

EDITION 1 | DEC, 2023



CONTINENTAL
HOSPITALS

Our Healing touch..



**Kid
Vitality:**
CONTINENTAL CARE

PD-HEALTH

CONTINENTAL KID'S HEALTH MAGAZINE

HEART BEATS & HIGH FIVES: FROM HUGS TO CONFIDENCE

CONTENTS



- 03 Chairman's Note**
- 04 The Power of Hugs**
- 07 Newborn Care Essentials**
- 09 Critical moments, Exceptional solutions**
- 15 Nutrinom Nook: Continental Kids Culinary Corner**

11 EXCLUSIVE!

SHIELDING LITTLE CHAMPIONS: TIPS FROM OUR SUPER HERO DOCTORS



PARENTING PERSPECTIVES

A Psychologist's guide to parenting and to learn how to understand parenting styles to nurture resilient minds.



WHOLESOME SNACK RECIPE

Elevate your snacking experience with these Wholesome Walnut and Date Energy Bites

- 18 Continental Chronicles: Success stories in Pediatric Care**
- 20 Teen Mania Health Guide: Journey to Adolescent Health**
- 22 Continental Spotlight: Did you know? Kids can get Arthritis too!!**
- 24 Unlocking Potential: The psychology of peak performance in Kids**
- 25 Knowledge Corner: Magic of making babies**
- 26 Parenting Perspectives: A Psychologist's guide to nurturing resilient minds**



PLOT 3, ROAD 2, FINANCIAL DISTRICT,
NANAKRAMGUDA, GACHIBOWLI,
HYDERABAD, 500032
QUERIES@CONTINENTALHOSPITALS.COM



WWW.CONTINENTALHOSPITALS.COM

Chairman's Note

DR. GURU N REDDY

MBBS, MD, FACP, FACG, FASGE, AGAF

**Chairman & Managing Director
Continental Hospitals**



Dear Readers,

It is with immense joy and a profound sense of responsibility that I welcome you to the inaugural edition of our "Continental Kids Health Magazine - PD-Health". As Chairman of Continental Hospitals, I find great pleasure in presenting this comprehensive guide dedicated to the well-being of our most precious treasure – our children.

In a world that is constantly evolving, one constant remains: the importance of nurturing the health and happiness of our younger generation. This magazine serves as a testament to our commitment to providing families with the knowledge and insights needed to navigate the intricate journey of raising healthy, resilient, and happy children.

The "Continental Kids Health Handbook - PD-Health" is more than just a collection of articles; it is a labor of love, a collaboration of expertise, and a celebration of the vitality that defines childhood. Our dedicated team of pediatricians, psychologists, and specialists has poured their knowledge, experience, and care into crafting a resource that addresses the unique challenges and joys of raising thriving kids.

Within these pages, you will find a wealth of information on physical health, mental well-being, and practical tips for fostering a positive environment at home. From recognizing signs of stress to encouraging healthy habits, our goal is to empower you with the tools to make informed decisions about your child's health. As parents and grandparents, we understand the aspirations and dreams we hold for our children. Through this handbook, we hope to be your companions on the journey of parenthood, providing guidance, reassurance, and a trusted source of information.

I extend my heartfelt gratitude to our team of dedicated healthcare professionals who have made this endeavor possible. May this magazine be a source of inspiration, comfort, and empowerment for you and your family.

Here's to the well-being of our little ones and the joy they bring into our lives.



Dr. Suneetha Kumari P

MBBS, MD OBGYN

**Senior Consultant & Laparoscopic Surgeon
Obstetrics & Gynaecology**

"Have you ever wondered about the magic woven into the simple act of hugging?"

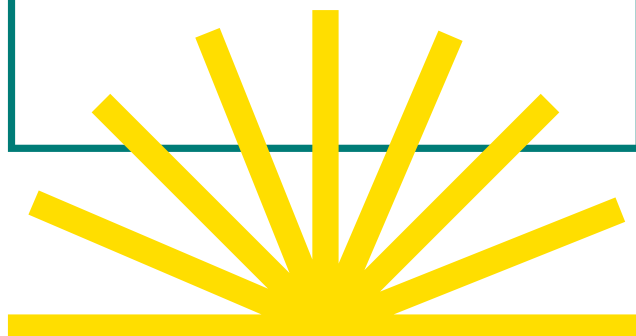
In a world where technology and innovation constantly reshape our lives, the timeless embrace shared between a parent and child remains a steadfast force in nurturing bonds and fostering holistic development.

