



MOM'S MAGAZINE

By Moms.. For Moms..





From the Editor's Desk

From her early childhood, she has grown up with a dream of becoming a teacher, and since then, she always worked to achieve her dream goals. Her journey started in the year 1992, at "Sameer Play House" as a teacher, from where she started carving a child's life. Then to "Little Flower School", "Silver Bells School" & then Amarjyoti International School, she worked as a teacher and a coordinator of the Nursery Section till 2004. Since 2005, she followed the path towards achieving her dreams, artistically the world of small kids and laying the foundation of "Small Wonders".

With a goal & firm determination, she is growing 'Small Wonders' which has reached its pinnacle today. With the best ability, she has added many feathers to her cap and has made Small Wonders & Bhavnagar proud.

She became the * National Core Committee of "The Early Childhood Association", *President of Bhavnagar Preschool Association-(TIE- Team of Ignited Educators)

Awards:

- The most Enterprising Territory-(from ECA-at the National conference -Mumbai)
- Nari Ratna - Bhavnagar on the Woman's Day-2018
- Shiksha Ratna -Bhavnagar on the Woman's Day-2018
- Innovative Educator Of the Year at Dehradun

Small Wonders

- Top 50 Non - Franchised Schools in Asia.
- The Most Committed Territory Head of ECA, Gujarat
- The Best ECA Territory



Very frequently programs are conducted by 'Small Wonders' for the development of Aanganwadi children by giving them healthy food, games, and different gifts which make them very happy.

she loves to interact with parents through her YouTube channel- "Small Wonders Family Bhavnagar", Her talk shows are widely viewed & most appreciated by parents.

Ms. Harsha believes that every child should get a healthy, valued atmosphere and a wealthy education, for which she is always ready to work selflessly...

Ms. Harsha Ramaiya-

Blogger, Vlogger, Parent Counsellor, Educationist, Motivational Speaker

M O M 'S

M A G A Z I N E

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If we let the child remain a child

If we let a child remain a child ... if he is going to grow up tomorrow, then what is the use today?

Why do we have to work hard to get it done?
Tomorrow he is going to grow up, then if we let him be a child today ...!

Talk about rubbing salt in my wounds - d 'oh!
If we let him be a child today ...! Tomorrow he is going to grow up.

To indulge in his own world of dreams and toys and to laugh heartily at small things,
Where to look if he gets bigger;
So, if we let him be a child today ...!
Tomorrow he is bound to grow.

Why are we running in the race to raise a child?
If he grows up today, when will he enjoy his childhood?
So, if we let the child remain a child today ...!
Tomorrow he is bound to grow.

On the one hand we are talking about our childhood and on the other hand we are teaching them the lessons of growing up;
So, if we let the child remain a child today ...!
Tomorrow he is bound to grow.

One side we are saying you are a child you don't understand,
On the other hand, we are saying that if you grow up, you will not know that much?

Why are we shaking the child's self-confidence,
If he is a child today, then let him be a child ...!
Tomorrow he is bound to grow.
Those childhood memories will fade if we make it big in childhood,

Where will the carefree beautiful days of childhood come back if once he lost in this big world;
So, if we let him be a child today ...!
Tomorrow he is bound to grow.

- Nitu Gandhi



Hair Care Tips

I have religiously followed a few remedies for my hair to maintain its texture and growth. Here, I shall like to share a few of them with you all.

1. Oiling twice a week is helpful.

The mixture of

- 1 teaspoon Olive oil
- 1 teaspoon Badam oil
- 1 Vitamin E

- Heat a bowl and then add the mixture of above ingredients to it (You can even add a little castor oil.)
- Apply this oil and massage your hair slowly but not vigorously.
- Let it remain for two hours or even overnight.
- Then shampoo your hair with lukewarm water.
- This oil will help your hair be healthy with fast growth.



2. Banana mask

- Take a ripe Banana
- 1 teaspoon honey,
- 1 teaspoon curd,
- 1 Egg (optional)
- 1 Vitamin E capsule (easily available in medical store)
- Blend all these ingredients in a mixture.
- Let it set for 2 minutes.
- Apply to your hair in small partings.
- Leave it for 20 minutes and then shampoo your hair.
- This mask is healthy and will add volume to your hair. It is one of the best masks for hair.
- The antimicrobial properties of bananas help heal flaky scalp.

3. Last rinse is very important.

The last rinse for your hair should also be the best.

Take a pinch of fenugreek seeds(methi) , fresh aloe vera and a few pieces of lemon.

Take a pan and boil all these ingredients for 5 to ten minutes.

Strain the water.

After shampoo, give the last rinse to your hair with this water.

Your hair will shine and it will help keep dandruff away.



- Pooja Jaiswal

KNACK

Mum : I see you abstain from learning these days , son!
You sit idle in the kitchen while I cook,
I find you on the stairs, when the gardener skillfully,
trims the flower beds.
You keep staring when your father washes the car,
without lending a helping hand.
How will you pass the exams and what will you learn like this?
Grinning as a response to his mum's concern,
the Son replied: All you said is out of anxiety, mamma,
I understand.... I learn perfection in size,
when you chop and accuracy of amount when you blend.
I have a creative training when, the gardener shapes the flower beds.
Being self - reliant is my lesson, while my dad washes the car.
Meanwhile he leaves me a tutorial of spotlessness, love & care too.
All these packed together, sealed with your kiss on my forehead,
Is how my learning ends with compassion!
Oh how do you fail to recall mamma?
This knack of observation is my cherished inheritance.

thefieryicephrasings
©thefieryice



Exam :

E - EASY - it's going to be super EASY
X - EXTRA CALM - Let's be extra calm
A - ATTEMPT RIGHT - Attempt what you know first
M - MINDFUL CHECK - Before giving the paperback,
Check everything mindfully--

What do children want from us?

Hear me, don't stop me when I'm talking.
Accept me, Don't Expect a lot from me
Talk with me, Don't talk to me.

4 reasons why quality time is important for your child ???

- Strengthens Family Bonding.
- Promotes Mental & Emotional Health
- Makes your child comfortable communicating with you.
- Helps to instill your family values.

Is Parenting about controlling children's behavior and training them to act like adults ??

It's all about controlling yourself and learning to behave like an adult .



My mother is a walking miracle." ...
"A mother understands what a child
does not say." ...

