight for a bright future!

The effect of dramatic developmental changes like independent movements, self determination and other cognitive abilities bring to parents, pleasure and delight.

Child has a growing desire to explore and do things on his own. And this may overshoot his physical abilities, which leads to development of new emotion - frustration (may result in temper tantrums or Breath holding Spells)

As at this age, no sense of danger or fear of fall, subjects him to unexpected injuries.

So it is the time to do "toddler-proofing" of your house.

Well-baby check up at 15 months...

Allow your child to make choices in some areas, that will help decrease power struggles with others.

e.g. allow him to choose between two choices (both should be acceptable to you)

Like choices between Banana slices and apple slices for snacks...

Allow your child to decide how much healthy food you serve, he will finish. Do not force him to finish if he is not interested...

Well-baby check at 15 months...

Do not force him to confront people who scare him...

(e.g. elders whose feel of beard scares the child, clowns, beggars)

Do not scare him with name of Kali Mai, Baba or Bhoot.

Never make fun of his fears...

This is NO way to discipline your child!

Accept his fears and reassure him.

Few children are slow to mix up socially while a few others are outgoing.

They show this by being friendly or few become aggressive when feel threatened (e.g. biting or hitting behaviour)

Try to understand his behaviour, respect your child's individuality. No two children are the same... Mothers usually feel there is some problem with their child as they compare him or her with other kids.

Well-baby check up at 15 months...

This is the best time, when a child acquires language.

It is this time when he can learn multiple languages simultaneously. A 15 months old usually speaks only a few words, but can understand many.

You can help him know the world by

1. Naming everyday objects.

Or

2. Parents must read the book to the child and use simple words to just talk about pictures or text.

Try to master one story by repetition, do not confuse him with many stories together.

Whatever we learn, learn by repetition or practice, whether a language or any skill like cooking food or dancing or singing...

18 MONTHS

Well-baby check up at 18 months...

Well-baby check up for Bright future at 18 months of age ...

This is a difficult time as many parents really do not know how to discipline their child ..

How to set limits ?

And

How to make him outgrow separation anxiety...

Aim should be teaching, and not punishing your little one

Well-baby check up at 18 months...

Autonomy means...

Baby's delight as his own competence and achievements emerge, bringing a sense of joy and accomplishment all around him...

He believes now that yes, he can do things himself.

As an 18 month old lights up the room, he applauds himself and looks towards his parents for appreciation...

Autonomy means he thinks he can manage his world himself (eventually one day he will learn too)

Well-baby check up at 18 months of age...

Aim at teaching not punishing...

It surprises parents as their happy- go-lucky one now becomes more assertive...

Earlier he was enjoying physical independence, but now he is learning autonomy.

Autonomy about choices...

His favorite word is now " No"

Dear parents it is entirely normal to learn new cognition.

It is actually his assertion for his autonomy...

IT WAS SIX MONTHS AGO

You were blessed into my arms
As I cuddled you close to my heart
You gave my life an entirely new meaning
Within me, a "MOTHER" had taken birth
You meant the whole world to me
The emotional surge was overwhelming
I lost count of hours
As I watched you with brimming eyes
As I fed you
Tears that expressed the pleasure of my "motherhood"
You didn't speak, you still don't
But I understand you
Your cries of hunger
I know my milk was what you called for
Your only food that protected you from devilish infections too
The Divine Bond that got me closer to you
As if you and me were 'one'
But listen baby, it's time for some "delicious mouth-watering" surprises
See, what your Mom has more in store for you!!!

Inchie

Tara Kids - A channel for mother and child

TARA KIDS – A CHANNEL FOR MOTHER AND CHILD

Parenting is an art. You are not born with it neither can you inherit, you learn it with time. Along this journey where you grow as a parent you need someone to guide you through this amazing process. You need a reliable source who can enlighten you with all the necessary precautions and aids, warnings and tips. Which helps you evolve into a stage where you finally become confident that you can grow a healthy human being.

It's very convenient for us mothers to help our child grow healthy and in a correct way if we get practical solutions that really work. Being a mother of two, I had to deal with sneezes, rashes, vomits, fever, bad eating habits etc and I was very skeptical about giving medicines for every little thing. What came to my rescue was practical solutions by Dr Anuj Rastogi. He not only takes care of your child but helps you evolve as a mother. He wants parents and him to work as a team.

He believes if he can change the age old mindset of parenting he can help the society have healthy kids. It all begins at home.

Not only health but he also focuses on getting a child a better future by helping him/her be a better human being through his Jazy Tara cartoon videos and story books. Kids learn social values, etiquettes and moral values through these cartoons.

