



**பெண்மை.காம்** மின் இதழ்  
புதுமையைத் தேடி...

**Baby's &  
Mom's Guide**

Parenting  
Tips

குழந்தைகளுக்கான  
உணவுகள்

MOM  
VS  
Kids

A Parenting  
Checklist



Parenting  
Guidelines

Penmai Kids Corner

Slokas for Kids



Baby's & Mom's Guide  
Parenting Guidelines  
Parenting Tips

Mom vs Kids



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*A Parenting Checklist*

Penmai Kids Corner  
& Slokas for Kids



***Our special and sincere thanks to all the content provider in this eBook.***

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**🔍 My Cousin's Kid Is Eating Paper - sakthi5181**

**Friends, need solutions. my cousin's son is now in LKG, whenever he is alone, he is eating paper. If her mom or any of us saw he pretends to act. how do we get him to stop eating paper?**

✔ Well paper in itself is not bad it is the ink that could be poisonous; he could also choke on it if it gets stuck in his throat. If he has swallowed a little this time round he should just pass it in his next motion.

And it is sounds like some form of pica which is a craving for non-edible things. Take him to a pediatrician to see if he is deficient in some kind of vitamin or mineral to cause him to want to eat paper.

• umaravi2011

**Friends please tell me iron rich foods for 👧s. My cousin kid is not eating veggies and non veg items preethi. How can we make him to eat non veg items. - sakthi5181**

✔ Dates, Raisins (Ular Thiratchai), all leafy vegetables (keerai) and grains like corn, ragi, Bajra(kambu I think) and mutton liver, egg, fish



✔ Its usual that the kids will eat chalk and paper.to avoid that give foods contains more iron in it.. if this habit continues he will get anemia.. loose motion as well and the ink will spoil the kids appetite..

Take a dead insect which he hates the most in a paper and keep it in front of his eyes.. let him go and pick it up to eat.. with an aversion, he ll leave it.. try this...

• beula @ Subhajayanth

and chicken... these are high iron rich foods. //He is not eating veggies and non veg items preethi.// every mom have this complaint on their kids...

We usually fine chop the veggies and make friend rice so that the veggie will go in.. .for leafy veggies soup is the best option (in my place).

You can try that... you can also try boiling veggies like carrot, beetroot, broccoli and give it to them, let them pick and eat... but make sure some elder should keep an eye on them.

Non-veg we don't make separate for kids, we usually serve from our curry only. Initially we started with leg pieces which was easy for them to hold and eat...of course for infants mash it and you feed them up.

Ovvorutharukkum ovvoru mathiri experience. silar ethanai vayasuvurai NV koduka koodathunu solluvanga. Engavetla 7th month la irunthae fish slowly start panniduvom... Normally sea foods are allergic... So you have to be cautious and much attentive to check for symptoms.

- preethi4u

## 5 Parenting Mistakes - deepabala

While raising children parents unknowingly make some mistakes which may hinder the development of their children. Being aware of such mistakes can help parents to take preventive steps. Read on to know about the top 5 parenting mistakes and how to avoid them.

Parenting is a skill that most of us master only with practice. It is very easy to get frustrated when you have a small kid at home. The manner in which parents handle childhood challenges shapes the character and self esteem of small children. Unpleasant methods can crush the motivation levels and discourage character. The purpose of this article is to highlight 5 parenting mistakes which we as parents frequently make.



✔ My sister's gave "Uppu Kari" first to their kids.... Antha taste pidichathum, avangale non veg nalla saptu palakitanga.

Oil la Mustard seed, curry leaves, Ginger Garlic paste pottu vathakki, then chicken pottu nalla fry pannitu, thevaikku uppu, konjam water serthu nalla vega vachu kulanthaingaluku kodukalam... Taste romba nalla irukum. kulanthaingalukum romba pidikum virumbi sappiduvanga.

Antha Curry thanniya eduthu sathathoda kalanthum kodukkalam... Naanga intha mari than non veg food akka kulanthaikaluku introduce panninanum. Try panni parunga.

- Parasakthi

### Top 5 Parenting Mistakes

Let us have a look at the top 5 parenting mistakes.

The Word NO - Use the word "NO" sparingly. At times the use of this word may be compulsory- to caution a child say when she is reaching for the bucket of hot water which you may have kept for your bath. It is necessary that you use the word "NO" for your child's own good.

Medical research has indicated that a child's natural curiosity is quelled each time they hear this word. Hence, make use of your own rational judgment while deciding when to use "NO". Use it when absolutely essential and save it to be used in situations when the child may be in the danger of harming herself. When used in irrelevant contexts the whole word loses its meaning and the child too will stop taking it seriously. Needless to say there is not set rule book which will guide you perfectly on this score.

Mollycoddling - Children will fall, hurt themselves, get bumped and bruised. They will get wounded quite frequently. It is very common for parents especially first times ones to panic and jump to the child's rescue as soon as they see the child falling, tripping or stumbling. Although aimed to help the child, such impulsive action on behalf of the parents will hinder the child's ability to cope with hardships on their own. This does not mean that you let a child drown in a swimming pool under the impression that she will cope on her own. Here too you must use your judgment to decide when a child really needs your assistance. It is best to save the cuddling and coddling for times when a child needs it.

Three S's (Speeding, Smoking and Swearing) - Speeding, smoking and swearing are three things which are best avoided when your children are around. Speeding or reckless driving, especially when you have little ones in the car can be life threatening. Contrary to popular belief second-hand smoke is also not safe for children. It can affect a child's health for years down the road, not just when their lungs are young. Remember as a parent you are the first role models whom your children look up to. They pick up the language you use and certain words very easily. This includes swear words which we may use when we are angry or in a foul mood.

Too Many After School Activities - Do not schedule too many after school activities for your child. Research has indicated that such children tend to be over-programmed and stressed out. Instead of enrolling your child in every kind of after-school activity available let the kid play with children of her own age or experience boredom. This will encourage them to be more creative with their time and grow positively which they cannot do when they participate in structured activities.

Spending Too Little Quality Time - Instead of spending too much time in front of monitors-television and computers attempt to spend some quality time with your children. There are a whole lot of fun activities like going out for a bike ride with your kid or walk through a park. You can teach children the wonders of the world around them by spending time away-from-electronics gadgets.



# *Baby's & Mom's Guide*

## **Food during lactation - rthilag**

### **Pearl millet/ bajra/ kambu kanji:**

Milletts are highly nutritious, non-glutinous and not acid forming foods. Hence they are soothing and easy to digest. They are considered to be the least allergenic and most digestible grains available.

Compared to rice, especially polished rice, millets release lesser percentage of glucose. Millets are particularly high in minerals like iron, magnesium, phosphorous and potassium. Pearl millet is tastier than finger millet/ragi



### **Kanji preparation:**

- Dry roast the millet in low flame for few minutes. Allow it to cool and grind it coarsely. Store the powder in air tight container.
- Boil 4 tablespoons of powder in 400 ml of water with salt.
- Cook it under medium flame. this shall take 15-20 minutes to cook. Once cooked, allow it to cool.

### **Serving methods:**

1. Add curd and water once the kanji is warm/cold.
2. Mix butter milk once the kanji is warm/cold.
3. Semi Solid: Add cooked rice and curd.

### **Finger Millet/ Ragi Dosai with karupatti (palm sugar) :**

Finger Millet: rich in iron, calcium, magnesium, phosphorous and potassium.

Karupatti : rich in iron and calcium

In Villages, elders mix ragi koozh, karupatti and cooked rice for new mothers. Ragi is 10 times rich in calcium compared to wheat.

### **Preparation:**

- Ratio of karupatti to Ragi powder is 3:1.
- Break the karupatti into pieces with the help of heavy object.
- Now, grind the karupatti into powder. Mix the karupatti powder, store bought ragi powder and little amount of dry ginger powder.
- Store this powder in air tight container.

### **Dosai:**

- Mix the 3 cups of powder with 1 cup of regular dosai batter. Now, batter is ready to make ragi sweet dosai.



## Food during lactation

### Simple Millet Dosai:

Milletts are very important for mothers health as millets are rich in iron and calcium. Even, cows with new born calf are fed with finger millet kanji with karupatti in villages.

### Ingredients

Finger Millet / Pearl millet / Sorghum powder : 4 cups

Regular Dosai Batter : 1 cup

Big Onion : 1 cut into small pieces

Chilli : one ( eat less spicy)

Salt : as per taste

Coriander leaves : as per taste

Water : as per dosai consistency.



### Method:

1. If the powder is store bought, dry roast the powder to get rid of raw smell.
2. Mix any one of the powder with dosai batter. Grind the mixture with salt and required amount of water in mixie for a minute. This step will remove the lumps .
3. Transfer the batter to utensil . Now add onion, green chilli and coriander leaves.
4. The batter is ready for making dosai.

## Carrot Milkshake - Healthy drink for young kids!!

### Ingredients:

Carrot: 1

Dates : 5-6 pieces

Badam: 4-5

Cashew: 4-5

Milk : 100 ml

Water : 200 ml

Sugar : Not required as Dates added here.



### Method:

- Soak the Badam and Dates in the water for 10-15 minutes. They can be soaked in the water going to be added in the juice. Now ,grind everything in the mixie.
- Now, get ready to run after your kids.
- It is good to drink the fresh juice to avoid loosing of anti-oxidants and vitamins.
- Try to avoid sugar as the carrot and dates add sweetness to the juice. Prepare your kids to avoid sugar from young age.

The quantity of ingredients is planned for 2 people.

# Baby's & Mom's Guide

## Food during lactation - rthilag

### Dill Leaves:

These leaves induce milk secretion.

It is a good source of minerals like copper, potassium, calcium, manganese, iron, and magnesium. It is rich in many vital vitamins including folic acid, riboflavin, niacin, vitamin A,  $\beta$ -carotene and vitamin-C.

Dill seed/oil can also be used if dill leaves are not available. Many recipes can be done with dill leaves. It is known as "Sada kupi" in Tamil and "Sheppu" in Marathi.

These leaves are easily available in Bangalore. These leaves have a unique flavour.

### Some way to adding it to food:

1. Chop the bunch of leaves and add it in paruppu adai /ragi adai.
2. Instead of adding methi (vendhaya keerai) in aloo methi recipe, add the chopped dill leaves.
3. Chapathi: Chop the bunch of leaves. Mix the leaves with 200 gm of wheat flour. Add pinch of turmeric and salt. Mix all the ingredients well and knead into dough. Then, roll into chapathi.
4. Regular Bonda: While making regular bonda, onion, green chilli, and coriander leaves are added. Equal amount of coriander and dill leaves can be added while making bondas.

### *Dill leaves - Sada Kuppi (Tamil)*



# Parenting Tips

...jv\_66@Jayanthi

## படுக்கை நனைக்கும் பழக்கம்

சிறு குழந்தைகளை வைத்திருக்கும் பெற்றோருக்கு ஒரு யோசனை.

குழந்தைகளை, அவர்களது **இரண்டு வயதிலிருந்து பத்து வயது வரை**, இரவு படுக்கச் செல்லுமுன் ஒருமுறை மற்றும் நடு இரவில் ஒரு முறை என்று சிறுநீர் கழிக்கச் செய்ய வைத்தால், எந்த வயதிலும் **படுக்கை நனைக்கும் பழக்கம்** இருக்கவே இருக்காது. ஆனால், இப்போதைய தாய்மார்கள் ஒரு விபரீத வழக்கமாக, 3 வயது வரை குழந்தைகளுக்கு (இரவில்) டயாபர் போட்டுவிட்டு விடுகின்றனர். இது உடல் நலத்திற்கு உகந்ததல்ல. மேலும் அந்த குழந்தைகளுக்கு **சிறுநீரைக் கட்டுப்படுத்தும் பழக்கம்** வராமலே போய் விடுகிறது. இதனால், பள்ளிக்குச் செல்லும்போது பிரச்சினை ஆகிறது.

