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Magazine

DIGITAL EDITION

## Let's Get Active

 40 Things to Do in 40 Weeks

 Playing by the Rules - The benefits of sports

 Juniors Day Out - 7 places for some family fun!

 DIGITAL EXCLUSIVES

On-The-Go Fun

Keep the kids entertained wherever you go

Build Your Toddler's Motor Skills in 12 Ways

Lay Back & Relax  
10 ways to unwind during your pregnancy



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From puzzles to play dough, enhance your child's motor skills now.



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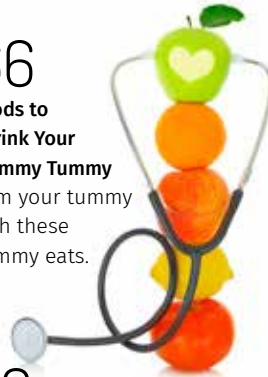
**10 In-law Horror Stories from Real Mums**

While most of us have fairly good relationships with our in-laws and most of those stories might at worst make us facepalm or roll our eyes, some in-law tales are simply... too OMG to be made up. These 10 mums share with us their worst in-law tales.

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# 40 TASKS IN 40 WEEKS

There are lots to be done before baby arrives, but don't worry, because we've laid the tasks down for you in this pregnancy to-do list. ■ WORDS **NURULHUDA SUHAIMI**

**O**verwhelmed with the things you need to do during these 40 weeks? Check out our to-do list to make your pregnancy journey a little bit easier.



## Week 1

Add prenatal supplements to your diet, especially folic acid – a B-vitamin that lowers the risk of birth defects of the brain and spinal cord.

## Week 2

It's time to confirm if you're really pregnant! Take an at-home pregnancy test a few days to a week after your period should have been due. It's best to check first thing in the morning as that's when your urine is likely to contain the most pregnancy hormones. Note down the date of your last period too so you can determine your estimated delivery date.

## Week 3

Assuming you got a positive result, call your doctor to book your first prenatal appointment. Most doctors will only schedule the first prenatal visit about eight weeks into your pregnancy. By this time, you should avoid consuming alcohol, reduce your caffeine intake, and avoid foods like high-mercury fish (e.g. swordfish, king mackerel), raw seafood, and soft cheeses.

## Week 4

If you're positive there's a baby in the oven, it's time to break the news to your partner! Plan a surprise reveal – put hints around the house, or simply let him know the happy news over dinner.

## Week 5

Learn more about your pregnancy from magazines, books and trusted online resources. Download a pregnancy app on your phone to keep track of the journey ahead.



## Week 6

Experiencing morning sickness? Eat small, frequent meals, and try drinking ginger tea to relieve the symptoms.



## Week 7

Your first prenatal visit is coming up. Prepare a list of questions to ask your doctor, and make sure you know your medical history as well as your partner's.

## Week 8

Your first prenatal appointment is here! Ask your doctor whatever you need to know about your pregnancy, and clear up any doubts you might have.

[Click here to read more!](#)





# CHILL OUT DURING YOUR PREGNANCY

Want to close your eyes, lay back and simply unwind from the pressures of daily life? Here are 10 ways to de-stress during the bumpy 40 weeks.

■ WORDS **SAMANTHA TAN**

**M**any women find it hard to relax during pregnancy. Pregnancy brings out the worrywart in all of us and for a very good reason. During pregnancy, you're growing a life inside of you and it's natural to fret about *what ifs* and whether what you eat, drink, think, feel, and do is good for your baby. It's also perfectly normal to worry about whether your baby is healthy, how he is going to change your life and

relationships, and whether you're truly up to the task of parenthood. But if your anxiety is too much and regularly interferes with your day-to-day functioning, it is time to find a better way to deal with it because stress is bad for your mental and physical health and can also have an effect on your baby. So instead of stressing over the little things, try some of these methods to keep the stress at bay for a relaxing and rejuvenating pregnancy.

## 1 Get a Massage

A massage is the perfect way to shut off your brain for a while and just unwind. Massage during pregnancy could do wonders for your health and wellbeing. Besides reducing your stress levels, a massage can also relieve and soothe muscle aches. There are plenty of massage parlours that can accommodate a pregnant woman. These massage parlours have specialised chairs with tummy

# 10 TIPS TO GET YOUR CHILD TO BEHAVE



As sweet and loving as your children can be, there are times when they are a handful and test your patience. Try out these tricks to get your child to listen.

■ WORDS **SAMANTHA TAN**

**W**hether you are a stay-at-home mum or a full-time mum, there are a million and one things for you to do in a day and you might find yourself short on patience when dealing with your little ones if they start to act up. A child who is defiant, stubbornly refuses to cooperate and ignores simple requests can make every day feel like an uphill

struggle. Although you may feel alone, ask anyone else and you will find that on any given day, it is not uncommon that they would probably have had two to three showdowns with their child over everything from brushing their teeth to getting in the car seat to picking up their toys too.

When your child doesn't listen, it can often lead to frustration and anger

which can cause conflict and tension between the both of you. But it's not too late to change this pattern. Each time you are about to ask your child to do something, why not try some of these simple tips? Who knows – there could be less frustration, anger, and stress for you and more respect, compliance, and self-discipline from your child.

[Click here to read more!](#)







# Improve Your Toddler's Motor Skills

Having good motor skills greatly increases your child's self-confidence and independence. Here are some fun ways to help enhance your child's motor skills!

■ WORDS **CINDY LIM**

**M**otor skills can be divided into two groups – gross and fine. Gross motor skills refer to the movement and coordination of the arms, legs and other large body parts and movements. Examples of gross motor skills are crawling, walking, sitting, rolling over and running.

Fine motor skills refer to smaller movements involving smaller muscles such as wrists, hands, fingers, feet and

toes while in coordination with the eyes. Examples of these are picking objects with fingers, holding a pencil or spoon or writing.

## The Importance of Developing a Toddler's Motor Skills

"We realise that children with good motor skills are more confident and tend to understand instructions very well. They are usually more outspoken

and independent. Children with poor motor skills are clumsier, usually less confident and more reliant.

Development of motor skills as early as possible is very important as it helps in their coordination of all their movements, thus preventing injury. It also helps in the total development of the child, both physically and mentally," explains Doris Chua Cheng Tien, 42, director of Kinderdance Singapore.