"The world needs our mothers." ...

"A mother's hug lasts long after she
lets go." ...

"There is nothing as sincere as a
mother's kiss." ...

"Life began with waking up and loving
my mother's face."

Vaishnavi Singh



Kitchen Hacks

To Prevent Lemon from getting rotten :

Wash lemon and pat them dry enough , grease your palms with little oil , rub lemon in between oily palm and store them into an air tight glass jar {Lemons will be fresh until 15 days or more}

When pre-preparing chopping is done specially onions, Add in some oil with onion you won't get any foul smell or chopped onion won't get rotten fast!

when preparing Ginger Garlic paste add little oil while grinding,it will last with same color & Texture until weeks!

For soft chapati Knead the dough as much as you can and let it rest for Maximum upto 20 mins !

To Remove odour from refrigerator into a small bowl add little water, half a lemon or just a slice and place it into Refrigerator for 1/2 days and then you can repeat same process each time!

If spilled oil on floor ,simply spread some wheat flour onto the oil and collect with cloth, zero stickiness (worked100%)

Best Kitchen Ingredient to Remove any stain : In a spray bottle add in Cooking Vinegar, Baking Soda, Lemon juice, any Liquid cloth Detergent , Vanish {optional} Mix well enough ; Spray on the Stain and rub with light sponge or Brush, Leave it for 10/15 mins and rinse off {works 100%}

If spilled oil on clothes simply rub a chalk or white Talcum Powder and let it rest for sometime then wash and see the Magic

For more amazing Recipes and kitchen tips and trick follow my channel on YouTube, Do not forget to Subscribe my comeback on You

https://www.youtube.com/@maakirasoi_bymahirah8887



- Mahirah Lakhani



Detox Cucumber Boat

Ingredients:

Cucumbers 3 to 5, Hung Curd, Coriander, Green Chilly paste, Capsicum green chopped Tomatoes chopped (remove seeds), Pomegranate Salt, Pepper powder, Roasted cumin seeds powder Roasted peanuts, Sev for garnishing

Method:

- Cut the cucumber into cylinder shapes and create 2 half. scoop out the seeds from in between
- Now take hung curd and mix coriander green chili paste, capsicum, tomatoes, and pomegranate
- Then add salt, pepper, roasted cumin seeds powder, then add roasted peanuts, mix them gently
- Fill the cavity with this mixture
- Garnish with sev, pomegranate, and roasted peanuts
- Enjoy this delicious healthy ride.

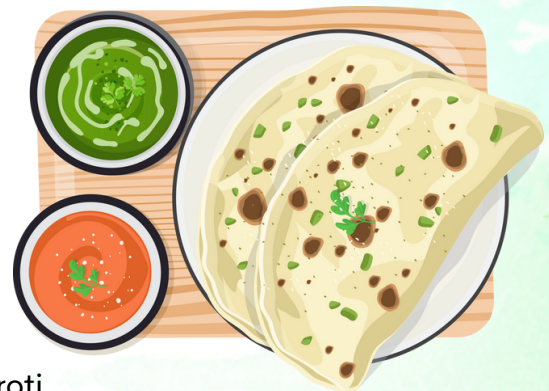
Roti Sandwich

Ingredients:

Roti 5 to 6, Butter, Green chutney, Ketchup Slices of cucumber, Grated cheese, Chaat masala Small cubes of paneer Sev for garnishing

Method:

- In a pan put a roti, apply butter on it and flip the roti.
- Other side apply green chutney, put slices of tomatoes, and put grated cheese and chaat masala.
- Put another roti on it, apply ketchup, put slices of cucumber, put grated cheese, and chaat masala
- Put another roti on it, apply green chutney and ketchup, put small cubes of paneer, grated cheese, and chat masala
- Put the last roti on it. Apply butter to it. Turn this sandwich and toast the upper side also
- Take this sandwich on a plate, and put some grated cheese, ketchup, chat masala, and sev. Cut this and serve it.



Trusha Mehta



Beauty Hacks



Beauty hacks are not rocket science they come up when you do experiments.

So let us start with 5 Amazing Beauty Hacks.

Beauty Hacks #1 – Never Ever Go Bare Feet :

So girls if you are not wearing slippers all the times then you have to take care of your feet. So it is always better to take precaution. If you wear slippers you don't have to go to parlors regularly for pedicure. It will not only save your time but money too. One more thing which I have noticed that if you inbuilt this habits then you will never have cracked feet.

Beauty Hacks #2 – Wash Your Face Before You Go to Bed : It started when I was 14 having super oily skin but I have never encountered a pimple after including this washing habit in my skin care regimen. What happens when you don't clean your face at night? All the dirt goes into the pores overnight. It becomes worst if you have applied a night cream. So do remember we have to clean before applying night cream.

Beauty Hacks #3 – Always Put a Scarf on Head When You are Out in the Sun : It is always better to hide your scalp and hair from direct sun. So you can use umbrella for that purpose, but girls these days there is so much pollution in the environment.

I know a piece of cloth cannot protect your hair from harmful rays and chemicals and smog. But at least your hair will remain strong, free from dirt and healthy.

Beauty Hacks #4 – Rub Your Face with an Ice Bag before You Apply Makeup :

It actually cleans the oily pores and gives your skin a matte effect. I don't think it will work for dry skin, but if you have oily or normal to combination skin you can try this and let me tell you it works. It helps me to control oil secretion and makes my makeup last longer.

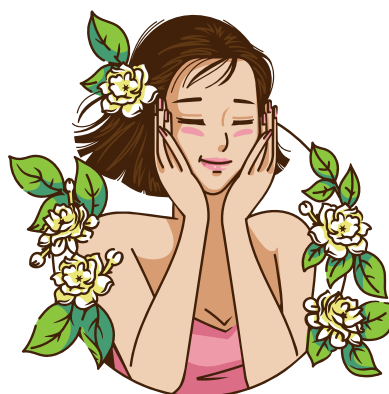
I have dry and chapped lips, so I always rub butter cube on my lips and eat it. It helps me to soothe my chapped lips instantly. So when you are start applying your makeup just start with ice cube and butter cube.