ஆகவே, இரவில் நடுவில் ஒரு முறை எழுந்து கொள்ளும் சிரமத்தைப் பார்க்காமல் பெற்றோர் செயல்பட்டால், நம் குழந்தைகளுக்கு ஒரு நல்ல பழக்கத்தை கற்றுக் கொடுத்த சந்தோஷத்தை நாம் அடையலாம்.



நம் குழந்தைகள் vacation சமயத்தில், நம் உறவினர் வீடுகளுக்கு, ஒரு நாள் அல்லது 2 நாள் சென்றாலும், கிளம்புவதற்கு முன்னால், அவர்களுக்கு வேண்டிய துணிமணிகள், விளையாட்டுச் சாமான்கள், புத்தகங்கள் (கதை), மற்ற எதுவும், அவர்களையே எடுத்து வைத்துக் கொள்ளச் சொல்லலாம்.

வைப்பதற்கு முன்னர், அவர்களையே ஒரு checklist தயார் செய்யச்சொல்லி, அதன்படி எல்லாவற்றையும் பெட்டியில் (அல்லது பையிலோ) எடுத்து வைக்கச் சொல்லலாம். அந்த checklist அவர்கள் பெட்டியில் ஒரு தனி இடத்தில் இருக்கட்டும்.



திரும்ப வரும்போது, அந்த checklist இல் உள்ளவற்றைச் சரிபார்த்து, எதையும் விட்டு விடாமல் எடுத்து வரச் சொல்லலாம்.

இவ்வாறு செய்வதால், அவர்களுக்குச் சிறு வயதிலிருந்தே தம் பொருட்களைப் பாதுகாப்பாக வைத்துக் கொள்ளத்

# Parenting Tips

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## நல்ல தொடுதல், மோசமான தொடுதல்களை அறிவுறுத்தல் (Teach about Good Touch & Bad Touch):

நம் குழந்தைகளுக்கு அவர்கள் ஆணாக இருப்பினும், பெண்ணாக இருப்பினும், அவர்களது 3 வயது முதலே, good touch & bad touch முதலியவற்றைச் சொல்லிக் கொடுக்க ஆரம்பித்து விட வேண்டும்.

இது ஏதோ பெண் குழந்தைகளுக்கு மட்டும்தான் என்ற எண்ணம் நிறைய பெற்றோருக்கு இருக்கலாம். ஆனால், இந்தக் காலத்தில், இருபாலர்க்கும் இது பொருந்தும்.

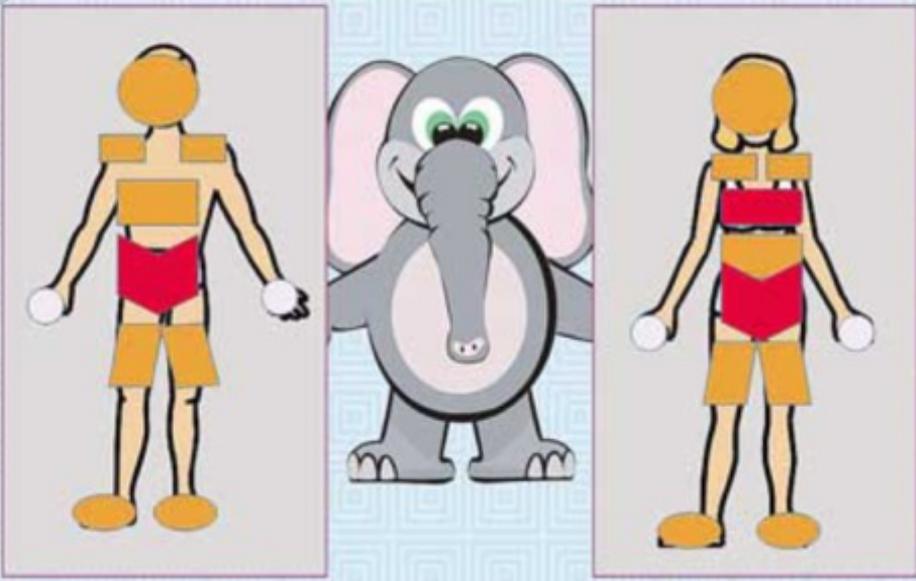
அவர்களுக்குத் தங்களின் மார்புப்பகுதி, கால்களுக்கு இடையில் மற்றும் பின்புறம், இவற்றை அவர்களின் அம்மாவைத் தவிர வேறு யாரும் தொடக் கூடாது என்றும், மருத்துவர் கூட, அம்மாவின் முன்னிலையில்தான் சோதனை செய்யலாம் என்றும், வேறு யாராவது தொட நேர்ந்தால், எப்படித் தடுக்க வேண்டும் என்றும், மற்றவர்களின் கவனத்தைக் கவர்ந்து, அந்தச் செயலைத் தடுக்க வேண்டும் என்றும் சொல்லித் தர வேண்டும்.

3 வயதிலிருந்து பெண் குழந்தைகளை, அவர்களின் அன்னை மட்டுமே குளிக்க வைக்க வேண்டும். தந்தை குளிக்க வைக்க நேர்ந்தால், அந்தரங்கப் பகுதிகளை, அக்குழந்தையே சுத்தம் செய்யுமாறு கூறலாம்.

3 வயதிலிருந்து 2 அல்லது 3 மாதங்களுக்கு ஒரு முறை என்று இவ்விஷயத்தை நினைவுப் படுத்திக் கொண்டிருக்கலாம். இதை 7 வயது வரை அடிக்கடிச் சொல்லிக் கொண்டிருக்கலாம். பிறகு, அவர்களுக்கே பழகி விடும்.

அப்படி ஏதாவது நேர்ந்தால், யாராக இருந்தாலும், தன்னிடம் வந்து சொல்லும்படி தாய் வலியுறுத்த வேண்டும்.

Do you remember all the good, not so good and bad touches?



# Parenting Tips

... jv\_66@Jayanthi

## How to make your kid to eat food in a easy way?

எளிய முறையில் குழந்தைகளை சாப்பிட வைக்க சில யோசனைகள்:

குழந்தைகள் சாப்பிட மிகவும் படுத்துவார்கள். அவர்களை வழிக்குக் கொண்டுவர சில யோசனைகள்.

எந்த ஒரு பலகாரத்தையும் ஒரே மாதிரி செய்து கொடுத்தால் அவர்களுக்கு அலுத்து விடும். வித்தியாசத்தை விரும்புவார்கள்.

உதாரணத்துக்கு, தோசை, சப்பாத்தி போன்றவற்றை வழக்கமான வடிவத்தில் செய்யாமல், வித விதமான நாடுகள், மாநிலங்கள், முக்கோணம் போன்ற வடிவங்களில் செய்து, "இப்போ நீ அந்த நாட்டைச் சாப்பிடப்போற பார்" என்று அவர்களுக்கு ஆர்வத்தை உண்டு பண்ணலாம். கண்டிப்பாக அவர்கள் ஆர்வத்துடன் சாப்பிட்டுவிடுவார்கள்.

அதே போல், காரட் போன்றவற்றை அப்படியே முழுதாகவோ, சிறியதாக வெட்டியோ கொடுக்காமல், நன்றாகத் துருவி, ஸ்பூனால் எடுத்துச் சாப்பிடச் சொன்னால் சாப்பிட்டு விடுவார்கள்.

மேலும், ஒவ்வொரு சத்துள்ள பண்டத்தையும், "இதை நீ சாப்பிட்டால், உனக்கு நல்லா முடி வளரும், கண்ணு நல்லா தெரியும், விளையாட்டுகளில் முதலாக வரலாம், படிப்பில் முதலாக வரலாம், உயரமாக வளரலாம்" போன்று பலவற்றைச் சொல்லி அவர்களைச் சாப்பிட வைக்கலாம்.

அவர்களை வற்புறுத்திச் சாப்பிட வைப்பதை விட, இந்த முறைகளைப் பின்பற்றினால், நல்ல பலன் தெரிய வாய்ப்பு உண்டு.



# Parenting Tips for Teenagers

... vijivedachalam

**It is not very difficult task to manage the teenagers.**

**Because of hormone change, we feel some different activities in them.**

- First one, their dressing code.
- Second, the crush in opposite sex.
- Third, always like to be lonely.
- Fourth, keep on dreaming.
- Slight diversion and less concentration from studies.
- Like to chat more with friends through mobile or internet.



**To overcome these issues:**

- You must be a good friend to your daughter.
- Talk openly to her.
- Guide her in a polite way.

**Try to give practice about meditation to your daughter .**

- Indirectly monitor her activities.
- Don't use harsh words.
- Don't stress her to study.
- While she is studying you sit along with her.
- Keep the computer in the common places like hall or living room, so that they can't misuse the internet.
  - Finally don't keep on watching them. Be friendly.



# Parenting Tips

... jv\_66@Jayanthi

## For Kids

குழந்தைகளுக்கு அவர்களது சிறு வயது முதலே, அவர்கள் கேட்பதை எல்லாம் உடனே வாங்கிக் கொடுத்துப் பழக்கப்படுத்த வேண்டாம்.

அவர்களுக்கு "இல்லை, கிடையாது, முடியாது" என்ற வார்த்தைகளைக் கேட்டுப் பழக்கம் இருக்க வேண்டும். இவ்வாறு இருந்தால், பின்னர் எந்தத் தோல்வியையும் தாங்கும் மனப் பக்குவம் அவர்களுக்கு வரும்.

5 வயது முதலே, நாம் எங்குக் கடைகளுக்குச் சென்றாலும், குழந்தைகளையும் உடன் அழைத்துச் செல்வது நலம்.

அப்போதுதான், வெளி இடங்களில், யாருடன் எப்படிப் பேசிப் பழக வேண்டும், எந்தப் பொருட்களை எப்படி வாங்க

வேண்டும், ஒவ்வொன்றின் விலை எவ்வளவு இருக்கும் என்பன போன்ற எல்லா விஷயங்களையும், அவர்கள் கூர்ந்து கவனித்துக் கொண்டு, பின்னர், அவர்களைத் தனியாக கடைக்கு அனுப்பும் போது, திண்டாடாமல் இருப்பார்கள். ஏமாறவும் மாட்டார்கள்.

இதை நீங்கள் அவர்களிடம் கவனிக்குமாறு வலியுறுத்தாமல், விளையாட்டு போல சொன்னால் நல்ல பலன் ஏற்படும்.

## For Teenagers

Actually, the adolescence may start from the age of 8 itself.

It may not be seen from outside, but the children may undergo many hormonal changes inside them. It may differ from one child to another.

The first difference, we could find in them, would be their separation from the parents. When, they want to be alone and away from parents, while sleeping or any other time, please do not get frightened or disheartened by their activity. This is quite normal.

Actually, they want to be independent. So, do not force them to sleep them with you as before.

## Parenting Tips

JV\_66@Jayanthi

குழந்தைகளுக்கு அவர்களது 1 1/2 வயது முதலே, எடுத்தப் பொருட்களை, அதனதன் இடத்திலேயே வைத்து விடுமாறு வலியுறுத்திச் சொல்ல வேண்டும். அவர்களும் உடனே கேட்பார்கள்.

