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Magazine

DIGITAL EDITION

## The Holidays are Here!

Why playtime  
really matters



### Watch and Play

We've got the best apps, TV shows and movies for your tot



### Ouch that Hurts!

Dealing with Mastitis and easing the pain



### 10 Tips for

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Breastfeeding is one of the best decisions you can make for your child. But many mums may not know some of the side effects that come with it and one of them is mastitis.

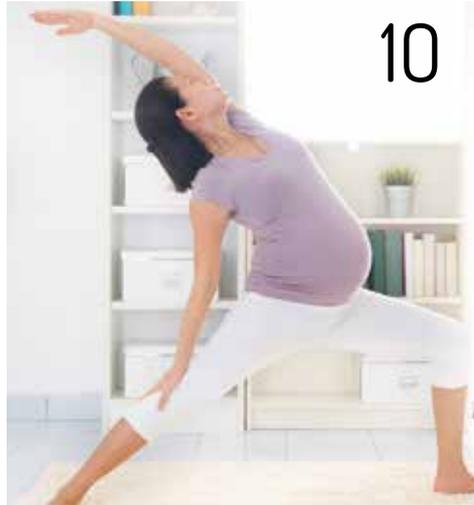
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The school holidays mean that you'll likely be spending most of your day with your kids especially if you're a stay-at-home-mum. It can sometimes get a tad tiring so why not take some time out for yourself with these simple pleasures.

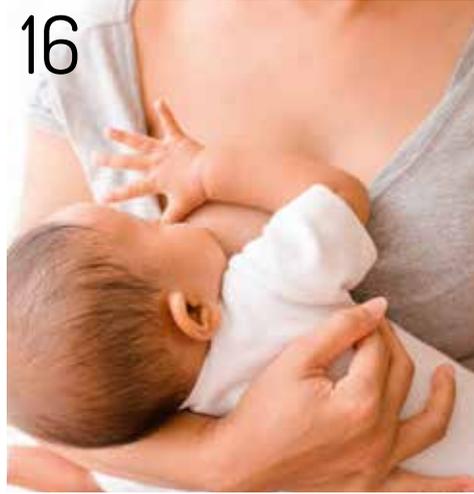
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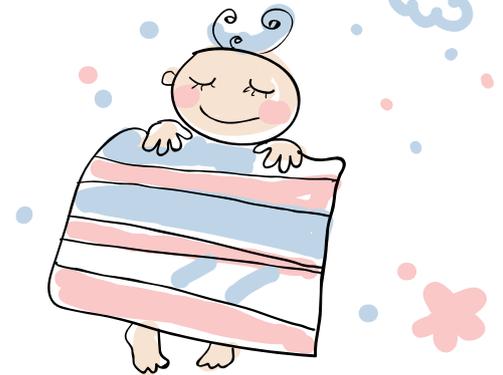
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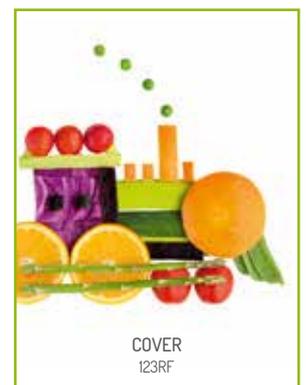
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# Work Hacks while Pregnant

From handling morning sickness to juggling meetings, challenges are expected if you're working while pregnant. **MH** shares some tips on how you can manage them.

■ WORDS **NURULHUDA SUHAIMI**

**D**uring their pregnancy, some women may have the luxury to stay in the comforts of their own home throughout the whole nine or so months, others may not have the option to not go to work, while some may just want to continue working until their due date.

If you fall in the second and third groups, don't fret. Working while

pregnant doesn't have to be a pain (not all the time, anyway). From having morning sickness to managing a busy schedule, here are some tips on how you can cope with it all.

## Morning Sickness

It may be called "morning sickness" but nausea and vomiting can, unfortunately, happen at any time

of the day during your pregnancy.

The one upside is morning sickness typically doesn't last throughout the whole pregnancy. "[Morning sickness] generally begins between the fourth to seventh week and usually settles by the 12th to 14th week, although it may last longer in some women," says senior consultant, Dr Tan Eng Loy, Dept of Obstetrics & Gynaecology, SGH.

