

LiveWell Baby

inspire|care|educate

Dec. Jan '18 • VOL 62



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Know Your Facts On
**Common Baby
Skin Conditions**

**LiveWell Baby
Review Club**

What do parents think about
the Sambucus syrup (adult &
kids) from Guardian Singapore?
Find out more inside.

**Going on a
holiday?**

Get the caring
mom's packing list
for travelling with
happy babies

GIVING BIRTH IN 2018?

Here's what in store for babies
born in the year of the Earth Dog.



60th
Anniversary

Combi

子育てに、イノベーションを。

NEW
joy
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No.1
parenting station※

Adding toy bar · Raising happiness



Up to 4 years old



Manual Swing



5 Adjustable Angles



※In accordance with SG Children's high-low chair standard, Joy is the first item attached with toy bar.
(Investigated by Combi on 2015 December)

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No.1 Kids* Multivitamin in Singapore. Incontech Pte Ltd calculation is based on data reported by Nielsen for the Kids - Multivitamin category value \$ sales, for the past 12 months ending Dec 2014, for Total Western Pharmacy stores (Copyright 2014, The Nielsen Company).

Supplements, Preschool & Reading can Raise Your Child's IQ



Perspectives on Psychological Science recently published a report on the relations of children's diet, early preschool and educational intervention can help boosts intelligence.

A team lead by John Protzko, a doctoral student at NYU Steinhardt School of Culture, Education and Human Development, conducted a meta-analysis which combined existing research studies to evaluate the overall effectiveness of certain diets, environment and early educational intervention in raising a child's IQ.

The results indicated that:



- ✓ Supplementing pregnant women and young children with food rich in Omega-3 may boost children's IQ by more than 3.5 points.
- ✓ Enrolling children into an early education can raise their IQ up to 7 points.
- ✓ Interactive reading for children below 4 years old were found to raise a child's IQ by over 6 points.

The team hypothesise that early education and environmental interventions, may help raise your kid's IQ by increasing their exposure to stimulating challenges such as complex and varied languages.

Interactive reading was found to be effective in raising IQ, however this intervention seems to have no effect for children above 4 years old. This suggested that language – a skill which children develop between 0 to 4 years old, plays a great role in boosting once intellect.

"Our current findings strengthen earlier conclusions that complex environments build intelligence" Protzko explained. "Overall, identifying the link between essential fatty acids and intelligence gives rise to tantalising new questions for future research and we look forward to exploring this finding."



1

CONCIERGE @ L1

- Free Diaper / Milk Sachet
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6

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- Colour-coded Levels for easy identification
- Animal-shaped Dustbins
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- Interactive Directories
- Free Charging Station for mobile devices
- Reading Room
- The Study Room



2

BABY'S ROOM

- (Near Concierge)
- 3 Nursing Cubicles
- Hot Water Dispenser
- Bed Linen Dispenser

3

PLAY!

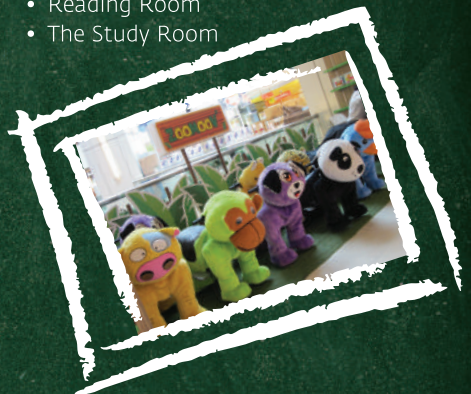
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4

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5

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- Optical Services
- Hair Salon
- Speech and Language Therapy



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*Based on Nielsen Retail Audit as at MAT Jul 2017 for Baby Laundry Detergent Brand.

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Obstetrics & Gynaecology

Dr Ann Tan is currently Consultant in Obstetrics & Gynaecology, and Clinical Director at the Women & Fetal Centre. A Public Service Commission Scholar, Dr Tan was formerly the Chief of Fetal Maternal Medicine at the Department of Obstetrics & Gynaecology, Singapore General Hospital (SGH). She is also a devoted mother of three.

Dr Choo Wan Ling is a consultant Obstetrician and Gynaecologist with the Pacific Specialist Practice. Winner of the IV Asian Obstetrics and Gynaecology Congress Gold Medal (2000), Dr Choo is also a member of the American Academy of Aesthetic Medicine in the US and a member of the Sexology and Andrology Society of Singapore.

Dermatology

Dr Wong Su-Ni practices at Dr SN Wong Skin, Hair, Nails & Laser Specialist Clinic at Mount Elizabeth Medical Centre, and is a Visiting Consultant to the National Skin Centre. Her subspecialties include Dermatologic and Laser Surgery, Psoriasis and Photodermatology. Dr Wong has been actively involved in teaching, from medical students to medical practitioners in the Graduate Diploma in Family Practice Dermatology Course.

Dental Care

Dr Chung Kong Mun is currently a visiting consultant at NUH and adjunct associate professor at NUS. Dr Chung is also an Internal Examiner for MDS degree in Periodontology, NUS.

Paediatrics

Dr Irene Chan Lai Yeen, a Consultant Paediatrician with over 20 years of medical experience, is one of the first fully-trained paediatric intensivists in Singapore. Dr Chan is also the recipient of the Healthcare Humanity Award in 2006, in recognition for her work with children.

A/Prof Daniel Goh was trained in paediatrics in Singapore and underwent subspecialty training in paediatric pulmonology and sleep at the Johns Hopkins Children's Centre, USA. A/Prof Goh is the current President of the Asean Paediatric Federation and the Vice-President of the College of Paediatrics and Child Health, Singapore as well as the immediate past-president of the Singapore Paediatric Society. His clinical interests include childhood respiratory conditions including childhood asthma and allergies, sleep-related breathing disorders in children, paediatric bronchology and fiberoptic bronchoscopy as well as paediatric vaccinology.

Children Psychiatry

Dr Ken Ung Eng Khean is a currently a Senior Consultant Child, Adolescent and Adult Psychiatrist & Psychotherapist at Adam Road Medical Centre and MD Specialist Healthcare. He has been practising psychiatry for 20 years. Dr Ung specialises in Eating Disorders and Obesity; Child Adolescent Psychiatry; Stress, Anxiety & Depression; Psychotherapy (Cognitive-behaviour therapy).

MESSAGE TO OUR READERS

LiveWell Baby brings important issues to you and your family every issue. Thus, we will make every endeavour to present unbiased and accurate information. LiveWell Baby aims to inspire you to take the journey to live well as a mother or mother-to-be, but it is not a replacement for your medical caregiver. Always seek appropriate professional medical counselling and treatment when in doubt.

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Cradle n Care

It is never too early to know what is infant jaundice.

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Our Healthcare Partners:



Dräger

editor's note

Hi everyone!

It's going to be 2018 soon as I'm writing this so whether you are reading this before or after 2017 officially ends, I wish you all the best in the upcoming year! If you are expecting a child, then you will be happy to know that we have Dato' Joey Yap sharing his insights on what's in store for a baby born in the year of the Earth Dog. There's even a Zodiac forecast for 2018 so don't forget to check that out as well.

To start you off on the right foot, we have plenty of tips waiting for you as well. From tips on what to consider in a stroller and holidaying with your kids to the whats and whys of childhood illnesses, we hope that this first issue of 2018 will be useful for your parenting journey. There are important information for mothers too, like the must-know facts about post-partum depression as well as tips on how to keep your body hydrated during pregnancy.

Plus find out what our parents think about the Sambucus Syrup (for kids and adults) that they received from Guardian Singapore as part of their free membership in our LiveWell Baby Review Club. Okay, that's all for now. Have fun celebrating the start of the new year and may 2018 take you a step nearer to attaining your dreams!

Editor

Lilian



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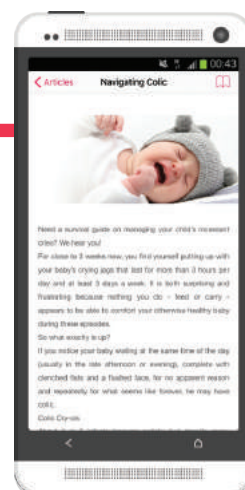
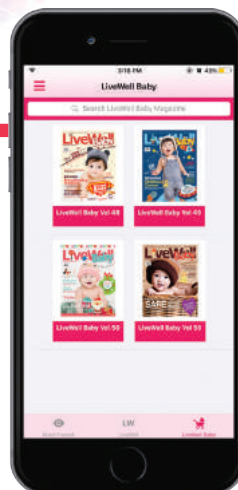
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Discover the latest in health, wellness, beauty, and lifestyle while on-the-go!



Soothing Solutions

Whether you're expecting your first baby or are a seasoned mum of multiples, a product from Colief®'s range of natural products is sure to figure in your list of parenting essentials. From soothing skin care to relief from colds, Colief® has it covered.



SWEET DREAMS

For a young child, catching a cold is part of growing up. But that doesn't mean they have to lose sleep over it! Simply attach a Colief® Breathe Easy Patch to your child's clothing or bedding at night and let the natural oils work their gentle magic to help relieve blocked nose and congestion. Each patch is infused with eucalyptus oil blended with natural peppermint, rosemary and lemon oils. All together they have a soothing effect on your child's airways. Suitable for children aged three and over.

SKINCARE SUPERHERO

Set to become the secret weapon of every mum-to-be and new mum, Colief® Mum To Be Moisturising Cream is expertly formulated to help prevent the appearance of stretch marks. This skin saviour will also help protect against the uncomfortably dry and itchy skin that's so frequently experienced by pregnant women. Then, after birth, its unique properties boost your skin's natural healing process in those important first few months. Its gentle formula is packed full of pro-vitamin B5 – a natural skin healer and protector – as well as almond, avocado and grape seed oils, vitamin E and soothing calendula to ensure the skin is constantly moisturised.

FLAKE-FREE

Many babies develop cradle cap – dry or flaky patches on the scalp – particularly in their first year. And while it doesn't usually cause any harm to little ones, it can be unsightly and distressing for you. So it's reassuring to know there's a gentle solution: Colief® Baby Scalp Oil.

Just massage this soothing oil into the scalp to help remove dry skin and flakes, gently restoring your baby's scalp to its flake free state. Suitable for use on infants of two months up, Colief® Baby Scalp Oil is enriched with hydrating rosehip oil, healing chamomile and nourishing vitamin E, to repair and protect tender skin.

VITAL VITAMIN

Vitamin D contributes to the normal development of bones and teeth in infants and young children and to the maintenance of normal bones and teeth in mums and mums-to-be. While breast milk is the best source of nutrients for babies, it may not provide enough Vitamin D. Your baby needs Vitamin D to absorb calcium and phosphorus for healthy development of bones. Colief® Vitamin D3 Drops is a dietary supplement giving you the reassurance that both you and your baby are getting the right amount of vitamin D.

*Parents are recommended to seek physician's advice before giving Vitamin D supplement to infants and young children.

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letter box

Dear Editor,

First off, I got to say that I love your magazine cover in the last issue! The picture was so well-taken that I'm inspired to send my baby for a photoshoot myself. The Christmas offers from United Square are timely too, since it's going to be the festive season soon and I'm definitely on the lookout for good deals to complete my Christmas shopping. Thanks for featuring them and oh, by the way, I really love your articles. They are so full of useful information that I can use on a daily basis and I'm glad that they are not just fluff pieces to fill up space in your magazine. Good job and hope to see more of such good stuff in your magazine in the next issue!

Alexandria Ong
Holland Village



I was at a friend's housewarming party recently and I saw your magazine on their coffee table. Out of curiosity, I picked it up for a casual read and the content was so good, I found myself immediately hooked. I like that your magazine covers crucial baby care and parenting topics so I went online to search for your magazine and found it available to read for free on Magzter. I just want to commend your editorial team for a job well done and hopefully you can cover post pregnancy eczema in one of your future issues. I had experienced it after I gave birth to my boy and I wondered if there are ways to alleviate the condition. Hope to read your next issue soon!

Lynn Koh



If you have something to get off your chest about LiveWell Baby, then write to us and you could win a prize! Simply send it in with your name, age, address, NRIC, and phone numbers! Letters may be edited for length or clarity.

EMAIL: lilian@pinghealthcare.com
(subject header: Letter Box)



baby



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*Total of 200 dermatologists & paediatricians in Germany surveyed online from Feb to Mar 2015

Paediatrician*
Recommended

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feature

What's In Store For Babies Born In The Year Of The Earth Dog?

According to the Chinese Zodiac, 2018 is the Year of the Dog!

In Chinese astrology, there are 12 zodiac years in one zodiac cycle, each year associated with an animal (mouse, cow, tiger, rabbit, etc...) The Dog takes the 11th position in the Chinese zodiac, and this corresponds to the years: 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018. (Basically in 12 year cycles)

On top of this, the zodiac years are not just associated with animal signs, but also one of the five elements: Gold (Metal), Wood, Water, Fire, and Earth. The coming 2018 corresponds with the Earth element, therefore 2018 is the Year of the Earth Dog.

For those who are expecting a baby in 2018, firstly, congratulations! We wish you every joy in this precious addition to the family. In anticipation of this blessing, here's a couple of things you can expect for babies born in the Year of the Earth Dog.

Those who are born under this year are generally optimistic and friendly with dynamic emotions, wonderful imagination and ability to stand out in the crowd. They often like to exhibit a tough, edgy exterior. Despite the steely facade, they are often very sensitive people underneath who are easily affected by criticism. Although suited for tough jobs such as the military, they have a surprisingly creative streak and have a love for beauty, art and music.

Earth Dog individuals get bored easily and tend to like to be constantly on the move to feel inspired. They are strong-willed and determined, but yet they can be practical when the

Overall, babies who are born in the year of the Earth Dog are social individuals who are great friends, lovers, and team players. They are understanding, honourable, passionate, intelligent and attractive. They are also very ambitious and innately creative.

situation calls for it. Their intelligence gives them an edge in terms of assessing situations and people. However, this can also often make them prone to disappointment and frustration when something fails to meet their expectations. They possess extremely strong desires on a profound level, which can be channelled into selfless acts to benefit others

Strengths

Overall, babies who are born in the year of the Earth Dog are social individuals who are great friends, lovers, and team players. They are understanding, honourable, passionate, intelligent and attractive. They are also very ambitious and innately creative.

They are also magnetic characters that people often look up to, as they are upright, outspoken, brave, ambitious, hardworking, and active. Once they've identified their goals, they will be determined to succeed no matter how harsh the situation.

Weaknesses

While stubbornness is mainly what drives Dog signs to success, the other side of the coin to this is that this stubbornness means that Dog signs are often reluctant to change, and resistant to criticism. This is especially prominent when Dog Signs are put in places of authority.

Dog signs hate to be oppressed and insist on having their own way, when the harsh truth is that sometimes respect has to be earned by taking in constructive criticism from those around them. Adjusting their attitude towards others' opinions may very well be very enriching for Dog signs, and propel them towards better heights.

Some famous people who were born in the Year of the Earth Dog include US actress Anne Hathaway, British royal couple Prince William and his wife Kate Middleton, pop singer Kelly Clarkson, football player Kaka, British model Naomi Campbell and actor Matt Damon. So, what do you think? Now that you know what characteristics to expect, let's hope you're a little more prepared to guide your little one on an exciting yet challenging journey of life! **LWB**

About Joey Yap

Joey Yap is the founder of the Mastery Academy of Chinese Metaphysics - an education institution for Feng Shui, BaZi, Qi Men Dun Jia, Mian Xiang, Yi Jing, Date Selection and Face Reading. He is the best-selling author of over 162 book titles published in 7 different languages worldwide and engages with students in more than 37 countries. He has conducted professional consultations for a wide range of clientele from the UK, USA, Canada, France, Germany and all of South East Asia. Log on to www.joeyyap.com to know more!

JOEY YAP'S FORECAST FOR 2018

THE 12 ANIMAL SIGNS





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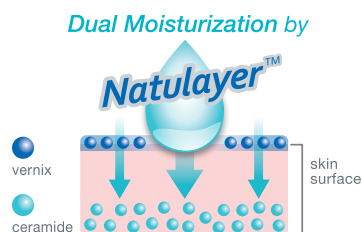


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3 Moisturize



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LiveWell Baby Review Club – Guardian Sambucus Syrup, For Adult and For Kids



What does your child love about the Guardian Kids Sambucus Syrup?

(120ml, \$21.90)

Ever wondered what our parents from the LiveWell Baby Review Club have to say about the Guardian Kids Sambucus Syrup/Guardian Sambucus Syrup—a formulation that's enriched with black elderberry extracts? Well, let's hear it from them!

Guardian Kids Sambucus Syrup and **Guardian Sambucus Syrup** are formulated with natural flavonoids from black elderberry extracts to support your child's immune system and your health respectively. In fact, black elderberry is a natural remedy for daily well-being and immune support. Guardian Sambucus Syrup are not just great tasting but for the Kids Sambucus Syrup, it's enriched with Vitamin C to help support your child's delicate immune system.



Michele Ang:

Pricing is relatively affordable and I've tried other products but my child does not like it. Since my child does not reject taking Guardian Kids Sambucus Syrup, I will continue giving it to her to supplement her daily dietary diet.

Deborah Lok:

She eats like a hamster and can be quite fussy in terms of tastes and textures of foods. She took this really well and wanted more! Currently she's not taking any supplements and I've been meaning to get her some, reading up and asking for recommendations. Now, I can recommend Guardian Sambucus Kids syrup to friends!



Angeline Cheang: At first they are not used to the slight medicinal taste but after subsequent trying, they get used to the taste and start to like it. I will offer it to them once a day.

Ng Siew Chin: Enhance the well-being of my kids.

Ong Yi Ling: Child does not reject.



What do you love about the Guardian Sambucus Syrup?

(120ml, \$19.90)

Michele Ang: Pricing is relatively affordable and it taste great and all the benefits it provides.