பின்னர், பள்ளிக்குச் செல்லும்போது, முதல் நாளே, டைம் டேபிள் எடுத்து வைத்துக் கொள்ளும்போது, ஒரு வரிசையில் புத்தகம், மற்றொரு வரிசையில் நோட்டுப்புத்தகம் என்றும், அவை, அன்றைய பீரியட் படி அடுக்கி வைத்து, அதே வரிசைக் கிரமப் படி, திரும்ப எடுத்து வருமாறும், பென்சில், பேனா மற்றும் எது எடுத்துச் சென்றாலும், உபயோகித்தப் பின், மீண்டும் அதன் இடத்திலேயே வைத்து விடுமாறு வலியுறுத்திச் சொல்லுங்கள்.

அவர்கள் செய்வதை ஒவ்வொரு நாளும் கவனித்துச் சரியாகச் செய்திருந்தால், உடனுக்குடன் பாராட்டி விடுங்கள். தினமுமே பாராட்டலாம். நம்மிடம் பாராட்டைப் பெறுவதற்காகவே, அவர்கள் எல்லாவற்றையும் ஒழுங்காக எடுத்து வர ஆரம்பிப்பார்கள். இதனால் வீட்டிலும், எப்போதும், எடுத்த பொருட்கள் இடம் மாறாமல் வைக்கப்படும். எதையும், இருட்டிலும் கூட தேடாமல் எடுத்துக் கொள்ளலாம்.

நாம் அவர்களைத் தனியாகப் பாராட்டுவது மட்டுமன்றி, அவ்வப்போது வரும் உறவினர், நண்பர் அனைவரின் முன்பும், அவர்களின் இந்தச் செயலைப் பாராட்டினால் மிக மிக நல்ல பலன் கிடைக்கும்.

அதே சமயம், அனைவரின் முன்பும், குழந்தைகள் செய்யும் தவறைச் சொல்லவே வேண்டாம்.



## PARENTING TIPS ...JV\_66@Jayanthi

குழந்தைகளுக்கு 3 வயதோ, அதற்கு முன்னரோ கூட, நன்கு தெரிந்தவர்கள் வீட்டிற்கு வந்தால், அவர்களை வரவேற்று "வாங்க uncle/aunty, உட்காருங்க, தண்ணி வேணுமா?" என்று கேட்க பழக்கப் படுத்தலாம்.



இதனால், வருபவர்களுக்கும் சந்தோஷம், நமக்கும் சந்தோஷம், குழந்தைகளுக்கும் எல்லோருடனும் பழகியது போல் இருக்கும்.

இதை நான் சொல்வதற்குக் காரணம், நிறைய குழந்தைகள், யாராவது வீட்டிற்கு வந்தால், உடனே அறைக்குள் புகுந்து கொள்வதை நான் பார்த்திருக்கிறேன்.

இதனால், வருபவர்கள் மனம் நோகிறார்கள்.

## HOW TO MANAGE OR HANDLE TEENAGERS?



The adolescence starts from age 8 and nowadays, many girls starts their mensuration even at the age of 9 or 10, it is better to tell them mildly about this.

Be it a boy or girl, we can tell them that if they find any kind of secretion from their genital parts, they need not panic, but tell the parents immediately.

We need not elaborate about this earlier. Once they inform about this, mothers can explain the daughters and fathers can explain their sons.

Explain them that this is common with every one and need not worry about this.

They may question about, how the child comes out from mother's stomach. Just answer them and need not elaborate. Tell them, that they will understand these things, as they grow.

## PARENTING TIPS

... JV\_66

நாம் இந்தக் காலத்தில்

பெண் குழந்தைகளை ஆண் குழந்தைகளுக்குச் சமமாக, படிப்பு, விளையாட்டு இன்னும் பலவற்றில் சிறக்க, வளர்க்க ஆர்வம் கொள்கிறோம். ஆணுக்குப் பெண் இளைப்பில்லை என்று மார்க் தட்டுகிறோம். இதேபோல், வீட்டில், ஆண் குழந்தைகளையும் சிறு வயதிலிருந்தே, வீட்டு வேலை அனைத்தையும், வீட்டு பெருக்குதல், சுத்தம் செய்தல், சமையலில் உதவுதல், துணி துவைத்து, மடித்து வைத்தல், எடுத்த பொருட்களை அதனதன் இடத்தில் வைத்தல், போன்ற எல்லா வேலைகளையும் செய்யப் பழக்கினால் கீழ்கண்ட நன்மைகள் கிடைக்கும்.

- பெண்கள்தான் இந்த மாதிரி வேலைகள் செய்ய வேண்டும் என்ற எண்ணம் அறவே இருக்காது.
- அம்மாவுக்கு உதவியாக இருந்துப் பழகுவதால், பின்னர் தனியாக இருக்க நேரும்போது (படிப்பு விஷயமாக), மிகவும் சௌகரியமாக உணர்வார்கள்.
- திருமணமான பின்னரும், மனைவிக்கு உதவியாக இருக்கத் தயங்காமல், எல்லா வேலைகளையும் பங்கு போட்டுக் கொண்டு செய்வார்கள்.
- அதனால், சிறு வயதிலிருந்தே ஆண்களை இப்படிப் பழக்கப் படுத்தினால் அனைவருக்கும் நலம்.



## குழந்தைகளுக்கு சேமிக்கும் பழக்கத்தை எப்படி கற்றுக் கொடுக்கலாம்?



பெரும்பான்மையான பெற்றோர் குழந்தைக்கு எந்தக் குறையும் வைக்கக் கூடாது என்று பொருட்களின் மதிப்பு தெரியாமல் வளர்க்கிறோம்.

மிகச்சிறிய வயதிலிருந்தே ஒரு பொருள் தனக்கு அவசியமா, அத்யாவசியமா அல்லது என்னிடமும் இருக்கிறது என்பதற்காக வாங்கப் படுகிறதா என்ற அலசல் பிள்ளைகளுக்குக்

கற்றுத் தரப்பட வேண்டும்.

அது மட்டும் இல்லாமல் உழைப்பு, அதற்கான ஊதியம், அதில் கிடைக்கும் மகிழ்ச்சி உணர்த்தப்பட வேண்டும். தன் வயதிற்கு ஏற்ற தன் பணிகளைத் தானே செய்யப் பழக்கப்படுத்த வேண்டும். அவ்வாறு செய்யும் போது வெகுமதியாக அவர்கள் வேண்டுவன பெறும்படி செய்ய வேண்டும்.

அடுத்து சற்று வளர்ந்த பிள்ளைகள், வீட்டுக் காரியங்களில் பெற்றோர்களுக்கு உதவப் பழக்கி அவர்கள் உதவிக்கு சன்மானமாக அவர்களுக்குத் தேவையான பொருட்களைப் பெற்றுக் கொடுக்கலாம். ஒரு குழந்தைக்கு மேல் உள்ள குடும்பங்களில் முறை வைத்து இவ்வாறு செய்வதால் பல நன்மைகள் கிடைக்கும். குழந்தைகள் சுதந்திரமாக ஆகிறார்கள். வேலைகள் கற்பதால் யாரையும் சார்ந்து இருக்க வேண்டாம். உழைத்து பணம் ஈட்டுவதால் அவர்கள் அதை கண்டிப்பாக யோசித்துத் தான் செலவு செய்வார்கள். இப்போதெல்லாம் பணமாக புழங்குவதை விட கிரெடிட் கார்ட் ரூபத்தில் செலவு செய்வதும் அதிக வீண் செலவுகளுக்கு வழி வகுக்கிறது.

சின்ன வயதிலிருந்தே ஒரு பொருள், அது பொம்மையோ அல்லது வேறு எதுவாக இருந்தாலும் அதன் விலை, உபயோகம், ஆகியவற்றை பிள்ளைகளிடம் விளக்கலாம். அவசியம் வாங்க வேண்டுமா, இல்லையா என்றும் அவர்களை முடிவு எடுக்கச் சொல்லலாம். நம் நிதி நிலைமையை நம் பிள்ளைகளிடம் சொல்லி வளர்க்கவேண்டும். நாம் சம்பாதிப்பதே அவர்களுக்குத் தான். அதனால் எல்லா நேரமும், எல்லா விருப்பங்களையும் நிறைவேற்ற ஆசை இருந்தாலும், அதை விடுத்து தேவை அறிந்து, அதை அடைய திட்டமிட்டு, சேமித்து, நம் ஆசையை நிறைவேற்றக் கற்றுக் கொடுத்தால் எதிர்காலத்தில் சக்திக்கு மீறி அகலக்கால் வைத்து கஷ்டப்படமாட்டார்கள்.

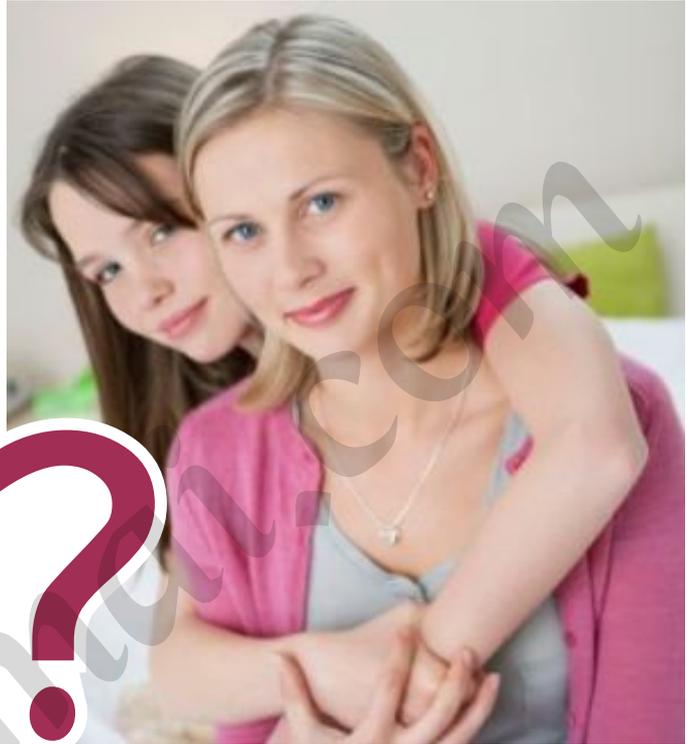
Setting a goal... the goal here can be a toy, gadget, good habit or behaviour. Discuss the method of achieving the goal. Plan and execute. சேமிப்பது மட்டுமல்லாமல், செய்கின்ற செலவுக்கு கணக்கும் எழுத பழக்கப்படுத்த வேண்டும். வரவு செலவு திட்டம் போட்டு, அதற்குள் செலவுகளைக் கட்டுப்படுத்தவேண்டும்.

# Parenting Tips

...JV\_66@Jayanthy

Now, as I said, that the adolescence starts from age 8, and nowadays, many girls starts their menstruation even at the age of 9 or 10, it is better to tell them mildly about this.

Be it a boy or girl, we can tell them that, if they find any kind of secretion from their genital



## How to manage or handle teenagers

parts, they need not panic, but tell the parents immediately.

We need not elaborate about this earlier. Once they inform about this, mothers can explain the daughters and fathers can explain their sons.

Explain them that this is common with everyone and need not worry about this.

They may question about, how the child comes out from mother's stomach. Just answer them and need not elaborate. Tell them, that they will understand these things, as they grow.