[Click here to read more!](#)





# Dealing with Mastitis

The dreaded M word. **MH** shares more about mastitis and what to do when it occurs.

■ WORDS **SAMANTHA TAN**



**A**sk any breastfeeding mother what their worst nightmare is and most will tell you that it is mastitis. So what is mastitis exactly? Mastitis is an infection of the breast that most commonly occurs during breastfeeding when bacteria from the baby's mouth enters the breast through a milk duct via a crack in the nipple. While it can occur anytime, it usually manifests in the first few weeks after delivery. According to associate professor Yong Tze Tein, senior consultant at the Department of Obstetrics & Gynaecology, Singapore General Hospital, "Several published papers cite the incidence of mastitis in mothers ranging from 4 per cent to 27 per cent. One-third of these cases develop in long-term breastfeeding

mothers and usually occurs after six months of breastfeeding. Mothers with a previous history of mastitis also have a higher chance of suffering a relapse."

Sharing more, Professor Yong says, "Breastfeeding is a learned skill, and a poor latch can lead to inadequate emptying of the breast, resulting in milk being trapped in the breast. When the breast is not completely emptied, milk ducts can become clogged and blocked which causes an infection to occur. In addition, stagnant milk in the breast is a breeding ground for bacteria."

Dr Yvonne Ng Peng Mei, senior consultant at the Department of Neonatology, National University Hospital agrees, "Breast milk stasis is the primary factor resulting in mastitis.

This may occur due to infrequent breastfeeding or emptying of breasts (if expressing), missed feeds, inefficient removal of breast milk due to poor attachment, milk oversupply, pressure on the breast from a tight bra, maternal stress/fatigue/illness and nipples which are sore or damaged."

## Identifying the Symptoms

Cynthia Pang, senior lactation consultant and assistant director of nursing, KK Women's and Children's Hospital lists the symptoms of mastitis, "In mastitis, symptoms usually present as a painful, red, inflamed wedged shaped area on the breast or the presence of red streaks over the affected area. The pain is often more severe and is accompanied by a fever of

# THE IMPORTANCE OF PLAY TIME

Here are some of the things your child is experiencing and learning, along with ideas on how you can help boost the benefits of his play. ■ WORDS **CHRISTEL GERALYN GOMES**



**E**very new mum wants to give her child the best possible head start in life. That's why, sometimes, it's easy to let the impulse toward education overtake allowing your child adequate free play. While it's tempting to think of play as frivolous or non-essential in this competitive world, experts tell us that play is quite the opposite – it is absolutely essential to your child's learning, especially early on in life.

Here are some of the benefits of play that you may not be consciously aware of.

## All Work and No Play Makes Jack a Dull Boy

According to Professor Kenneth R Ginsburg, behavioral science investigator at the Children's Hospital of Philadelphia and medical director of Covenant House Pennsylvania, “a hurried lifestyle, changes in family structure, and increased attention to academics and enrichment activities,” have come at the “expense of recess or free child-centered play”; which, according to him, is a largely detrimental thing.

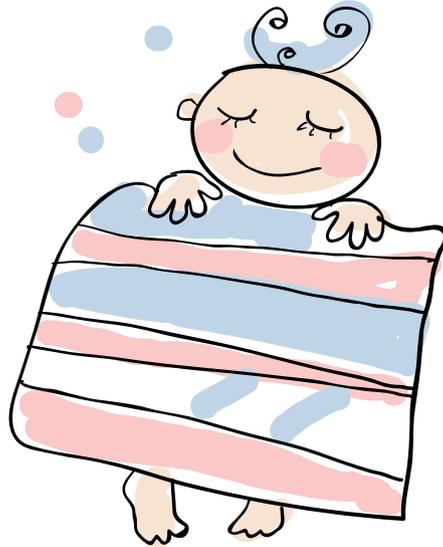
“Play is essential to development because it contributes to the cognitive, physical, social, and emotional well-being of children and youth,” Ginsburg says in his paper titled, *The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds*. So much so that the United Nations High Commission for Human Rights has recognised it as a right of every child.