Angeline Cheang: Taking Guardian Sambucus Syrup once a day helps boost my family immune system so that we are able to fight off viruses that are attacking our bodies and stay healthy.



Deborah Lok: Sometimes with a young child we don't eat well or sleep well and immunity goes down yet we can't afford to fall sick. We've been looking for something that we can take daily. We've tried multivitamin tablets but they're so big I tend not to take them or forget to. Guardian Sambucus Syrup tastes great and is so easy to take.



Ng Siew Chin: The taste is ok for me. Will build up immunity.

Ong Yi Ling: Easy to consume

Joey Chan: It tastes pretty good and can improve my immunity system.



QR/2018/SG004

Guardian Kids Sambucus Syrup and Guardian Sambucus Syrup are available exclusively at Guardian along with a strong repertoire of health care items including vitamins and minerals, first aid, thermometers, and many more! Visit <https://www.guardian.com.sg> for more information.

Want a chance to sample and review products like these? Then don't forget to sign up for the LiveWell Baby Review Club at <http://livewellbaby.com.sg/livewell-baby-review-club>. Membership is free so don't miss out!

Going on a holiday with your little one? Then you mustn't miss out on these crucial items to make sure that Baby Dearest is comfortable and happy any time, anywhere.



The Caring Mom's Packing List For Travelling With Happy Babies

When seasoned travellers go on a vacation, they always like to make sure they are fully prepared for any contingency. We believe that savvy mothers have the same philosophy too, which is why we prepared this travel packing list for mummies who are planning to bring their babies out on a holiday and want to be prepared. Here are the important items you should pack along.



Diapers

Remember to prepare at least one diaper per hour of transit and a few extra ones in case you get stuck in a flight delay. Make sure you put them into your diaper bag!



Baby Wipes

A godsend for all kinds of messes, baby wipes are a must-have in your diaper bag. They are not only useful during diaper changes, you can also use them to clean up your messy little eater or accidental spills. You shouldn't settle for any random brand of baby wipes though, because you'd want it to be gentle on your baby's skin as it cleanses.

Kodomo Baby Wipes is made from high-quality, tear-resistant, non-woven fabric to give your baby an ultra-soft cloth-like experience. The baby wipes are free from alcohol, fragrance, paraben and soap as well.

✓ **Clothes, Booties, Socks Etc.**

One or two outfit a day is usually sufficient. Make sure you pack a few washable bibs as well. Oh, and don't forget to include a sun hat for sunny days to protect your little one from UV rays.

✓ **Small Bottles Containing Baby-Friendly Cleaning Products**

To deal with frequently-soiled baby clothes, you may want to consider doing a quick wash during the trip with **Kodomo Baby Laundry Detergent** – Singapore's No. 1 Baby Laundry Detergent*. It is developed with pure and safe ingredients that effectively removes milk, food, urine and faecal stains from your baby's clothes. In fact, its pH-balanced formula is gentle and leaves behind a lingering fragrance that's tested to International Dermatological Standards.

*Based on Nielsen Retail Audit as at MAT Nov'17 for Baby Laundry Detergent Brand in Singapore

✓ **Baby Care Toiletries**

Most people may settle for whatever the hotel provides in terms of toiletries for convenience's sake and to avoid going over the luggage weight limit, but it's different for your little one though due to his delicate skin. Put your trust in **Kodomo Baby Bath**.

It's pH-balanced and is free from both mineral oil and lanolin. With a safety fragrance that is tested to International Dermatological Standards to keep your baby smelling fresh, this gentle baby bath is suitable for even adults with sensitive skin.

Complete the shower experience with **Kodomo Conditioning Shampoo**, which is so gentle that it doesn't irritate your baby's eyes so you can use it with peace of mind.

KODOMO

Tip: Bringing an inflatable travel bath tub will also make bath-times much easier on you.

After bathing or during diaper change, applying baby powder is an absolute must, so the **Kodomo Baby Lotion Powder** is the perfect solution. This dust-free powder glides on to your baby's skin as a velvety lotion that dries quickly and transforms into baby powder. It doesn't just absorb dampness and leave behind a smooth, satin-like powdery after-feel; also make changing time quick and easy.

✓ **Baby Food & Feeding Equipment**

Since your child will probably not be able to partake in the local delicacies, make sure you bring his baby food as well as a lightweight feeding set. If your child is still feeding from a bottle, then make sure that you bring the necessary feeding equipment (nipples, bottles, his formula milk powder, and bottle cleanser for cleaning).

✓ **First Aid Kit**

For times when your child unexpectedly feels uncomfortable or injures himself. Consult your doctor on appropriate child-safe medicines or creams to stock up on. **Kodomo Cooling Adhesive**, for example, is a good thing to include. It offers fast and safe cooling relief from your baby's fever discomfort for 8 hours throughout the night. On top of that, its special adhesive material provides a strong yet gentle adherence to your baby's skin. Parents can benefit from this cooling adhesive too, since it's available in 2 variants to cater for the whole family: For Children & Adults and For Babies.

Surprised that your little one needs so many things even for a short trip? Well, fret not because knowing the game plan ahead of time is half the battle won, so get packing, mummies!





Know Your Facts On Common Baby Skin Conditions

Baby skin might be the most desired skin type for most ladies, but even the most perfect skin has its problems. Your baby's skin, especially, is prone to various skin conditions due to how delicate it is. There are ways to relieve such discomfort, but knowing the triggers is half the battle won, so here are the most common reasons:

Common Skin Condition	Symptoms	Causes
Nappy/diaper rash	Red and tender-looking skin in the diaper region such as genitals, buttocks and thighs	<ul style="list-style-type: none"> • Irritation from prolonged exposure to faeces or urine • Irritation from using a new product • Introduction of new foods into the baby's diet • Bacterial or yeast infection from infrequent diaper changes • Sensitive skin • Chafing from tight-fitting diapers or clothes • Use of antibiotics
Atopic eczema	Patches of red or dry skin that are always itchy and rough, they may appear anywhere on your baby's body but most commonly affect his cheeks and the joints of arms and legs	The exact cause is not known but flare-ups do occur when your child's sensitive skin is triggered by environmental aggressors such as heat, changes in the temperature or irritants that come into contact with your child's skin (e.g. wool, chemicals in soaps or detergents).
Cradle cap	Thick, oily and flaky crusts that are covered with white/yellow scales and appear mostly on the scalp but may also turn up on the ears, eyelids, eyebrows, nose, armpits, neck or groin	<p>The exact cause is not known but it's believed to be due to the mother passing hormones to the baby before birth. Such hormones cause an overproduction of sebum in the hair follicles and oil glands.</p> <p>Another factor could be due to the growth of yeast in the sebum along with bacteria.</p>
Heat rash	Tiny bumps surrounded by red skin, commonly found on areas where the skin has come into contact with clothing e.g. back, abdomen, neck, upper chest, armpits, groin	<ul style="list-style-type: none"> • Excessive sweating due to hot and humid weather • Clothes that don't allow your child's skin to breathe or sweat to evaporate normally • High fever • Thick creams and ointments that block your baby's sweat ducts

It may be frustrating to see your child's skin break out in uncomfortable skin conditions, but as long as you know the triggers, there are ways to treat it. Moisturising your baby's skin, for instance, is a good way to keep his epidermis hydrated and protected in the long run.

Repair Your Child's Fragile Skin With A-DERMA DERMALIBOUR+

It's upsetting to see your baby's skin tormented by skin conditions like atopic eczema or diaper rash. You might even be blaming yourself, but remember that it's generally not your fault. There are solutions available to alleviate such discomforts, like the **A-DERMA Dermalibour+ Repairing Cream**.

When your little one first arrived in this world, his skin is extremely delicate. That's why he is so prone to common skin conditions like atopic eczema and diaper rash. The reason is simple, being a new-born, his skin is still too sensitive to handle environmental aggressors such as UV rays, cold wind, pollution, and temperature changes. While you can't control his environment, you can still put your baby's skin back in order with the right skincare products.

A pioneer in plant-based dermo-cosmetics, Aderma Dermatological Laboratories has fine-tuned the art of caring and nurturing fragile skin for over 30 years. This is thanks to an exclusive ingredient, the Rhealba Oat Plantlet which is harvested between 10- 12 weeks as studies have shown that's the time its active soothing and repairing ingredients are its optimum best.

It is an extract from the Rhealba® Oat which is at the heart of all A-Derma products. The Rhealba® Oat is selected by A-Derma from over 80 species of oat for the following properties:

- Soothing & Anti-irritating
- Protecting
- Nourishing & Hydrating
- Antioxidant

Use the Dermalibour+ on your baby with complete peace of mind as clinical studies have shown soothing and repairing results, as well as no further aggravations to atopy, irritated, dry skin.

A-DERMA DERMALIBOUR+ REPAIRING CREAM

An indispensable product for taking care of skin conditions such as atopic eczema or diaper rash. This repairing cream is the perfect solution especially when your baby's skin is red, itchy or stinging. In fact, thanks to the extra 2% glycerine it contains, the A-DERMA Dermalibour+ Repairing Cream gives your baby more comfort and protection with a smoother and non-occlusive texture. It helps to repair your child's irritated and fragile skin in 4 days—making it the undisputed choice for parents and their uncomfortable babies.

The A-DERMA Dermalibour+ Repairing Cream contains zinc oxide as well as copper and zinc salts (antibacterial agents that minimise the risk of bacterial proliferation) too, so even adults with sensitive skin can use it with peace of mind!





Gerber®

SINGAPORE PHOTO SEARCH 2017

The Champion of the Gerber Singapore Photo Search 2017 has been crowned and it's Baby Eva! Congratulations, little one! We speak with her Mommy Emilia to find out what it took to nab top spot in this nation-wide photo competition.

LWB: Why did you decide to join the Gerber Singapore Photo Search 2017?

Emilia: I actually entered Eva on impulse! Several family members and friends have been encouraging us to enter Eva in baby competitions, but we usually just thank them for their compliments and never put much thought into it. I chanced upon the competition whilst searching for other Gerber First Foods for Eva because she really likes the blueberry puffs, and only decided to enter the competition because I thought it was just a submission of photos so it would not overwhelm Eva, as she is a shy baby! Also, I apologised to my husband for entering the competition without discussing with him, but as it turns out, my husband was very happy that I did. He thought it would be a great experience for Eva.

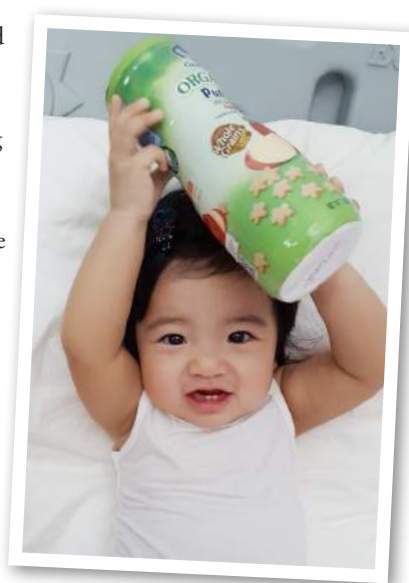
LWB: What made you decide to submit that particular photo of Eva for the photo contest?

Emilia: We had to submit three photos, two of which I took and submitted on the spot because I decided to join on an

impulse. One of the photos had Eva holding a bottle of Gerber puffs over her head. She had a very adorable way of presenting things like her books or toys to us by holding it over her head, and I thought it would be adorable if she did it with the bottle of puffs, which she did!

LWB: Since the photo contest involved a series of voting, what did you do to gather enough support from your friends and family?

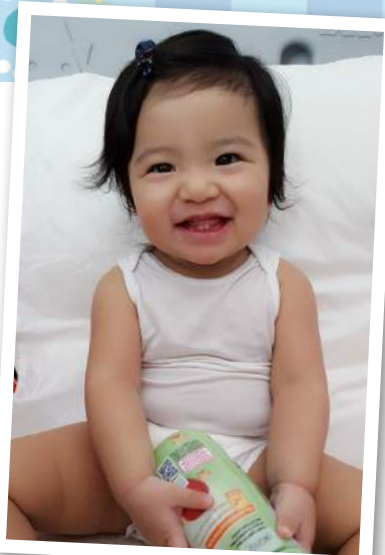
Emilia: We posted mainly on Facebook and Instagram to garner votes. As it was daily voting, we had to constantly remind family and friends, even those overseas, that the



competition was still on and that we needed their help. Haha.

LWB: What do you think was the reason for Eva's win?

Emilia: After the voting, selected candidates had to go for a casting at the Gerber booth at a baby exhibition. As usual



Eva was shy and it didn't help that she was a little groggy after having just woken up from her nap. It wasn't until another mother and her toddler slightly older than Eva sat down beside us that Eva opened up. Eva is very affectionate and she likes little kids and babies and would always want to go up and hug them. I think it was only then that the judges saw her real personality. There is nothing more heart-warming than the sight of two babies hugging and playing together. I do have that little girl to thank!

LWB: How did you feel when you found out that Eva had won and will be featured in a nationwide Gerber ad?

Emilia: I was elated of course! I have never won anything in my life, not even a single lucky draw. This baby girl won a huge and wonderful competition at such a young age. It feels very much like my win too! I am just humbled that the judges love Eva. I really hope she gains more confidence from this experience.

LWB: What plans do you have for the \$8000 educational grant that Eva has won?

Emilia: It is going straight into her Child Development account. We are currently in the midst of finding a suitable kindergarten for her when she is ready for nursery 1, so this study fund would go a long way.

LWB: What do you think are the toughest challenges about parenting Eva?

Emilia: Eva is currently only 15 months old. My husband and I believe in letting a child be a child. I think the challenges will begin when she starts asking for a handphone. Hahaha.

LWB: Tell us about your parenting goals for Eva.

Emilia: My parenting goals for Eva are to bring her up to be a respectful, kind and loving woman of faith. Ideally, we would want to be as much of a friend as a parent, but of course being a parent comes first.

LWB: What concerns you more about the future now that you have Eva in the family?

Emilia: Our biggest concern is our finances. I left my banking career to start a family and raise Eva full time. I want to be present in her life, especially in her formative years.

LWB: Have you made any major changes in your approach to life in general as the result of becoming a mom?

Emilia: I have learnt to be a bit more chill. I am a planner, and I love efficiency. However, there is only that much planning you can do when you have a child. They always have their own agenda and are not the most cooperative people. I still set routines, but won't stress out so much if today she decides to skip a nap.

LWB: Do you have any tips for new moms when it comes to handling Eva's everyday diet?

Emilia: Eva is a picky eater. What doesn't suit her taste will get spat out. My advice is to try our best to give our little ones a balanced diet but don't feel guilty and be too hard on yourself if they do not eat what you prepare. I always include papaya and very ripe pears after breakfast. She gets snacks at teatime, and I choose only quality snacks for her, such as Gerber Arrowroot cookies and organic green veggies puffs, which are some of her favourites. The cookies are a good source of have Vitamin E, Zinc and Calcium. Also, wholemeal bread and water (only after 6 months) helps Eva do a big one smoothly. May all our babies, eat well, poop well, and sleep well! **LWB**



Jaundice Begone!



Whether you are a first-time or expecting mother, there will be many issues that will keep you up at night. Infant jaundice is one of them. Here's what you should expect and how to go about treating your child.

What is Infant Jaundice?

Infant jaundice typically appears when there are elevated levels of bilirubin in the blood—usually 2 to 4 days after childbirth. Bilirubin is a yellow substance that the body creates when it is replacing old red blood cells. It causes a yellow discolouration of the skin and white of the eyes because the liver, which usually removes bilirubin from the baby's body, is still too immature to do its job.

About 50% of term and 80% of pre-term¹ babies develop jaundice and although it might look like an alarming condition to first-time parents, it will usually improve without serious after-effects after 1 to 2 weeks. If your child has jaundice that persists for more than 3 weeks, it may be a symptom of an underlying condition. In fact, elevated levels of bilirubin could put your baby at risk for conditions like deafness, cerebral palsy or other forms of brain damage.

The good news, however, is that infant jaundice is very common and can be easily treated.

How do I know if my child has infant jaundice?

The obvious signs will be the yellowing of his skin and white of his eyes. Other symptoms² to look out for include:

- Lethargy
- Pale-looking stools: babies who are breastfed usually have greenish-yellow stools while bottle fed babies' stools are a greenish-mustard colour
- Poor sucking or feeding skills
- Dark urine: a newborn's urine is ideally colourless

A simple check to see if your child has infant jaundice is to press gently on his forehead or nose. If the skin is jaundiced, it will look yellow at the area where you pressed.

Can infant jaundice be prevented?

Unfortunately, jaundice is not something you can prevent in most cases. You can reduce the risk by keeping your baby well-hydrated with adequate milk, but it's not encouraged to 'sun'



your child³ as there is no evidence that it benefits your child. It might even be harmful to your newborn child if you are not careful because the UV rays could damage your child's delicate skin or cause overheating.

How can infant jaundice be treated?

To determine whether your child needs treatment, it depends on whether your child was born premature, how high his bilirubin levels are as well how fast the levels are increasing. Mild infant jaundice usually goes away on its own within 2 to 3 weeks, but moderate or severe infant jaundice will require treatment.

Your doctor may prescribe phototherapy treatment⁴ where special fluorescent lights are used as an effective way to break down and reduce the bilirubin in your baby's skin until his liver is mature enough to process the bilirubin. Alternatively you may want to carry out the phototherapy treatment at home with the help of equipment you can rent from Cradle n Care Pte Ltd. Why? Because it has the following advantages:

- It allows you to continue breastfeeding your child without having to deliver the breast milk to the hospital where he has been admitted.
- It gives you the opportunity to bond with your little one.
- You can monitor your child's jaundice levels with the help of the equipment from Cradle n Care and get your doctor's confirmation later.
- Cradle n Care works with reputable healthcare

brands like GE Healthcare and Draeger to offer a home solution where infant jaundice can be treated in the comfort of your home. They also provide a jaundice meter that you can use to monitor your child's jaundice levels via a needleless way any time and anywhere.