I being a blogger on Instagram and Momspresso, I have always targeted on sharing my experience as a mother of two, their day-to-day issues and solutions, activities, hyperness and health. I was most enlightened by Tara kids blogs and it has helped me grow as a blogger too. Why? Because it has practical approach on looking at a problem. If a kid says he doesn't want to go to school because he has a stomach ache not always mean the same! Dr Anuj sees things differently. He diagnoses a disease through proper understanding of a child and his mental Psychology. He can quickly understand whether its fake sickness calls or real. I would like to quote him here, "Talk to the child and understand his mental state first before reacting. Your reaction gives way to his upcoming behavior."

For instance, if a kid starts to cry that he or she has a stomach ache and wants to rest. Any mother's first reaction would be overwhelming love and care. But did you think that this can be a fake call for not eating lunch or getting away from study time?

This is what Dr Anuj explains that you don't need medicines until and unless you understand the real problem.

One of my kids was a premie and his approach was only 'kangaroo care'. I still remember he said that no medicine can cure a premie more than Mother's body. Mother's milk and mothers body warmth is the only medicine for your little one. And yes I followed it with faith and it did a miracle for my kid.

I have evolved as a parent, everyday is a learning process for me. It couldn't have been the same without the blogs of Tara Kids.

Jyotsna Jain
Blogger
@confessions_of_a_mommy

Relativity of Anxiety and Parenting

RELATIVITY OF ANXIETY AND PARENTING

is a state of transition. A person is reborn with traits and emotions he or she has never experienced before. Be it a mother or a father, a novice parent is anxious, curious and hyper at the same time. However, the overenthusiasm to look after the new baby becomes worrisome at times. Thriving for perfection, the parent finds petty flaws and illness in his child who can neither speak nor express his emotion. Many a time, it is important to treat the parent's anxiety and not the child. If the doctor is able to pacify an anxious parent, it is understood that the illness of the child is also half treated.

As a mother I have learned that it is important to have just the right amount of patience and acumen to interpret your child's problem. Instead of judging and medicating too quickly, it is imperative that you have a good pediatrician to rely on. A good pediatrician will understand that the child does not need medication at all times. A simple whisper, a cuddle or a hug can do wonders. Parenting two children over a span of 14 years has made me analytical and observant. However, as a new mom, I surely accused the doctor of not medicating my son enough. Now when I look back at those silly nuances where I was being overprotective of my child, I simply laugh. I was lucky my child was under expertise of Dr Anuj Rastogi who was patient and comprehensive with me. He turned me into an evolved parent from an anxious parent. He explained how the definition of wellness did not mean taking medicines and undergoing procedures. He explained and proved that the child's psychology was responsible for most of his diseases. Stomach aches, vomiting, headache and constipation were mostly result of unbearable stress. He explained that as responsible mother, I had to understand what was bothering my child. So much so, that he could not explain out of fear but experienced it in some part of his body like the head or stomach. "The moment his stress was relieved, he would be fine", said the doctor, and so it was.

Parents should realise that happiness matters a lot. A happy and clean home, nutritious food and education play a vital role in a child's upliftment. Parents should spent more time with their children. Your time is the most precious thing you can give to your child. Any materialistic acquisition cannot come at par with the happy memories you make with your child. All his life, he will remember the time he spent with you and not the expensive things you bought for him. It is also important that you think straight when your child is unwell.

I am blessed to have such a valuable guidance by such a renowned pediatrician. Dr Anuj Rastogi has made our journey of parenthood a smooth sail so far. His consistent upgradation and research is useful for studying child behavioural and health patterns. I am a happy parent and I owe most of the credit to him for being compassionate and patient towards my children and all the other children who come to him.

Written by
Shalika Jain
Mother of two Author, Blogger, Content writer

KIDS - Inborn Yogis

KIDS - INBORN YOGIS

Yoga is derived from the term "Yuj" which means Union - Union of body, breath and mind. It means uniting with the self.

A child is an inborn Yogi. In womb, a child stays in aadi mudra. While growing up, child often makes merudanda mudra, sits in Vajrasana many times, makes downward dog posture etc. The child grows up a little more, then comes the time when distractions start peeping in and that is where Yoga comes into play. The child starts moving away from his true nature (स्वभाव). Yoga can definitely help in overcoming it.

Yoga helps in channelising the energy in the right direction which makes the child creative and talents blossom.

In our navel region, lies solar plexus which is also referred as second brain or mid brain and is responsible for our intuitive ability. A solar plexus is usually a size of an almond and with the regular practice of Yoga under a trained professional it can be increased to a size of fully blossomed Lotus. It is said that larger the size of a solar plexus, better the intuitive ability.

Coming to the numerous physical benefits, Yoga helps in achieving flexibility, strength, stamina and what not !!

