

The No. 1 Choice for Mothers!

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Magazine

DIGITAL EDITION

Let the Fun Begin!

- 🍊 8 travel hacks every parent should know
- 🍊 Get creative with these homemade craft recipes

The Golden Hour

5 things to know about the first hour after birth



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Packing Travel Tips for Mums

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The Fatherhood Journey

Your life will never be the same again once you become a father. Here are the changes you can expect along the way.

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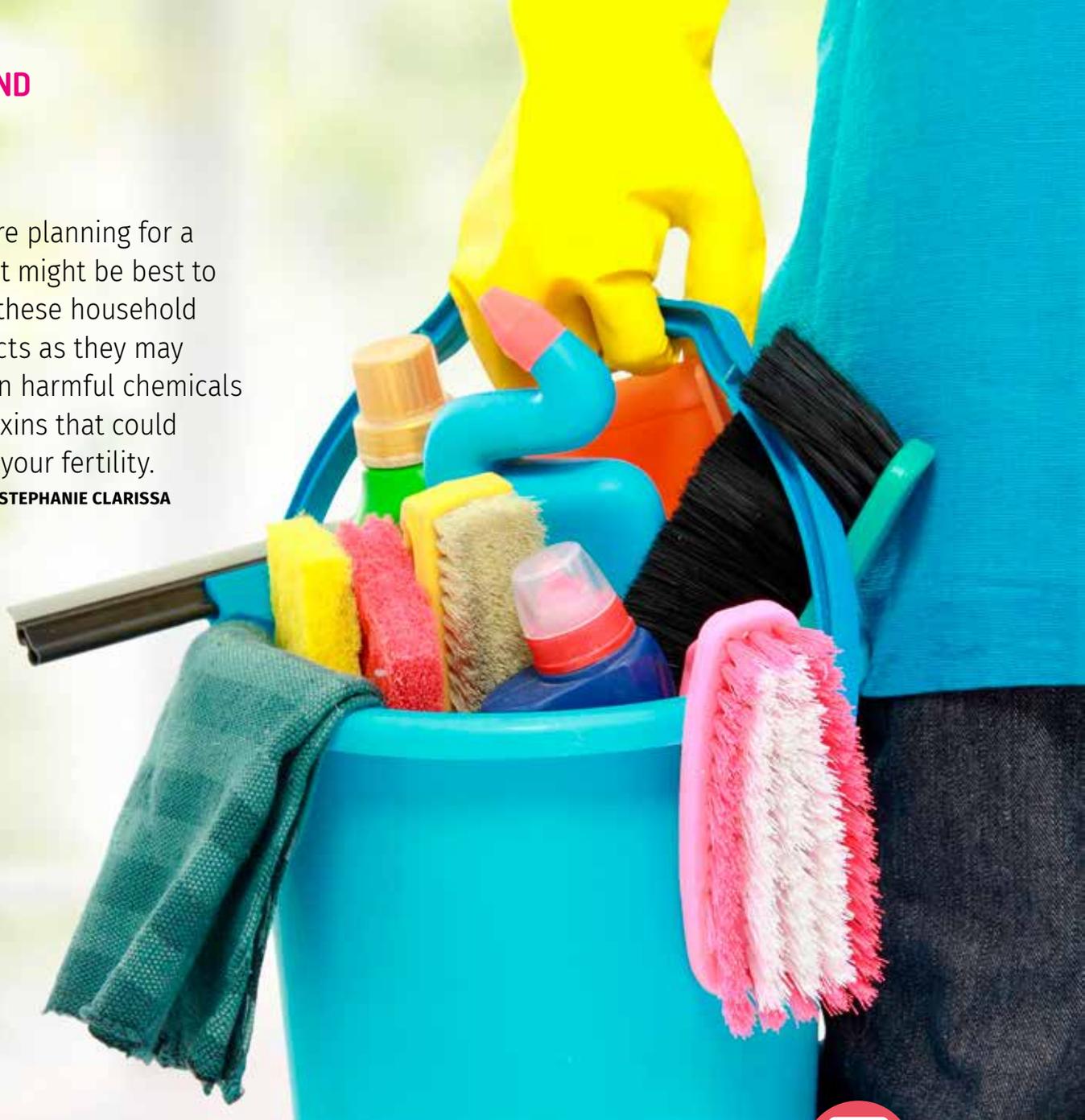
Model: Giselle Terrades (Impact Models)