Want to know more information about Cradle n Care? You may visit their website at www.cradlencare.com, drop them an email at admin@cradlencare.com or call them at (65) 9721 2015. **LWB**



1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3217664/>
2. <https://www.medicalnewstoday.com/articles/165358.php>
3. <https://www.singhealth.com.sg/PatientCare/ConditionsAndTreatments/Pages/Jaundice-Baby.aspx>
4. https://en.wikipedia.org/wiki/Light_therapy



A nutritionally balanced diet is what forms the foundation of a healthy life, but it all goes to waste if your child's digestive system is on the weak side. But fear not, because prebiotics are here to put things right!



'Food' For Gut Health: PREBIOTICS

We know that probiotics are good bacteria that keep your gut healthy because they maintain a balance between the 'good' and 'bad' guys. In fact, do you know that our digestive system is the body's first line of defence against harmful diseases? But even the good guys need help and that's where prebiotics come into play.

Food For Probiotics

You see, probiotics are delicate bacteria that can be easily killed by heat and stomach acid before they can even be digested. People who don't consume dairy foods due to allergies or preferences may also find it difficult to have sufficient amounts of probiotics in their diet. Prebiotics,

on the other hand, are a type of plant fiber that nourishes the probiotics in your gut. In other words, they are 'food' for your probiotics.

Prebiotics are also not as easily affected by heat or stomach acid, so that's a big plus point in their favour. Plus they help your child's body to better absorb calcium, iron and magnesium—all nutrients that contribute to overall health and development as well as stronger bones and density.

Healthy Gut = Healthy Brain

Studies¹ have even shown that a good balance of prebiotics and probiotics in your diet could benefit your overall gut health—reducing the risk of digestive problems such as bloating,

flatulence, diarrhoea and poor appetite. This is important because the gut is where most of your child's immune system action is taking place. If his digestive system is compromised, he won't be able to fully absorb the nutrients from his diet, no matter how healthily he is eating.

On top of that, the gastrointestinal gut contains 80-90% of serotonin², which is an important chemical neurotransmitter that's commonly thought to regulate mood, behaviour, sleep, memory and digestion. Together with gamma-aminobutyric acid (otherwise known as GABA, a neurotransmitter that acts as calming agent when stress levels increase), serotonin is heavily influenced by gut health. This means the healthier your child's gut is, the more healthy serotonin and GABA he will have to encourage optimal brain activity and balance.

Balancing Out The Bad With The Good

Despite your best efforts, sometimes your child's gut health may go haywire due to the following issues:

- stress and anxiety
- poor diets that are rich in processed foods, sugar and trans fats
- medication such as antibiotics and ibuprofen
- gut infections

When this happens, the bad bacteria will overwhelm the good ones—which could cause your child to display symptoms like food allergies and intolerances, skin conditions like eczema, fatigue, irritable bowel syndrome, constipation etc. In such cases, probiotics are the solution to helping your child put things back into order but to make doubly sure they are able to do their job properly; include an additional course of prebiotics.

PNKids, for instance, created the PNKids Prebiotics + Vitamin formula to help promote optimal digestive health in your child.

1. <https://www.ncbi.nlm.nih.gov/pubmed/12088524>

2. <http://www.medicalnewstoday.com/kc/serotonin-facts-232248>



Your Partner In Good Gut Health

Carefully designed to provide a complete solution for your child's nutritional needs, the PNKids Prebiotics + Vitamin doesn't just support a healthy digestive and immune system; it also improves your child's overall growth and development. On top of that, it's formulated with citrus pectin to encourage better nutrient absorption and even comes in a delicious mango flavour so your kids are sure to come back for more!

PNKids Prebiotics + Vitamin makes a great-tasting treat, specially since they contain

- No artificial colours and flavours
- No gelatin, milk, gluten and egg
- No preservatives



PNKids Prebiotics + Vitamin is retailing at \$34.90 at 1010 Mother & Child Essential, Cold Storage, Guardian, FairPrice, Metro, OG, Robinsons, Unity and Watsons.

Hotline: 6747 5595 | www.facebook.com/PNKids.SG | www.pnkids.us

BOOST Your Child's BRAIN POWER

Like the body, your child's brain derives nutrients from the foods he eats. That's why a healthy diet is so important to his overall growth and development. After all, the brain acts like the control tower of your child's body. From controlling the involuntary muscles in major organs such as the heart and stomach to sensory control and emotional regulation, the brain plays a major starring role in your child's health.

So what can you do to help your child become a smart and happy child? There are a few ways:

Balance Your Child's Blood Sugar

Chronically high blood sugar could be harmful to your child's young developing brain¹ so it pays to introduce foods with slow releasing sugars such as oats and brown rice. It also helps to prevent sugar highs and lows with consistent meals and healthy snacks throughout the day.

Enrich His Diet With Vitamins & Minerals

Vitamins and minerals are the key to building a healthy brain so make sure that you fill your child's diet with recommended servings of fruits and vegetables.

In today's competitive world, it's only natural that parents want their kids to be the best at what they do—both physically and mentally. The brain, especially, is the key to a lifetime of health and overall development so it pays to start boosting your child's brain from an early age. Here's how you can do it.



Fatten Up His Brain With Omega-3

Omega-3 (DHA and EPA) are basically essential fatty acids that have an anti-inflammatory effect throughout the body such as the blood vessels, joints and muscles. In fact, studies² have shown that infants who were given formulas that were enriched with DHA (docosahexaenoic acid) have been linked to positive scores in cognitive development such as intelligence test scores, hand-eye coordination, social skills and even attention spans.

The Benefits of Fatty Acids

DHA and EPA (eicosapentaenoic acid) are not only believed to improve neuronal growth and support cerebral functions for smarter and sharper minds, they also promote better blood circulation and boost the health of your child's eyes, heart and respiratory system. For this reason, pregnant mothers are encouraged to include DHA in their diets and continue with it until they stop breastfeeding. Even after your child has moved on to solid foods, it's still beneficial for them to continue a diet that includes Omega-3.

But why DHA and EPA in particular and not ALA, which is part of the Omega-3 family? The reason for this is simple: ALA (alpha-linolenic acid), which is extracted from plant sources, is the precursor to DHA and EPA. However, the rate at which our body converts ALA to DHA and EPA is extremely low so it explains why it's more practical to derive DHA and EPA from natural food sources or supplements.

Why PNKids Brain Power Is The Answer

While foods like salmon, sardines, beef, eggs etc. are fortified with Omega-3, sometimes your child may be a tad fussy with his food. Not to worry though, because PNKids Brain Power provides you with a convenient source of Omega-3 (DHA and EPA) for your little one. Like its fellow products under the PNKids brand, it contains citrus pectin for better vitamin absorption. In fact, it's designed to provide your child with a complete solution to meet his nutritional needs in the following ways:

- Supports brain development and function
- Supports healthy heart function
- No artificial colours and flavours

1. <https://www.nih.gov/news-events/news-releases/chronic-high-blood-sugar-may-be-detrimental-developing-brain-young-children>

2. <https://www.sciencedaily.com/releases/2013/08/130813101927.htm>

- No gelatin, milk, gluten and egg
- No preservatives

It comes in great-tasting fruity flavours and fun shapes as well, so that's one plus point in its favour. But don't just take our word for it. Get your child to try the PNKids Brain Powder today and watch him reap all the benefits!

PNKids Brain Power
Omega 3 DHA
Supports Healthy Brain!
Healthy Skin!
Healthy Heart!
60 Gummies

PNKids Brain Power is retailing at \$34.90 at 1010 Mother & Child Essential, Cold Storage, Guardian, FairPrice, Metro, OG, Robinsons, Unity and Watsons.

Hotline: 6747 5595 | www.facebook.com/PNKids.SG | www.pnkids.us

Baby's First Wheels: What To Consider In A STROLLER

Choosing a stroller is a lot like buying a car. There's a list of must-haves and equipment levels to look out for.

Just like buying a car, strollers can be divided into the stylish, the bread and butter models, and those which are purely utilitarian.

With such a wide range of strollers out there, how do you choose the right one? First, make sure you choose one that suits your basic needs. Look for these:

Safety!

Always check if there are safety belts. When your child is still tiny and safely inclined in the depths of the stroller, there is little chance of him or her popping out. But once they get a little older and feistier, only proper restraints will prevent the little tykes from bailing out and making a break for freedom. A safe stroller will include buckled straps to secure the baby, as well as a crossbar that your child can hold on to when the ride gets bumpy.

A stroller with an adjustable reclinable seat angle is also safer, as you can simply lean your child out of trouble.

Ease of use

Having a stroller that's a pain to unfold would certainly discourage you from visits to the mall. While you're in the store, try out the folding and unfolding of the stroller and see if you can get it done in less than half a minute.

Size

The wider the space inside the stroller, the easier it is for your baby to get comfortable. Some strollers will also accommodate toddlers of up to 3 years of age easily and will offer a better return on your investment.

Ventilation

If you think Singapore is hot and humid, imagine

how much an infant has to endure. An infant is likely to sweat more because her ratio of surface area to mass is much larger compared to an adult. So choose strollers that combine breathable fabrics (preferably mesh) with a movable canopy that can help direct the stream of air for maximum ventilation.

An ergonomic stroller handle

A stroller that has many positions for you to rest your hands on will make you more comfortable and less likely to lose control of the stroller on a steep slope. Similarly, some strollers come with little hand brakes so that you can put a lock on the wheels.

Size of wheels

When it comes to wheels, the larger the wheels are, the more comfortable the ride for your child. Larger wheels roll over bumps easier and will not tend to get stuck in ruts. They're also easier to maneuver over steps. And while four wheels make for a more stable stroller and are able to resist tipping better, three-wheeled strollers are easier to 'drive' around a mall or park. Neither is clearly better, so your personal preference and stroller budget will make the difference here.

Face in, or face out?

Some strollers have the baby facing upwards towards you, while most face away. The advantage of being able to see your baby as you walk is that your baby gets constant attention and reassurance from seeing you. However as they get older (and bigger) and express more curiosity in their surroundings, a forward-facing stroller may be a better investment.

Shoulder straps

Sometimes, you need to carry the stroller from one place to



another. Don't neglect your own comfort, and try out the shoulder strap of the stroller to see if you can bear with hoisting it around over short distances.

Combination car seat/strollers

Now obviously, this is the most bang for your buck. After you're done with your stroll, simply heave the bucket seat of the stroller into your car and you'll have a ready-made car seat. Then again, these don't tend to be cheap.

Don't make the mistake of choosing just any stroller for your bouncing baby. You won't buy a car without driving it first. Take out the stroller you have in mind out for a test drive before you put down your hard earned dollars. **LWB**



What TYPE Is Your CHILD?

Your child's behaviours and attitudes at a young age give you hints on their eventual adult disposition. We have a test to help you bring out your child's best.

1. Is your child generally more

- a. active and loud (*go to question 2*)
- b. calm and quiet (*go to question 3*)
- c. not sure (*go to question 2*)

2. When your child wakes up in the morning, he or she

- a. cries to let you know that he or she is awake (*go to question 3*)
- b. waits till you find out that he or she is awake (*go to question 3*)
- c. plays around by himself or herself (*go to question 3*)
- d. whines to let you know himself or herself is awake (*go to question 4*)

3. When playing with other children, your child

- a. mingles well with other toddlers (*go to question 5*)
- b. keeps to himself or herself (*go to question 5*)
- c. snatches the toys of other toddlers (*go to question 4*)
- d. leads the group to different games (*go to question 4*)
- e. mingles selectively (*go to question 5*)

4. When your toddler does not get what he or she wants to get, he or she

- a. becomes aggressive and cries till he or she gets things to go his or her way (*go to question 6*)
- b. whines and cries but stops when you stop paying him or her attention
- c. quietly agrees to give up (*go to question 6*)
- d. agrees to give up after reasoning (*go to question 5*)
- e. does not question (*go to question 5*)

5. When brought to an unfamiliar settings with strangers, your toddler

- a. runs around and does not mind playing with other toddlers or adults (**DOPEY!**)
- b. sits in one corner and plays by himself or herself (*go to question 6*)
- c. listens to what you tell them to do (*go to question 7*)
- d. takes a while to warm up (*go to question 8*)

6. When another child wants to play with a toy your toddler is playing

- a. your toddler refuses and becomes hostile to the other child (*go to question 7*)
- b. gladly shares with and plays with the other child (*go to question 9*)

7. When upset, does your child calms down when

- a. you reason with them and he or she understands the reasons (**GRUMPY!**)
- b. your child will continue to throw tantrums until he or she is tired (**SNEEZY!**)

8. Which of the following does your child like to play with more

- a. complicated games (**DOC!**)
- b. hands-on games (**SLEEPY!**)

9. You often find yourself

- a. drained at the end of the day (**DOPEY!**)
- b. amused at the actions of your child (**HAPPY!**)
- c. trying to get your child to open up to your relatives or other children (**BASHFUL!**)

'Sneezy' (The attention seeker)

Temperamental and emotional, these toddlers are often labeled as attention seekers. They are extremely demanding and needy. They want to be the centre of your universe. They make sure that when they sneeze, everyone hears of it. In a nut shell, they want things to always go their way.

They might grow to be defiant if their tempers are not monitored properly. On the other hand, they may grow to be great leaders due to their strong personality.

'Sleepy' (The dreaming one)

Nothing seems to ever fret toddlers in this category. They react to circumstances calmly and usually do not have strong reactions. If something is taken away from them, they seldom kick up a fuss. To a certain extent, they like to live in their own world. They let their imagination run wild in their comfort zone and do not like intrusion.

Highly creative and imaginative, indulge them in arts activities and you may just be amazed at how far their talents can develop!

'Dopey' (The fun loving and active one)

Your child is extremely active and sociable. He is not afraid to face the world without you and can be very independent. Usually adventurous, they like to attempt new feats and takes pride in completing it.

However, the 'dopey-type' toddler may be prone to tantrums when they cannot get what they want.

'Doc' (The wise leader)

Your child seems to be more intelligent than other toddlers in the same age. You may have realised that your child takes a shorter time to learn new skills. Your child is pleasantly shy but will not feel exceptionally uncomfortable when interacting with strangers. He or she will adapt to new people and surrounding with enough time.

Doc-style toddlers usually like routines and acquire knowledge faster when they know what to expect next.

'Happy' (The easy going one)

As good as gold, your child is the baby version of a social butterfly. Extremely comfortable in groups, toddlers in this category make friends easily. They are not afraid when put in unfamiliar situations.

They do not have the habit of throwing tantrums. It is also fairly easy to calm them down when they start to get emotional.

'Bashful' (The shy but sensitive one)

If your child is in this category, he or she is extremely shy and takes much longer time to adapt to new situations.

Your toddler seems to have a circle of trust that he or she doesn't open up easily. He or she does not mingle well in social situations and would very much rather keep to himself or herself.

However, if you disturb them when they are engrossed in an activity, they may get irritated or upset.

'Grumpy' (The stubborn but loyal one)

Grumpy is always the first among the 7 dwarfs to stand up for a friend. Your child will probably be the one who stands up for another when there is bullying. They are very stubborn but loyal. It is usually not easy to make them understand certain reasoning you give them. But once they do, they remember and uphold it.

A grumpy-type child may grow up to be very principled and righteous. Your child may seem to be inflexible at times but they are often happy to be in their comfort zone.

We hope you've enjoyed the test, but do take the results with a pinch of salt. It is only meant to be a guide to understanding your child a little bit better! **LWB**



Chiropractic Care & Your Child's Health

Ever wondered how chiropractic care can make things better for your body? Dr Choi from the Academy of Chiropractic Clinic explains.

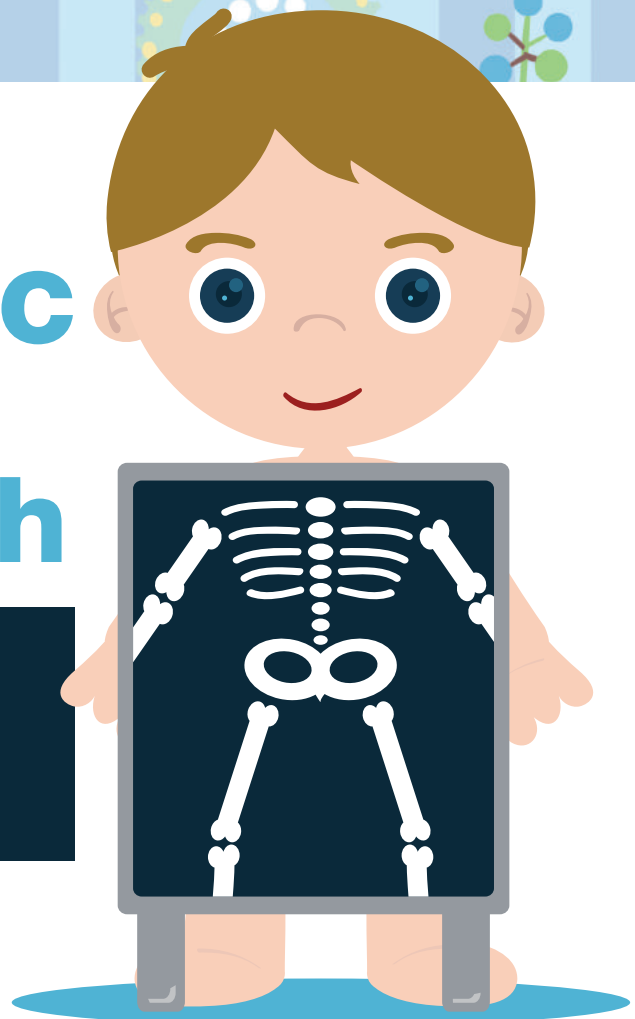
Allergies

Our immune system removes dangerous and unwanted substances from our body, which may result in certain people having allergies. Such allergies includes symptoms like inflammation, sneezing, coughing and vomiting. When the irritant manages to come into contact with the body, it produces unique antibodies known as the immunoglobulin that brings about the release of histamines. When that happens, it overwhelms the body as the blood pressure decreases and blood vessels dilates.