Beauty Hacks #5– Say Goodbye to Kajal Smudging :

The 'smudging' was really not so much in when my mother was young. So one needed to be extra careful so that the kajal do not smudge. Do you know what my mother used to do? She used to sweep her eyelids with cotton bud dipped in ice chilled water. It soaks all the extra oil from your eye area and makes the kajal last long.

So girls, these were 5 Amazing Beauty Hacks..

Pooja Shrivastava



Why Parenting is so Challenging for this generation now?

"No matter how far we come, our parents are always in us."

Raising kids can be challenging but, its fun ,its opportunity to live your childhood again,its like making memories and connecting to the innocents soul and preparing kids to connect with the outer world. If we relate past generation with this generations raising kids is same, but only the obstacles, hurdles and the concepts has changed.

Earlier it was easy to say No to the kids, now saying No to the kids is like a failure for kids, because the way we accepted and respected our parents decisions , now kids dnt easily digest it and there is no acceptance. Because parents dnt understand when and how to say No to make their kids understand the clause and conditions of it.

That's the reason after receiving several No's it becomes a chain of daily routine and so kids stop asking you for the permissions and start doing the things without informing them as a result the bridge of gap is built in both of them and they stop communicating.

They both are not wrong as a parent ,as a kids both has their own thoughts, desires ,opinions and dreams but the pressure of proving society makes them to act like that unknowingly.

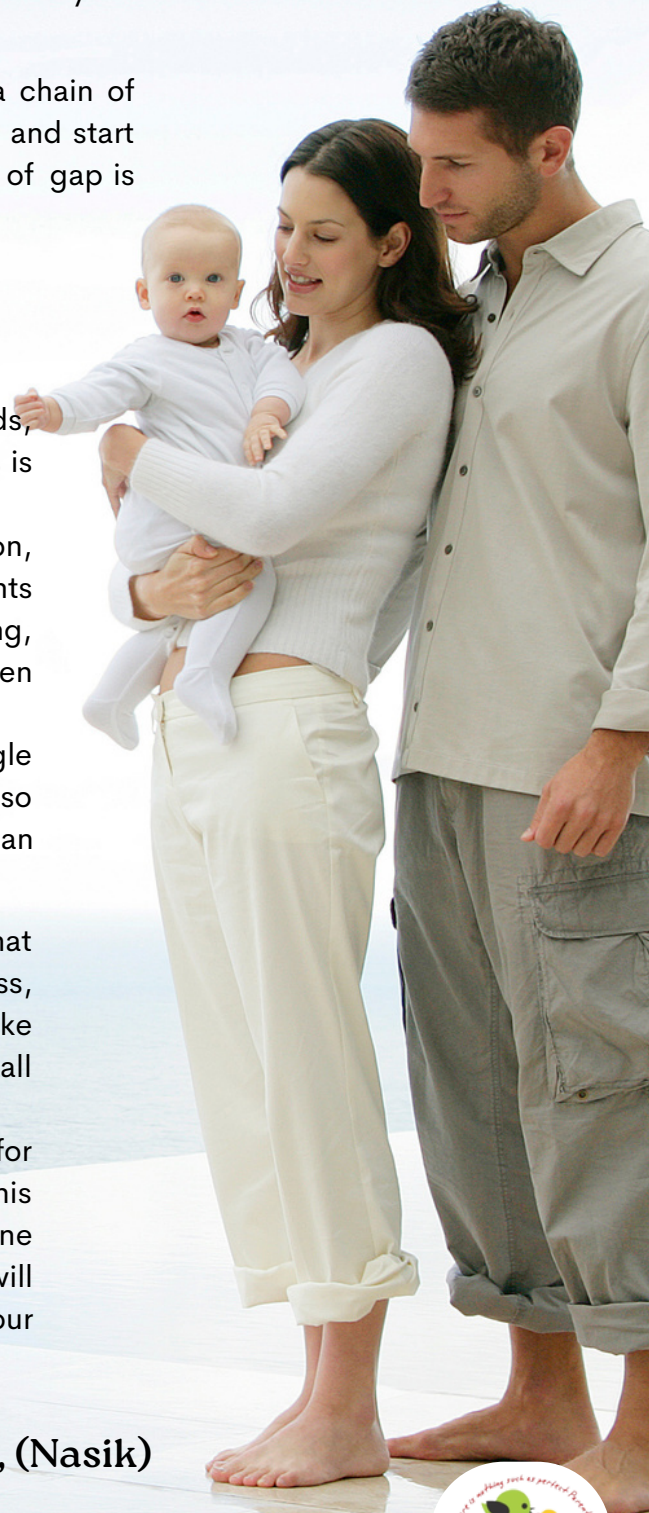
Parents are more bothered of society then their own kids, providing them with branded clothes ,shoes and accessories is not going to fulfill their hunger of love.

Appreciation is lacking and is replaced with comparison, JEE,NEET- 98.99%, 99% raising the mental stress ,but parents should understand to get success in life is not everything, working in A 1 company is not life, life will be beautiful when kids will do happily what they are passionate about.

I think that's what we as a parent always sacrifice and struggle to see our kids happy and satisfied. This generation should also know that every person sitting in car is not rich, and every man who walk on the road is not poverty.

Its all about to live happy and make others happy, to do what makes you happy, Living luxurios life is not the real happiness, happiness is when you have a shoulder when you feel like crying, to have someone to share whats bothering you its all about the connectivity.

The materialistic things can just give you comfort and status for short period of time, but when you will be left alone in this world what actually you will need is someone to hug,someone who really care, someone who can listen, someone who will always be there,and its none other then your own kids and your parents .



Trupti Dharmadhikari, Educator and Blogger, (Nasik)

How to express love to your children?

1 tip, write short messages, Put those little chits that mention, I love you in their shirt pockets or tiffin boxes.

They will love to read.