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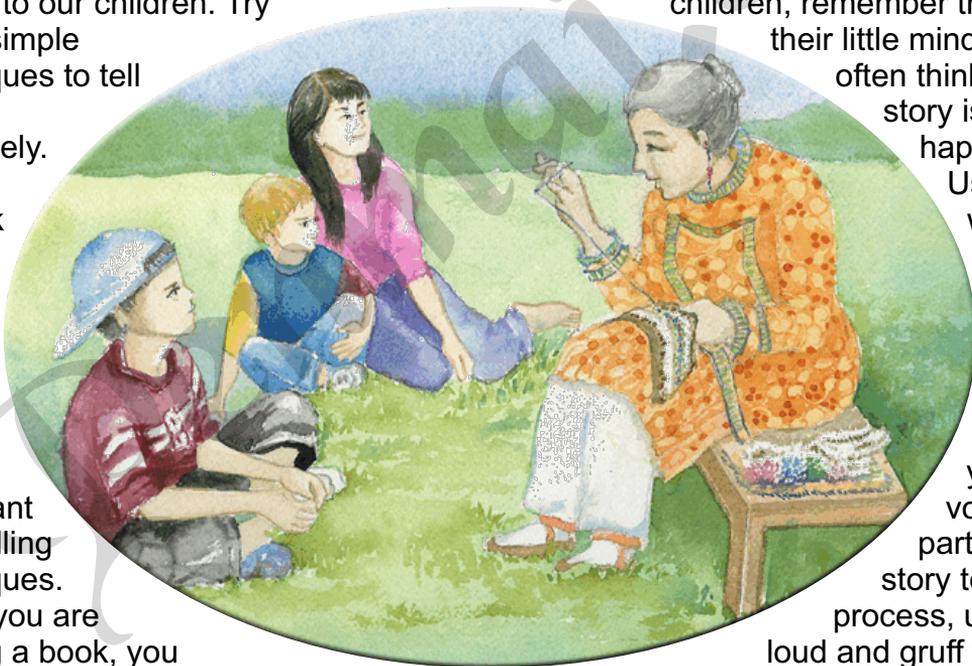


## Story Telling Tips for Parents...

Do you remember your childhood days when you are hearing stories from your grandparents that always start with the same introduction; 'Once upon a time...'? Don't you still love those stories?

But today how many of us tell stories to our children? In our hurry-burry lifestyle, we spend less time to tell stories to our children. Try these simple techniques to tell stories effectively.

1. Look the child in the eyes: This is the most important storytelling techniques. When you are holding a book, you can't fully engage the child as you are giving your focus to the story. If you look at the child in the eyes, then you can see the excitement building in their eyes or may be some confusion and know you have to take your story slower. Also, the children get to see your enthusiasm as they watch you tell the story.



2. Use gestures freely: When you are telling a story about an elephant, become the elephant. Show the long trunk using your arm as you make the elephant's sounds! Point out where the characters are going. Put your hand to your brow as you squint to see far off things.

When you are telling stories for the children, remember that in their little minds, they often think the story is really happening! Use your whole body to tell stories! Remember, your voice is part of the story telling process, use a loud and gruff voice to represent anything big and gigantic and a shrill and squeaky voice to represent something that is really small and weak.

3. Expect a demand for repeat performances! It's a normal for a child to want the same story repeated or retold over and

over again. Children love repetition. There's something in your great story that the child subconsciously needs to learn or understand. So, when you are asked for the same story by your child, know that you are helping your child to grow and learn. Literacy begins at home! Am I right?

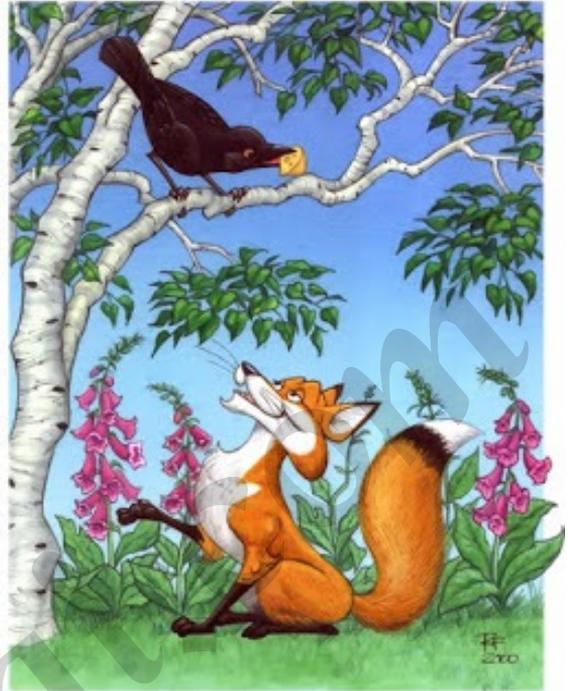
Learn some classic bedtime stories and join the fun of storytelling with the children.

### Benefits of Storytelling:

- Increases children's willingness to communicate their thoughts and feelings.
- Encourages active participation.
- Increases verbal proficiency.
- Encourages imagination and creativity.
- Encourages co-operation between kids.
- Enhances the listening skills.

### Stories recommended for kids:

1. Aesop Fables



2. Panchatantra Stories
3. Tenali Raman Stories
4. Birbal Stories
5. Alice's Adventures in the Wonderland
6. Tolstoy Stories
7. Diary of Anne Frank.

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# Parenting Guidelines

...Sumathisrini



Discipline is necessary to be successful. Teaching your child about the importance of

discipline at a young age will help him a lot in the future. A disciplined approach to life is always rewarding.

We look at a few tips that could help you to teach your child how to be disciplined.

## 1. Tell your child what you expect:

Children learn by observing others. They do what others do. Am I right? Clearly explain the kind of behavior you expect from your child by doing it so. This will give them an opportunity to ask you questions when they see others behaving differently.

## 2. Start them at right age:

Teach your child discipline at the right age. Do not start too early or too late. The ideal age to start teaching a child, discipline, is between 4 and 6 years of age.

## 3. Give them practical advice:

Explain your child about what needs to be done with correct reasons. Stick to your stand, but clarify why.

For example, consider this: "Wash your legs after you come back from school". That doesn't mean they understand that dirty feet need to be washed. They may come back after running on the streets, and still do not

How to discipline your child?

wash their dirty feet. Hence, say: "Wash your legs when they're dirty". Only then, they begin to apply what they learn in one situation, to another.

## 4. Develop routines:

The best way to discipline your child is by creating routines that work for the whole family. Establishing routines for meal time, bath time and bedtime helps your child know what to expect and what's expected of him/her.

## 5. Wait for their perfection:

If you try to enforce too much discipline, the child may become too rebellious as the numerous restrictions might stress them out.

Appreciate the effort of your child and wait for their perfections, so that you improvise your child's discipline. Remember, appreciation inspires improvement. Criticism doesn't make it.

Raising a child is a tough job. But as children learn to control their own behavior and actions, it gets easier and easier. So, take your initial efforts today and the rest will be followed by your loving ones!



## குழந்தைகளுக்கான உணவுகள்

...JV\_66@Jayanthi



குழந்தைகளுக்கு ஆறு மாதத்திற்குப் பிறகு, சிறிது சிறிதாக திட உணவைப் பழக்கப்படுத்தலாம். இப்போது, எந்த உணவையும் நன்கு மசித்தே கொடுக்க வேண்டும். அப்போதுதான் நன்கு ஜீரணமாகும்.

வாழைப்பழம், வேக வைத்த உருளைக்கிழங்கு (இதில் வேறு எந்தப் பொருளையும் கலக்கக் கூடாது), மசித்த பருப்பு வகைகள், கறிகாய்களை வேக வைத்து, அதை நன்கு மசித்துத் தரலாம். ஆப்பிள் பழத்தை நன்கு வேக வைத்து மசித்துத் தரலாம். இவற்றுடன் ராகி கூழ் தரவும்.

### ராகி கூழ் செய்முறை:

கடையில் ராகி 1 கிலோ வாங்கி, அதை நன்குக் கழுவி, வடிகட்டி, பின்பு ஒரு சுத்தமான வெள்ளைத் துணியில் அதைப் போட்டு, நன்கு முடிந்து வைத்து விடவும். இதை ஒன்று அல்லது இரண்டு நாட்கள் அப்படியே வைத்திருந்து, பிறகு அந்த மூட்டையைத் திறந்தால், ராகி நன்கு முளை விட்டிருக்கும்.

இப்போது இதை, வெறும் வாணலியில் நன்றாக, பச்சை வாசனை போகும் வரை வறுத்து, ஆற வைத்து, மாவு மிஷினில் கொடுத்து, நன்கு அரைத்து வைத்துக் கொள்ளவும். நன்கு வறுத்து விடுவதால், சீக்கிரம் கெட்டுப் போகாது. இதை, முதலில் தினமும் ஒரு வேளை, ஒரு பாத்திரத்தில் 2 ஸ்பூன் எடுத்து, 1/2 டம்ளர் தண்ணீரில் நன்குக் கரைத்து, சிறிதளவு உப்பு அல்லது சர்க்கரைப் போட்டு, அடுப்பில் வைத்து, கை விடாமல் கிளறி, சிறிது கெட்டியாக ஆகும் போது (கட்டி தட்டாமல் இருக்க வேண்டும்) இறக்கி வைக்கவும்.

இதில் வேறு ஒன்றும் கலக்க வேண்டாம். ஆறிய பிறகு, அப்படியே ஒரு ஸ்பூன் மூலம் குழந்தைக்கு ஊட்டி விடவும். போகப் போக, உடம்புக்கு ஒத்துக் கொள்ள ஆரம்பித்த பிறகு, இரண்டு வேளை இந்தக் கூழைக் கொடுக்கலாம்.

முதலில் எந்த திட உணவை

அறிமுகப்படுத்தினாலும், சிறிதளவே கொடுக்க வேண்டும். அது உடம்புக்குப் பழக நான்கு அல்லது ஐந்து நாட்கள் எடுக்கலாம்.



# குழந்தைகளுக்கான உணவுகள்

...jv\_66@ Jayanthi

7 மாதத்திற்கு மேல், இட்லி, தோசை, சாதம் இவைகளைக் கொடுக்க ஆரம்பிக்கலாம். சப்பாத்தியை, பாலில் ஊறவைத்து, துளித்துளியாகக் கொடுக்கலாம். பிஸ்கட் வகைகளைக் கொடுக்கலாம். மொத்தத்தில் நாம் சாப்பிடும் அனைத்து வகைகளையும் பழக்கப்படுத்த வேண்டும்.

இந்தப் பருவத்திலேயே, சர்க்கரைக்குப் பதிலாகத் தேனைப் பழக்கப்படுத்துவது நல்லது. சர்க்கரை உபயோகிப்பதால் தீமைதான் விளையும். தேன் எப்போதும் உடலுக்கு மிகவும் நல்லது. இப்போதே பழக்கமாகிவிட்டால் பிற்காலத்தில் நல்லது. ஒரு வயதிற்கு மேல், நாம் கொடுக்கும் கஞ்சி மாவில் பல மாற்றங்கள் செய்ய வேண்டும்.

## தேவையானப் பொருட்கள்:

ராகி - 1/2 கிலோ  
பச்சை பயறு - 1/2 கிலோ  
கம்பு - 100 கிராம்  
வேர்கடலை - 1/4 கிலோ  
பொட்டுக்கடலை - 1/4 கிலோ  
பாதாம் பருப்பு - 100 கிராம்  
கோதுமை - 1/4 கிலோ

## செய்முறை:

இவற்றில் ராகியை மட்டும் முளை கட்டி, அதை உபயோகிக்கவும்.