In terms of receiving treatments, traditional remedies does not really help to eradicate the core of these problematic allergies and this might result in severe side effects over time. Traditional remedies only helps to cover up the problem one is suffering from. It is more recommended to have these allergies cured naturally and this is where chiropractic care comes into play.

Our nervous system takes charge of controlling our body. If the nervous system is faulty, it makes one vulnerable to the irritant. Moreover, the nervous system in the body is able to adapt and change to whatever happens from within. When the allergies starts to kick in, the body reacts to it and tries to tackle the unwanted substances. So, by providing more attention to our nervous system, it will significantly help each individual with their case of allergies.

By correcting the link between the nerves of the brain and the spinal cord, it helps to administer the body's reactions. Chiropractic care helps to prevent the pathways in our body from being blocked, ensuring a smooth flow, strengthening as well as



enhancing the immune system. As a result, it helps to remove the unwanted substances obstructing the nervous system, in turn allowing the body to tackle the unwanted substances and reducing the chances of having allergies in the future.

There have been patients' feedback on how chiropractic care has helped them significantly in terms of experiencing less frequent allergic reactions. Hence, when suffering from problematic allergies, chiropractic care can definitely be one of the possible alternatives for a natural cure. Children with allergies often respond quickly to adjustments. Dark circles under the eyes are often a sign of a child being toxic and run down with allergies.

Solids shouldn't be introduced into a child's diet until at least 6 months of age. because the infant's digestive tract is designed for the digestion of the mother's milk. It is thought that perhaps this is when allergies begin as the digestive tract cannot properly digest the solids, thus leading the body to respond to the food as "foreign" and causing an allergic reaction.

The patient's diet along with the patient's living and work environment need to be taken into consideration. Testing for allergies may be necessary to narrow down food and environmental allergies and also provide natural and homeopathic remedies. Drink plenty of water, avoid dairy products and sugar, and get plenty of rest.

Flying Stars and Yearly Afflictions for 2018

THE YEAR OF THE EARTH DOG

Get to know the different influences of Qi at varying sectors of your home and workplace in 2018 to give yourself an upper hand in life.



WEALTH

- Fruitful if activated as the main Wealth sector of the year
- Maximising sector benefits will increase wealth accumulation
- Professional pursuits will flourish in this Wealth sector
- Solid foundation will be in place for future promotions at work



ACADEMIC

- Encourages scholarly and academic pursuits
- Boosts endeavours in humanities, literary and artistic fields
- The Main Door here will result in fulfilling journey for long distance travels
- Promotes meaningful and fulfilling relationship with love interest



CAREER/AUTHORITY

- Profitable career prospects throughout the year
- Initiatives at work will be recognised by superiors
- Social influence will improve by using this sector as the office Main Door
- Causes minimal complications in the form of upheavals in the office



DISCORD

- Inflicts adverse effects on emotional and physical wellbeing
- Introduces a host of various illnesses
- Causes constant arguments that will impact your life
- Arguments are bound to occur with partner if bedroom is placed here
- Having Main Door here means the occupants will be prone to theft and burglary.



ILLNESS

- Turbulent energies will cause severe health complications
- Aggravation of existing medical conditions
- Expectant mothers may face pregnancy issues and babies may have poor health
- Negative energies can be suppressed by placing heavy metal objects



ARGUMENTS

- Promotes conflicts, arguments and heated disagreements
- Legal complications which lead to health problems due to stress
- Placement of oil lamps will suppress negative energies



CALAMITY

- Bears the most negative energy of the year
- Most inauspicious sector to begin endeavours with
- Avoid renovations or ground-breaking works in this sector
- Negative energy can be suppressed with heavy metal objects



NOBLE PEOPLE

- Positive outcomes for career advancement
- Opportunities for travel and wealth accumulation
- Positive improvements in academic pursuits
- Promote relationships and social skills



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It is important to note that digestive tract problems often begin with eating too fast. You should take small bites and chew each bite until it is well masticated.



Digestive System

The human digestive system is entirely linked to the nervous system. The nervous system has complete control over various aspects of the digestive function. For example, the nerves in the thoracic and lumbar regions of your spine control the pace which the body digests food. If any of the numerous nerves in your spine are malfunctioning, problems with digestion can easily arise.

Each digestive organ has two nervous signal inputs, “slow down” and “speed up”. These are referred to as the sympathetic and parasympathetic, and an imbalance can cause malfunctions. For example, too many parasympathetic signals to the intestine can lead to hyper mobility or diarrhoea while a sympathetic dominance can lead to constipation.

Minor to severe misalignments in your spine are called “Subluxation” that interfere with the nerves’ ability to properly control digestion. When the spine is aligned improperly, stress and strain are put on the nerves, leaving them incapable of sending out the necessary signals to your digestive organs that trigger them to work properly. As a result, ailments such as chronic acid reflux, upset stomach and constipation develop. Until the interference in your nervous system is corrected, these conditions will continue to ail you.

A Chiropractor can safely, gently and non-invasively correct subluxation in your spine through chiropractic adjustments.

This involves the chiropractor gently guiding your vertebrae back into their proper places. This will take the strain off your nervous system and allow it function normally, thus helping your digestive system issues to subside.

It is important to note that digestive tract problems often begin with eating too fast. You should take small bites and chew each bite until it is well masticated. Don’t drink with a meal especially those who are trying to lose weight. Don’t drink at least half an hour before eating and wait at least one hour after eating. This keeps the concentration of gastric juices higher so better digestion can occur and aids in the absorption of nutrients and the reduction of gas.

Chiropractic care isn’t just effective at treating digestive issues in adults. Research has shown that chiropractic care is particularly effective at relieving digestive issues in infants, primarily those suffering from constipation and infrequent bowel movements.

Scoliosis

Scoliosis is a musculoskeletal disorder where there is a side-way curvature on the spine. Scoliosis affects people of all ages, be it infants or adults. The most common type of scoliosis is known as the idiopathic scoliosis. It is more likely to occur in females than males, and also after the age of 10.

The most critical stage of the development of scoliosis



is before puberty, especially during the ages of 4 to 9 years. During this time, scoliosis is the most correctable or at least manageable. It is important that parents have their children checked for nerve interference in the early years so there is a better chance of managing the scoliosis and other health issues.

The cause of scoliosis is unknown, hence to conclude if the patient is suffering from scoliosis, the doctor will have to identify possible causes such as injuries or infections. There may be a possibility where a child might suffer from scoliosis due to genes in the family. The cause of scoliosis may also include abnormal development of the bones, weak muscles or abnormalities with the inner ear. All these affects the back muscles as well as the alignment of the hip.

The Chiropractic approach involves applying treatment during the early scoliotic phase in an effort to avoid invasive approaches such as a back brace or surgery. It aims to gently and gradually correct the curved spine back into the classic spinal curve. The Gonstead Chiropractor evaluates for a number of potential causes such as leg length, subluxation, mechanical problems with the upper neck and malformation of the vertebra. When starting to reconstruct the spine to the shape it should be, the treatment will have to start off realigning the hips. Afterwards, adjustments and realignments will also be done to the back and the neck.

Other than treatments, it is recommended that the patient spend an hour or two exercising a day. Exercises such as swimming, balancing and strength trainings will help to strengthen and extend the spine. **LWB**



About the Academy of Chiropractic Clinic:

The Academy of Chiropractic Clinic is located at 30 Merchant Road in the Clark Quay area. Dr. William Choi is the only Chiropractor in Singapore to solely practise a "hands on" method of spinal adjusting known as the Gonstead method of Chiropractic. This unique approach locates the misalignments in the spinal column, then specifically and gently adjust the segment back into place manually.

The pressure is then removed from the nerve joint while function is restored.

A native of New York, USA, Dr. William Choi holds a Bachelor of Science in Health Sciences and Oriental Medicine and a Master of Science in Acupuncture from New York College(USA) and a Doctor of Chiropractic from Sherman College of Chiropractic(USA). He was an instructor and officer of the Gonstead Society at Sherman College and has given lectures and seminars to Chiropractic students at the International Medical University of Malaysia. He has volunteered his time and services to several charitable organisations to help improve the health and well-being of those in need.
www.accsing.com



**This series of articles is courtesy of Dr Choi from the Academy of Chiropractic Clinic.*

Double TROUBLE?

Getting your two year old toddler to heed your verbal commands may take nothing more than constant persuasion, but try getting a pair of two year old twins to do it!



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Prebiotics: Protection for Your Child's Digestive Health

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What is Prebiotics?

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DID YOU KNOW?

From the time your child begins to crawl, and as he learns to walk and run, curiosity drives much of his activity. He will touch, and even taste, whatever he can get his hands on. This exposes your child to all kinds of bacteria and microbes that can cause stomach upset, irregular bowel movements and diarrhoea that can be severe at times. Prebiotics play a role in treating constipation in children, and research shows that they also can help protect the gut from harmful micro organisms that can lead to intestinal infections.

Recent studies on prebiotics also show that these essential nutrients may also alleviate symptoms of skin allergies in children. Clinical test has also proven the role of prebiotics in boosting the body's mineral absorption essential minerals such as calcium, magnesium and iron.

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*Incentech Pte Ltd calculation is based on data reported by Nielsen for the Kids - Multivitamins category, value \$ sales for the past 12 months ending Dec 2014 for Total Western Pharmacy Stores (Copyright © 2014, The Nielsen Company)

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Children often ignore us when they are enjoying their own play. The key to getting them to listen to you is to get their attention by using some specific funny way that is out of their normal expectations.

For example, sit facing your babies, extend both arms so that your hands are behind your babies's field of vision and at the level of their waist. Ring a bell, first with one hand, then the other. Repeat 2 or 3 times if necessary. If your twins turn their heads to the side at least once, you pass!

But that's just the start.

Get your babies to head your verbal commands

“NO”

Anything in your flat can cause danger to babies. The only way to prevent them getting hurt is to say “no” to your babies. Young children can easily understand and obey the command “no” if you train them properly.

Test by commanding, “Baby, no!” while babies are playing with any test object. Success is if the children temporarily inhibit their actions voluntarily. In this way, you can work up to keeping them away from the fire on the stove by simply saying “no”. The key to success is in the tone.

“Don’t”

“Kate, don’t hit your sister!” Getting them to understand the word “don’t” can also prevent unnecessary injuries!

When it comes to twins, your twins may both be doing the same harmful action at the same time, so don’t forget to call both of their names before you say the words “No” and “Don’t”. It may be difficult to watch two kids at the same time, so paying attention to them is definitely double the work!

Be patient with your lovely twins

Sometimes, you may feel embarrassed when your babies ignore what you want them to do. Simple commands like “Come on, give mummy a kiss” cannot be achieved easily without patient verbal command training.

Train them to listen to you by patiently rewarding them when they do as you command. When babies are playing with their toys, say “twins, give the toy to me”. If babies extends toy to you, even if babies seem to change their minds and take the object back, that is a pass. Continue to encourage them for behaviour you approve of, and repeat the same command for one or two times until they understand what you mean.

If your babies don’t do as you say, don’t give up and let it get you down. Repeat the commands but this time hold out your

Everyone is different from each other, even twins of course! Don’t worry too much about their different response rates. As one of them learns, the other will learn as well by observation. A good role model gives the ultimate learning experience for your sweethearts!

hand for the toy. Body language is key. Try to use your hand and fingers to give them direction, or mime the action out.

If you are teaching both twins at the same time, it is a much more difficult task. You should call each child’s name separately to get their attention. This also lets them understand that they are individuals, not a unit of ‘twins’.

If one of your babies follows your command instead of both, at least encourage them to finish together.

Twins are not identical!

Many mothers may experience situations such as this: “My one twin does seem to respond to commands more and her sister is sweeter as she is still seems like a baby and not a toddler.”

Everyone is different from each other, even twins of course! Don’t worry too much about their different response rates. As one of them learns, the other will learn as well by observation. A good role model gives the ultimate learning experience for your sweethearts!

However, all kids learn things at different rates. Don’t feel fed up if one twin does not listen and respond to your commands even though the other twin does.

Instead, enhance your interaction with your twins by using this technique - “Say what you see”. This helps especially if you have a hard time talking to your kids all day long. It is basically describing what you see them doing.

“Oh, Tiffany is drawing.” “Connie is talking on the phone.” “Tiffany is eating ice cream.” “Connie is running around me.”, etc. It is an excellent way to build up your child’s language abilities without feeling like you have to keep up a meaningful dialogue between you and your children at all hours of the day.

Schooling your toddlers is a difficult task and dealing with a double dose of the terrible twos should earn you a medal! But remember, that also means you get double the special moments. That’s the thing about twins; they are the greatest unique gift that others only have one of! **LWB**



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Our team of business partners is headed by Eric Seah, who has 22 years of wealth management planning experience. He holds a Chartered Financial Planning (ChFc), Certified Financial Partner (CFP) and Associates Estate Planning Practitioner (AEPP).

Tips To Vacationing With Kiddo

With a kid in tow? Unlike packing for a day out, there's a lot more equipment and preparation involved if you're planning to bring your child abroad. We show you how to play safe.

There's No Better Joy than To Play And Learn



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Although travelling with a young child on holiday can look like an intimidating task, especially for first time parents, if you plan well and follow a few basic guidelines, your child's first holiday abroad can be a wonderful, stress-free experience.

Prep Work

Start by asking yourself the 'who, what, where, when, why and how' of your trip. Consider the climate, activities, accommodation and transportation involved in your journey. Also, take into consideration the people who are going and the purpose of your trip.

What to Wear

A safe bet is to pack one outfit for every day of the trip. However, this does not mean that you need 5 shirts and 5 pairs of shorts for a 5 day trip. Mix and match clothing to make different outfits and lighter suitcases. When you are on the road, nobody else will know your child has worn those shorts 3 times this week.

The best clothes to pack are wrinkle-resistant. They are the easiest to care for by far. Choose bright colors and patterns to hide stains. Avoid packing black and white coloured clothes as they will show even the smallest specks of dirt. Pack comfortable, all-purpose shoes for your kid.

If you are traveling for more than a week, it is worth an hour of your time and a couple of dollars to visit a laundromat and wash your one week's worth of clothing. Bring several big plastic bags for dirty/ wet clothes and shoes.

Out and About

It will be good to bring along an all terrain stroller as you will be able to explore the beach, rough tracks, cobbled streets, as well as feed or restrain your kid when necessary. They can be a liability however, in many developing countries where the pavements are non-existent or at best uneven and potholed.

Bottoms and Bathrooms

In case of emergencies or the inevitable delays, you should bring along some disposable nappies and baby wipes which serve dual purposes as wipes for bottoms and faces.

It is also recommended to bring a daily care cream to help your child's skin from drying out due to dehydration during flying, especially if they already have a dry skin problem. A lip balm will also help to keep lips supple and comfortable during flying and also protect against sun damage during the trip.

Other essentials to bring along include an all-in-one shampoo/body wash, your child's toothbrush and toothpaste

and towels if you are sure your holiday accommodation does not provide them.

Health and Safety

Your child's well-being is important for a successful family holiday. While you can't possibly prepare for every eventuality, there are some essential items that you should bring along. However, you will know what works best for your family, so just select those that are appropriate for you.

First, you should bring along your child's prescription medicine. To avoid customs delays always carry medicines in their original packaging.

Second, you should prepare some other common medications such as cold medicine/pain killers, decongestants, antihistamine, diarrhea and motion sickness pills, and oral rehydration salts.

Third, there are some precautionary items that you can put in your medical kit, such as a digital thermometer, plasters, tissues, cotton wool and buds in a zip-lock bag, safety pins, a sewing kit, nail clippers, a supply of bags for vomiting, sunscreen lotion, insect repellent, baby powder that is useful for calming prickly heat and a natural antibacterial spray.

Vitamin C supplements should also be included in your kit to keep up the health of your child during the trip, and appropriate travel vaccinations such as flu and PD should be on your schedule first.

Comfort Zone

In case your child gets bored during the travel, you may want to prepare a 'Happy Bag' for your kid on the road and fill it with hours of travel fun and entertainment.

Some items you may wish to pack, includes card games, coloured ink pens, crayons, stickers, notebook for drawing, ink stamps, mini notepad, a classic storybook, toys, a small ball or even a cuddly stuffed bear.

Also, it will be nice to bring at least one blanket for your child's comfort, shade and warmth.

Finally, to prevent hunger pangs on the road, you may wish to prepare some nutritious snacks for your child as well. If you are formula feeding, bring enough bottles, teats, covers, measuring spoons, put extra bottles in your hand luggage in case of emergencies or delays. And don't forget the formula powder and bottled water that is ready to pour.

Fun time

There you go! You are all set for your first family trip abroad. Relax and enjoy! Remember to bring your camera and videocam along to capture those wonderful times together! **LWB**

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The Whats & Whys of Childcare Illnesses

Childcare is unsurprisingly where most kids pick up their Hand, Foot and Mouth Disease (HFMD). But guess what, that's not the only type of bug they get to pick up. Phua Kian Hwee plays infectious diseases expert.

Singapore's childcare industry is booming over the years. Every working day, parents drop off their precious little kids at childcare centres. Most of them do this under the firm assurance that they are entrusting their loved ones to strictly-regulated childcare providers, hence believing that they will be safe and sound.

But as concerned parents, you need to be aware of the common infectious diseases your child is at risk for in his childcare centre and how illnesses are spread. Here are the main routes.

Route #1: From mouth to mouth (Airborne droplets/infectious discharge)

Infections are spread when an infected individual sneezes or coughs out airborne droplets and are inhaled by another child directly.

Indirect transmission of infections involves contact with surfaces like toys or hands contaminated with infectious droplets or nasal/throat discharges.