TIME MANAGEMENT TIPS FOR MOMS

- Learn to say NO
- Cut off what you don't need
- Do not chase perfection
- Have a to-do list
- Limit multitasking



Reframe Your Vocabulary

Hyper Active
Energetic

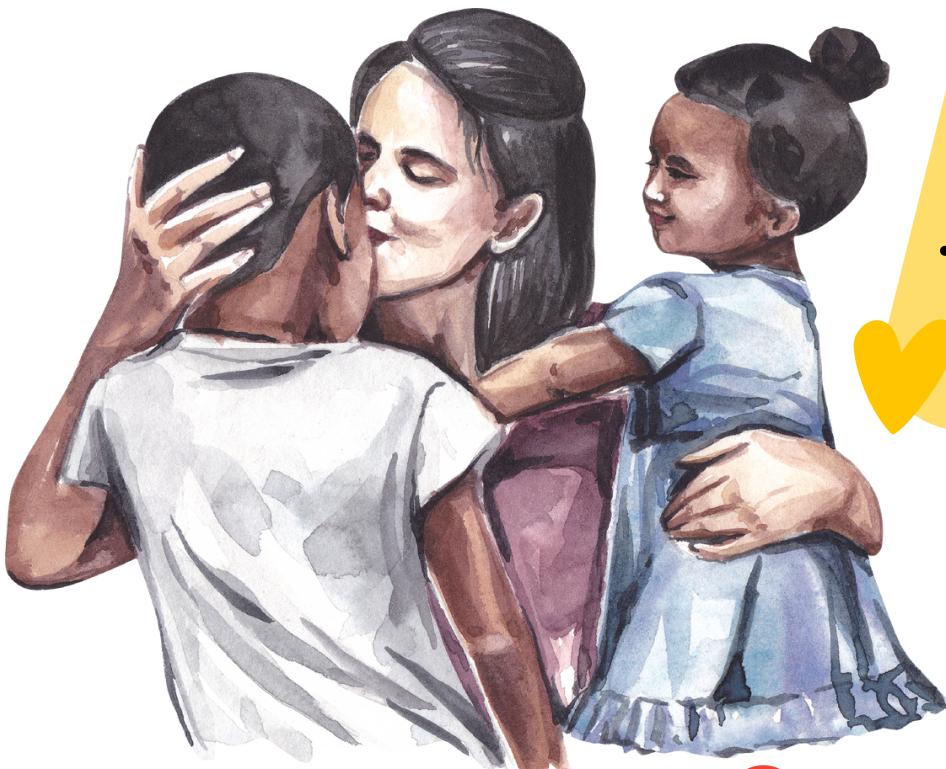
Talkative
Has lots of ideas

Be careful with your words
Words can inspire
Choose your words well



4 things moms should say every day

- Today is going to be a wonderful day.
- My health and energy matter.
- It's okay to be imperfect.
- I appreciate this moment.



Do our kids need Screen time?

In this era of modernization and advance technologies, we are so much connected to gadgets like laptops, cell phones, televisions and other latest tools to stay updated, entertained and ease our lives. The technology is a boon to our lives but a bane too.

The reason to write this article is the current trend and concern regarding it. Our kids are the smartest ones due to awareness regarding technologies; know how to use cell-phones, televisions, video games, laptops or i-pads. Interesting thing is you will be surprised to know how we are the reason for their smartness.

Have you ever thought of how our parents use to nurture us without the mobile phones or other gadgets? The answer is within you, we had screen free childhood. Some of us would get NOKIA headset just to play Snake game and got our personal phone during our college days. So, why are we training our kids to have cell phones at such a young age?



Being a mom is full-time job. We as mom have multiple tasks to do, especially work from home or working moms, we give phones or some other distraction to our kids for entertainment. Sometimes few of us are happy that it keeps them engaged but have you ever thought at what cost? We all are aware regarding the consequences for the excessive exposure of screen time and feel worried or guilty too. This article will help you in some ways to deal with the problem.

I, myself have applied the research studies regarding it, tried for my kid and can witness the difference. According to studies, excess exposure to the screen cause developmental and speech related problems to kids. Some are facing speech delay, accidents, food intake issues, health issues and many more. I'm glad I monitored it in short span for my kid within a week of his fascination for phone, acted quickly on the problem and got rid of it soon.

I remember someone describing a situation, regarding mother and her kid travelling in train reading books. The person got fascinated seeing the child reading a book. The guy asked to the lady, how in this period of technology you instilled such a great quality in your child. The lady answered "Bacche apne kahan krte hai, voh vahe krte hai joh voh apne baado ko krte hue dekhte hai (Kids do what they see their elders doing)." This got me in thought recalling how I spend my day and how my son is getting affected by it. I am an enthusiastic mom who wants to continue her career so I have to use the gadgets to get my work done, but I don't want my kid to get affected from it. So, I started to minimize my screen time in front of him and get my work accomplished before he wakes up from his sleep or nap.

Encourage them to use books in fun ways, whenever they are ready for it. Read books with them and make it a habit. Even before bed time, grab a book and read with them. This will make your bond stronger with them. I started to read more often in front of my son rather than using my cell phone for work. The habit of reading from an early stage is important as it expands the horizon of imagination and at the same time helps them for mental development and gaining knowledge.

You don't need to buy lot of books enroll them to library, ask for books from your friends having kids or find other better alternative and let me know.

Encourage your child to take up activities of his/her choice may it be drawing, painting, dancing, playing outdoor games-cricket or football, visiting parks, nature's walk or sometimes long drives for fun. All these things keep him engaged and away from Screen. Make sure to spend your undivided screen free time with your kid. Involve yourself into these activities with them. You don't need to buy lot of books enroll them to library, ask for books from your friends having kids or find other better alternative and let me know.

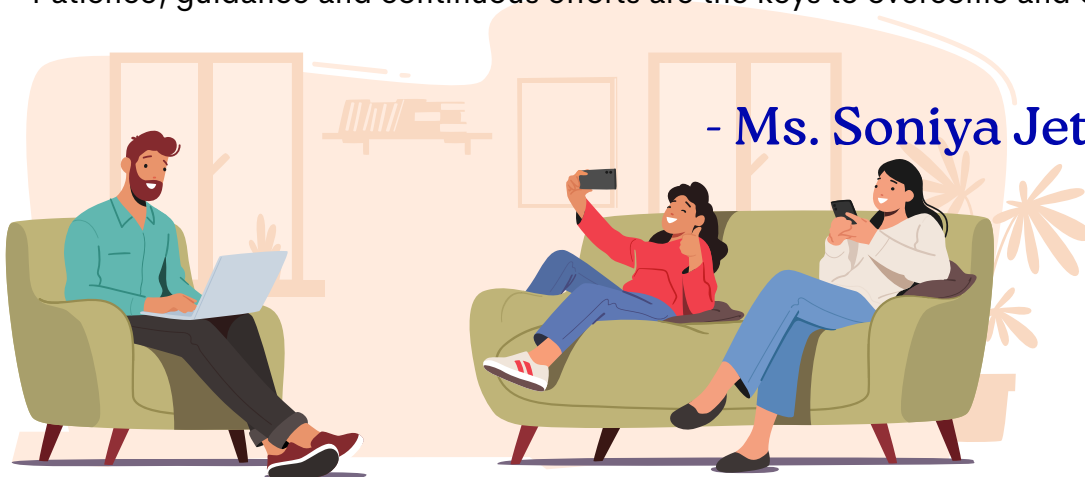
Encourage your child to take up activities of his/her choice may it be drawing, painting, dancing, playing outdoor games-cricket or football, visiting parks, nature's walk or sometimes long drives for fun. All these things keep him engaged and away from Screen. Make sure to spend your undivided screen free time with your kid. Involve yourself into these activities with them.

