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Magazine

DIGITAL EDITION

Every Minute Counts

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🌻 Is it Time for Baby Number 2?

🌻 12 Clever Mum Hacks to Save You Time

5 Excellent Ways to Organise Your Diaper Bag

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Discover the benefits of playtime

Aaachooo!
Get rid of the sniffles with these tips



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Three plus one equals perfect. There's no question that you want to add another baby to your little family. But when is the best time to do it – should you go for it now or wait a little longer?



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Image: Shutterstock



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10 Things You Should Do When Your Baby Arrives

You've likely read all the baby books you could get your hands on by now and you're feeling as prepared as you'll ever be for your little one's arrival. But are you truly ready?

So you're all prepared for the arrival of your little one. The nursery is ready, your hospital bag is packed and you may have even begun babyproofing your house but how about what you should be doing once your latest addition arrives? Are you planning on having visitors once you get home? Have you arranged for your mum and dad to help you out? Not quite sure what to expect and what exactly might be needed, read on?

1 The Birth Story

Whether it's your first or fifth baby, there's no telling exactly how your birth is going to play out. Would a complicated labour lead to an emergency c-section (let's hope not) or would a planned c-section be cast aside if your bub decides to arrive a little earlier? There's really no telling. So no matter how your baby decides to greet the world, it's worth writing it down. From how bad the contractions got to the rush of emotions when you finally held him in your arms – this is

definitely one for the memory box. And this brings us to the next point...

2 Get a Memory Box

Before your baby arrives, get yourself a memory box. You could either get a simple storage box or if you're feeling a little creative, why not spend some time before your due date, decorating and personalising your memory box? It'll be perfect for little keepsakes such as your baby's hospital I.D. bracelets, the name card from the hospital crib, his first pair of booties...the list goes on. Add to it as the months and years go by. It'll make your walk down memory lane all the more precious when your little one grows up.

3 Get the Paperwork Sorted

When packing your hospital bag, don't forget to include your marriage certificate. If you've decided on your baby's name, why not get all the paperwork sorted and

register your baby's birth before you leave the hospital. In Singapore, registering the birth of your child can be done at the hospital you delivered at or at the Immigration and Checkpoints Authority (ICA) within 14 days. While some hospitals may charge a levy for the service provided, it saves you the hassle of making your way down to ICA and waiting in line.

If you've given birth at KK Women's and Children's Hospital, Singapore General Hospital or National University Hospital, you'll be glad to know that you can also register your child's birth with the help of the Moments of Life (Families) app.

[Click here to read more!](#)





Getting Rid of the Sniffles: 10 Ways to Prevent & Treat Your Baby's Cold

Does your little one have a cold? Follow this guide to help him feel better.

■ WORDS **CHIA YING MEI**

Babies have extremely immature immune systems, which makes them extremely susceptible to the common cold. After all, there are more than 200 types of cold viruses floating around – chances are, there are some lurking nearby. Want to know how to decrease your child's chances of getting a cold? Or maybe they've already caught the bug and you're desperate to make your baby feel more comfortable. Try out these tried and tested tips!

1 Practice good hygiene.

Simple steps such as washing your hands thoroughly with soap and water or using an antibacterial hand rub after you come home will do wonders for minimising grimy germs from getting to your baby. After all, there's a reason nurses in

the hospital use alcohol-based hand rubs all the time! A quick shower or even just a change of clothes before cuddling with your baby will also help reduce their exposure to bacteria.

2 Breastfeed your baby.

If you're breastfeeding your baby, you're doing one of the most effective ways of keeping your baby in the pink of health. Your live antibodies are passed on to your baby through your breast milk, helping them fight off any nasties that may be trying to make them sick.

3 Keep them hydrated.

Once the leaky nose starts, you may notice a dramatic decrease in appetite. Nevertheless, it's extremely important to ensure your baby remains hydrated.

This could mean giving your baby smaller meals more often. If your baby is over six months of age, you could also try supplementing their milk feeds with a little fresh fruit juice. It's best if you juice the fruits yourself or purchase them from a fresh fruit juice store.

Do not give your baby packaged "100% juice drinks" that are made from concentrate as the sugar levels are just as high as sodas, despite their claims of no added sugars! Remember to check the nutritional labels.

[Click here to read more!](#)

LET'S GET MOVING!

The power of exercise for our little ones is not just limited to the physical benefits. Find out more from the experts on how exercise can help young children in all aspects of their development. ■ WORDS **NURULHUDA SUHAIMI**

When we think of the word “exercise”, we do not usually associate it with an activity young children engage in. For adults, exercise might mean hitting the gym, going for a jog, or playing a round of tennis. However, exercise for young children does not necessarily refer to these same activities. In fact, for our little ones, exercise largely coincides with their time for play.

Play Time = Exercise

Whether it is playing a game of “catch”, dancing to their favourite song, or simply rolling around on the floor, these are all considered forms of exercise for young children. The most important thing is that the activity has to be fun!

Imagine trying to get your child to jog around the park as a form of exercise. That would be pretty boring



Click here to read more!





12 Clever Mum Hacks

Make your life easier with these simple but useful life hacks.

It is no doubt that motherhood is a 24/7 job, with your help sometimes needed at odd hours. And if you're working, it might be even that more demanding. So what's a mum to do? Get some help, of course! But if that isn't always possible or you just rather see everything through, these clever mum hacks might just come in handy and make your day that much easier. So, read on!

Time for a Meal

Make a plan

What better time to plan the family meals than on a Sunday? If your days

are pretty predictable, planning the meals ahead saves you time and lets you get all your grocery shopping done before the busy week starts — leaving you free of worry about what to cook for dinner after a tiring day at the office. Have a picky eater at home? Here's a tip — get your kid involved in planning the meals with you and if he's old enough have him help in the kitchen. Who knows? That might just get him excited about trying new foods.

Freeze it

If your job calls for long hours on certain days, have some of your

family's favourite meals prepared and frozen on the weekend. And when it's going to be another late night in the office, you'll know your kids will still be able to enjoy healthy home-cooked meals.

There's no rush

Does your kid bring food from home for break time? To save time on preparing them in the morning, why not have them prepared the night before and put them in the fridge till you're all ready to leave the house. If you too bring your lunch from home, preparing and cooking your meals the