

The No. 1 Choice for Mothers!

July 2018 | S\$5.00  
motherhood.com.sg

# 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

Trying to Conceive?  
10 tips you need to know now

What's Your Concern?  
Coping with your toddler's health issues

5 Ways to Teach Your Child to Share

## THE ZONE

6

The Shelf

7

Tech Mums

8

Step Out

43

Know: What's Happening



## BUMP & BEYOND

10



**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.

14

**Your Top 10 Pregnancy Worries**

Here are some of the most common pregnancy fears and why they are usually not a cause for concern.

17

**Body & Mind: Counting Your Baby's Kicks**

They say that a baby's first kick is truly magical. But there is more to this than that special feeling. Here's what the experts have to say.

18

**Iron-Deficiency Anaemia in Pregnancy**

Been feeling unusually tired during your pregnancy? While a common pregnancy symptom, your fatigue might also be a sign of iron-deficiency anaemia.



26

Fab Finds

21

**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.

24

**Real Life: Parenting Through a Divorce**

A divorce is a messy affair, and even more so when there is a child involved. Travis Clemens shares his story.

17



14



## EARLY YEARS

28

**Dress Up Your Nursery**

Before you bring your bub home, dress up the nursery with these oh-so-adorable must-haves.

32

**Keeping Your Child Safe at Home**

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



36

## 36

### Top Toddler Health Concerns

From ear infections and caring for your toddler's dental health, to potty training and night terrors, learn how you can cope with some of your biggest worries when it comes to your little one.

## 40

### Zero to Three: The First Years of Nutrition

The right nutrition during the toddler years sets in place foundations for lifelong good health. Read what the experts have to say.



JUNIORS

## 44

### We Try You Try: Muay Thai: The Art of Eight Limbs

Muay Thai instills in practitioners a sense of mindfulness, discipline and self-control that is useful in many aspects of daily life.



60

## 46

### 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.

## 48

### Does Junior Need Glasses?

Not sure if your child needs glasses? Here are the signs to watch out for.

## 52

### How to Build Your Child's Self-Esteem

Beyond using praise, how can you help your child develop a healthy self-esteem that will stick with him for life?

## 56

### A Breakfast for Champions

Just how essential is breakfast for your little ones, and what can you do to cultivate healthy eating habits from young?



MODERN MUMS

## 58

### Mums@Work: Kneads of Love

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

## 60

### Laying Down the Law

Setting household rules in place is important because not only do they keep your home running smoothly, they keep your family safe and promote a healthy environment as well.

## 62

### Going on a Vacation without the Kids

Couple time is essential for a healthy relationship so get your babysitting plans in order and start planning a child-free trip – minus the guilt.

## 66

### We Love...Hydrate Your Skin



TASTY TREATS

## 68

### Great Tastes



EXPERTS SAY

## 9

40 Weeks

## 39

Health Matters

## 51

First Classroom

## 55

Mind Your Manners



IN EVERY ISSUE

## 5

Ed Says

## 70

Babes & Bubs

## 74

Subscription

### COVER

Photographer: A Pixels Production-Haus Pte Ltd

Fashion Stylist: Mei-Z

Makeup & Hair: Sponge

Model: Isaiah Chia

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

[Click here to read more!](#)





# 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.

[Click here to read more!](#) ▶



# 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

[Click here to read more!](#)





# 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.