Involve them in your day-to-day activities. This would make them feel content, happy and satisfied to help you in your work. Don't forget to thank them for their great work. Remember, not to force them to do what you want, give them a choice if they want to help or not. Initially, they will deny but gradually they will accept and get the things done.

Allow your kid to take few decisions, ask questions or even make them understand in calm manner whatever you want to explain. All these will help to build confidence and understanding in children. If child is too addicted to screen withdraw screen time gradually not abruptly, give them choices, and encourage outdoor games.

Hope this article gave you some insights to the solutions of our big screen time problem. Patience, guidance and continuous efforts are the keys to overcome and conquer the problems.

- Ms. Soniya Jetwani Advani



BREAK THE Q BIAS

In an evolving world where girls/ women are changing , boys/men need to change too. For at least two generations now – especially in urban India and educated middle-class families – we have raised our girls to be confident and fight for their rights. But we seem to have ignored an entire generation of boys who were not told anything about how their sisters were changing.

While we gave our daughters new ideals and role models, no one bothered to tell their brothers that they ought to change too!

Girls drive two-wheelers and cars.

It is considered an essential life skill. You can often hear dads proudly proclaiming that their daughters can drive very well indeed and they don't need a father/husband/brother to take them anywhere.

However, boys were never taught that cooking is an essential life skill. You don't see parents proudly saying that their son can cook and doesn't need a mother/wife/sister to feed him (and keep him alive!).

We don't tell our sons that it is okay for them to be paid less than their wives or stay at home to take care of the kids while their spouses continue to work.

Men want to marry a working woman (in theory) but are completely unprepared for the practical reality of a marriage where both partners work.

It means doing the dishes or supervising the maid when your wife has a report to complete, it means taking half the day off to take care of your sick son because your wife has an important presentation. It may even mean giving up a promotion or moving to a new city for your spouse's career.

Because we don't tell our sons all this, they continue to expect that their wife will automatically give up the job/promotion/transfer in favour of the family whereas they will never have to take a step back from their own careers.

Boys are still raised the way they were for the last many generations.

Women are upset that dinner – and the house, kids, in-laws, maid – is still their responsibility while the men don't know what they did wrong. After all, they 'allow' their wives to work, what more do they want?

Let us not only empower women, but also prepare men to set their expectations right.

www.zengageus.com.

ANISA PADARIA



DEATH

As soon as you die, your identity becomes a "Body"

People use phrases like "bring the body", "Lower the body in the grove yard" etc.

People Don't even call you by your name whom you tried to impress your whole life. Live life to impress the creator, not the creation, take a chance... spend money on the things you love.. laugh till your stomach hurts... dance even if you are too bad at it. Pose stupidly for photos... be childlike.

Moral: Death is not the greatest loss in life, Loss is when life dies inside you while you are alive.

Anant Patel (Class 6 B) & Mrs. Pooja Patel

NAMEETA VYAS



When I was born my father treated me like his son, he lovingly used to call me "Munna" which is used for boys. He tried to fulfill my wishes as well as my demands. But when I was just 6 years old my father expired I had an elder sister of 8 years and a younger brother of 1 year.

My mother was not educated so she couldn't get any white-collar job, she started working at the hospital as Aaya, and also used to work at people's houses to fulfill our daily necessities like food and education.

No one was there to take care of my one year brother so my elder sister sacrificed her studies to take care of my brother. But when I was in 6th std my sister died as she was suffering from high diabetes. But as we know life never stops me and my brother growing up. I completed my graduation and started doing the job. I was a very simple girl who just wanted to be a housewife.

I have never thought of working and finally, I got married I got the love of my life and within 2 loving years I got pregnant and delivered a baby boy. I was very happy, with the birth of my child "magar kuch logo ko unki hi nazar lag jaati hai". I got to know that my child is having some medical issues so after the birth my child went through surgery he is also a fighter like his mom so he fought and survived.

Yahin pura nahi hota hai, my life took a turn again and I have to take care of my child single-handedly. I tightened my seat belt and tried to give better education to my child. My marriage didn't work and I decided instead of being embarrassed by my failed marriage and ashamed of being a single mother, I was going to OWN it, being the best mother I can be and giving my child the best life possible. Having the courage to believe in this, has nothing to do with your relationship status and you don't have to be happily married to have a picture-perfect family.

I didn't set out to be a single mom, I set out to be the best mom I could be... and that hasn't changed. I went through some medical issues, I went through 5 surgeries and also gone through pre-cancer treatment, my mother was bedridden for around 6 months but I and my son never gave up. In this process - My Mentor, Amarjyoti Maam has been a great support, in all the ups and downs that came my way. I am very thankful to her....

Now finally I have a small sweet home (which I own), yeh mere mehnat ki kamai hai. My son has been a great help throughout my journey and he is in Canada for further studies. Things never change overnight, but if you have confidence on own self, definitely tables will turn one day and things will be in your favour.

On, this journey my friends, my colleagues, mine many known people have supported me in my all ups and downs. Here I want to mention a quote that my husband use to say " Insaan kharab nahi hote hai, samay kharab hota hai" So, Never Blame Anyone For Anything.

Edible Crafts For Kids

Fruits under sea creatures



Fruit Salad



Fruits Insects



Space ship!