Outfit: Cotton On Kids



If you're planning for a baby, it might be best to avoid these household products as they may contain harmful chemicals and toxins that could affect your fertility.

■ WORDS **STEPHANIE CLARISSA**



Household Products to Avoid if You're Trying to Conceive



In the recent 50 years, the global fertility rate has seen a degradation due to the overwhelming presence

of a more cosmopolitan society. Based on actual figures, the number of children per woman has declined

considerably. Now, the global average fertility rate has reached below 2.5 children per woman.

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A Newborn's Golden Hour

Here's what you can expect in the first hour after birth and how you can give your baby the best start in life. ■ WORDS **ANNA FERNANDEZ**

As the chaos of giving birth fades away, and you lock eyes with the tiny gem of a human you've waited so long for, you can't help but wonder, "Now what?" The first hours after giving birth are filled with indescribable emotions, the steepest of learning curves, the highest of highs, and lowest of lows. Welcome to the golden hour.

The golden hour concept in neonatology was adopted from adult trauma, which uses the term to refer

to the initial first hour of trauma management. It includes practising all the evidence-based interventions for term and preterm neonates, in the initial 60 minutes of postnatal life, which have an important effect on both immediate and long-term outcomes of all newborns.

You may not realise it, or what exactly is happening to your baby during that critical first hour, but you can be rest assured that the care that she is receiving will have a

What does your baby learn in the womb?



significant and lifelong impact on her development and growth. Procedures vary depending on the hospital you go to, but here's generally what you can expect.

Testing 1, 2

Within the first few minutes after birth, your newborn will receive an Apgar score, which is a measure of her vital signs and physical responsiveness. During this test, the nurse will listen to her heart and lungs to make sure her

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How to Clean your Baby Gear



From board books and toys to high chairs and strollers, here's how to keep your baby gear clean for your precious bub. ■ WORDS **SUE-ANN BAUMGÄRTEL**

It's incredible the number of things that accumulate with the arrival of a new little person. All this stuff – ranging from plastic fantastic and wooden charm to bulky furniture and cumbersome cloth attachments – don't come cheap, and keeping them in a functional condition despite daily use and baby burp ups, requires time and effort. In any phase of your child growing up, their baby gear is put through

the works. Strollers are bumped and chucked into the back of taxis. Cuddly toys are sucked and chewed on. High chairs have their own microclimate. Crib beds have teeth marks like a beaver's den. Coupled with the humid tropical temperatures of Singapore, it's easy for bacteria to multiply and spread. Here are some quick and effective tips to help you keep your baby gear at their best and cleanest condition.

High Chairs

The high chair runs the gauntlet of the bacteria test. Food, vomit, old milk and other organisms that haven't yet been discovered, can be found somewhere on your baby's high chair. If possible, aim for a high chair that is plastic and easy to wipe and clean on a daily basis. Wooden chairs with cloth seating might seem more elegant, but the ease of cleanliness wins over interior decorating whims any day. If you have a removable

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Daddy Cool!