As a consultant obstetrician & gynaecologist with a passion for the well-being of families, I am excited to delve into the profound impact that hugs can have on the journey from infancy to adulthood within the context of the changing family structures in India.



THE POWER OF HUGS

*Nurturing bonds and fostering development :
From infancy to adulthood*



Infancy: The Foundation of Trust and Security

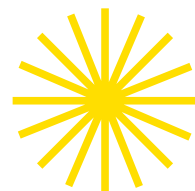
In the fast-paced rhythm of contemporary life, the significance of cuddling during the early stages of life cannot be overstated.

From the soothing cradle of a parent's arms to the release of the "love hormone," oxytocin, cuddling forms the cornerstone of trust and security in infants. This connection becomes the nurturing soil for a child's emotional and social development.



this is
a paper
hug

GIVE THAT EXTRA HUG TODAY -
BECAUSE MAGIC OF LOVE MULTIPLIES
WITH EACH HUG



Research indicates that infants who experience regular cuddles tend to cry less, sleep better, and exhibit positive behaviors. The physical closeness inherent in cuddling also contributes to regulating physiological functions, fostering a sense of safety and comfort in our little ones.

Early Childhood: Emotional Regulation and Social Skills

As children grow amidst the kaleidoscope of cultures, cuddling continues to play a pivotal role in emotional regulation and the development of crucial social skills.

The safe space provided by cuddling becomes a canvas for children to express and manage their emotions, fostering resilience in the face of the evolving world around them. The act of cuddling teaches children about the nuances of non-verbal communication, reinforcing positive social behaviors and emphasizing the importance of physical closeness in human connections.

Adolescence: A Source of Comfort in a Changing World

In the throes of adolescence, where identity meets societal expectations, cuddling remains a powerful tool for parents navigating the dynamics of the modern Indian family.

As adolescents chart their path of self-discovery, the secure attachment forged through cuddling becomes a beacon of comfort, aiding in the development of a positive self-image and a healthy sense of identity. The stresses of adolescence find solace in the release of hormones during cuddling, offering a natural antidote to the challenges our teens face.

Adulthood: Strengthening Family Bonds

Even as individuals mature into adulthood, the need for physical touch persists. Cuddling between family members, be it siblings, parents, or partners, strengthens the bonds cultivated over the years.

In a world filled with digital connections, the warmth derived from physical closeness fosters a sense of belonging and interconnectedness within the family unit.

Studies suggest that adults who engage in regular physical touch, including cuddling, experience lower levels of stress and anxiety. The release of oxytocin during these moments promotes a profound sense of well-being and enhances overall mental health.

Let us celebrate and cherish the transformative power of a simple hug or comforting embrace—a timeless gesture that nurtures bonds and enhances our collective human experience.

NEWBORN CARE ESSENTIALS:

A trusted guide for New Parents

Embarking on the incredible journey of parenthood is a momentous occasion, especially when it comes to welcoming your newborn into the world. As you cradle the tiny bundle of joy in your arms, a myriad of questions may flood your mind:

How do I ensure their safety during car rides in India? What are the recommended practices for soothing a crying baby in our cultural context? and more...

In this guide crafted with insights from our Consultant Neonatologist Dr Ramya Nadipineni, we explore these questions and more, providing new parents with a comprehensive handbook for navigating the initial weeks of newborn care.

Visitors:

Balance celebration and family time in the early weeks. However enthusiastic the family may be about celebrating, consider welcoming visitors only when you are ready and ensure peaceful environment.

Clothing:

Choose comfort with Indian Climate in mind. Recommend choosing clothes made of breathable fabrics and organically made without use of harsh chemicals and colours.

Car Safety:

Install your car seat before birth so it is readily available to take the baby home safely from hospital. Maintain a snug harness fit in the seat and regularly check it's stability.



Dr. Ramya Nadipineni

MBBS, MD Pediatrics, Fellowship in Neonatology

Consultant

Neonatologist & Pediatrician

New Born Feeding:

Whether you are breast feeding or formula feeding, adhere to the recommended guidelines.

- Initiate breast feeding in the first hour after birth
- Practice on demand feeding for robust milk supply
- Ensure proper latch to prevent nipple soreness
- If using Formula, choose as per nutritional need of the baby.

Your New Born's Body:

- Maintain hygiene with luke warm water for daily face and neck wash.
- Use mild baby soap for sensitive areas.
- Change diapers promptly after they are soiled.
- Use fragrance free wipes.
- Care for stump using luke warm water and cotton pad to keep it clean and dry.
- Keep a close watch on how your baby's skin responds to use of any products.
- Dress your baby in loose clothes that allow air circulation.