Unfortunately, Ginsburg argues that “even children who are fortunate enough to have abundant available resources and who live in relative peace may not be receiving the full benefits of play” because they are raised in “an increasingly hurried and pressured style” that “limits the protective benefits they would gain from child-driven play”, he says. In his paper, he asks parents and educators to press for circumstances that allow each child to fully reap the advantages associated with play so that they may develop optimally.

[Click here to read more!](#)



# THE A-Z GUIDE TO BABY SLEEP



Let's face it, worry about your baby's sleep keeps you up more than you'd like to admit. **MH** provides 26 handy tips in this how-to guide. ■ WORDS **REBECCA WONG**



## A

**Awakenings.** It's perfectly normal for your baby to wake up several times at night.

In *Keys to Calming the Fussy Baby*, paediatrician and parenting author Dr William Sears explains that this inbuilt sleep pattern allows infants to awaken as a response to potentially threatening stimuli, such as hunger or obstructed breathing.

## B

**Bed.** To prevent the risk of Sudden Infant Death Syndrome (SIDS), the American Academy of Pediatrics

(AAP) advise against bed sharing with infants. Instead, put your baby in a separate crib, removing potential safety hazards such as soft toys and pillows.

## D

**Drowsy.** One healthy sleep habit advised by Dr Jenny Tang, paediatrician and medical director

at SBCC Baby and Child Clinic, is putting your child to bed awake, but drowsy. During bedtime and night wakings, she'll find it easier to fall asleep by herself.

## C

**Cry it Out.**

First advocated by paediatrician Richard Ferber in *Solve Your Child's Sleep Problems*, this sleep-training

method involves letting your baby self-soothe back to sleep by resisting the urge to tend to her immediately when she starts crying. Of course, do check on her if the crying continues after a prolonged period.

## E

**Exhaustion.**

Contrary to popular belief, depriving your baby of daytime rest will not result in a longer shut-eye at night. In fact, the

opposite rings true: Babies who are sleep-deprived become crankier, making night-time rest more challenging.



[Click here to read more!](#)



# 10 Tips for Photographing your Kids



Now that it's the school holidays, what better time to head out for a fun outdoor shoot with your kids. ■ WORDS SUE-ANN BAUMGÄRTEL

A picture is worth a thousand words. Photographs, in particular, have the ability to evoke emotions and nostalgia. Whether it is a ragged old black and white photo of you sitting dumpling-like in those round rattan chairs so popular in the 1970s or a hastily captured photo of your newborn baby, photographs can be a powerful record of our lives. After all, you never take a photo of a moment you want to forget. No matter how clumsy the photo may be, it will still bring back a memory. And yet, capturing such moments in a photograph can seem like trying to catch a butterfly between your fingers without damaging its wings, demanding patience and dexterity. But with the mobile ease of smartphones and digital cameras, capturing the perfect photo has never been so accessible or instant. With some basic planning and positive energy, photography can be the perfect creative project for the school holidays, with results that the whole family can enjoy in the future.



**1 Get Clicking**  
Keep taking photos, and then take some more. Children will react differently when faced with a camera. A camera can turn some children into professional posers, while some children will automatically clam up at the sight of the camera lens. Babies and toddlers will have an enviable lack of self-consciousness, while older children might not feel so comfortable under the scrutiny of a camera's eye. By taking lots of photos, not only do you get ample practice in creating a picture, you also allow your child to get used to being part of that process. Feeling comfortable in front of the camera will bring out the more natural and spontaneous elements of your child's personality. Smartphones have the advantage of being literally in

your back pocket at all times – so be quick, and be sneaky when it comes to finding that perfect picture.

**2 Get Down to Your Child's Level**  
Seeing the world from your child's eye level can open up a new perspective for the budding photographer. It allows the subject to be an equal with the camera, balancing out the distortions created by physical differences in height. Look over their shoulder, or lie down next to them to find interesting and unusual perspectives.

Close-up photos that focus on a single element – such as the eyelashes when your child is asleep, the smear of yoghurt around their mouth, or sandy feet after a day at the beach – can create a sense of nostalgia.