Fine droplets that can travel a long distance by air currents	Larger droplets that travel less than one metre in the air
Measles	Streptococcal sore throat
Chickenpox	Influenza
Tuberculosis	Common cold
Pneumococcal disease	

Route #2: From bottom to mouth (fecal-oral route)

This happens when faeces from an infected child are transferred to another individual from contaminated hands to mouth or indirectly by way of objects, surfaces, food or water soiled with faeces.

Some sites which are most frequently contaminated with faeces are hands, classroom floors, diaper changing areas, toys, and tabletops..

Examples of illnesses passable include:

- Campylobacter infections (also known as food poisoning, which can result in diarrhea, cramping, abdominal pain, and fever)
- Rotavirus infections (the most common cause of severe diarrhoea among infants and young children, and can lead to hospitalisation in the case of severe dehydration)
- Salmonella infections (this causes diarrhea, fever, vomiting, and abdominal cramps, 12 to 72 hours after infection)
- Hand, Foot and Mouth Disease (HFMD – this causes fever and blister-like eruptions in the mouth and/or a skin rash).

Route #3: Urine

Besides poo-poo, pee-pee is also responsible for the transmission of certain infectious diseases like Cytomegalovirus (CMV) when it is passed from contaminated hands or objects to the mouth.

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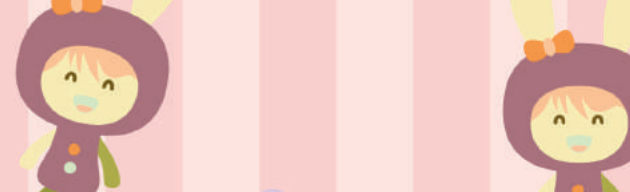
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Symptoms of CMV infection in otherwise healthy children and adults can cause prolonged high fever, chills, severe tiredness, a generally ill feeling, headache, and an enlarged spleen.

Transmission of CMV can also occur through contact with infected fluids such as blood, saliva, semen, cervical secretions, and breast milk.

Route #4 Blood

Some infections are spread when blood from an infected person comes in contact with a cut or mucous membrane of another individual. Examples of diseases spread through this route include Hepatitis B, Hepatitis C, as well as human immunodeficiency virus (HIV). However, transmissions of these type of diseases are not so common in a childcare setting.

Route #5 Skin

Skin may act a barrier against germs but it is not one hundred percent fool-proof. Infections can still spread when body fluids come into contact with broken skin.

Examples of skin-transmissible diseases include:

- Chicken pox
- Cold sores (herpes simplex)
- Conjunctivitis
- Hand, foot and mouth disease
- Impetigo – a superficial contagious bacterial skin disease forming pustules and yellow crusty sores, chiefly on the face and hands.

Route #6 Saliva

Glandular fever (Mononucleosis) and Cytomegalovirus infection (CMV) are infections that can be spread by contact with saliva. So, if your daughter is always generous in giving out her friendly kisses to her beloved buddies, you may want to teach her to give warm hugs instead!

Spot the symptoms!

Symptoms vary across different forms of infectious diseases. However, it is still possible to assess and deduce the general health status of a child simply by paying attention to his behaviour and noting any symptoms of illness which may be as follows, for instance:

- Unusual behaviours
- Headache
- Vomiting
- Loss of appetite
- Unusually dark urine
- Blood in stool
- Unusual rashes or spots
- Fever

Note that this is not an exhaustive list

If your child is under 5 years old but missed the PD jab, you should also opt for the catch-up vaccination against pneumococcal disease.



More Immunity Challenges

Under the National Child Immunisation Programme, children in Singapore are vaccinated against diphtheria, tetanus, whooping cough, measles, mumps, rubella and by today, pneumococcal disease.

For greater peace of mind, you may want to opt in for optional vaccines to protect your children against various contagious disease-causing agents like Varicella (Chickenpox), and of course, the influenza A (H1N1) virus.

If your child is under 5 years old but missed the PD jab, you should also opt for the catch-up vaccination against pneumococcal disease.

Your social responsibility

Remind your children to:

- Always cover nose and mouth with a tissue when coughing or sneezing.
- Wash hands frequently with soap and water and ensure they are thoroughly dry (preferably with disposable paper towel) especially after they cough or sneeze.
- Do not touch eyes, mouth and nose unnecessarily as this can facilitate the spread of germs.
- Keep anti-bacterial wet wipes handy. They can be used to disinfect surfaces which kids come in contact with, such as door knobs, hand grips, buttons and even toilet seats.

Taking preventive measures like these can keep your children's hands, mouth and skin confidently bacteria-free with regular use. **LWB**

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Zika Virus

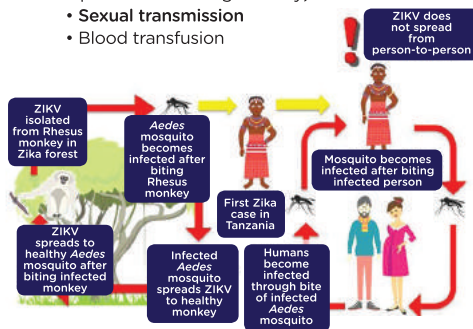
Introduction

Zika Virus (ZIKV) infection in humans has been reported since the 1950s. Zika virus infection is a **mosquito-borne infection** and has symptoms **similar to Dengue**. Singapore's first imported case of Zika virus infection was confirmed on 13th May 2016, and we should exercise vigilance to prevent the spread of the Zika virus infection.



Transmission

- Zika virus is transmitted via the *Aedes* mosquito, the same species that is responsible for the spread of Dengue virus.
- 4 main modes of transmission:
 - Via the **bite of an infected *Aedes* mosquito**
 - Maternal-fetal** (either through the placenta or during delivery)
 - Sexual transmission**
 - Blood transfusion

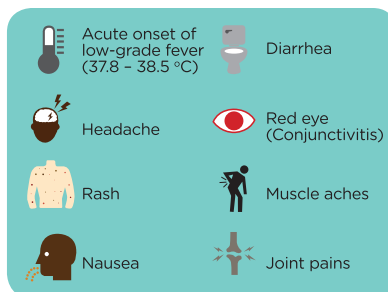


Diagnosis

- To Date, the Zika virus infection **can only be confirmed through a blood test**.
- See your doctor if you develop any of the signs and symptoms mentioned below and have visited an area where Zika is found.
- If you have recently travelled, inform your doctor when and where you have travelled.**

Signs and symptoms

- Only 1 in 5 infections are symptomatic.
- Zika virus infection is generally a **mild and self-limiting** illness.
- Symptoms of Zika are similar to those of **Dengue**:



Areas with Zika

Refer to the Ministry of Health (MOH) website for an updated list of areas with Zika virus outbreak / ongoing local transmission



https://www.moh.gov.sg/content/moh_web/home/pressRoom/Current_Issues/2016/zika-virus.html

Treatment

- There is **no medicine to specifically treat** the Zika virus infection.
- Treat the symptoms:**
 - ✓ Get plenty of rest
 - ✓ Prevent dehydration by drinking enough water
 - ✓ Paracetamol may be useful in reducing fever or pain
- ! Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue can be ruled out to reduce the risk of bleeding

Complications

The Zika virus infection has been known to result in **microcephaly** (where baby's head is born smaller than normal) and **Guillain-Barré syndrome** (a disorder of the nervous system).

Prevention

- There is currently no vaccine to prevent the Zika virus infection.
- 3 main ways to prevent the spread of the Zika virus:



- Remove stagnant water**
- Avoid mosquito bites** by applying insect repellents / wearing adequate clothing for protection
- Postpone travel to areas with ongoing outbreak or local transmission**

Zika & Pregnancy

- ! Zika virus infection during pregnancy has been **linked to babies born with microcephaly** (where baby's head is much smaller than normal).
- ! Zika virus infection in a woman who is **NOT** pregnant will not pose a risk for birth defects in future pregnancies after the virus has cleared from her blood.
- ! **Prevent sexual transmission of the Zika virus** by ensuring that condoms are used correctly from start to finish, every time during sex.



Baby with Microcephaly

Photos by:

1. Baby with microcephaly - <http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html> 2. <http://www.wisegeekehealth.com/what-is-a-mosquito-repellent-patch.html> 3. <https://mic.com/articles/133408/zika-virus-outbreak-2016-is-it-safe-to-travel-latest-travel-advisories-from-the-cdc#wROBsmxKs>

Disclaimer

Information provided by this patient information leaflet is solely for informational purposes only and is not intended as a substitute for the advice provided by your physician, pharmacist or other healthcare professional. You should not use the information for diagnosis or treatment of a health problem or disease. Always speak with your physician, pharmacist or other healthcare professional before taking any medicine or supplement, or adopting any treatment for a health problem. Under no circumstances will Watson's Personal Care Stores Pte Ltd be liable to any person for damages of any nature arising in any way from the use of such information.



True Colours Festival

A major festival, the first of its kind in the region, will make its mark as a key highlight on Singapore's 2018 event calendar. The True Colours Festival will take place from 22-25 March 2018 in Singapore. Up to 20 performing artistes/troupes from Japan, China, India, Korea, Malaysia, Cambodia, Kazakhstan, New Zealand, Australia and Singapore, plus guest artistes from the United Kingdom and Canada, will perform at a multimedia concert experience at the Singapore Indoor Stadium and at the accompanying True Colours Festival Village, a short walk from the concert venue. This never-before festival will present some of the most talented performing artistes with disabilities in the Asia Pacific region.

Apart from the indoor and outdoor activities, True Colours Festival includes a special event and another first, the Arts and Disabilities International Conference 2018. This one-and-a-half day event for professionals and practitioners in the field will feature a slate of talks, workshops and discussions with speakers from the UK, Australia, Canada, Cambodia and more. Tickets are priced at \$30 with concessions and discounts. For the first time, an inclusive seating arrangement will be introduced to allow wheelchair users to enjoy the concert experience seated together with their family members and friends. True Colours is presented by UNESCO and The Nippon Foundation, and produced by Very Special Arts Singapore.

Tickets will go on sale from 11 January 2018 at www.sportshubtix.sg. For more information, visit www.truecolours.sg. More details including a confirmed line-up of the artistes will be announced in early January 2018.



New Milestones For PAZZION

PAZZION reaches new milestones this October with its official launch on China's largest e-commerce platform Tmall (天猫) and opening of the first-ever PAZZION transit store in Changi Airport Terminal 4. PAZZION set foot into China with its launch on Tmall on 14 October 2017, which is accessible via pazzion.tmall.com. This enables the label to be easily available to close to 500 million active users on the largest e-commerce B2C platform in China.

Tom Ng, founder of PAZZION, shared, "We're excited to bring the PAZZION brand of sophisticated style and quality to China. We have been considering the Chinese market for a while due to its vast potential, but setting up physical stores is a challenge due to its vast and fragmented land area. When Tmall came along, we saw this as the perfect opportunity to reach out to the China market via e-commerce. Now, our Chinese customers will be able to shop from the comfort of their homes with just a few clicks."

PAZZION stores can be found in countries around Asia such as Brunei, Cambodia, Indonesia, Japan, Malaysia, Myanmar, Korea, Thailand and Vietnam. Closer to home, PAZZION also opened its first-ever transit store in Changi Airport Terminal 4 on 31 October. The new store will cater to both locals and international tourists, with a product line specially curated for travellers. The store will carry a wide range of products as well as the full collection of its signature travel foldable shoes that make the perfect travelling companion. Customers will be able to shop the different attractive designs with ease while awaiting their flight. Alongside these two milestones, PAZZION will also be re-opening their newly renovated flagship Wisma Atria store in November. The facelift will provide customers with a new and improved shopping experience. From ceilings made of white stained timber planks to a new front exterior, customers will be captivated the minute they set foot into the store.

WIN

(10 sets to be won!)

The Best of Anti-Aging Skincare

FOR HER
L'Oréal Paris
Revitalift Skincare Set

Worth
\$130



OR

FOR HIM
L'Oréal Men Expert
Vita Lift Skincare Set

Worth \$36.80



REVITALIFT MILKY CLEANSING FOAM

This nourishing foam deeply cleanses the skin to instantly remove makeup residue and eliminate impurities. Within 4 weeks, your skin is smoother and visibly revived.

REVITALIFT MILKY TONER

This milky toner melts on your face and leaves a bouncy sensation while smoothing and softening the skin. Within 4 weeks, fine lines are softened and skin is firmed.

NEW

REVITALIFT CENTELLA MICRO-ESSENCE WATER

This lightweight micro-essence instantly hydrates and deeply repairs for firmer, crystal clear skin. Infused with the healing power of 92% Pure Centella Essence, it works to restore radiance and softens fine lines. With its 5x smaller micro droplets, it penetrates deep into the skin's surface to reduce wrinkles and promote firmness in 8 key zones.

REVITALIFT DAY CREAM WITH SPF23

This moisturizer comes in an ultra-light, creamy texture that glides onto your skin, leaving it supple and fresh without the greasy feeling. Infused with Centella Asiatica and Dermalift, this day cream works to refine the skin texture and even out your complexion for healthy, radiant skin. Within 4 weeks, skin looks younger with visibly reduced wrinkles and firmer skin.

REVITALIFT NIGHT CREAM

This night moisturizer has a rich creamy texture that quickly penetrates the skin, leaving it supple without the stickiness. After applying it at night, you will wake up to softer, firmer skin. Over time, wrinkles are visibly reduced and your skin will regain its elasticity, firmness and vitality.

VITALIFT 5 ANTI-AGING REVITALISING FOAM

Infused with Salicylic Acid, this lightweight foam deeply cleanses by removing impurities and eliminating dead skin cells. It also refines skin texture, leaving it smooth and firm.

VITALIFT 5 ANTI-AGING DAILY MOISTURIZER

L'Oréal Paris Men Expert revitalizes Men's Skin with Vita Lift 5 Anti-Aging Daily Moisturizer. The key active ingredient is the much lauded Pro-Retinol. This potent active ingredient has been proven to stimulate collagen and elastin production within the skin to reduce and prevent the appearance of wrinkles and sagging skin. Pro-Retinol also drains fatty deposits in the cheeks and chin—effectively reducing and preventing the appearance of double chin and puffy eye bags.

L'Oréal Paris Skincare & L'Oréal Men Expert is the No.1 Anti-aging Brand & No.1 Men's Skincare Brand respectively in Singapore. The products are available at all leading personal care stores & supermarkets.

LIVEWELL BABY - L'OREAL PROMOTION

Q: Which L'Oréal Skincare product contains 92% Pure Centella Essence to deeply repair and instantly hydrate for firmer, crystal clear skin?

A:

Name: I/C No:

Address:

Email: Occupation: Contact No:

Contest Rules & Regulations

1. The contest is open to all Singaporeans and its permanent residents except the staff and relatives of Ping Healthcare Pte Ltd and participating sponsors of the contest.
2. Only original coupons are accepted. The judges' decision is final.
3. Winners will be notified by email.
4. All prizes are not exchangeable or transferable for cash.

Please complete the entry form and send it in by 31 Jan 2018 to:

LiveWell Baby - L'Oréal Promotion

Ping Healthcare Pte Ltd

20 Sin Ming Lane #06-55 Midview City Singapore 573968.

One Faber Group Brings One-of-a-kind Moments To Celebrate The Festive Season

Reminisce and create new memories with One Faber Group throughout the festive season, as we count down to 2018! Be spoilt with a host of dining choices across two restaurants and sky dining at Faber Peak Singapore, which will be dressed up with lighted decorations, photo points and festive themed decals on the Singapore Cable Car cabins.

This December, come away on a gastronomic escapade to the hilltop of Faber Peak Singapore, located 100 metres above sea level, and (re)discover one of a kind moments to celebrate with loved ones. From restaurants with best hilltop views, such as the new Dusk Restaurant & Bar and Spuds & Aprons, to the romantic sky dining concept Dining on Cloud 9, there are a total of six festive menus to make December one month to remember. New Year Eve revellers can mark the occasion at these venues by savouring special menus created exclusively for the year end festivities.

On New Year's Eve, One Faber Group offers the one ultimate moment to usher in 2018 with three dazzling fireworks displays at the stroke of midnight. Drum up the anticipation with a night of revelry at Spuds & Aprons, which will be hosting a countdown party with live band performances and three interactive party games suitable for everyone in the family. Over at the adjacent garden, marvel at the laser show "screening" on surrounding foliage as it pulses to the rhythm of the band. Finally, share that one special moment in time with your loved ones when a symphony of fireworks illuminates the night to the beat of music – all the way from Faber Peak Singapore across to Sentosa!

With extended operating times on the Singapore Cable Car on New Year's Eve, and easy access to Harbourfront MRT station, guests can let loose and celebrate the first wonderful moments of 2018, away on the hilltop!



Let's Understand and BEAT Diabetes Together

Jointly held by Healthway Medical, the People's Association (PA) and Leng Kee Community Club On 25 November at Leng Kee Community Club, the Let's Understand and BEAT Diabetes Together event offered the public free diabetes screening and health talks conducted by a group of doctors and staff from Healthway. Healthway Medical has Singapore's largest network of private medical centres and clinics. Over 40 doctors and staff from Healthway volunteered their time to make today's event possible.

Dr Dominic Er, Chief Executive Officer, Healthway Medical, said: "Diabetes shows no symptoms in its early stages and is commonly overlooked, which can lead to serious complications. Therefore, it is important to establish early diagnosis. Awareness of diabetes is rising, and we wanted to offer deeper education to the community because we believe it will urge Singaporeans to take action in preventing, detecting and managing this condition. As Singapore's largest network of private medical centres and clinics, we want and will continue to do our part for a healthier Singapore. I am encouraged by today's overwhelming turnout, as well as our Healthway doctors and staff who volunteered their time for the event."

Participants shared with us their thoughts about the screening and talks. Attending the free health talks and screening with his wife, 58-year-old Mr Jimmy Yong said, "Today's session helped senior individuals like us, get a better understanding about diabetes, which is a common and serious condition among Singaporeans. I appreciate that doctors and financial advisors are working together here to share with the community informative and necessary advice about chronic disease management, remedies and financial information."