Waffle flower

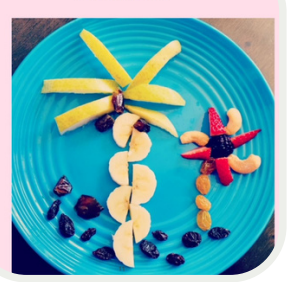


Back food art- Modes of Transport



Shaivi Divatia Majmudar

Dates Tree!



Waffles!!!



Pancake!!



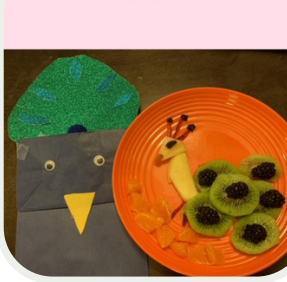
A girl made from Roti (Indian bread), cabbage



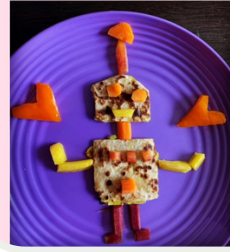
Fruit Salad!



Peacock!!



Robot made from Aloo Paratha (Indian potato bread)



Auto Rickshaw



Unnie the pooh from Khichdi (Lentil Rice) and Hearts from Thepla (Spinach bread)



Shaivi Divatia

3 things to quit now

- Trying to please everyone.
- Overthinking.
- Fearing Change

Calming Theory

- Thought at a time
- Task at a time
- Day at a time

Parenting lies in striking a balance between 2 words
OVER & UNDER

A firm No doesn't mean that you don't love your children

Every YES is not love & Every NO doesn't mean that you don't care

So, When needed say NO to children.

4 things children should say every day

1. Thank you God for everything.
2. I love myself
3. I am the best.
4. I can do everything.

Relax Moms

- R - Ruko
- E - Enjoy
- L - Leave it
- A - Aaram karo
- X - change duties



What did you do in school today?

Being in the field of Early childhood education since 15 years the major problem which parents face is their child doesn't tell anything whatever happens at school? As parents are always eager to know how the day for their children was at school. Often hear this concern from the parents that their child comes home and has little to share about what he or she has done at school all day. In fact, many parents report that when they ask their child "What did you do in school today?" their child responds with "Nothing" or "Played". The reason behind this is most of the parents end up with the typical question i.e. How was your Day at School? And more often they didn't get any encouraging answer for such question that leads to disappointment for them.



As we know communication is a key to building positive relationships. Nowadays schools are also taking initiative by providing pre planned activities hand outs to parents to keep parents in loop . Teachers too make special efforts to keep parents informed and to help them better to communicate with their children about what they do at school. Let us understand How to Begin with the conversation with the child when they are back to home from school.

Let's change the strategy of our conversation with the children; here are few questions that might help you to begin with the conversation with your little ones.

- Are You happy or sad today?
- What was the difficult thing you had to do today?
- Did anyone cried today?
- What new things you learnt today?
- Did you shared your things/tiffin today with your friend ,With whom?
- Tell me about the best part of your day.
- Who did you play with today? What did you play?
- Who did you sit with at lunch?
- Did anything which you dislike /like today at school?



So let' replace the Question What did you do in school today? And begin with the great start of conversation. Happy Parenting !!!!

Ms .Khushboo Joshi

Winners Women's Day Contest

Caption Contest
WOMEN'S DAY SPECIAL
Contest for all
What does this Picture tell you????



SELECTION
1 Best Caption Award
5 Best Entries Awards will be selected.

Write a caption that best describes the Picture - max 12 words...



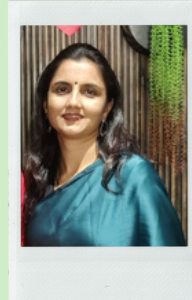
MEN, their right and nothing MORE;
WOMEN, their right and nothing LESS.

DEVANGI TRIVEDI



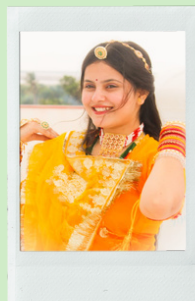
THERE IS ALWAYS A HE
IN SHE. TOGETHER,
LET'S EMBRACE EQUITY

AMARJYOTIBA GOHIL



YOU AND ME,
EQUALLY MAKE
A BETTER WE.

DR BHUMIBA GOHIL



Shiv and Shakti are
the epitome of
contented and
equitable equal
rights.

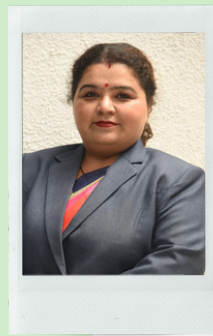
HIRAL KASHYAP

Women's Day Caption Contest



Prosperity and peace is achieved when the nation treats both genders with equality.

RESHMA GORASIA



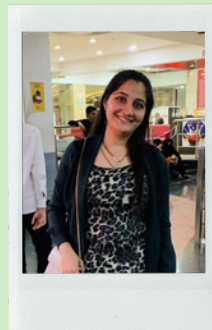
BEFORE WE ARE MEN OR WOMEN WE ARE PEOPLE

AMANPRIT KAUR



"Equality comes with equal rights, different genders but equal rights"

JALPA TRIVEDI



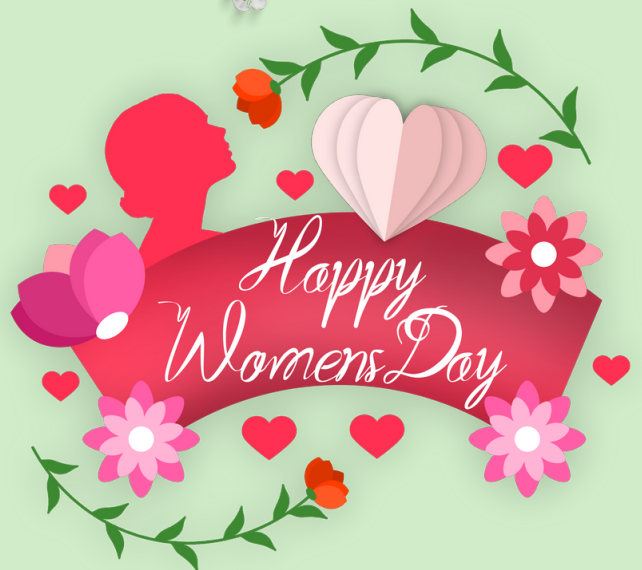
Gender equality leads to stable and better society.