New Born Baby Sleep:

- Follow safe sleep practices, placing baby on their neck.
- Create a conducive environment with proper ventilation.
- Establish a consistent bed time routine for better sleep patterns.

New Born Poop:

- Recognise normal daily movements.
- Dark meconium is passed for few days.
- Breast fed babies may have more frequent, soft, yellow stools
- Formula fed babies may have fewer thicker stools

New Born Crying:

- Understand baby's needs and employ soothing techniques.
- Rule out basic needs like hunger, wetness or fatigue.
- Gentle rocking, swaddling or pacifiers can help comforting the baby.
- Maintain calm demeanour as babies often mirror their caregivers.

Health:

- Monitor baby's health closely and seek medical help when needed.
- Make essential tools needed to monitor baby's health readily available.
- Do not use over the counter medication without doctor's advice even if you feel that it is a minor issue like increased temperature.

Most importantly, take care of yourself during this phase. You will not be able to give your best to your baby if you are not happy and healthy first.

FAQs:

1. What type of Baby soap is best for new born?

- Use a fragrance free baby soap specifically designed for sensitive skin, avoid products that use harsh chemicals.

2. How frequently should I change my newborn's diaper?

- Promptly after they are soiled to prevent diaper rash and to maintain cleanliness. 6-8 diapers changes per day is recommended.

3. When will umbilical stump fall off, and how should I care for it?

- Usually falls off within the first two weeks. Keep it clean and dry and allow proper air circulation around the stump.

**YOU CAN'T
POUR FROM
AN EMPTY CUP..**

**Take care of
yourself first**



Safeguarding your child's health in emergencies

CRITICAL MOMENTS, EXCEPTIONAL SOLUTIONS

Dr. Kiran Kumar G

MBBS, MD Pediatrics, Fellowship in PICU

HOD & Senior Consultant

Pediatrician & Intensivist



As a Senior Consultant Pediatrician and Intensivist at Continental Hospitals, I want to offer insights into pediatric emergencies and highlight the advantages of choosing Continental Hospital for your child's critical care. Our dedicated Pediatric Emergency Room (PER), Pediatric Intensive Care Unit (PICU) and Neonatal Intensive Care Unit (NICU) reflect our commitment to providing top-tier pediatric emergency and critical care.

Recognizing Pediatric Emergencies:

Identifying pediatric emergencies can be challenging for parents, but awareness of signs such as severe difficulty breathing, persistent high fever, unconsciousness, or uncontrolled bleeding is crucial. Seeking immediate medical attention is imperative in such cases.

Advantages of Continental Hospital in Pediatric Emergencies:

- **Dedicated Pediatric Emergency Room:**

Our PER, staffed by specialized pediatric emergency physicians and nurses, offers a child-friendly environment, ensuring comfort and reducing anxiety for both the child and their family.

PD-Health



- **Individualized Treating Cubicles in PICU:**
Our PICU's treating cubicles provide privacy and prevent cross-infections, ensuring each child receives personalized care tailored to their unique needs.
- **Expert Pediatric Intensivists & Neonatologist:**
Our team of well-trained and experienced pediatric intensivists and Neonatologists is available 24/7, delivering immediate and expert care to critically ill children.
- **Advanced Equipment and Resources:**
Equipped with cutting-edge technology, our PICU ensures the highest level of care for a wide range of pediatric emergencies, from respiratory support to advanced monitoring systems.

When to Bring Your Child to Continental Hospital:

Trust your parental instincts. Seek prompt medical attention at our 24/7 PER for immediate care. Our PICU is prepared to provide the highest level of care for critical conditions, emphasizing recovery and well-being.

Consulting Our Pediatric Intensivists:

Our pediatric intensivists, trained to manage critical cases in the PICU & NICU collaborate with other healthcare professionals and specialists from other departments to ensure optimal outcomes. Parents can have confidence in the expertise of our specialists.

In pediatric emergencies, time is crucial. Choose Continental Hospitals for your child's emergency and critical care, ensuring access to a dedicated PER, personalized care in the PICU, and expertise from highly trained pediatric intensivists & neonatologists. Your child's health is our top priority, and we are committed to delivering exceptional care in critical moments.

BECAUSE
EVERY
SECOND
MATTERS!!