Huang Boon Fee, 73, said, "I am a diabetes patient myself and I came to today's event with my wife. From today's health talks, I got to learn more about diabetes and how daily diet and exercise play a role in managing my condition."

Among the youngest of the attendees, Ms Kan, 27, said: "Most people think that only the elderly can be diagnosed with Diabetes but in fact, there is a risk for anyone 18 years old. I came for the screening as I wanted to have a better gauge of my health status but thankfully, I do not have a high risk of getting Diabetes. The different topics in the talks by Healthway Medical doctors also gave me a lot of insights."

HEALTHY SCALP, HEALTHY HAIR



EXCLUSIVELY
MADE IN
GERMANY



AUDACE REGAN SHAMPOO AND TONIC provides hair with the essential nutrients that it requires to grow and flourish, while pampering your senses with the relaxing aroma of essential oils. Packed with anti-oxidants, mint and menthol to combat free radicals that damage hair roots, it improves the blood circulation in the scalp ensuring that micro-nutrients are delivered to where they are needed.

WHAT DOES PH VALUE MEAN FOR HAIR HEALTH?

A pH-balanced scalp ensures that hair stays healthy, glossy and problem free. The pH of a healthy scalp ranges from 4.5 to 5.5. but sometimes external factors like the weather and chemical treatments like colouring, straightening and perming, may cause the scalp to stray from this healthy range. This is when scalp problems like dandruff, oily scalp and hair loss start to occur. And that's when you need a pH restoring shampoo to help put the scalp back to the healthy range. The range includes:

OILY SCALP AND HAIR SHAMPOO gently and effectively cleanses hair and scalp

ANTI DANDRUFF SHAMPOO stabilises the natural acid mantle of the scalp to keep dandruff at bay

ANTI HAIR LOSS SHAMPOO prevents avoidable hair loss caused by undernourished hair, acute dandruff and scalp irritation



AUDACE HAIR MASCARA Hide grey hair in an instant

With an easy-to-use wand, this product is enriched with natural Henna and is available in black & dark brown.



CAN'T STOP THE ITCH?

Audace Preven Hair Tonic and Shampoo immediately relieves scalp itch and eliminates dry and oily dandruff for a healthy scalp and hair. It also prevents pimples caused by dandruff.

The Audace range also consists of Anti-hairloss, Anti-dandruff tonic; Mild, Colorcare, Damaged and Dry shampoo and conditioner.

Audace products are available at Guardian, John Little, Mustafa, National Healthcare Group Pharmacies, NTUC Fairprice, Robinsons, Giant, Watsons and Unity NTUC Healthcare.

For more information, contact Ellard (S) Pte Ltd at 6285 4566.

The Preferred Wholesome Snack For Your Little Ones

Concerned with how unhealthy snacking can be for your child? Fret not – Nestlé Singapore brings you the all-new Nestlé Gerber® Organic Puffs! USDA certified organic, the ingredients in Nestlé Gerber® Organic Puffs are carefully chosen from certified farmers who practise organic farming. Made with the goodness of organic whole grain, the snack contains 34% of whole grains per 100g, which makes snacking more wholesome.

Nestlé Gerber® Organic Puffs comes in two delightful flavours, Apple and Green Veggies. Naturally flavoured, the perfect mid-day snack for your toddler is also packed with Iron and Vitamin E, nutrients that are essential for your baby's growth and development. Best recommended for babies who are crawlers, Nestlé Gerber® Organic Puffs are specially designed to encourage self-feeding. The signature star-shaped, lightly puffed snack is just the right size for little hands. It also dissolves easily in your baby's mouth, making Snack Time a breeze for your little ones!

The new Nestlé Gerber® Organic Puffs are available exclusively in FairPrice (goo.gl/u0GVXA), retailing at \$7.95 per bottle.

NEW Look



Everyday Comfort

Enriched with Shea Butter and Sunflower Seed Oil – moisturising ingredients that are well-known to be highly moisturising – the Cetaphil® Baby Daily Lotion gently moisturises and protects your baby's delicate skin from within. Pleasantly refreshing, this lotion is so easily absorbed that even adults can use it! On top of that, it's free from colourants, mineral oil as well as parabens. Dermatologically tested, the Cetaphil® Baby Daily Lotion is recommended by paediatricians* to care for your child's delicate skin every day so you can use it with absolute peace of mind.

It retails for \$24.90 at selected Cold Storage, FairPrice, Guardian Health & Beauty, Unity Pharmacy and Watsons. * Total of 200 dermatologists & paediatricians in Germany surveyed online from Feb to Mar 2015



Specialised Nutrition For Older Adults

Abbott's ENSURE® Plus Advance is a specialised nutrition formula (also known as oral nutritional supplement, or ONS) scientifically formulated to help patients maintain lean body mass for strength and mobility, and support older adults with recovery – especially for those who are suffering from a chronic disease like heart and lung. It is Abbott's most medically advanced nutritional supplement for patients recovering from illness or hospitalisation. What makes ENSURE® Plus Advance different from many other nutritional supplements, is that it contains 20 grams of high quality protein and HMB (β-hydroxy β-methylbutyrate), a metabolite of the essential amino acid leucine, to support muscle health. HMB is naturally found in very small amounts in some foods sources, making it hard to obtain sufficient amounts from diet alone. It can be found in small amounts in foods such as catfish, grapefruit, corn silage and avocados. The studied daily dose of HMB is 3 grams, which is equivalent to eating 6,000 avocados!

ENSURE® Plus Advance is available in a ready-to-drink form in 220ml servings (\$3.31). It comes in delicious Vanilla flavour.



Nestlé Baby Club

Are you an expecting mummy-to-be? Then don't forget to sign up for the Nestlé Baby Club as a new pregnant member and receive a goodie bag worth \$250! Membership is free, but the benefits are galore. Not only will you enjoy nutritional expertise from Nestlé's dedicated Careline and parenting resources at www.starthealthy.nestle.com.sg, interactive tools and EDM newsletters will also be at your fingertips for you to get the latest news on member exclusive promotions and events.

Don't wait any longer. Sign up for the Nestlé Baby Club at www.starthealthy.nestle.com.sg today!



Christmas Goodies From OLLELLA

Following the recent success of The Bunny Collection Snowskin Mooncakes – delicate, hand-crafted, limited edition creations housed in award-winning bespoke packaging – OLLELLA continues their trademark combination of playfulness and elegance with a charming Holiday Collection inspired by the wonderful season of the year.

Strawberry Champagne Choux

By popular vote on social media, OLLELLA launches the Strawberry Champagne Choux, another indulgent creation this time filled with luscious strawberry compote and cremeux then topped with juicy fresh strawberries and luxurious champagne chantilly.

Log Cakes/Mini Christmas Trio

What's a Holiday Collection without log cakes? OLLELLA unveils their range of log cakes in 3 indulgent flavours: the Santa Belly Mousse Cake – a white chocolate mousse cake filled with strawberry gelee, almond sponge and a hazelnut praline crunch base for the ultimate bite; the Vanilla Yuzu Snowman – a tangy and sweet combination for those who prefer traditional flavours both satisfying and addictive all at once. For those who want to sample all 3, the Mini Christmas Trio presents all 3 flavours as entremets – small sizes equivalent to one slice of cake.

Christmas Cookies

OLLELLA has lined up a wonderful range of Christmas cookies that includes their best seller, the Double Chocolate Chip cookies that are made using premium 64% Dark Chocolate and cocoa powder scattered with sea salt to give the perfect balance of sweet, savoury and delicious cocoa in every bite. Other seasonal favourites are the Almond Orange Cookies, Hazelnut Cookies, Earl Grey Cookies, Arlette and the Cranberry Christmas Balls that contain preserved fruits such as orange peel and cranberries.



Christmas Macarons

The always popular OLLELLA Macaron shaped case will now be filled with the Christmas rainbow mini macarons with flavours such as vanilla, rose, pandan, yoghurt, cassis, mango, strawberry and chocolate. In addition to the mini macarons, there will be a limited edition Gingerbread man Macaron Lolli. The Gingerbread man shaped macaron is filled with decadent dark chocolate ganache, the perfect treat for chocolate macaron lover!

12-day Advent Calendar Goodie Box

For the first time, OLLELLA introduces the Advent Calendar Goodie Box to celebrate the count down to Christmas with a surprise treat everyday for 12 days. The Advent Calendar goodie box is filled with 12 types of Christmas goodies that are mini versions of traditional Christmas sweets. These range from cookies to candies to fruit cakes, nougat, pastilles and even panettone.

OLLELLA is running a Festive Promotion from 24 November to 24 December 2017 – Spend \$70 or more at the new store at Takashimaya and get 1 large jar (200g) of cookies of your choice (worth \$22) for free. The Holiday Collection along with the full repertoire of Mini Choux and Macarons are also available for purchase online at <https://ollella-chouquette.oddle.me>. Happy Holidays!

New Infant Nutrition Line

Blackmores, Australia's leading natural health brand, has launched its Stage 3 Toddler Milk Drink at selected Fairprice Finest and Fairprice Xtra supermarkets. Similar to the brand's comprehensive range of nutritional supplements, Blackmores Toddler Milk Drink was formulated after rigorous scientific research to support the holistic growth and development of toddlers aged 12 months and above. Made with high-quality Australian milk from grass-fed cows in Goulburn Valley, the Nature Complete™ formula in Blackmores Toddler Milk Drink contains a breakthrough patented ingredient, INFAT® Betapalmitin, which has been clinically proven to help promote fat and calcium absorption given its distinct fatty acid structure. Other key ingredients within the formula include DHA, Iodine, Vitamins A, C, D, Calcium and GOS Prebiotics to further support cognitive function, growing bones and gut health of active toddlers.

Blackmores Toddler Milk drink is priced at SGD41 for a 900g tin and can be purchased at selected Fairprice Finest and Fairprice Xtra supermarkets or online at Fairprice Online, Lazada, Qoo10 and Shopee. Mothers keen to have their toddlers try out the formula can also redeem a free sample by logging on to the Blackmores website at <https://infantformula.blackmores.com.sg/>.



Simple Korean Skincare Concept by Watsons

This new range of products boasts the 'Smart Water Channel' feature that actively infuses water deep into the skin, protecting the skin from drying out by locking in moisture, leaving our complexion fresh, smooth and youthful. Made in Korea, this new skincare range promises to moisturise, hydrate, revitalize and rejuvenate. The range's HERO product – Moist Gel Bomb (\$19.90) – is an ultra-light gel cream that gives your skin an intense splash of instant moisture with long-lasting effects, making your skin more healthy and youthful. 95% users are satisfied with the efficacy in balancing skin moisture levels and sebum control.

The Active Toner (\$13.90) provides extra hydration to the skin while gently removing dead skin cells in a light and refreshing manner. It is quickly absorbed into the skin, making it non-oily and non-sticky. The Intensive Serum (\$18.90) maintains a perfect moisture-sebum balance in your skin to boost its moisture levels without creating skin shininess or oiliness, giving it a firm and translucent appearance. The Eye Treatment Cream (\$18.90) soothes and hydrates the delicate skin around the eye making your eyes look brighter. Its fast-absorbing treatment retains maximum moisture in your skin and helps to smooth out fine lines to give your eyes a youthful and radiant appearance.

The Night Defense Cream (\$22.90) locks in moisture for long-lasting hydration and makes your skin look supple and healthy overnight while protecting it against greasiness and dryness. The Day Moisture SPF 20 (\$20.90) helps to regulate sebum secretion, this deeply hydrates your skin and shields it from harmful UV rays to help prevent skin ageing and dryness.



The Healthy Gourmet Oil You Need

An all-purpose gourmet oil that meets the criteria of a healthy oil, Canada-made LABO Nutrition Camelina Oil is produced with 100% pure Camelina oil, extracted from the seeds of Camelina Sativa plant through a unique mechanical cold pressing process. A light, aromatic and highly nutritious gourmet oil, LABO Camelina Oil is a treasure trove of omega 3-6-9; one table spoon delivers your daily dose of essential fatty acids. LABO Camelina Oil also has a smoke point of 245°C, making it a versatile oil for multi-purpose cooking from salad dressings to deep-frying.

On top of its nutritional benefits, LABO Camelina Oil makes a wonderful skin moisturiser and massage oil as well. Its rich good fat content and Vitamin E help to provide deep moisturising and anti-ageing effects on your skin. As a hair conditioner, it can be applied to your hair to keep it soft and manageable. Its high antioxidant properties keep hair shafts strong and smooth. It improves oral health too, since the ancient Ayurvedic practice of oil pulling reduces bacteria, plaque and oral infection.

LABO Camelina Oil retails at \$24.90 for 500ml and is exclusively available at Unity Pharmacy and online at www.lifestreamgroup.com.



Filterless, Maintenance-free Airfree Air Purifiers Now Available in Singapore!

With up to 99% efficiency in destroying airborne mould spores, bacteria, viruses, ozone, mite and dust allergens, and other airborne allergens derived from animals and pollen, the Airfree® air purifiers are major allies in increasing the quality of life of more sensitive people such as the elderly, children and people who suffer from allergies. They dramatically reduce air pollution by burning the microorganisms. As a result, the contaminated air is drawn into the Airfree® ceramic core and destroyed at high temperatures. This air purification cycle is silent, requires no maintenance and is guaranteed by numerous tests.

Airfree® air purifiers are now available in Singapore, at Popular, Harvey Norman, Hachi Tech online, Audio House, Hwee Seng Online, Qoo10.



Your Needle & Thread Specialist

Looking for customised gifts for a little one or your precious bundle of joy? Then you should check out Little One Layette, your "needle and thread" specialist. Founded in Singapore by a mother-daughter team who is passionate about design, sewing and the babywearing culture, Little One Layette specialises in customising baby carrier accessories and other baby products like baby rompers, nursing covers and bibs. You can choose from a wide range of ready products or tailor-make your very own special design with the help of the Little One Layette team.

Keen to know more and create beautiful memories with your little one through babywearing? Then visit their website at www.littleonelayette.com, [littleonelayette@Facebook](https://www.facebook.com/littleonelayette) or [littleonelayette@Instagram](https://www.instagram.com/littleonelayette).



As You Like It

Diva Productions in Singapore is bringing the world's first cycling theatre company, The HandleBards, to Singapore to perform their "beautifully bonkers" rendition of Shakespeare's 'As You Like It'. Performing since 2013, HandleBards two troupes (one all-male, the other all-female) carries all the set, props and costume necessary and have pedalled over 6000 miles across the UK to perform their unique brand of "charmingly chaotic, environmentally sustainable, bicycle-powered Shakespeare". They have gone from strength-to-strength; growing from a set of friends with cheap bikes and a rickety old trailer to an internationally successful theatre company, who have performed their brand of fast-paced, bicycle-powered Shakespeare in twelve countries across three continents (some by plane of course), winning the support of legions of fans.

Making a special appearance in Singapore from 23 to 25 February 2018, join their all-female cast for a hilarious production of Shakespeare's 'As You Like It' like no other! In usual HandleBards style, expect riotous amounts of energy, a fair old whack of chaos and a great deal of laughter. For more information and ticket prices, please visit the 'As You Like It' SISTIC page at <https://www.sistic.com.sg/events/clike0218> or its official HandleBards website at <http://www.handlebards.com>.



Feng Shui Guide For 2018

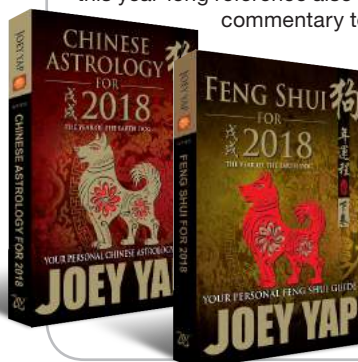
As the year of Fire Rooster is drawing to an end, have you ever wondered how would you fare next in the year of Earth Dog? Dato' Joey Yap, a world renowned speaker, author and Chief Consultant of Joey Yap Private Limited, has recently published 2 brand-new books to welcome the new year: Feng Shui For 2018 and Chinese Astrology For 2018.

This information-packed annual release of Chinese Astrology For 2018 is your essential guide to find out what 2018 would hold for you – from the perspective of Relationship and Health, to Wealth and Career. You can also gain a more personalised insight for each of the 60-Day Pillars (Jia Zi), an outlook for the Twelve Animal Zodiac Signs, and the analysis on key areas for each month of the year. Be prepared to embrace all the possibilities ahead - as with awareness, comes the power to realise your dreams.

The Feng Shui For 2018 guide contains all the essential Feng Shui information that you will need for the year of Earth Dog. Discover the Annual Afflictions for 2018 and obtain an all-encompassing view of the Flying Stars that impact your personal abode and workplace. With an analysis for all the eight basic types of Houses in 2018, this year-long reference also comes with an insightful

commentary to personalise your outlook on the Feng Shui of your property for the entire year, making this one of the most comprehensive Feng Shui guide book available.

The books are available at all major bookstores in Singapore including Times, Popular, Kinokuniya, MPH and more. It's also available online at <http://store.joeyyap.com>.



Discover the Treasures of the Natural World at ArtScience Museum

Uncover a treasure trove of priceless artefacts and invaluable specimens that have shaped our understanding of the natural world at ArtScience Museum's latest exhibition – Treasures of the Natural World. Open from 25 November to 29 April 2018, the exhibition showcases over 200 of the star objects from the world renowned Natural History Museum in London. Showing in Southeast Asia for the first time, these unique treasures have been hand-picked from over 80 million specimens, representing the best of the museum's collection. Threading through Treasures of the Natural World is an interactive treasure hunt specially curated by ArtScience Museum to engage children, families and schools. Interactive activities are incorporated to each of the five themed sections of the show. Combining art and science, the treasure hunt adds interactivity and immersion to the exhibition, ensuring it is accessible to visitors of all ages.

For more information on the exhibition, please visit <http://www.marinabaysands.com/museum/treasure.html>.