Kids these days feel stressed out at a very tender age (may be because of studies, peer pressure, family, competition etc.) Yoga helps them to maintain the much needed emotional and mental health.

A normal human being uses only 30% of their lung capacity. Under proper guidance, this can be smoothly taken care of from the very beginning and the child doesn't have to bear the consequences.

Yoga doesn't only offer short term benefits but also offers long lasting effects on body, breath and mind. Choose your reason, pick your favourite mat and get onto it. Unless you do it, you will never know it.

~ Kaveri Banga
International Yoga Teacher

Sports
Good for mental health

SPORTS - GOOD FOR MENTAL HEALTH

Mental Health & Physical Health

There is no health without good mental health as physical health depends upon the mindset of a person if the mind and body work in harmony then only we feel healthy, happy and energetic.

Sport Education

Education is incomplete without sports. To play sports child needs a good coach who understands a child's Strength and mindset etc, under expert supervision playing any sport is safe and the coach always gives multiple reasons to start again after any failure and also motivates the child to keep going.

Positive Impact of Sports

No other thing in life affords children such an opportunity to develop positive character traits and to soak up many quality values as sports does. Here are some more benefits that may come from playing sports:

- Children who are actively engaged in sports can be good role models for their peers from school and inspire them to start playing some sports as well.
- Playing sports enables them to create friendships they otherwise might not have formed. For example, the friendships professional athletes create on the field remain intact even when they are not playing sports, and often last a lifetime.
- Sports bring people together from all over the world, regardless of their nationality, religion, culture, or skin color.
- Teamwork and benefits of social interaction among children are best seen in sports. Kids learn they are part of a team that requires the same effort from all members to succeed, as well as how to win with class, and lose with dignity.
- They view competitions on and off the field as opportunities to learn from their success and failure. In addition, losing often motivates kids to work even harder for next time.
- They learn to respect authority, rules, team colleagues and opponents.
- Sport is an important learning environment for children. Numerous studies have shown that children who play sports perform better at school. It is also within the sport that peer status and peer acceptance are established and developed.

"Sometimes you win, sometimes you lose ultimate thing is that you should keep going"

Dr Kashika Jain
Psychologist & Life Coach

Tarakids - Boon for Children...

As a parent, we always want to give the best to our children. Whether it's the latest toy or education, we do not compromise in putting our 100% in facilitating the highest quality of things and experiences to them. But many times, when it comes to food and feeding the right things, we are left vexed. We do not understand how to tackle the situation or simply we turn a blind eye towards the goodness & nutritional value and give in to bribes of chocolates & candies so that the problem is temporarily solved. However, the experts at Tara Kids, understand this tussle of your heart and have compiled this booklet to give you insights, tips and tricks into making feeding 'child's play', literally!

Your little angel is the apple of your eye and ensuring good health and eating habits will only develop them into well rounded nourished individuals who practice conscious eating. Through this booklet, they have tried to list down the common problems faced and have given assuring yet firm advice that one can implement in their kid's everyday lifestyle. We already know you are a great mom or dad but with this simple and handy knowledge, you will become an even more insightful parent to a Tara kid!

Parenting can be one of life's most rewarding pursuits. It can bring great joy into life, but it can also be challenging and overwhelming. Because every child and family situation is different, it can be hard to know the best thing to do in every parenting situation.

High-quality child care keeps children safe and healthy. Spend some precious time in conversation with your child every day because we all should know the value of face-to-face communication in this digital era. Eat together as a family as often as possible.

Life is difficult and everyone will make mistakes. Have realistic expectations for yourself and your children, and forgive each other when you sometimes fall short. Recognize the positive behavior of your children and give them sincere praise for the same. While you do not have to accept your children's negative behavior, tell them and show them that you love and accept them as a human being.

Your children are the keenest observers of everything you do or say. Your personal example will have an enormous impact on how your child behaves so, be an example of the kind of person you want your child to be. Empower your children and help them feel capable. Find ways to teach your children that they are competent. Support them and guide them, but do not try to solve all their problems for them.

All the above stated facts are an example of the consultation session at Tara Kids. Today, we are able to state these facts from our very own experience and as a keen observer of the Tara Kids Clinic, as the students at The Adhyyan School are taking the useful consultation from the Dr Anuj Rastogi from a very long time.

Thank you Tara Kids for providing your useful insights to our students. We at The Adhyyan School, really appreciate your willingness to help and support our students.

Regards,

Arisha Rastogi

The Adhyyan School

tarakids

The Growth Clinic

For **best growth**
of **your child** contact us

09720309660
(Send your child's name)

/taarakids

YouTube Jazy Tara