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# motherhood Magazine

DIGITAL EDITION

## The Feel GOOD Issue

 Essential pregnancy beauty tips - the dos and don'ts

 Powering up with a good breakfast - what you need to know



### DIGITAL EXCLUSIVES

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10 tips you need to know now

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Coping with your toddler's health issues

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Radiant and aglow, 39-year-old health entrepreneur Yen Lim admits she has never known another career in her life.

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### COVER

Photographer: A Pixels Production-Haus Pte Ltd

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Outfit: Gingersnaps

Ball: The Children's Showcase





# 6 Tips for Trying to Conceive You Need to Know Now

Planning to start a family? We dispense a few tips to speed up the process and maximise your chances. ■ WORDS **ANGELA LOW**

**Y**ou've been with your partner for a while now, and finally, you're both ready to begin the next chapter of your lives – starting a family. It sounds like a pretty straightforward process, especially when you've been sexually active with your husband, but there are more factors at play than you may be aware of. Similarly, there

are tons of misconceptions and old wives' tales about getting pregnant that many still believe to be true. If you've decided to try for a baby, allow us to shed some light on optimising your fertility, preparing your body, determining the best time to get down to business, and increasing your chances of conception. Here are six

tips on what you should and shouldn't do to aid the baby-making process.

## **1** Get a Preconception Checkup

Be prudent with a visit to your gynaecologist's office to make sure you're in tip-top condition to carry a child. The earlier you get a checkup, the better. In case there

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# The Pregnancy Beauty Safety List

Want to dye your hair while pregnant? Wondering if you should skip your laser treatment appointment? Find out what's safe and what's not in the beauty camp during your 40 weeks.

■ WORDS **NURULHUDA SUHAIMI**

**T**he list of dos and don'ts for pregnant mums is abundant, from what you can and cannot eat to what exercises are safe to when you should not travel. Here's one more category you should add: all things beauty!

Whether you are a beauty lover with elaborate skin care routines, someone who is indifferent about anything beauty-related, or you fall somewhere in between, it is essential for you to find out what you can and cannot do when it comes to beauty. *What skin care ingredients should you avoid? Is it okay to go for facials? What about whitening your teeth?*

Read on to find out the answers to these questions and more.

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# Keeping Your Child Safe at Home

It is every parent's wish that the home is a place of safe refuge and rest for the whole family. In actual fact, the home might be safe for adults but not entirely for young children. Our experts, Dr Kao Pao Tang, head and senior consultant, Children's Emergency from National University Hospital and Dr Vidya Ramasamy, specialist in paediatric medicine and consultant from Raffles Children Centre share some of their thoughts on this matter.

## Common Accidents

According to Dr Kao, the most common

household injuries seen in the A&E are blunt injuries (from cuts and bruises to fractures, from a minor concussion to [rarely] bleeding in the brain) resulting from simple falls. There is usually a wide spectrum of reasons, broadly categorised into patient factors and environmental factors.

One of the key patient factors is actually age. The younger they are, the more likely they are to sustain spontaneous simple falls, as a result of immature cognitive ability as well as physical ability.

Sadly, most accidents occur at home. Follow this room-by-room guide and keep your baby safe at home.

WORDS JOANNA ONG

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# The Art of Sharing



Is your child over-possessive of his toy and or does he refuse to share with others? Instil a willingness to share in your child with these tips. ■ WORDS **NURULHUDA SUHAIMI**

**T**hat's mine, give it back!" "You can't play with my toy!"

Does this sound familiar?

Chances are, you have heard your child say things like these on more than one occasion.

For most children, sharing is a skill that needs to be taught. Not only because it helps them develop kind and caring qualities, but also because sharing can aid in the development of other aspects of their behaviour.

## The Importance of Sharing

There is a reason why the popular quote "Sharing is caring" exists. Sharing is a skill that helps a child develop kind and generous qualities to their personality. When a child shares, they are displaying a sense

of selflessness. As Geraldine Tan, director and principal psychologist of The Therapy Room explains, "Teaching a child to share cultivates compassion and develops the empathic self. This is different from sympathising with the next person. It is being able to acknowledge that the same object can also be admired by the next individual and connecting with the other via the object. Selfishness is warded off."

"The sense of entitlement is also managed," she adds.

But the importance of sharing is not just limited to the development of a caring characteristic. Learning to share allows a child to hone other skills important to their development as well. Clinical psychologist at Think Kids Intervention and Developmental

Services, Vyda S. Chai, elaborates on this. "Children develop higher-order cognitive and emotional skills when they learn to share. Sharing teaches our children qualitative skills such as patience, perspective taking, and problem-solving, and is a vital skill in their social and emotional development," she says.

## When Does the Learning Begin?

As with many aspects of a child's development, sharing should be taught early on in their lives. They might not completely understand the reason behind it, but it is important to begin teaching your child early because it is going to take time. You cannot expect your child to start sharing just over the course of a few play dates.