The Importance of a Father's Involvement

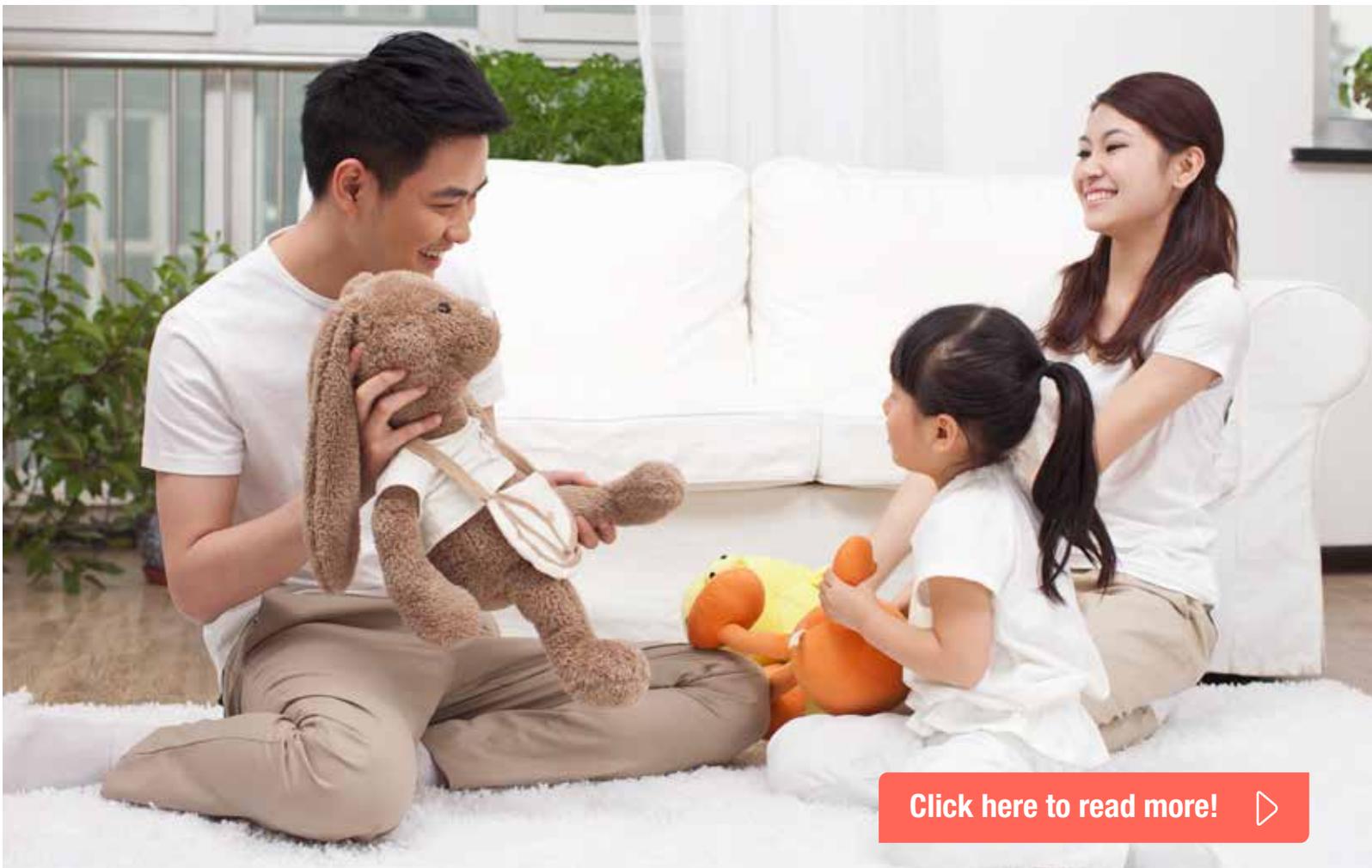
In the words of Billy Graham – “A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society.” ■ WORDS **DR NICOLA DAVIES**

Father, Dad, Daddy, Papa, Pa, Pops....no matter what word a child uses, a father is that special figure who epitomises and represents strength, safety, and stability. Of course, this stands true

only in the traditional sense of the term. Definitions, people, roles, and relationship dynamics have experienced a sea change over time, and in today's fast-paced times it is often difficult to slot people into

traditional pigeonholes. Nevertheless, what remains constant is the parent-child connection.

The role of a father has long been a subject of debate. Do fathers play as pivotal a role as mothers in their



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