Lonely Planet's The Place To Be

Discover 240 travel destinations that will make you feel awed, inspired, joyous, adventurous, serene, exhilarated, amused, alone, fulfilled, passion, reflective and enlightened. Lonely Planet's The Place To Be suggests exactly where to go in search of experiencing a particular emotion. Whether it's joy or serenity, awe or enlightenment, each chapter in this unique book explores a single feeling, with 20 travel destinations and experiences for each emotion and state of mind. Places range from wild and natural spaces, to modern and ancient cities, with Lonely Planet's expert travel writers explaining when to go and how to get there, and the best routes to discovering these feelings.

Asia is represented in the book by 15 different countries: Hong Kong, Malaysia, Thailand, Bhutan, Borneo, China, India, Indonesia, Japan, Laos, Myanmar, Nepal, Philippines, Sri Lanka, Tibet. Drawing on science, art and literature for the key to unlocking each emotion, this book is a reminder of how powerful new places can be for mental and physical well-being, and inspire readers to think about their next journey in a whole new light.

Get your copy for USD\$24.99 from MPH, Kinokuniya and Times bookstores.



Festive Treats From Swee Heng

For the past twenty-eight years, Swee Heng Bakery has built a strong and trusted brand on the promise of traditional confectioneries that are baked fresh daily and with no added preservatives. Swee Heng's customers know that they can always count on a wide range of delicious breads, cakes, or pastries for any occasion and to celebrate life's happy moments. With 43 outlets spread across Singapore, Swee Heng also promises conveniently located outlets for easy access around the island in neighbourhoods and the malls. This Christmas, the bakery is delighted to unveil an assortment of cakes, each adorned with cheerful festive toppers, to spread the joy of the season. From traditional recipes to contemporary options, Swee Heng offers a variety of choices for everyone to enjoy a slice of Christmas.

From 1 December 2017, consumers will be able to enjoy the Christmas specials at all Swee Heng outlets. The Chocolate Santa, Hazelnut Snow, and X'mas White Forest log cakes and the Swee Heng Signature Mango, Strawberry Velvet, and Merry Yuzu cakes are available in two sizes at medium (approximately 500g) and large (approximately 1kg), with prices ranging from S\$28 to S\$41.80. Pre-orders for the Christmas cakes may be placed at any Swee Heng outlet across Singapore, or online at www.sweeheng.com.sg or www.sweeheng1989.com.sg. Pre-orders require a 4-day notice. Self-collections are available at all Swee Heng outlets, and collection timings will follow the respective outlet's operating hours. Delivery to a single address is free for orders above S\$150.00. For further enquiries, consumers may contact the Swee Heng sales representative at 6755 0300 or write in to sales@sweeheng.com.sg.



Negative Ion Clothes

If creams or lotions don't seem to work for your or your baby's eczema problem, it may be time to explore other options like the negative ion fabrics from Tevion & Neoron. Invented in Japan and certified with the

Oeko-tex standard, the fabrics are high in negative ions that may improve your blood circulation and immunity system. It helps to support your body's self-healing abilities, regulate the autonomic nervous system, and may enhance cell metabolism for better absorption of nutrients and reduce toxicities.

For a free consultation and more information, visit negativeionclothesonline.com or call 91800792.



Gear Sport

As stylish as it is functional, the Gear Sport will be the perfect gift for that family member trying his best to keep up with the healthy lifestyle. Take it for a swim or a run, wallet-less and worry-free with the built-in NFC capability. Enabling users to track fitness progress and diet goals on the go, this nifty wearable will invalidate all "I can't keep up!" excuses. Retailing for \$448.



J-Treats@7-Eleven

If the vivid colours and cute characters on the packaging and interesting flavours of Japanese snacks are your thing, you will certainly be excited to know that more such goodies will now be available at selected 7-Eleven outlets island-wide! The Japan External Trade Organization (JETRO) and 7-Eleven Singapore are proud to announce the latest installment of the successful "J-Treats Arrival" campaign where a new range of 15 delectable and popular Japanese goodies such as instant ramen in jumbo sizes, fruit gummies and yoghurt sweets will be available to Singaporeans at selected 7-Eleven stores island-wide, available from now till January 2018.

Other than the 15 new Japanese snacks available at selected 7-Eleven stores, the "J-Treats Arrival" campaign will see exciting games and sampling taking place at selected 7-Eleven stores every weekend of the campaign. You can participate in a straightforward game of catching vouchers in a Cash Flow machine, where you simply have to catch as many vouchers as you can hold within a minute. The vouchers may be used to redeem free J-Treats or 7-Eleven collectible plushies. The weekend schedule and locations of the Cash Flow machines will be updated at <https://www.facebook.com/J-Treats-Arrival-1807343622892632>.



Dancing With Little Ones

Led by Brenda Thiang, the Babywearing Dance Programme "DancingwithLO" (Dancing with Little One) is a low impact dance that is completed together with a parent and child. With her years of experience as a dancer, dance instructor and mother, she is able to engage her participants at the same level. Not only can daddies/mummies get active, they can also bond with their child through this loving dance and their nurturing touch. In addition, they meet new friends with the same interests and learn from one another. Brenda currently runs private classes and for events.

You can visit her website at www.dancingwithlo.com, her IG account at @dancingwithlo or Facebook page at <https://www.facebook.com/dancingwithlo>.



Trendy Shoes

Calling all trendy mothers: WiNK, a stylish children's footwear brand, is launching its first collection, available exclusively at Pedder Red, Lane Crawford and Pedder on Scotts stores. Launching December 2017, WiNK — for girls aged 3 to 10 years old (sizes EU 26 to 34) — is perfect for fashion-savvy youngsters who love dressing up or are already honing their own expressive style, just like their mothers. WiNK celebrates all that is cool, cheeky and sassy — with a nod to seasonal trends, and where quality meets affordability in mini sizes. Whether the little one is off to a playdate, birthday bash or a dance class, she will arrive in a spirited style, dressing from the feet up in colourful, edgy designs.

For its inaugural collection, Autumn Winter 2017, WiNK features six signature styles:

- Ice-cream sneakers with grosgrain bow and rubber outsole
- Bubblegum loafers in patent pink
- Metallic knit Liquorice sneakers with studded-star embellishments
- Leather Milkshake sneakers with flower decoration
- Leather Soda Pop skaters and ballerina flats in spots and stripes, with embroidered flowers
- Leather Popcorn sneakers with embroidered back heel decoration.

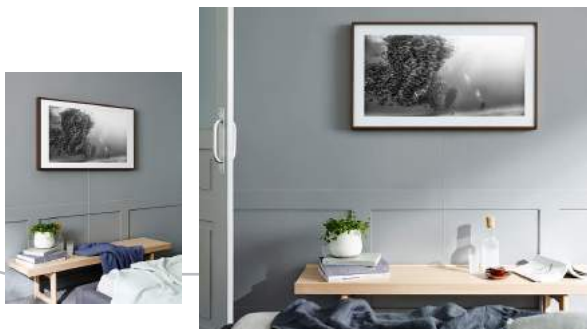
The debut styles are named after kids' favourite food and drink, offering a nostalgic memory of children's parties. The collection evokes and inspires joy for both mothers and daughters.

The Frame TV

Bring the digital art display experience to your friend's home. A work of art in itself, Samsung's The Frame TV looks exactly like an elegant picture frame when mounted on the wall (say goodbye to unsightly cables!). A single switch from TV to "art mode" transforms this TV into a picture frame. The best part? You can even import your own images for display! Available in Beige Wood, Walnut and White.

Frame 55"/65" | \$3,999/\$5,599
Customisable Frame 55"/65" | \$399/\$449

**Personal photos uploaded into The Frame will be displayed at the original resolution. Displaying 4K and above images is recommended. Images under 800x800 can't be uploaded.*




Fresh Air On The Go

Do you know that indoor air pollution can sometimes be a bigger problem than outdoor air pollution? From smoke that is caught onto fabrics, to dust and airborne allergens that get passed on through pets or our own family members, indoor air pollution could be detrimental to our family's health. Luckily for us, 3M has created the Vehicle Air Purifier Plus — an advanced four-layer filtration system that purifies the air in your car in minutes. Made of permanently charged polymer fibers, the first layer of the filter attracts and captures hair and larger particles, while the second layer traps unwanted micro-particles like PM2.5 particles. Odours from food and sweat, and harmful compounds like dust are also removed from the air as they pass through the latter layers. Sounds good, right?


Get yours today at official 3M e-stores at Lazada.sg and Qoo10.sg for just \$299! *One set of filters is included with the device.





Post-partum depression is all too common, and first time mothers can be hit especially hard. How can you and your spouse prepare for this possibility?

Why Is Mommy Blue? Must-know facts about **POST-PARTUM DEPRESSION**



The arrival of a new addition to the family should be a happy time, but for 13 percent of pregnant women and new mothers, it isn't. They suffer from what is known as post-partum depression.

Baby Blues Or Something Worse?

The kind of depression you feel after you lose your job, lose a loved one, and after you give birth to your baby all have the same symptoms, which is the main reason many sufferers of postpartum depression don't even know that they have it!

- Agitation or irritability
- Changes in appetite
- Feelings of worthlessness or guilt
- Feeling withdrawn or unconnected
- Lack of pleasure or interest in most or all activities
- Loss of concentration
- Loss of energy
- Problems doing tasks at home or work
- Trouble sleeping

It's common for women to have mood changes after delivery because of the change in hormone levels. Your body produces more oestrogen and progesterone during pregnancy, but that amount returns to normal after childbirth. For many women, the culprit of depression is this drastic hormone change. However, postpartum depression is much worse because its symptoms often include negative feelings toward the baby, including:

- Fear of being alone with her baby
- Inability to care for herself or her baby
- Thoughts of hurting the baby
- Intense worry about the baby
- Little interest in the baby
- Extreme anxiety
- Thoughts of death or suicide

When the symptoms of depression don't go away within a month or you experience those feelings a month after your child's birth, you could be suffering from postpartum depression.

Let's Make a Deal

If you don't know how to deal with all of the changes your body and your lifestyle will have after the new baby arrives, you could become very stressed out, and experience mood swings and depression. You may experience nervousness and anxiety, and as a result suffer from restlessness and loss of sleep.

There is no way to prevent postpartum depression. However, there are some guidelines that will help you cope with the inevitable post-pregnancy stress:

- Find a good support group. This doesn't necessarily have

to be a young mother's group, though that's a good option too. Friends who understand that you can't spend as much time with them and are willing to visit you at home instead, family members who are willing to lend a hand and lend emotional support, a patient spouse who will listen to your gripes and groans - these make up a strong personal support group that's better than any cheerleading squad.

- Be flexible. It will take a while to figure out your baby's routine - when she feeds, when she naps - so it's important to allow a lot of wiggle room in your daily schedule. It'll get easier once your baby becomes more predictable, and you can start working out more time for the things you've sacrificed so far.
- Make some plans of action. Who will be on diaper-changing or feeding duty? Do you have to cut back on office hours in order to spend time with your baby or spouse? Can Mom babysit when you need to get away, or do you need to hire outside help? For many people, having a plan saves them a lot of panic.
- Make time for your marriage. It's easy to get caught up in parenting and forget that you are also a wife. Every now and then, get away from the diapers and relax! Plan some alone time once a week.
- Catch up on your beauty sleep. Sleep when your baby does, or pump breastmilk in advance and have your spouse serve baby duty while you catch a few winks. Accumulated sleep deficiency can have a bad effect on your mood and health, so it's important to work out a routine that will let you get some much-needed rest.
- Get moving! In addition to helping you get back into your pre-pregnancy skinny jeans, light exercise can be a mood-lifter. Taking a brisk walk each day can also be your designated alone time to decompress.

Here are some other helpful tips that could ease the stress and stave off depression:

- Be open with your feelings with your support network - your partner, family and close friends.
- Avoid making major life changes during pregnancy or soon after giving birth.
- Don't try to be perfect and don't try to be Superwoman.

Depression can affect your baby. It is important to seek treatment as soon as the first sign appears - get a referral from your doctor to a mental health specialist. Otherwise, postpartum depression can last for months or years, and you further the risk of harming yourself or your baby.

You won't want to miss a moment of your tiny tot's first months in your world, so don't let depression dampen what should be a magical time in your family's life! **LWB**

Emcee CYRUS is Going Strong in the Wedding Market

What are Your New Plans in 2018?

Focusing more on providing emcee services for Wedding in 2018 / 2019 is what the market demands me to do. The demand is due to me rolling out a new set of hosting skills which already Wow-ed my audience in the second half of 2017.

I strongly encourage newlywed couples to let the professionals do the job for them on stage because I know that if they are getting their friends to do it, they may be just reading off the script with a lack of excitement and emotion. It is not because they are not good, they just feel nervous doing it. It is just like how you need professional advice when you are ill. You don't get the wrong people for your health, so why would you do it for your once-in-a-lifetime wedding celebration?

For example, when I was hosting a wedding, 3 other weddings were happening in the same venue. I heard from the banquet manager that the couple next door had a commotion because their friends accidentally invited the couple for their march-in when the childhood montage and guests weren't even settled yet. In the end, the couple had to exit the ballroom and do a re-entry again in order to garner applause and attention. That's why you need an experienced emcee to manage your crowd and know when is the right time to do the right thing and provide solutions when problems arise.

Besides Wedding Emcee-ing, I have been producing Videos on Facebook and YouTube as a social influencer. In 2017, I created a few channel, namely "Food360", "The Wedding Horror Story", and my personal vlog "CyrusChungTV" where I share about wedding tips, travelling and lifestyle tips. Due to my busy schedule as a wedding emcee, I could only upload



Reviews from couples this year:

1. Thank you so much Cyrus! You have really helped us a lot and we can see your passion and effort! ~Muhammed & Sherry
2. Cyrus' command of stage was awesome during my wedding. We walked in during our first march-in to a super enthusiast crowd. ~Tang & Jia Min
3. Something horrible happened during my wedding. Cyrus calmly solved the issue and brought my guest to another level of 'high'. I'm impressed with his hosting skills. ~Bryan & Catherine

these videos at least once a month. In 2018, I strive to upload at least 2 videos a month. Please support my Facebook and Youtube videos! You will be surprised at how informative and entertaining my videos can be.



What are your greatest achievements in 2017?

2017 is one of the most happening years for me. I have been popular in hosting and emcee-ing. I also found out that I am the only emcee in the wedding market who can speak English, Mandarin, Bahasa Melayu, Cantonese, and Hokkien. At the same time, I was invited by MediaCorp in September/October for a variety show, “听我说”, which aired on the 29 November 2017. You can catch the episode again from Toggle Catch Up TV too! Just click on episode 09!



I have also created new hosting segments for newlywed couples because we need to constantly change and be creative to add more value to my hosting/emcee-ing services. I charge according to my value and what the market demands me to be. I believe my quality of work is way better than the rest as I always give more than 100% to my clients. I'm thankful for the good reviews and recommendations that the wedding couples wrote on various social media. My couples trusted me entirely for their wedding. Wedding emcee is my passion because I love to create memorable moments for my couple. I aim to achieve my target of more than 100 weddings to emcee for in 2018. **LWB**

Facebook Page:

www.facebook.com/emceecyrus
www.facebook.com/cyruschungtv
www.facebook.com/theweddinghorrorstory
www.facebook.com/food360
Instagram: cyruschungtv




9 months



HEALTHY HYDRATION

During Pregnancy

Did you know that good hydration is extremely important for a healthy pregnancy and postpartum period?



Your body is dehydrated when it loses water faster than you can replace it. Without enough water, your body literally dries out and can suffer a myriad of problems. Becoming dehydrated during pregnancy is not only harmful for the mother, it is also dangerous for the foetus.

Water, water everywhere

The importance of water cannot be understated. Water makes up the majority of your body parts, as shown by the following statistics:

- Whole body - 60%
- Brain - 70%
- Muscle - 75%
- Blood - 82%
- Bones - 25%
- Skin - 80%

Water is also necessary for a wide variety of bodily functions, from regulating blood pressure to maintaining brain function to managing blood flow and body temperature. You need water to aid digestion, flush out toxins, lubricate joints and maintain the integrity of every cell in your body.

And when you are pregnant, hydration is doubly important. After all, you are taking care of two lives, not one.

1. For Mommy: Morning sickness can dry you out - all that vomiting purges your body of water as well as last night's dinner. Dehydration can cause nausea, which makes it difficult to keep water down, and worsens your condition. Dehydration can also cause a rise in body temperature, which can lead to heat-related illnesses like heat exhaustion and muscle cramps.

2. For Baby: If there isn't enough water early in the pregnancy, there isn't enough amniotic fluid in which your foetus can float in, resulting in deformities of the extremities. Dehydration during the second and third trimester can also lead to premature labour due to an increased level of oxytocin, the hormone responsible for contractions.

Dodge dehydration

How do you know when you're dehydrated? Obviously, you would feel thirsty. Lest you mistake thirst for hunger, chug a glass of water to see if the feeling goes away. Also keep a lookout for these other signs:

- Dizziness and lightheadedness
- Dark yellow urine
- Urine with a strong odour
- Inability or reduced need to urinate
- Dry skin, mouth and nose, and chapped lips
- Weakness and low energy

You can also lose water through sweat. After exercise and on hot and humid days, make sure you drink more water. Keep a bottle of water on hand during air travel too, as the dry atmosphere in the cabin can draw moisture out from your skin.

How much to drink?

Eight glasses of fluid a day is recommended, but if you spend a lot of time in a dry air-conditioned room (like an office) or outdoors, down one glass per hour for good measure. Avoid caffeinated drinks and drinks with a high amount of sugar, as these have a diuretic effect, causing you to urinate more.

Most of the time, symptoms of dehydration will go away as soon as you drink some water. However, if you feel that your dizziness and fatigue are severe, don't hesitate to call your ob/gyn immediately.

If that is the case, you may need to be hospitalised and receive IV fluids to rehydrate quickly.