எல்லாவற்றையும் ஒன்றாகப் போட்டு, (இதில், பொட்டுக்கடலை, பாதாம்

இவற்றை மட்டும் வறுக்க வேண்டாம்) வெற்று வாணலியில் நன்றாகப் பச்சை வாசனை போகும் வரை வறுத்து, நல்ல நைசாக அரைத்து வைத்துக் கொண்டு, ஒரு காற்றுப் புகாத டப்பாவில் போட்டு வைத்து விடவும். வேண்டுமானால், சிறிது வெளியில் வைத்துக் கொண்டு, பெரும்பகுதியை (2 அல்லது 3 கவர் போட்டு) ஃப்ரீசரில் வைத்து விடவும். இதை இப்போது, ஒரு பாத்திரத்தில் 2 ஸ்பூன் போட்டு, 1 டம்ளர் தண்ணீர் விட்டு, நன்றாகக் கலக்கி, அடுப்பில் வைத்துக் கிளறி, கெட்டியாக ஆகும் முன் இறக்கி விடவும். இதில் சிறிது பால் விட்டு, தேன் அல்லது சர்க்கரைப் போட்டுக் கலந்து, காபி, டீ போன்று (அதற்கு பதில்) கொடுக்கவும்.



நிறைய தானியங்கள் சேர்வதால், உடலுக்கு வேண்டிய கால்சியம், ப்ரோட்டீன், மினரல், கார்போஹைட்ரேட் எல்லாம் இதன் மூலமே கிடைத்து விடும்.

## Moms vs Kids

### ...Harismom

My son Hari is now studying in 1st standard, he misses most of the things like pencil, scale, eraser, books etc in school..

How can I teach him not to miss his own items?

### ...JV\_66 @ Jeyanthi

This is common with most of the children. To tackle this, you can do the following.

In the morning, while keeping the time - table and all the necessary things in the bag, you can ask him, what are all the things are kept in the bag. When he answers, you can note them in a paper and keep it in one of the pockets of the bag. Tell him about this.

Later in the school, ask him to check his belongings, in the end of every period and keep them in it's place.

While coming back home, ask him to check his belongings according to your list. If something is missing, ask him to check with his friends.

This may improve his memory towards his belongings. And you can also encourage him, that he will be given his favorite dishes at home, if he brings his belongings safely, so that money will not be wasted in buying them again and again.



# MOMS vs KIDS

## Q) How to make my kid to eat veggies and keerai?

My daughter is not eating veggies and keerai. I have tried lot of tantrums, but failed. Help me friends.



### Deepa Bala

If he/she is too young to try new dishes, simply mash the keerai and veggies and add it to their food. I did it for my kid since she too refuses to take in whatever way I give her. After 3 or 4 years, you have the liberty to try many new dishes.

- Try giving raw carrot and raw cabbage, sometimes they like it!
- Prepare fried rice or noodles or soups with all veggies. Because generally kids love colorful dishes.
- You can also try veg lollipop. I have tried and my kid liked it!
- Take some carrots, beans, beetroot, potatoes, cauliflower and peas and boil them. Drain out the water and mash the boiled vegetable in a bowl. Mix some crumbled bread in the mixture. Add some green chilies and salt to taste. Make oval shaped balls out of the mixture and insert them in the centre of the ball you have made. Once you have inserted the stick deep fry them.
- If you do not want to deep fry them, you can flatten these balls a little and make different shapes like star, heart, moon etc and grill them in your oven or microwave at 250 degrees for around 10 minutes.

### Gayathri Arun

If your child does not like to eat veggies and greens include it in the non-veg dish like palak chicken.

- Vegetables can be cooked in different ways to tempt your child. Make chats using vegetables in different colors.
- Use your creativity and include veggies in lunch.
- Tell your child that he will be more stronger if he eats veggies.
- If your child likes pasta you can include lots of vegetables and send it for lunch. You can add veggies in noodles also.
- Vegetable roll in chapati or parotta is also a good idea.
- Introduce the "one bite rule". The vegetable that your child simply avoids by saying he won't like must be tried so tell your child to have a full mouthful of food, chew it slowly and then swallow so that she will get used to that particular food.

Appreciate your child when she has vegetables.



## Moms vs Kids

**Q) How to get rid of thumb sucking habit of my daughter? Anybody has a proven or workable method to make kids to forget this habit of thumb sucking?**

### *Parasakthi*

When babies are growing they used to do some things like thumb sucking at some stage. Once they crossed that stage, they itself leave that habit and make another new habit.

If we restrict them or try to remove his/her finger often while he is thumb sucking, he fixed in his mind to repeat the same. So don't try to bring out the finger when he/she is thumb sucking. Just divert them into some other activities or games and change their mood. They would stop thumb sucking and concentrate on other activities.

### *Gayathri*

First check whether your kid has any emotional issues, he might feel comfortable while sucking the thumb or your child just likes sucking the thumb that is the simple reason.

Take a picture and show him that he looks bad while sucking the thumb and also tell him that his finger will smell bad and his friends will feel disgusting. Try not to be harsh with your child about it though, it will only make him feel bad and then go suck his thumb.

Encourage him by giving some positive commands like, since you understood that its a bad habit, I know you will stop this habit very soon.

Take your time since you already made it a habit, whenever you notice that your finger is in your mouth you stop sucking immediately, this way you can stop soon.

I know you are trying to stop and you will stop soon etc. These kinds of motivational commands will make him feel good. Also when you see him sucking his thumb, appreciate him saying that "wow, you didn't suck your thumb for long time".

He needs time, so give him time to change. Don't worry too much, they will grow embarrassed about it more and not do it so much and then eventually stop doing it.

### *Vijivedachalam*

Thumb sucking is a general habit. But if you feel uneasy means, apply neem oil in his finger without knowing him, as per the psychological fact he won't like to suck his finger (by tasting the neem oil). One of my grannies advised this. Normally village grannies advice this tips for thumb sucking.



## Child's Memory



## Education

How to improve child's memory which helps in education?

...Jv\_66 @ Jayanthy

**You can try the following to improve your daughter.**

- You can encourage her to ask the doubts or questions in the class. Whenever you teach the same lesson, which was taught in the class, and when you ask her some questions regarding the lesson, encourages her to ask the unknown questions/doubts to her teacher. Initially, you don't clear them to her.
- Before going to school, you tell her once, to ask the specific doubt to her teacher.
- After coming from the school, enquire her, whether she got cleared about the doubt, you had mentioned before.
- She might forget for 2 or 3 times. Please do not scold for this.
- Be telling her daily, so that, she will get used to it.
- Then, regarding remembering the lessons, after her coming from the school, enquire about the lessons taken that day.
- You can again refresh them for her. For example, if you finish refreshing the lessons by evening 7 - 8 p.m., you can again ask her some small questions regarding those lessons. This should not be boring for her. You can ask questions, in a playful manner.
- Again, you can ask the same questions by 9.30 or 10 p.m. before going to sleep.
- You can also tell her, that if she is doing like this, that she will remember them well.

- And one more thing you can try. (This is somewhat like ALPHA MIND POWER). When she started sleeping, after half an hour or 45 minutes (before going to deep sleep), you can revise those portions (important things) into her ears.

**THIS WILL BE REGISTERED IN HER SUB-CONSCIOUS MIND, and will never get erased.**



## ...Sumitra

There are several techniques to improve kid's memory while still young. One of these techniques is what we call the "visualization and association". This method is used by plenty of people who want to improve their ability to memorize. This is not a new technique or brain upgrade; it's just a method of how to memorize things in a much more efficient manner. For example, instead of memorizing the word "light saber" you visualize the image of the light saber itself. It is much easier for your brain to store and recall "images" or "visual information" than verbal and written word. Images are concrete when they enter your head. That explains why you recall images more than you recall words. You might recall the image of the house and the street more than the name of the street itself.

After doing this technique, you may realize that your ability to memorize things became much better. I may become efficient in memorizing things just by doing the method. It's not an instant success but with constant proper usage of your brain, You will became a much better person.

So if you want your kids to have a bright future, give them the right tools and you could start by enhancing the way, they use their brain and you can be sure that they would be better citizens in the future.

The brain requires adequate energy to function well and this can be provided with good nourishment through good food intake and regular physical activity. When your child is involved in strenuous mental activities such as exam preparations, planning for extracurricular activities, then your child will require extra energy.

Along with regular intake of healthy food, there are a few main foods which you need to include which will provide minerals such as zinc, lecithin, manganese, omega 3 fatty acids and Vitamins such as Vitamin E.

Good sources of these nutrients are whole wheat products, brown rice, oats, soya beans and legumes, eggs, milk, curds, cheese (yes, it is safe to give cheese as a snack), nuts, unrefined vegetable oils. Flax seeds and fish too are good sources of omega 3 fatty acids.

Besides these nutrients, adequate sleep and exercise is required. Exercise helps in stimulating fresh oxygen to the brain and sleep helps to relax and unwind the brain.

Involve your child in brain racking activities such as chess and also make your child do puzzles, crosswords and memory games.

...Jash @ saradheya

If the kid is in lower class, ask her what happened in the class. If she says about happenings in the class room you can come to know whether the kid listen the lesson and what the teacher teaches. So first of all find out what is the problem in your child.

Sometimes the child may be distracted and to hide this from parents and teacher. They may say simply forgotten. First analyze the problem with the child.

If she doesn't remember the answers, train her to study the answers with important keyword and first make her to study the small question and answers then slowly increase the level.

If she succeeds in scoring centum in fill ups and in one mark questions, she will get a positive attitude as she can also score more and more. You should appreciate her for each mark and make her to study maths in early morning so that her brain could grasp things. Make a habit of telling slogas (may be guru slogas or Hanuman slogas) in early morning and before studying so that she will get a positive attitude.

Make her to recite addition tables like "0+1 is 1, 1+1 is 2,....." daily morning. It would help her to improve memory power. In this age repetition is the only thing to increase the memory power

...Sumathisrini

Intake of Vallarai keerai, Badham nut, ladies finger, potato & tomato will increase the memory power of child.

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MOM  
VS  
Kids

## How to soothe crying son while going to school...

### Sumathi Srin

It is quite normal for all school going kids in beginning of their school days.

They all cry for at least a week or more. Because they know that they are out of their comfort zone, they could be irritated, upset about something, and all the more reason for crying.

Only Solution is to IGNORE, while at the same time ENSURE the child is actually happy in the school. Hand him over to his Teacher or Ayamma whom he likes. Tell him that he could get good friends there & may spend his time happily by playing with them. And he could learn many things (like drawing, new games) from school.

### Jv\_66 @ Jayanth

Most of the children will cry, while going to school for the first time. This will last only for a very few days.

Later, he will become ready to go to school even on holidays. He would not like to sit at home. He would miss his friends.

Even on holidays, he will ask to wear his school uniform and get ready. So, do not worry for this. This is going to last

only for a few days, may be just for 1 week.

You can tell him, from the morning, as soon as he wakes up and get refreshed, "let us get ready soon to meet our new friends and play new games. We can scribble with chalk and play with so many friends only in the school, but while at home, that many friends will not be available."

And you can tell this also "you can eat the snacks/lunch so fast by competing with your new friends. And if you are not crying like the other children do, both your teacher and we would praise you as GOOD BOY".

You should never loose your heart and become sad (you should not even show this on your face), in front of your son. The teachers will take very good care.

### Mantra

At times a child cries just because it has to go away from its mother. But once it enjoys the company of his/her friend, he will start playing. So ask the teachers how your son/daughter are at school. If the teacher says he enjoys school then you can peacefully go to school. Remember one thing all human beings even adults find it uncomfortable to adopt to a new situation. Let the child take its own time to adjust to the new surroundings.