DRASHTI RAJAI



Believing in equality is a step towards living a happy and balanced life.

HIRAL VALA



Women's Day Caption Contest



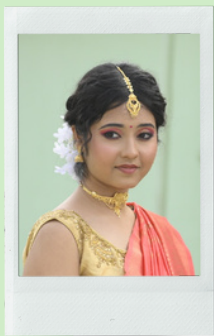
When no one ask for "Gender " at any place in so called society

DR. DHRUTI A PANARA



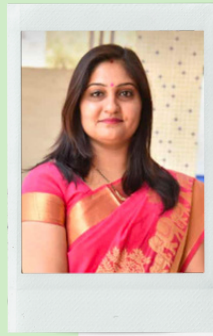
Unification of dichotomy equals cosmic balance, be it Modernity or Mythology!

MADHURYA KANAKIYA



Men and Women in equality
Endowed with the same dignity

ANANNA GUHA MAJUMDER



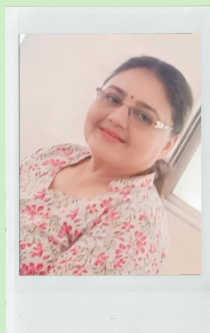
Hey.. Let's not Judge..
Lets smudge to blend in to gender equality

MAHESHWARIBA SARAVAIYA



We still require such contest to show GENDER EQUALITY. That's the irony!

TANAZ HIRANI



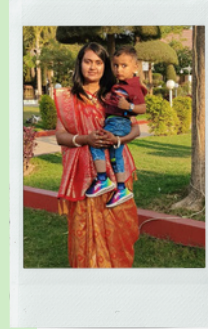
Equality is peace & prosperity

PADMAJA PATEL



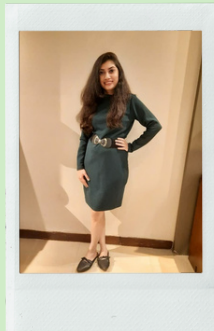
Different genders but equal rights! Don't let gender be the measure of your potential!

NEELAM KHANNA



"Men of quality respect women's equality"

NIYATI JOSHI



Weightage of masculine energy in a society with equal participation of women's!!

JHANVI SHAH



Beauty Tips:-

Beauty Tips



1. Alovera + Malai

If the skin has become lifeless in winter, then mix aloe vera gel and cream and massage on the face for 5 minutes, then wash the face, it brings shine to the face.

2. For pigmentation

Mix 1 pinch of turmeric powder, 1 tsp lemon juice and 1 tsp gram flour in 1 tsp curd and massage it on the face, after that wash it with water, pigmentation will start going away.

3. Mixing coffee powder and 1+SP honey, twice a week, massage on face and hands for 10 minutes, after that wash with water, it removes dead skin and rashes appear on face and hands.

4. If you have the problem of hair fall, then you can chew green cardamom with lukewarm water and eat it daily, that problem of hair fall can be removed.

5. For hair mask

Banana, curd and honey mix them in a bowl and spread on your hair for 1 hour then wash it with plain water thoroughly then your hair will be soft and silky.

Deepa Chaturvedi



Are you concerned about the increase in artificial intelligence??

No, but I'm concerned about the decrease in real intelligence.



3 things to do with your child when your child is UPSET or DISTURBED

- No. 1 Hold your Child's Hands.
- No. 2 Hug your Child.
- No. 3 Talk to your Child.

5 things you should tell your kids daily

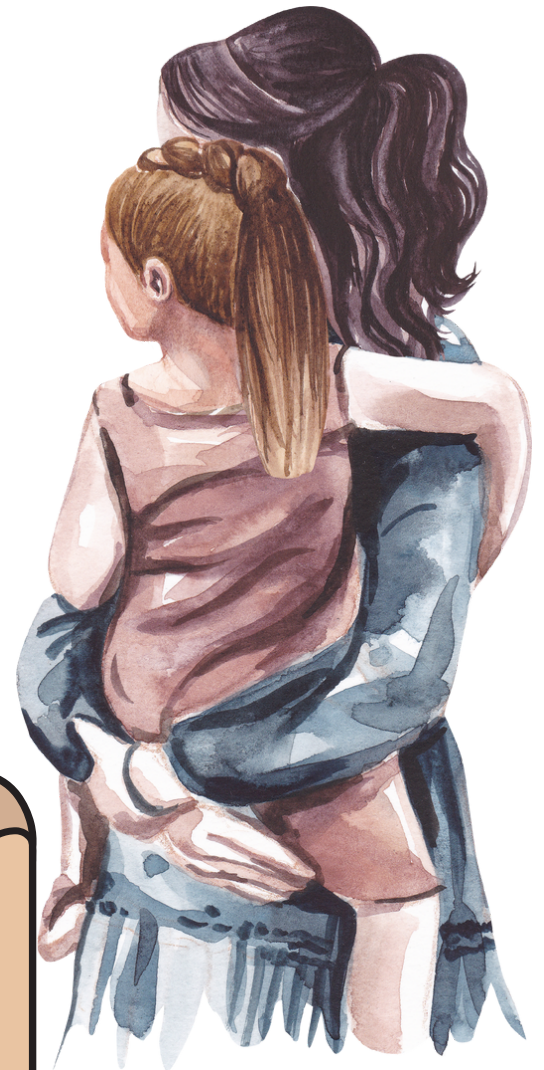
- I love you
- You are very special
- I trust you
- I'm proud of you
- Have a great day

3 tips for Anger Management

- Know your triggers.
- Practice self-talk.
- Wait for 10 seconds when you are angry.

The best way to prepare yourself for good parenthood

Start practicing talking to the walls. Bacche aur is practice mein zyada kuch farak nahi hai Bache sunte hi nahi hai. If you practice this well believe me you will enjoy parenting.



Family Recipes



Malai Sandwich

Ingredients:-

Bread

Fresh milk cream (Malai) 2-3 tablespoons

Onion – 1 medium, Green Chilli – 2

Salt, Ghee

Method:-

1. Heat malai then add chopped onion, chilli, & salt (as per taste) and mix it well.
2. Take a piece of bread and apply the above mixture on one side and cover it with another piece of bread.
3. Then bake the sandwich in a sandwich maker or on a pan by applying ghee.
4. Pack it in a lunch box with sauce or green chutney.

