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Magazine

DIGITAL EDITION

Disciplining with Love

Strategies to
raise well-behaved
children



Think Twice, Be Nice

10 things not to say
to a pregnant woman



What Did You Just Do?

Dealing with your toddler's
disturbing habits



Just Keep Calm

Ways to stop yelling at
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Our urban landscape has forced us to think of ways to interact with it: instead of mountains, we traverse walls; instead of jumping over rivers, we leap over grills and floor gaps; rather than tunnel through a forest, we pass through guard rails. Urban landscape + human movement + fun = Parkour.

the zone

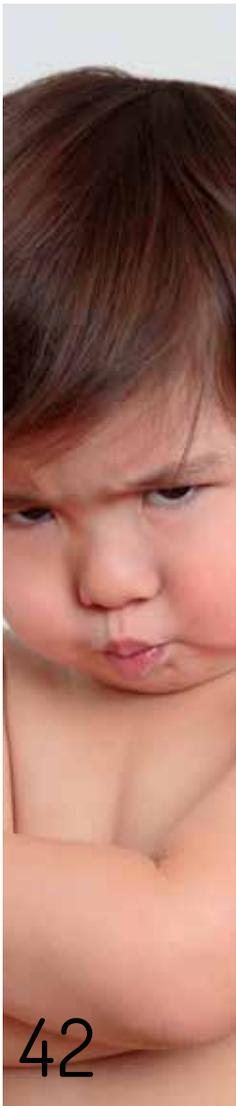
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What You Should Avoid while Pregnant

Sure we all know that smoking and alcohol consumption are on the 'what not to do' list when pregnant but did you know some massages and even a soak in the jacuzzi are off limits? **MH** fills you in. ■ WORDS **JOANNA ONG**

There is never a lack of advice when one gets pregnant. Similarly, there will be an abundance of questions especially for first-time mums regarding pregnancy. You want the best for your baby and naturally, there may be many concerns for some women. Our experts have some advice to ease your fears.

Walking Tall

One of the many questions mummies-to-be have is if heels are safe to be worn while pregnant. Dr Claudia Chi, consultant from NUH Women's Centre, National University Hospital, says that as your weight increases and body shape changes during pregnancy, your centre of gravity is also shifting constantly. In addition, hormonal changes in pregnancy cause loosening of your ligaments and thus increase

the instability of your joints. These compromise your balance and make you more at risk of falling and injuring yourself during pregnancy.

Wearing heels disrupts your alignment and it further increases your risk of falling and hurting yourself and possibly your baby during pregnancy, especially in the later part of the pregnancy when the bump is more prominent. Wearing heels also puts more strain on your back, hip, knee and ankle joints.



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Things Not to Say to a Pregnant Woman

Pregnant women have enough to deal with, so be sure to think twice before saying any of these things.

■ WORDS **NURULHUDA SUHAIMI**

We're not sure why, but seeing a pregnant woman seems to invite insensitive questions and comments from other people. While some of them mean well (others are downright rude), it is still not an excuse. So the next time you're talking to a pregnant woman, keep in mind these things you definitely shouldn't say to her.



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Making your own baby food isn't as daunting as it seems. **MH** brings you advice from the experts on preparing solids that are both nutritious and appealing for your baby.

■ WORDS **REBECCA WONG**

The DIY Guide to Making Baby Food

Your little one is finally showing signs that she's ready for her first taste of solids! After breastfeeding or feeding her milk

formula for the past half a year, you may be at a loss on how to get started. As tempting as it is to rely on store bought baby food out of convenience,

the benefits of homemade foods are undeniable. "Store bought foods have a shelf life of about two years, suggesting that preservatives are

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Dealing with Your Toddler's Disturbing Habits



Is your tot known to bang his head against the wall, swear or gasp!... have you caught your little one masturbating? Here's how to deal with these disturbing behaviours and more.

■ WORDS **SUE-ANN BAUMGÄRTEL**



The next time you go out for a meal, take a moment to observe how toddlers behave. Some will be good as gold, quietly waiting for their meal to arrive, whilst others might be jumping around, refusing to sit down in their chair. Others might be talking and interacting loudly. Chances are there will be one child having a tantrum. Perhaps it is your kid who is having the temper tantrum. Difficult though it might be for you to zone out all those staring faces while you try to resolve the situation with your child, imagine how it must feel for your toddler. In the aftermath of difficult behaviour, try putting yourself in your toddler's shoes.

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DISCIPLINE STRATEGIES THAT WORK

Disciplining your child doesn't always come easy. Let **MH** fill you in on the strategies that work.

■ WORDS **DR NICOLA DAVIES**

Some parents have well-behaved children; yet when another parent asks how they do it, they often react with surprise. This is because they are not sure exactly what they are doing to establish discipline – it just comes naturally. However, this isn't much help to a parent who needs some guidance!

Experts recommend fostering both attachment and responsible autonomy by providing three to six-year-olds with the security of parental guidance while encouraging them to self-discipline and develop their own personalities.

Finding the Balance

The word discipline suggests control, but what good parents try to establish

is the ability for children to control themselves – to delay gratification and consider the feelings and needs of others. The best way for kids to learn what is appropriate is by learning correct behaviour from their parents. For example, if a child is harassing a family pet, rather than shouting “Leave the animal alone,” get up and show the child a little trick. Demonstrate how the cat will purr if you stroke it a certain way, or the dog will wag its tail if you talk to it kindly and scratch behind its ears. Do keep an eye on this behaviour, as children who are consistently cruel to animals and other children may need expert help to prevent the behaviour from escalating.

Is There a Real Problem?

Yale University's Alan Kazdin, professor of Psychology and Child Psychiatry, has written 49 books with a focus on interventions for children with behavioural problems. He cites three factors to consider in establishing if a child has behavioural problems. These include:

- Is the child's behaviour unmanageable by teachers and parents?
- Is the child violent – presenting a risk to others or themselves?
- Is the child's functioning within the home and at school so impaired that relationships are breaking down?

Not sure what to do when your child throws a tantrum in public? We've got you covered!

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HOW TO STOP SCREAMING AT YOUR KIDS

As much as you love your kids, there will be moments where they make you want to tear your hair out. The following strategies will enable you to calm down and regain control.

■ WORDS **REBECCA WONG**

It happens to the best of us – our kids act up, we get upset, start yelling, feel guilty, and then the cycle starts again. Thankfully, there are ways to prevent anger from getting the best of you. *Motherhood* speaks to Jasmine Siang, psychotherapist at Heart-to-Heart Psychotherapy and mother of four, on how to manage your anger and control the situation.

Understand the Root Cause of Your Child's Behaviour

Figure out why your child may be behaving the way he does, and address the issue directly. "Many parents do not understand the reason behind bad behaviour and get angry very quickly,"



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