**Priyagautham**

Best way is to avoid nappies. Start using panties. Of course there will be few accidents. You can either get a baby toilet seat and train directly or use a potty.

use her potty...positive praise for every attempt and reassurance if accidents happen.

Little one will gradually understand the urge to go potty and will start informing

**How to teach baby to urinate?**

There are a variety of children's character potty and seats available.

Talk to her about potty training. Explain that she is a little princess now and that she has to do potty like this only here after.

You can play special potty videos or read potty books.

Initially you have to remind her to

you when she wants to go.

First try to do day time training. Night time training will happen gradually.

Also there will be setbacks from time to time.

Toddlers' advice groups say that if there are other major events like moving house, arrival of new baby etc. will impact on the training and children may not use potty as effectively. Summer and having no other distractions is the best time to attempt it.

**Jv\_66 @ Jayanthi**

First of all, please do not use diapers for your child, since she is already 2 1/2 years old.

By using diapers, she will never have control over urination and motion.

Next, from the age of 1 1/2 years itself, we need to practice them to inform us, when they tend to urinate.



Now, let me suggest you some methods.

You may take your daughter to the rest room, once in 2 hours, since you are living in a hot place like Chennai. If the child is around 1 1/2 years, you may take the child, once in an hour.

Now, you should urge her to pass urine. She would have started talking by now, and would be able to communicate very well.

So, you may tell her that whenever she feels like urinating, she needs to inform you and you may take her immediately to the rest room. Explain her that since she is growing into a big girl, she should not pass urine or motion elsewhere, other than the rest room.

After 1 week, you may tell her to go to the rest room, by herself, even without

informing you.

Once when you practice her to pass urine, every two hours or so, she will get used to the rest room and pass urine.

When it comes to motion, you may again ask her to inform you.

You may also explain her that when she starts going to school, she has to inform the teacher before using the rest room.

During the night times, you need to take her to the restroom in the middle of the night, till her age of 10 years. You may ask her to pass urine, before going to sleep.





MY

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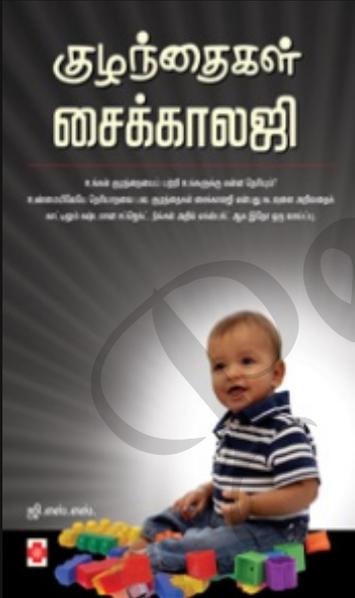
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**Article published by WHO**

Meipporul – I am sure all of us aware of this word and the power it mean. When we need to share anything about parenting, there cannot be a phenomenon of assumption, it should be the truth and that too when it comes to a child it was even more sacred.

Being a person from science background and above all a 'going to be' father is that what triggered me to start this thread. Parenting starts right from the day the baby formed in the womb of a mother isn't.

'Parenting Checklist' is what the content is all about. Let us start with some interesting facts about kids;

*'Fathers tend to determine the height of their child, mothers their weight'*

*'On average, a 4-year-old child asks 437 questions a day'*

*'A 3-year old Boy's voice is louder than 200 adults in a crowded restaurant'*

*'Children under the age of six are at the greatest risk for crushing or burning injuries of the hand'*

Many more science, facts, tips, do's & don'ts, essentials and all about parenting & child development will be posted here. I will try to update here more often!

**By the age of 1 MONTH****A baby should be able to:**

- Turn her or his head towards a hand that is stroking the child's cheek or mouth
- Bring both hands towards her or his mouth
- Turn towards familiar voices and sounds
- Suckle the breast and touch it with her or his hands.

**Advice for parents and other caregivers:**

- Make skin-to-skin contact and breastfeed within one hour of birth
- Support the baby's head when you hold the baby upright
- Massage and cuddle the baby often
- Always handle the baby gently, even when you are tired or upset
- Breastfeed frequently and on demand
- Always safely dispose of the baby's faeces and wash hands with soap and water or a

substitute, such as ash and water, after changing the baby

- Talk, read and sing to the child as much as possible
- Give consistent love and affection
- Visit a trained health worker with the infant during the first week and again six weeks after birth.

**Warning signs to watch for:**

- Poor suckling at the breast or refusing to suckle
- Little movement of arms and legs
- Little or no reaction to loud sounds or bright lights
- Crying for long periods for no apparent reason
- Vomiting and diarrhoea, which can lead to dehydration.

# A Parenting Checklist

## A baby should be able to:

- raise the head and chest when lying on her or his stomach
- reach for dangling objects
- grasp and shake objects
- roll both ways
- sit with support
- explore objects with hands and mouth
- begin to imitate sounds and facial expressions
- respond to her or his own name and to familiar faces.



## Advice for parents and other caregivers:

- lay the baby on a clean, flat, safe surface so she or he can move freely and reach for objects
- continue to hold and cuddle the baby every day, giving consistent love and affection
- prop or hold the baby in a secure position so she or he can see what is happening nearby
- continue to breastfeed on demand day and night, and start adding other foods (two to three meals a day starting at 6 months; three to four meals a day from 9 months)
- talk, read or sing to the child as often as possible, not only when she or he is hungry or getting ready to sleep.

## Warning signs to watch for:

- stiffness or difficulty moving limbs
- constant moving of the head (this might indicate an ear infection, which could lead to deafness if not treated)
- little or no response to sounds, familiar faces or the breast
- refusing the breast or other foods.



# A Parenting Checklist

## By the age of 12 MONTHS

A baby should be able to:

- sit without support
- crawl on hands and knees and pull herself or himself up to stand
- take steps holding on to support
- try to imitate words and sounds and respond to simple requests
- enjoy playing and clapping
- repeat sounds and gestures for attention
- pick things up with thumb and one finger
- start holding objects such as a spoon and cup and attempt self-feeding.

## Advice for parents and other caregivers:

- point to objects and name them; play with, talk, sing and read to the child frequently
- use mealtimes and other family activities to encourage interaction with all family members
- give consistent affection and be responsive both when the child is happy and when upset
- if the child is developing slowly or has a physical disability, focus on the child's abilities and give extra stimulation and interaction
- do not leave a child in one position for many hours
- make the area as safe as possible to prevent accidents, and keep dangerous objects, such as sharp objects, plastic bags and small items a child can choke on, out of the child's reach
- continue to breastfeed and ensure that the child has enough food and a variety of family foods
- help the child experiment with spoon and cup feeding
- make sure the child's immunizations are up to date and that she or he receives all recommended doses of nutrient supplements
- keep the child's hands clean and begin teaching the child to wash them with soap.

## Warning signs to watch for:

- does not make sounds in response to others
- does not look at objects that move
- listlessness and lack of response to the caregiver
- lack of appetite or refusal of food.



# A Parenting Checklist

✉ ...Rameshshan@RameshShanmugam  
Article published by WHO

## By the age of 2 YEARS

### A child should be able to:

- Walk, climb and run
- Point to objects or pictures when they are named (e.g., nose, eyes, ears)
- Say several words together (from about 15 months)
- Follow simple instructions
- Scribble if given a pencil or crayon
- Enjoy simple stories and songs
- Imitate the behaviour of others
- Begin to eat by herself or himself.

### Advice for parents and other caregivers:

- Read to and sing or play games with the child
- Teach the child to avoid dangerous objects
- Talk to the child normally – do not use baby talk
- Continue to breast feed and ensure the child has enough food and a variety of family foods
- Make sure the child is fully immunized
- Encourage, but do not force, the child to eat
- Provide simple rules and set reasonable expectations
- Praise the child's achievements, provide reassurance when the child is afraid and continue to give consistent affection every day.

### Warning signs to watch for:

- Lack of response to others
- Difficulty keeping balance while walking
- Injuries and unexplained changes in behaviour (especially if the child has been cared for by others)
- Lack of appetite.



# A Parenting Checklist

✉ ...Rameshshan@RameshShanmugam

Article published by WHO

## BY THE AGE OF 3 YEARS

### A child should be able to:

- Walk, run, climb, kick and jump easily
- Recognize and identify common objects & pictures by pointing
- Make sentences of two or three words
- Say her or his own name and age
- Name colours
- Understand numbers
- Use make-believe objects in play
- Feed herself or himself
- Express affection.



### Advice for parents and other caregivers:

- Read and look at books with the child and talk about the pictures
- Tell the child stories and teach rhymes and songs
- Give the child her or his own bowl or plate of food
- Continue to encourage the child to eat, giving the child as much time as she or he needs
- Help the child learn to dress, use the toilet or latrine and wash her or his hands with soap and water or a substitute, such as ash and water, after defecating and before touching food and eating
- Listen to and answer all the child's questions
- Encourage creative play, building and drawing
- Give the child simple tasks, such as putting toys back in their place, to build responsibility
- Limit television watching and ensure that violent shows are not viewed
- Acknowledge and encourage positive behaviour and set clear limits
- Provide consistent affection every day
- If available, enrol the child in an early learning (play) activity with other children.

### Warning signs to watch for:

- Loss of interest in playing
- Frequent falling
- Difficulty manipulating small objects
- Failure to understand simple messages
- Inability to speak using several words
- Little or no interest in food.

# A Parenting Checklist

✉ ...Rameshshan@RameshShanmugam

Article published by WHO

## A child should be able to:

- Move in a coordinated way
- Speak in sentences and use many different words
- Understand opposites (e.g., fat and thin, tall and short)
- Play with other children
- Dress without help
- Answer simple questions
- Count 5–10 objects
- Wash her or his own hands.



## Advice for parents and other caregivers:

- Listen to the child
- Interact frequently with the child
- Read and tell stories
- Encourage the child (both girls and boys) to play and explore
- Listen to and answer all the child's questions, have conversations (with both girls and boys)
- Encourage creative play, building and drawing
- Limit television watching and ensure that violent shows are not viewed
- Acknowledge and encourage positive behaviour and set clear and consistent limits
- Provide consistent affection every day
- Enroll the child (both girls and boys) in an early learning (play) programme that helps to prepare the child for school.

## Warning signs to watch for:

- Fear, anger or violence when playing with other children, which could be signs of emotional problems or abuse.



# A Parenting Checklist

✉ ...Rameshshan@RameshShanmugam

Article published by WHO

## By the age of 8 YEARS

### A child's:

- Physical development proceeds more gradually and steadily than in the early years
- Muscle mass increases, and small and large motor skills improve
- Ability to understand and communicate abstract concepts and complex ideas has begun to develop
- Span of attention increases and she or he can focus on the past and future as well as the present
- Learning capacity is expanding and she or he is learning to read, write and do problem solving in a school environment
- Friends and interactions with her or his peer group are increasingly important
- Interest in friendships includes enjoying time with her or his peer group and turning to peers for information
- Self-control improves and understanding of more complex emotions increases.

### Advice for parents and other caregivers:

- Be a good role model, equally for girls and boys
- Encourage your child to express feelings and beliefs and to solve problems
- Recognize and support your child's strengths and skills as well as limitations
- Spend time with your child and talk and listen to her or him
- Find activities you can do together that will make your child feel successful, secure and loved
- Facilitate and support your child's playtime with friends and in extra-curricular school activities
- Acknowledge and encourage positive behaviour and set clear and consistent limits
- Show interest and become involved in your child's school – remember that the mother, father and/or other caregiver(s) are a child's first and most important teachers.