Dahi Bread

Ingredients:

Bread, Curd, Black salt

Roasted cumin seed powder, Red chilli powder, Sugar

Method:

1. Take 250g of curd in a bowl and add 4-5 tablespoons of sugar, 2 pinches of black salt, and cumin powder and mix it well.
2. Now bake the 2 pieces of bread on a very light direct flame. Cut the borders of the bread.
3. Take a piece of bread and dip it in the curd mixture, and then place it on the plate. Repeat the same step with the second bread.
4. After placing the two pieces of bread on the taste add some more curd to the top of the bread and then sprinkle some chilli powder, cumin powder and black salt.
5. Enjoy this yummy cool summer recipe

Tip - with the same ingredients, in the place of bread you can add cornflakes with some delicious fruits like grapes, banana, and apple or pomegranate seeds.



MOUMI GOSWAMI



Finding the Place, Where you Belong
The Universe is holding its breath... waiting for you to take your Place.

If you want to be happy set yourself a goal that demands your thoughts, liberates your energy and inspires your hopes.

The seeds of my career as a Professional Bharatnatyam Dancer was sowed when I started taking classical dance lessons at the age of seven.

I have always found rhythm in the pitter patter of the raindrops, in the beats of the Dhak during Durgapuja and in every sound that resonated around me. The natural instinct to match my footsteps to the tempo of the sounds that has always been driving force in passionately pursuing dance as my career.

Hailing from a conservative family in Bengal who never saw Performing Arts as a mainstream profession had always stepped up to persuade me to give up Dance and concentrate only in academics.

As a dutiful daughter I abided by their advice and wishes my secretly rebellious heart constantly sought for opportunities to simultaneously fulfill my dream.

Hence I have been always a regular Performer at dance events in my school and locality.

I had once contested in zonal Dance Competition in Bengal and had bagged the zonal champion title.

Bringing Distinction had been my forte so be it academics or dance I was always the best in my days.

I had got distinction from Sarba Bharatiya Sangeet O Sanskriti Parishad.

Throughout the entire Bharatnatyam course to anyone I may have appeared as an obedient and multi talented girl, who aced in academics quite smoothly but only I know that it is Dance to which my limbs responded instinctively like the Process of breathing to a living being.

At the age of nineteen when I found myself in the shoes of married woman, the game of balancing dance and academics on the scales of career choice seemed even more difficult.

Unlike my maiden family, in my new home even the utterance of the word 'Dance' was considered a taboo. I was completely dissuaded from participating in any Competition or functions in the locality as they saw 'Dance' as a profession of courtesans only.

Here began my most difficult journey as my stubborn heart didn't give up on dance and my dreams yet.

Thus fighting all the obstacles I resumed my career as a Bharatnatyam Dance Teacher, besides being a science Teacher in a renowned institution.

Looking back now I realize that the game of balancing scales is still on, just the factors have changed____It is Family versus Worklife now, and I think I have aced that too like I did as a child.

It is sad to see that the society is so rigid towards accepting offbeat career paths specially for women.

Hence my success on becoming a Bharatnatyam Dance Teacher is not my personal win but to show the society that Performing Arts is can also be mainstream career option.

I strongly believe,

You won't have to search for direction

Direction will come to you...!!

Grilled Spinach Corn Cheese Sandwich

Ingredients

For Sandwich Stuffing:

- 1 tablespoon clarified butter
- 2 cloves garlic minced
- ½ cup boiled sweet corn
- 1 cup spinach finely chopped
- 1 tablespoon all purpose flour/maida
- ½ cup milk chilled
- ½ cup shredded mozzarella or processed cheese
- 1 teaspoon Italian Seasoning
- Salt and black pepper to taste
- 6 Slices Multigrain/Whole wheat Bread

Instructions

Prepare Sandwich Stuffing:

Heat butter in a pan on medium heat. Saute minced garlic for a minute until fragrant.

Add boiled sweet corn & spinach followed by cooking for 2-3 minutes till the spinach leaves wilt.

Add all-purpose flour/maida and cook for a minute till the raw smell of the flour goes away

Add the cold milk, stirring continuously to avoid lump formation. Keep stirring for 3-4 minutes until the sauce thickens.

Add cheese, Italian seasoning, salt, black pepper powder and mix well.

Take off the heat and let it cool completely. Spinach Corn Cheese Sandwich stuffing is ready.

Preparing the Sandwich

Spread the creamy spinach corn cheese mixture on one side of whole wheat/multigrain bread, add grated cheese or cheese slice on top.

Cover with another slice of bread.

Either grill the sandwich with some butter on the Tawa or Sandwich maker or grill pan.

The spinach corn cheese sandwich is ready to serve. Let it cool and pack in the tiffin box.

Keep mixed nuts and orange slices along with sandwiches and a flavourful, colourful tiffin with different textured foods is ready. Replace nuts with vegetables like cucumber and carrot or sweet treats for a nut-free option.



Paneer Fried Rice

Paneer Fried Rice

Ingredients

- 1 cup cooked basmati rice (leftover boiled rice can also be used)
- $\frac{3}{4}$ cup paneer cubed
- $\frac{3}{4}$ cup mix vegetables (onion, carrot, beans, red and yellow capsicum, corn)
- 1 teaspoon crushed garlic
- $\frac{1}{2}$ teaspoon crushed black pepper
- salt to taste
- 2 teaspoon coconut oil or any cooking oil
- 1 tablespoon coriander leaves
- 1 tbsp spring onions

Instructions

- In a pan or wok, heat oil over medium heat.
- Sauté garlic for 1 minute or until aromatic.
- Add onion sauté till they turn light golden brown.
- Add paneer and mix chopped vegetables and stir fry until they are tender but crisp.
- Fried paneer can also be added to this recipe.
- Next add cooked rice, salt, crushed black pepper and stir well until combined.
- Toss for a minute and take off the flame.
- Sprinkle with fresh coriander leaves and chopped spring onions
- Let it cool down a bit and pack it in the tiffin box.

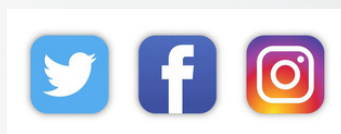


Dr. Aanchal Johari





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