

# Parents WORLD

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Where family life begins

Hand picked by  
PARENTS, EDITORS  
TOP PRODUCTS  
SERVICES  
FOR THE  
FAMILY  
&  
and YOU!

## THE TEETHING GUIDE

## DROP POUNDS AFTER BIRTH

How To Lose Your  
Mummy Tummy

## HOT RIGHT NOW!

- DRINKING MILK ♥
- GREENER MOTORING ♥
- BLACK FROCKS: accessorise please! ♥
- DO MORE WITH COQ10 ♥
- SEX DURING PREGNANCY ♥

SEE WHICH ZODIAC  
SIGNS WILL SHINE IN

# 2010

Pg 56

♥ Simply Irresistable

# Jessica Alba

Guess who asked her to go  
**INVISIBLE?** (The children did!)





TABLE 3 : Recommended Servings of Milk

AGE	NO. OF SERVINGS / DAY
0 - 6 months	Breastmilk
7 - 12 months	Breastmilk or 750ml infant formula
1 - 2 years	3 glasses (750ml)
3 - 6 years	2 glasses (500ml)
7 - 12 years	1-2 glasses (250ml-500ml)
13 - 18 years	1-2 glasses (250ml-500ml)

### If Everything Else Fails

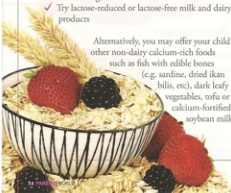
If your child dislikes milk, you may consider the following tips:

- ✓ Stir in some milk into soups such as pumpkin and mushroom soup
- ✓ Add milk to breakfast cereals
- ✓ Make fruit smoothies from milk
- ✓ Offer your child other calcium-rich food such as soya beancurd with less syrup, low-fat yoghurt\* or low-fat cheese\* sandwich

If your child has been diagnosed as lactose intolerant by a doctor, here are some tips to help your child maintain a calcium-rich diet:

- ✓ Choose cheese and yoghurt (they are lower in lactose and the active cultures in yoghurt can help with digestion)
- ✓ Consume milk and dairy products in small portions (e.g. ½ cup of milk) together with a meal to aid in digestion
- ✓ Try lactose-reduced or lactose-free milk and dairy products

Alternatively, you may offer your child other non-dairy calcium-rich foods such as fish with edible bones (e.g. sardine, dried ikan bilis, etc), dark leafy vegetables, tofu or calcium-fortified soybean milk.



### Milky Recipes

To encourage teenagers to consume more milk and other dairy products, the Health Promotion Board organised a 'Win with Milk' contest where they were tasked to create a delicious calcium-rich drink and dessert. Here is one of the yummy recipes that you can try at home.



#### STRAWBERRY SUPER MILK ♥

##### Ingredients: (Serves 4)

- Low-fat milk\* 800ml
- Low-fat yoghurt\* 270g
- Fresh strawberries about 10
- Orange 1

##### Preparation Method

1. Peel off the skin from the orange. Cut the orange into cubes
2. Wash the strawberries gently. Remove the leaves on the top
3. Slice the strawberries into halves
4. Pour all the milk and yoghurt into a blender.

Add the cut strawberries and orange

5. Blend the mixture at level 1 for 2 minutes or until the concoction is evenly mixed
6. Switch off the blender. Prepare 4 clear glasses. Pour the blended milk into the clear glasses
7. Serve with a slice of orange or half a piece of strawberry

### IT'S A MILKY AFFAIR!

We love Wyeth's Promil GOLD which is loaded with nutrients essential for your tot.

Although growth has slowed since birth, nutrient requirements remain high to support the brain and physical development that occurs at this age. Promil GOLD meets the nutritional needs of growing infants.

It is during this stage that rapid brain growth greatly increases and the need for iron. If full cream milk is introduced too early, it may fail to meet the weaning infant's growing demand for iron. It is a nutritious follow-on formula for the baby after six months of age and older. ●



\*Low-fat milk and other dairy products are not suitable for children below the age of 2 years

# This Month's Booklist

The books that you must read tonight.

1. **Whale Done Parenting**, by Ken Blanchard, Thad Lacinak, Chuck Tompkins and Jim Ballard (McGraw-Hill Education Asia, \$23.95 w/o GST).

2. **Princess Party Cookbook**, by Annabel Karmel (Pansing, \$37.34 w/o GST).



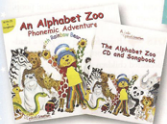
3. **Princess Tea Parties & Treats for Little Girls**, by Janeen A. Sarlin with Noelle Shipley (Pansing, \$35.98 w/o GST)



4. **The Contented Baby with Toddler Book**, by Gina Ford (Pansing, \$30.79 w/o GST).



5. **An Alphabet Zoo Phonic Adventure with Rainbow Bear (with CD and Songbook)**, by Julia Gabriel, \$29.95, available at Kinokuniya, Tango Mango at Tanglin Mall, Zero to Hero at Holland Village, Discovery Corner at Thomson Plaza and Innovative at Forum Galleria.



ED'S PICK

## FINALLY, SURVIVAL KITS FOR PARENTS WITH AN ASIAN FOCUS!

Local parenting online portal MacAboutKids.com launches Survival Kit series supported by Wyeth – infant and child nutrition expert.

The Asian focus baby guide books are conceived as a comprehensive resource for local parents. From caring for an infant, to coping with a toddler; the survival kit aims to provide practical and useful child caring information to parents with its easy-to-read format as well as real-life tips from other parents.

Grab hold of a copy of the Baby Survival Kit and Toddler Survival Kit 31 December 2009 till February 2010 at all participating NTUC FairPrice supermarkets with purchase of Wyeth Promil Gold or Wyeth Progress Gold\*.

The books are also available at Mount Alvernia Hospital and National University Hospital between 7 January and 12 February 2010 at \$519.90 per copy. Proceeds from the sale of the books will be channelled to selected charities supported by NTUC FairPrice and the partnering hospitals.

For more information, please visit [www.SurvivalKit.sg](http://www.SurvivalKit.sg)

\*Terms and conditions apply