### Warning signs to watch for:

- Difficulties making and keeping friends and participating in group activities
- Avoiding a task or challenge without trying or showing signs of helplessness
- Trouble communicating needs, thoughts and emotions
- Trouble focusing on tasks, understanding and completing school work
- Excessive aggression or shyness with friends and family.



# A PARENTING CHECKLIST

Rameshshan@RameshShanmugam

Article published by WHO

## Parenting Checklist

Breast milk is best. Nothing that money can buy is as good for a baby as breastfeeding.

- Initiation of breast feeding within the first hour of life.
- Exclusive breast feeding for six months.
- Timely complementary feeding with appropriate foods and continued breastfeeding for two years and beyond.



Let us see some FAQs on breast feeding:

### When should my baby get her first breast feed?

As soon as the baby is born, the doctor will hand her to you. Hold the naked baby against your chest for direct skin-to-skin contact. Depending upon the temperature in the delivery room, both of you will be covered lightly with a sheet, with or without a blanket. Most babies, especially those whose mothers have not been doped, are alert for about 40 minutes to an hour after delivery. Take advantage of this period. Try to see if she might be interested in breastfeeding right away. You will find that some babies turn their heads to one side and start looking for the nipple. Some succeed in getting hold of the nipple and start suckling. You will be thrilled to see this happening. If she does not attempt this on her own, you can gently bring her mouth near to one breast and see if she wants to suckle. Do not force her if she is not interested.

This early contact with your baby is important for bonding with her and for giving her the valuable colostrum.

It has been observed that the suckling reflex of a newborn is at its height 20 to 30 minutes after birth. If the infant is not fed at this time, the reflex diminishes rapidly to reappear adequately 40 hours later. It may be further delayed if the mother is 'overdoped'. On the other hand, if the baby is put to the breast within half an hour after birth, she takes the breast properly and early weight loss, which is so common in newborn babies, is minimised.

Nursing soon after delivery also has a laxative effect on the meconium. The early evacuation of meconium tends to decrease the reabsorption of bilirubin (the yellow pigment responsible for jaundice). This pigment is liberated by the breakdown of cast-off red blood cells present in the intestines. Decreased reabsorption of bilirubin reduces the appearance of jaundice. Even if the jaundice does appear, effective evacuation of meconium reduces its severity.

# A Parenting Checklist

✉ Rameshshan@RameshShanmugam

Article published by WHO

## What about Breastfeeding?

After a normal delivery, you and your baby will be taken to your room. If you are not heavily sedated, keep your baby next to you in your bed. You may like to cuddle her if she is still awake. In private hospitals, a baby cot is provided next to your bed. You can decide if you want to keep the baby all the time in your bed or partly in the cot and in the bed according to convenience.

If you delivered by a Caesarean section under general anaesthesia, you may be on a drip. Even then, the baby should be given to you for breastfeeding after about 4 hours of the operation, when you recover from the effects of anaesthesia. You will need the assistance of a hospital attendant or a close relative to give your child the first breastfeed. As you lie on your back, the nurse may place the baby on a pillow raised to the level of your breast, so that she can conveniently reach it.

Here it must be mentioned that if your first child was delivered by a Caesarean section, it is not mandatory that the subsequent delivery has to be Caesarean. You may raise this issue with your doctor. But leave the final decision about whether an operation is needed again or not to him.

Also a word about episiotomy. This is a cut made on your skin just outside the birth canal for easy delivery of the baby. It is possible that you needed it and you should accept it if it was inevitable. However, you could mention to your doctor that as far as possible, you would like to avoid episiotomy. Episiotomy may be needed with a first delivery and can often be avoided in subsequent deliveries.

I touched on this subject because following a Caesarean or an episiotomy, your doctor may give you sedatives or pain-killers which can adversely affect your close interaction with your baby and proper initiation of breastfeeding.

In case your doctor decides to do the episiotomy, he may prescribe drugs to relieve the pain of the stitches. Doctors have found that if the baby is given to the mother soon after delivery for skin-to-skin contact, the mother gets so engrossed in her baby that stitching is often done without taking recourse to drugs for suppressing pain.

A word about the duration of the first breastfeed. The first feed could be given in the labour room or after you come to your room. This feed might last from 10 to 45 minutes and may be from one or both breasts.

✉ ...Rameshshan@RameshShanmugam

Article published by WHO

## How does the mother position the baby correctly at the breast?

Positioning your baby correctly will ensure that she is breastfeeding and not nipple-feeding. This means that the baby should be taking not only the nipple into her mouth, but part of the breast as well.

For effective transfer of milk from the breast to the baby's mouth, you can choose a sitting or lying down position. The important thing is that you should feel comfortable. If you are sitting, you will find it more comfortable if your back is supported.

Lift your breast with your palm and offer the nipple as well as the breast to the baby. Do not pinch the nipple or the breast or try to push the nipple into the baby's mouth. Touch the baby's lips, preferably the upper lip, with your nipple. If the baby opens her mouth a little, do not offer the breast and the nipple. Again touch her lips with your nipple. As soon as she opens her mouth wide and shows interest in feeding, quickly move her on to the breast. Let the baby's lower lip be well below the nipple. This helps to get the baby's chin close to the breast under the lactiferous sinuses so that her tongue is right containing milk. Then the nipple is positioned above the centre of the baby's mouth, so that it points towards the palate. As soon as the nipple touches the palate, the baby starts suckling and when her mouth fills with milk, she swallows it.



To make sure that your baby is positioned properly at the breast,

- Your baby's entire body, including her neck, shoulder and abdomen, should be facing you and close to your body. Her chin should touch the breast.
- Her mouth should be wide open with her lips curled outwards.
- More of the areola should be visible above the baby's upper lip and less below the lower lip. But if the areola is big, more of it may be visible, even if the baby is positioned properly.
- The baby should be taking slow, deep sucks.
- After the feed, the baby should appear relaxed and satisfied.
- You should not feel any nipple pain.
- You should be able to hear your baby swallow, but this is not essential.

After offering the breast to the baby, keep your other hand free to stroke her hair or play with her fingers. Do not put a finger on the breast near the baby's nose to prevent any difficulty in breathing; this is unnecessary and may interfere with proper milk transfer to the baby.

# A Parenting Checklist

✉ ...Rameshshan@RameshShanmugam

Article published by WHO

## What Is Comfort Suckling?

Some babies like to suckle more than others even if their hunger is satisfied. Your baby may be one of those who may continue to suckle for comfort. For the same reason, she may start sucking her finger or put her hand in her mouth. You may then think that she is hungry; if you are not sure, offer her your breast. You do not have to worry about overfeeding your breastfed child.

## How Long Should A Breastfeed Last In The First Week Or Two?

Some doctors wrongly advise that the baby should not be fed for longer than 10 minutes at each breast. They fear that a more prolonged feed may result in the mother developing sore nipples. This is not true. Do not time a feed. Let your baby suckle in the proper position for as long as she wants. The first breastfeed - given in the delivery room or after you come to your room - may last from 10 to 45 minutes and may be from one or both breasts.

In the first day or two, the baby may suckle for a prolonged period but may demand a feed after 4 to 6 hours and sleep in-between. After 2 days, she may want the feed very often but may suckle for a shorter period. Towards the end of the week, she may settle down to 2 to 4-hourly feeds.

As the days pass, the feeds are likely to become shorter. But if your baby is taking more than 45 minutes for a total breastfeed after the first week, you should check whether you are positioning her properly.



## A Parenting Checklist

Some friends tell me that I will not have enough milk in the first 2 to 3 days. What should I give to the baby till then?

Your newborn baby does not require anything other than colostrum - the milk that the breasts make in the first few days after delivery.

Do not let anyone squeeze the breasts for milk. Simply let the baby be put to the breast when hungry. Elderly relatives sometimes feel that colostrum is harmful to the newborn. Try to explain to them that colostrum is essential for the baby and, though secreted in small amounts, is enough to meet all the needs of your baby. It is rich in Vitamins A, K and zinc. It contains large amounts of antibodies and other factors that protect the child against life-threatening infections.

It also has an immunoglobulin that coats the lining of the baby's immature intestine and prevents large protein molecules from entering the newborn's blood system. This reduces the risk of her getting allergic diseases like asthma and eczema later in life.

What is the harm in giving water, honey, glucose water or artificial milk in the first few days?

Such feeds given to newborns before the free flow of milk from the breasts are called, prelacteal feeds. These can be harmful for you as well as your baby and should be avoided.

If prelacteal feeds are given, the baby may not suckle adequately at the breast as her stomach is already full. Consequently, she will not get colostrum. Such feeds may also be contaminated

and result in serious infections. Allergies are more common in babies given animal milk (including powder milk) in the first months of life. If these feeds are given through a bottle, the baby may not make the required effort to suckle and empty the breast. This either results in breastfeeding failure or may cause engorgement and infection of the breasts. Some health workers give prelacteal feeds to otherwise normal babies who happen to be rather big in size or are small. They fear that these babies may get hypoglycemia (less sugar in blood). This fear is unjustified. Colostrum is enough for these babies.

Sometimes, a prelacteal feed is given as a 'test feed' to safeguard aspiration into the lungs in a rare condition called tracheoesophageal fistula. In this condition, the trachea (the windpipe) is connected to the oesophagus (the food pipe).

These health workers do not realise that colostrum is a physiological secretion. Even if it is aspirated into the lungs, it is not irritating and gets readily absorbed. On the other hand, sugar, water and artificial milk are quite irritating if aspirated.

Being aware of these facts, if your doctor still feels that the baby needs any feed other than colostrum, he may prescribe it accordingly as an exception.





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# Penmai Kids Corner

Activities for kids  [deepa bala](#)

## Alphabet Book

- Cheap alphabet books
- Sketchbook with at least 26 pages
- Scissors
- Glue
- Sketch pen or Markers



1. On each page of the sketch book draw a letter of the alphabet from A to Z
2. Cut out pictures of objects, animals, etc. beginning with that particular letter.
3. Talk about these pictures to the child.
4. Paste the pictures around the letter.
5. With the pens decorate the remaining spaces with the letter in capital and small case.
6. Write the name of the child on each page.

Painting by Aparajithan  
Son of Sumathisrini



Exhibit your kids work in  
Penmai's Kids Corner.  
Let the World, know...



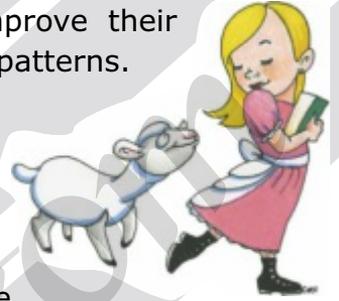
## NURSERY RHYMES

Reciting nursery rhymes to young children helps improve their language and memory, and develops important rhythmic patterns.

Children love songs with repetitive action - like this one, where you touch the parts of the baby's body as you name them:

Head, shoulders, knees and toes, Two eyes, two ears, a mouth and a nose; As the baby gets older you can recite 'One two buckle my shoe' as you climb the stairs, particularly once your baby starts walking. Also sing rhymes like 'Baa baa black sheep' - and when you get to the 'three bags full' hold up three fingers, then bend down one finger at a time as you 'distribute' the bags.

As you recite the rhymes, you can start talking to the child about the animals or objects being mentioned in the rhymes. For example, talk about the wool together, how it is shorn off the sheep and what happens next. Find a woollen garment for your child to feel.