Go alkaline

Alkaline water has a higher pH level than tap water. Some proponents say that it can neutralise acidity in the bloodstream, boost energy, increase metabolism and aid absorption of nutrients; others say that alkaline water can help build immunity and slow the aging process.

Some of the purported benefits of alkaline water include:

Healthier bones

A 2009 study revealed that drinking alkaline water, along with adequate calcium intake, reduced bone erosion and increased bone density and strength in women compared to acidic water. Expectant mothers are at greater risk of osteoporosis than women who are not pregnant, so regular intake of alkaline water may be beneficial in the long run.

GERD relief

Take a stroll in the pharmacy and you'll find antacids and acid reducers, both of which are alkaline and are widely accepted (though temporary) solutions to acid reflux symptoms. Alkaline water, whether bottled or treated with a water filter, can help reduce the discomfort that accompanies gastro-oesophageal reflux disease by keeping the pH of the stomach neutral.

Better hydration

According to a 2010 study, participants showed better hydration over a four-week period among the individuals who drank alkaline water as compared to those who drank tap water.

So if you're looking for the best for your pregnancy, alkaline water may be for you! **LWB**

LiveWell Baby Cover Baby search!



LiveWell Baby is on the lookout for Singapore's cutest babies!

Enter your tiny tot up to the age of 3 for their chance to be the next cover model of the LiveWell Baby magazine. Simply fill in the contest form for a special \$148 photography package at Baobab Tree Studio, make an appointment, and watch the magic unfold!



Feel right at home with Baobab Tree Studio, a premier photography studio in Singapore that has years of experience in capturing the energy, excitement, and spontaneity that is your child on camera. With a cosy studio atmosphere inspired by unique Korean designs and a professional photographer from South Korea with years of extensive experience under her belt, your baby's every facial expression and movement will be caught on camera to create your forever memories flawlessly!

For **\$148**
you get*:

- 1) 1 hour photo shoot
- 2) 2 edited soft copies
- 3) props, 1 theme background
- 4) Complimentary use of in-house wardrobe



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BAOBAB TREE STUDIO

LiveWell Baby

Contest Entry Form

Baby's details:

Name: _____ Age: _____ BC/NRIC: _____

Parent/Guardian's details:

Name: _____ Tel: _____

Address: _____

Email: _____

Terms & Conditions:

This contest is open to all children from 3 months to 3 years old. | Contest photos must be taken by Baobab Tree Studio. | The organisers reserve the right to use your child's photos in LiveWell Baby's editorial content. | If your child is selected as the winner, there may be a re-shoot for the cover. | LiveWell Baby and Baobab Tree Studio will select a winner from every issue's contestants. | The winner will be notified and featured on the following issue's cover. | Judges' decisions are final and no correspondence will be entertained.

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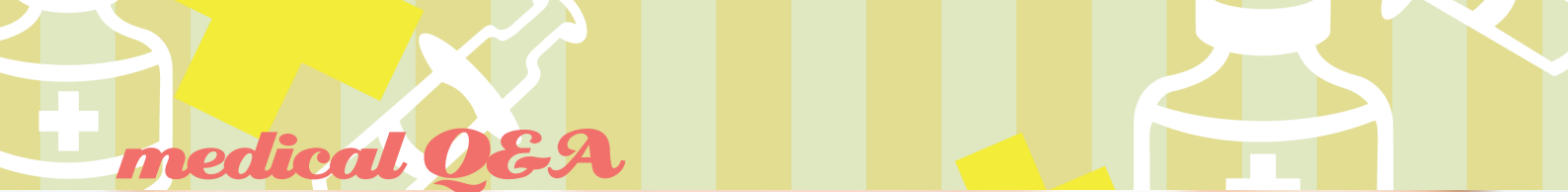
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your particulars online.



My newborn looks so fragile. Is it okay to bathe my newborn?



Dr Chan Poh Chong,
*Head & Senior Consultant,
Division of General Ambulatory Paediatrics
and Adolescent Medicine,
National University Hospital*

It is always not easy for first-time parents to handle their precious newborn, who looks so tiny and fragile during the first weeks of life. Even picking up the little one may be a challenge to some, not to mention taking a bath for him or her. However, bathing a newborn is an experience all parents would have to learn. In our hot and humid Singapore weather, some newborns can develop prickly heat rash easily, and some cultural practices even encourage

wrapping a baby up, worsening these skin conditions. Newborns pee and poo rather often and sometimes, the usual diaper changes may not be enough, especially around the groin area and diaper rashes can develop quite easily. I would encourage parents to bathe their little ones daily, especially those who may have heat-induced or diaper rashes, or every other day for those who may not be able to do so, especially in our local weather.

Bathing a newborn helps with relaxing him or her and the stroking and massaging during a bath stimulates the baby's senses positively. It also improves the parent-baby bonding and for parents to understand what the little one enjoys. Some babies sleep better after a bathing routine and certain fussy newborns have less irritability after a nice warm shower.

What should I do to make bath-time safe for my baby?

It is usually good to prepare well before a newborn's bath time. The danger of poor preparation may include having to run back and forth from the bath area to get your towels/sponges/cleansers, slipping on the wet floor, or even dropping a wet and slippery baby. Ensure that the bath tub is not filled too full, just enough to sit or lay your baby's bottom in the water. The water temperature should also be appropriate (around 37 – 38 degrees Celsius) and not scald your little one and the room temperature not too cold to chill him or her when bringing him or her out.

Avoid distractions like a ringing phone or noisy older siblings and put your full focus on bathing your child. Hold your baby's head above water at all times. Support his or her neck and shoulders with one hand, and then washing and sponging him or her with the other. It is advisable to start with cleaning his or her eyes first, the face and then the neck, trunk, groin and limbs. Do not use strong soap. Instead, you may want to use baby baths that are mild for your newborn. Sometimes a plain water bath or a diluted bath with just a few drops of baby bath is good enough if he or she is not too dirty.

After a few practices, you would be familiar enough to ensure that the bath time will be enjoyable and safe for both



Disclaimer: The advice offered by the featured expert should not be misinterpreted to be a recommendation of any product. This column provides the opinions of specialists and readers should consult their own doctors if they should have further enquiries.

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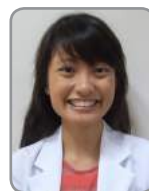
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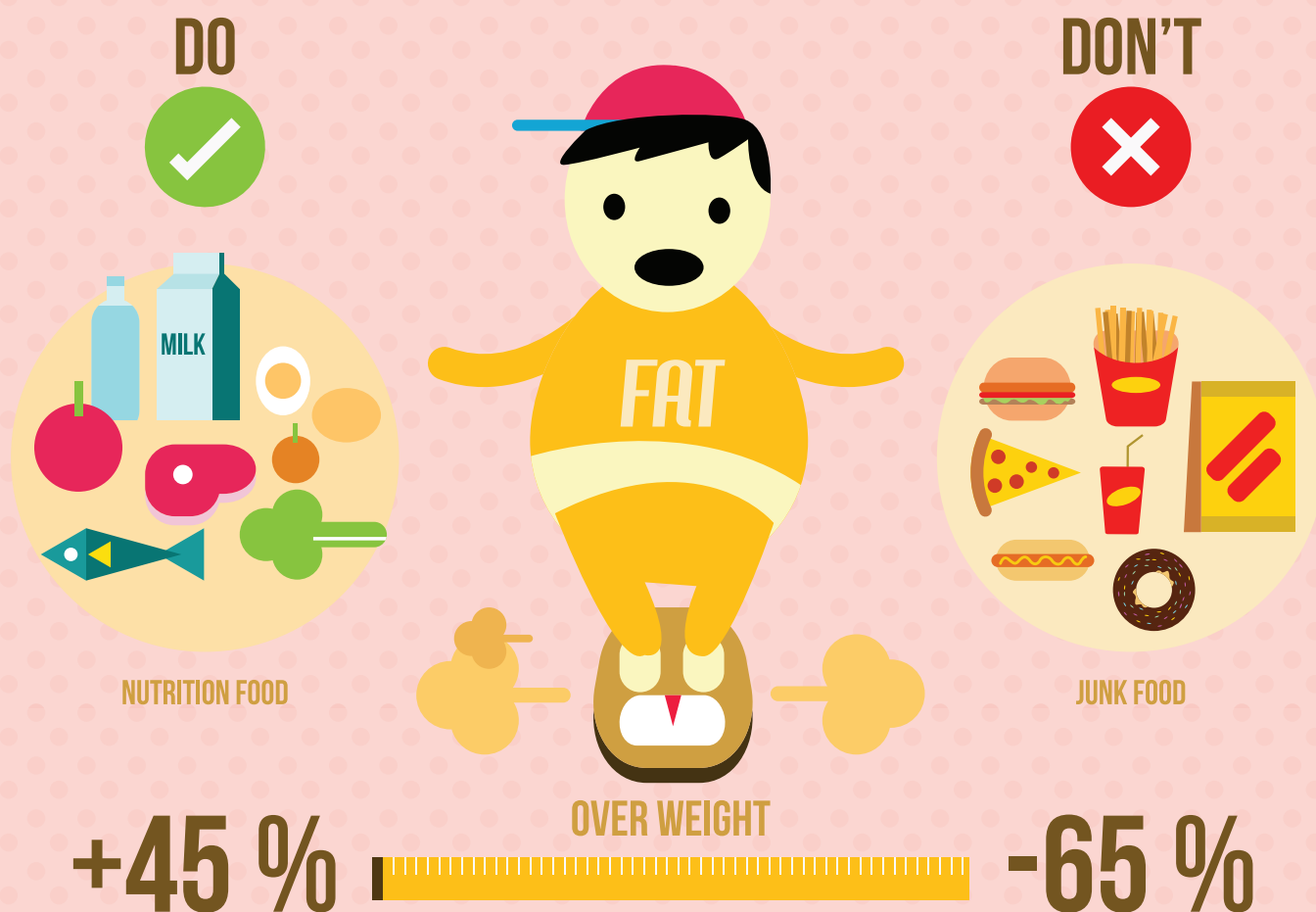
Is giving my children fried food entirely bad?



Charlotte Lin,
Senior Dietitian,
National University Hospital

It depends on a child's current growth. If a child appears to be overweight, we would not recommend that you offer children fried food more than twice a week as this will contribute to excessive calories that might cause excessive weight gain.

However, if a child is underweight and has high activity levels, you could offer him/her fried food about two to three times a week. It is recommended that the oil used to fry such foods should be unsaturated oils e.g. 100% peanut, sunflower, canola, corn oil. Fried foods appear to be the preferred choice of some children as they provide a different mouth-feel and texture. Depending on your child's weight, you can choose to modify your cooking method to provide that same crunchiness, for example, pan frying fish till crispy in a non-stick pan or baking home-made breaded chicken strips.



How to choose snacks for my always hungry toddler?

A good guide would be to use HPB's 'My Healthy Plate'. It recommends that each meal and snack should consist of foods from each of those food groups. These food groups include rice and alternatives, meat and others, vegetables and fruits.

Rice and alternatives provide a good source of energy for your toddler. Meat and others help with ensuring satiety at meals and snacks, whilst providing the building blocks necessary for muscle and strength development. Fruits and vegetables provide a good variety of vitamins, phytochemicals and fibre for good health.

Therefore, good examples of snacks for toddlers include: French toast, pau (with a variety of fillings), pancakes, bread with a variety of spreads (e.g. cheese, jam, egg mayonnaise), savoury or sweet muffins (e.g. spinach and cheese OR banana OR blueberry), fruit with yoghurt, breakfast cereal with milk or yoghurt, fruit smoothies, baby carrots with dips, steamed mantou, crackers with fillings/spreads.

Nestlé Gerber® Graduates® New Bakery Snacks

- ✓ No artificial flavors or colors
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The Nestlé Gerber® Graduates® Cinnamon Graham Animal Crackers comes in delightful animal shaped designs to put a smile on your child's face. Made with 29% of whole grains per 100g, fortified with Vitamin E, Zinc and Iron, and flavoured with a dash of cinnamon, these animal crackers are the ideal choice for a wholesome snack! Nestlé Gerber® Graduates® Cinnamon Graham Animal Crackers are recommended for children from 12 months old, or children who are accustomed to chewing solid foods.



Using a mixture of enriched wheat flour and arrowroot flour, the Nestlé Gerber® Graduates® Arrowroot Cookies has a unique texture that is crisp on the first munch, yet softens and mashes quickly for easy chewing and swallowing. A snack that is both tasty and nutritious, the cookies are fortified with Vitamin E and Zinc that are essential for your child's growth and development. Nestlé Gerber® Graduates® Arrowroot Cookies are recommended for children from 10 months, or children who are accustomed to chewing solid foods.

Available at all leading stores, the Nestlé Gerber® Graduates® Cinnamon Graham Animal Crackers and Nestlé Gerber® Graduates® Arrowroot Cookies retail at a recommended selling price of S\$8.90 and \$7.90 per pack respectively.

Disclaimer: The advice offered by the featured expert should not be misinterpreted to be a recommendation of any product. This column provides the opinions of specialists and readers should consult their own doctors if they should have further enquiries.



ask the DOCTOR

Are there certain foods or things that pregnant mums consume or do that have been linked to an increased risk of allergies in kids? Is there anything that parents can do to safely reduce the likelihood of allergies in their kids?



Dr Elizabeth Tham

*Associate Consultant,
Division of Paediatric Allergy,
Immunology & Rheumatology,
National University Hospital*

Recent studies have suggested that maternal smoking, stress or emotional distress and inadequate levels of Vitamin D in pregnancy may increase the risk of wheezing in children. There is also some evidence that antibiotic use in the last trimester of pregnancy may also increase the risk of childhood wheezing or asthma, but more research is needed in this area. However, there is no evidence to suggest that what a pregnant mother consumes increases the risk of allergies in her children.

To reduce the risk of children developing allergies:

- 1) All mothers should be encouraged to breastfeed for at least 6 months, and if possible, up to 1-2 years of age
- 2) Mothers and infants (after weaning) should consume a well-balanced diet with high amounts of fruits, vegetables and omega-3 fish oils



- 3) Introduction of solid foods should commence between 4-6 months of age and should not be delayed beyond 6 months of age
- 4) Allergenic foods such as eggs, peanuts and shellfish should also be introduced in a sensible manner soon after weaning is commenced. Delaying the introduction of allergenic foods has been shown to increase the risk of developing food allergies
- 5) Pregnant mothers do not need to avoid any allergenic foods during pregnancy as there is no evidence that this reduces the risk of allergies in their children
- 6) Intake of probiotics in the last trimester of pregnancy may help to reduce the risk of the child developing eczema, which may be a precursor to developing other allergic disorders like wheezing, allergic rhinitis and food allergies
- 7) Daily application of emollients (moisturisers) on babies' skin from birth may reduce the risk of developing eczema
- 8) Parents should avoid smoking altogether to reduce the risk of their children developing wheezing disorders and to protect their children from the harmful effects of cigarette residuals.

Is it true that probiotics can help my child recover from diarrhoea? Should I buy probiotic supplements to boost his diet?



Professor Quak Seng Hock
Head & Senior Consultant,
Division of Paediatric Gastroenterology,
Nutrition and Hepatology,
National University Hospital



Probiotics are live microorganisms, which can confer beneficial health effect when ingested in adequate amount. How these organisms exhibit their effect is not fully understood. There are many probiotic preparations in the market and it should be noted that not all probiotics have the same health benefits. Their claim of health-associated effects should be supported by sound scientific evidence.

In children, diarrhoeal diseases or acute gastroenteritis (GE), are common and they are often due to infection of the gastrointestinal tract by bacteria or virus. These diseases are self-limiting and would improve within about a week. The main concern among children with acute gastroenteritis is excessive loss of water and electrolytes in the stools and vomitus and this may be life threatening.

Hence prevention of dehydration and electrolyte imbalance is the mainstay in the management of acute GE. It is of utmost importance to ensure that the affected child has adequate fluid intake during an episode of GE. The early features of dehydration are thirst and poor urine output. Anti-diarrhoeal medications are generally not encouraged.

Probiotics have been used as an adjuvant in acute GE. In a large scale analysis involving > 10 clinical trials, the administration of *Lactobacillus rhamnosus* GG significantly reduced the duration of diarrhoea compared with placebo or no treatment by about 24 hours. In another smaller scale analysis involving 2 clinical trials, compared to placebo or no treatment, *Lactobacillus reuteri* DSM17938 reduced the duration of diarrhoea by about 30 hours.

The other probiotic that has been shown to be useful in acute GE is *Saccharomyces boulardii*. In a large scale analysis involving >20 clinical trials, the administration of *S. boulardii* significantly reduced the duration of diarrhoea by about 20 hours and stool frequency on day 2 and day 3. So far these are the only three probiotics that are supported by good clinical trials to show their beneficial effect in children with acute GE. However, it should be emphasised that prevention of dehydration and rehydration therapy are the keys to successful management of acute GE in children. Use of probiotic is only an adjunct treatment.

Disclaimer: The advice offered by the featured expert should not be misinterpreted to be a recommendation of any product. This column provides the opinions of specialists and readers should consult their own doctors if they should have further enquiries.

finishing act

Wow, it's nearly the end of the year and it's the festive season! Photo-taking of the family, especially your kids, will definitely be a big part of your partying so here are 5 tips to help you take awesome pictures to keep for memories' sake!



1. **Use the native camera app in your phone.** Memorable moments are usually on the spur of the moment and the native camera app is usually easily accessible for quick impromptu shots.
2. **Get down to your child's level, especially small children.** This will ensure that you are able to capture the interesting backgrounds behind your child and allow you to see things from their point of view as well.
3. **Use burst mode.** Children are always on the move, so using the burst mode will allow you to capture the best shot while they are moving and delete the rest as necessary.
4. **Focus on your child's eyes.** After all, the eyes are the windows to one's soul.
5. **Go simple.** You don't necessarily have to use lots of props and costumes to make your photo interesting. Photo apps can enhance your picture, but lighting and composition are just as important. Simple and uncluttered.



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