- Deepa bala



Painting by  
Mallee 1974's daughter



Painting by Shrinidhi,  
sowmyasri0209's daughter

## Homemade Magnifying glass

Deepta bala

### Homemade Magnifying glass

#### Things needed

- Zip-lock bags
- Water

#### Method to make magnifying glass

- Fill the bags with different amounts of water
- Zip up the bags.



Each of these bags has a different magnifying strength. The children can use these bags to magnify things around the house, such as fine print in books. They can even do the Fingerprints activity. These magnifiers are also useful when children are exploring flowers and insects.



Sumathisrini's son Aparajithan painting



Subha's sister Yoki's painting

## Homemade Magnets

Deepta bala

### Things needed

- Paper clips
- Magnet

### Method to make Magnets

1. Straighten the paper clip.
2. Rub a magnet over the paper clip, at least 25 times in the same direction.
3. The magnet is ready.

Hide some small metal items in a dish of sand and the children can use their magnet to hunt for the 'treasures'.



Sumathisrini's son  
Aparajithan



Guhan  
Sangichandru's Son

Dayamalar's Brother  
Viswvarman



## Homemade Finger Paints

Deepa bala

### Things needed

- 2 tb sp cornflour
- 6 tb sp water
- ½ cup of boiling water
- Food colours

### Method to make homemade finger paints

- Put the water to boil.
- Mix the cornflour & water. Add this to the boiling water.
- Stir over medium heat till it thickens.
- Remove from fire and spoon out portion into small bowls.
- Add food colours to make 4-5 shades of finger paint. Leave to cool.

Use these finger paints to have loads of fun with your child



## Slokas for Kids



### Vakrathunda Sloka

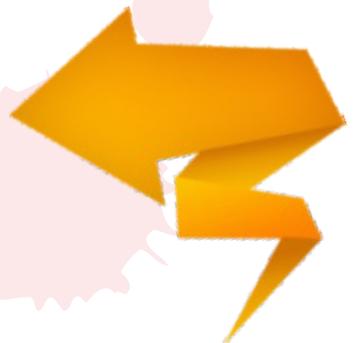
Vakrathunda Mahaakaaya Suryakoti  
Samaprabha Nirvignam kurumey deva  
Sarvakaryeshu Sarvada

### Meaning

O Elephant headed large bodied Lord, radiant as a thousand Suns, I ask for your grace so that this task that I am starting may complete without any hindrances.



Sumathisrini's son  
Aparajithan



Vignesh, Orphanage Boy's Drawing  
Shared by Divyakala

## Flower Printing

✦ Deepa bala

### Things needed

- Small flowers and leaves
- 2 Waxed or grease proof papers
- Iron

### Method to make homemade flower printing

- Arrange the flowers on the waxed paper.
- Place another sheet of waxed paper on top.
- Iron carefully with a slightly cool iron. The wax in the paper will bind together and seal the flowers inside.
- You can start out by going for a walk with the children. Help them pick flowers and leaves for this activity.
- This will help the children appreciate nature.



## Slokas for Kids

### Gajaananam Sloka

Gajaananam Bootha Ganaathi Sayvitham  
Kapitha Jumbu Phala saara Bakshitham Umaa  
Sutham Shoka Vinaasha Kaaranam Namaami  
Vigneshwara Paadha Pankajam

### Meaning

I prostrate myself before the lotus feet of Vigneshvara (Ganesha), the son of Uma, who destroys sorrow, who is served by the host of angels, who has the face of an elephant, who partakes of the essence of kapittha and jambu fruits.

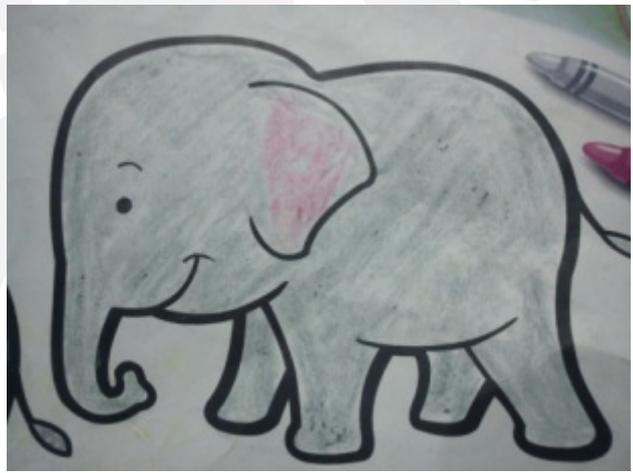


*Sangichandru's son*



*Dayamalar's Brother  
Vishwavarman*

*Aparna's Coloring*



## Colouring Clothes

Deepa bala

### Things needed

- An old pillowcase
- Permanent markers in various colours
- A 'naada' or string
- Colourful pieces of fabric



### Method to make colouring clothes

- Take a pillowcase and cut a hole at the stitched end, so your child's head can go through it. Alternatively, let your child's head remain in the pillowcase - just cut two holes for the eyes. Cut holes in the corners as well, for arms. Take a permanent marker and make some interesting designs. Or, take other pieces of cloth and staple or stick them on to the costume.
- Sew the bottom of the pillowcase so that you can run a cord through it. Pull the strings of the cord together, so it gives a gathered effect at the bottom.
- It's a perfect costume for your child to wear at a fancy dress party or a party with a spooky theme! This will help the children to appreciate nature.



## Slokas for Kids



### Sarasvathi Namastubhyam

Sarasvathi Namastubhyam, Varade Kaamaroopini  
Vidyaarambham Karishyaami, Siddhir Bhavatu Mey  
Sada

### Meaning

O Goddess Saraswati, salutations to you, the giver of boons, the one who fulfills all desires. I begin my studies. May there always be accomplishments for me.

## Bottle Painting

Deepa bala



### Method:

- Wash an old bottle well, and let it dry. Once dried, paint a scenery or any design on it.
- You could also fill it up a few large blobs of different coloured oil paints mixed with kerosene.
- Add some water and shake it around, to produce the marble-like effect.
- Pour out the water, and leave it to dry overnight. The next day, call your electrician and ask him to have it fitted with a bulb.
- Get it fitted with a little lampshade, and you have an excellent lamp for the kids' room!



## Slokas for Kids



**Gurur Brahma Gurur Vishnu  
Gurur Devo Maheshwaraha  
Gurur Saaksaat Parambhramaha  
Tasmai Shree Guravey Namaha**

### Meaning

Guru is Brahma (who plants the qualities of goodness)  
Guru is Vishnu (who nurtures and fosters the qualities of goodness)  
Guru is Maheshwar (who weeds out the bad qualities)  
Guru is supreme Brahman itself  
Prostration unto that Guru.

## Candle Coloring

🌱 Deepa bala

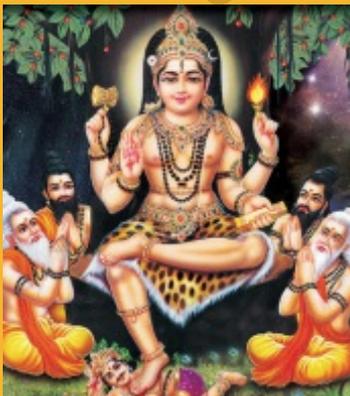
### Method:



- Take a candle and rub it over a sheet of paper.
- Make a rough drawing with the candle: a house, flower, birds and mountain.
- Using light strokes with different color pencils or with watercolors, shade the entire sheet of paper.
- Watch the candle-sketch emerge! Alternatively, light a candle and let the wax drip onto your paper, forming dots, lines or any other design.
- When the wax has hardened, paint over the sheet with water paints.
- After the paint dries, peel out the wax.
- Wax, as you know is waterproof. Thus, the area that had been covered with wax will still be white (or the color of the paper).

### Maths tips for kitties

- A number is divisible by 5 if the digit in the units place is 0 or 5.
- A number is divisible by 10 if the digit in the units place is 0.
- A number is divisible by 3 if the sum the digits in the units is divisible by 3.
- Numbers which have only two factors are prime numbers.
- Prime numbers are divisible by only two numbers, they are one and the number itself.



## SLOKAS FOR KIDS

**Guravey Sarva Lokaanaam Bishajey  
Bhava Rohinaam Nidhayae Sarva Vidyaanam  
Shree Dakshinaa Moorthaye Namaha**

### Meaning

Salutations to the Universal teacher, Shree Dakshinamoorthy, who is the repository of all knowledge and who cures the disease of Samsara.

# Block Printing

📌 Deepa bala

Block printing are designs made from a stamp, which are repeated again and again, in a regular pattern.

You could do this with the help of a potato. Yes, a potato makes an excellent block.

## Method:

- Cut a potato in half.
- Cut out the potato so that it forms the stamp of a flower.
- Dip the potato in paint and stamp it neatly on a clean sheet of paper.
- Repeat the stamp right next to it, to form a row of flowers. Do this for the entire page. If you want, you could alternate two blocks.



# Slokas for Kids

## Shuklam bharadharam Sloka

Shuklam-bharadharam Vishnum shashivarnam  
chaturbhujam | Prasanna vadanam dhyayet sarva  
vighnopa-shantaye ||

## Meaning

We meditate on Lord Ganesha - who is clad in white, who is all pervading whose complexion is gray like that of ash who has four arms, who has bright countenance and who can destroy all obstacles in our spiritual and worldly path.



## Candle Coloring

Deepa bala

### Method

- Take a candle and rub it over a sheet of paper.
- Make a rough drawing with the candle: a house, flower, birds, mountain.
- Using light strokes with different color pencils or with watercolors, shade the entire sheet of paper.
- Watch the candle-sketch emerges! Alternatively, light a candle and let the wax drip onto your paper, forming dots, lines or any other design.
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## Slokas for Kids

### Achutham Sloka

Achutham keyshavam rama narayanam

Krishna damodaram vasudevam harim

Shridharam madhavam gopika vallabham

Janaki nayakam ramachandram bhajey

### Meaning

Oh ! Imperishable Lord, Let me constantly recite your holy names such as KESHAVA, RAMA, DAMODARA, NARAYANA, SRIDHARA, MADHAVA, KRISHNA, RAMACHANDRA the beloved of Janaki.



We cannot paint the walls of our house but we can definitely paint the pots in our house.

**Things needed:**

- Poster paints
- Paint brush

**Method of painting:**

- Pick up a pot and remove any dust from it using a soft cloth or a brush.
- If you have earthen pots, give them a coating of color that you think would match with the color of your walls.
- Let this base color dry. Now you can paint a variety of patterns on top to decorate your pots.

**Note:** If your pots are cemented and polished, you can directly make patterns on them. It's quite interesting and at the same time colorful and attractive too.



## Slokas for Kids

**Saraswathi Sarva Sloka**

Saraswathi Namastubhyam Sarva Devi Namomama ;  
Shantha Roopey Sasi Dharey Sarva Yoge Namomamah

**Meaning**

I salute Goddess Saraswati, who is the embodiment of all the deities. She is the repository of peace and knowledge and wears a crescent moon.



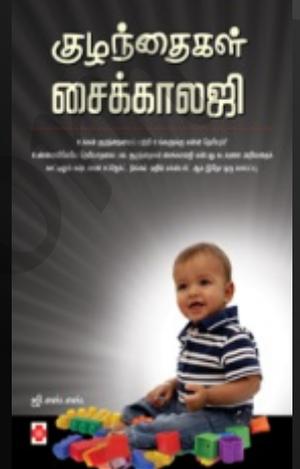
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