SHIELDING LITTLE CHAMPIONS:

Tips from our Super Hero Doctors

Common Cold: Navigating the Sniffles and Sneezes:

Dr. Sudheer Kumar, our Senior Pediatrician, provides guidance on managing the common cold:

- 1. Symptom Relief:** Dr. Sudheer suggests using a humidifier, saline drops, and plenty of fluids to alleviate congestion. Over-the-counter medications should be used with caution and only as directed.
- 2. Rest and Recovery:** Adequate rest is essential. Dr. Sudheer recommends keeping children home from school and activities to prevent the spread of the virus.
- 3. When to Consult:** Persistent symptoms or worsening conditions should prompt a visit to the pediatrician. Dr. Sudheer underscores the importance of monitoring for signs of dehydration.



Dr. Madhavi Adla

MBBS., MD Pediatrics

Consultant - Pediatric Allergies



Dr. Sudheer Kumar K

MBBS., MD Pediatrics

Senior Consultant Pediatrician

Preventive Measures for common illnesses (Flu, Allergies)

Dr. Madhavi, our dedicated pediatric allergist provides valuable advice to keep your child healthy:

- 1. Flu Prevention:** Annual flu vaccinations are crucial and regular vaccinations are important to protect against the flu and its complications.
- 2. Allergy Awareness:** Identify and manage allergies early. Dr. Madhavi recommends monitoring for common allergy symptoms and seeking professional advice for testing if needed.
- 3. Hand Hygiene:** Teach your child the importance of handwashing. Dr. Madhavi underscores the role of proper hand hygiene in preventing the spread of illnesses. (Contd..)



SHIELDING LITTLE CHAMPIONS:

Tips from our Super Hero Doctors

Q&A: Expert Advice for Parents

Q: Can I prevent my child from developing allergies?

A: While genetics play a role, Dr. Madhavi recommends introducing allergenic foods early, maintaining a clean environment, and avoiding exposure to tobacco smoke to reduce allergy risk.

Q: What's the best way to manage my child's flu symptoms?

A: Dr. Madhavi advises plenty of rest, fluids, and over-the-counter medications as directed by your pediatrician. If symptoms persist, seek medical attention promptly.

Q: How can I create an allergy-friendly environment at home?

A: Dr. Madhavi suggests simple measures such as using allergen-proof bedding, regularly cleaning and vacuuming, and keeping windows closed during high pollen seasons. Additionally, consider consulting with an allergist for a personalized allergen avoidance plan.

Q: Are there natural remedies to boost my child's immune system?

A: While a balanced diet and regular exercise contribute to overall health, Dr. Madhavi emphasizes that there's no specific natural remedy to prevent illnesses. Focus on a nutritious diet, adequate sleep, and good hygiene practices to support your child's immune system.



Dr. Harshasree G

MBBS., MD Pediatrics

Consultant Pediatrician

Tackling Tummy Woes: A Guide to Gastroenteritis

Dr. Harshasree, our Consultant Pediatrician advises you on how to handle gastroenteritis in children:

- 1. Hydration is Key:** Dr. Harshasree stresses on the importance of fluid replacement to prevent dehydration. Oral rehydration solutions are recommended, and severe cases may require medical attention.
- 2. Dietary Recommendations:** Gradually reintroduce bland, easily digestible foods. Avoid fatty, spicy, or dairy-heavy meals during recovery.
- 3. When to Seek Help:** Persistent vomiting, severe abdominal pain, or signs of dehydration warrant a visit to the pediatrician and needs timely medical intervention.

SHIELDING LITTLE CHAMPIONS:

Tips from our Super Hero Doctors

Q&A: Expert Tips

Q: Can gastroenteritis be prevented?

A: While some cases are unavoidable, Dr. Harshasree recommends practicing good hand hygiene, avoiding contaminated food and water, and ensuring your child is up to date on vaccinations.

Q: Is it safe to use over-the-counter anti-diarrheal medications for my child?

A: Dr. Harshasree advises against using over-the-counter anti-diarrheal medications for children without consulting a healthcare professional. It's essential to determine the underlying cause and tailor the treatment accordingly.

Q: Are probiotics beneficial for managing gastroenteritis in children?

A: Certain probiotics may help restore the balance of gut bacteria. However, consult with your pediatrician before introducing probiotics, as their efficacy can vary based on the specific strain and the child's condition.

Q: What types of foods should be avoided during the recovery period?

A: Dr. Harshasree recommends avoiding high-fat, spicy, and dairy-heavy foods during recovery, as these can be harder to digest. Stick to bland, easily digestible options like rice, bananas, and plain crackers.



Dr Sravanthi Reddy K

MBBS., MD Pediatrics

Senior Consultant Pediatrician & Specialist in Sleep Medicine

Cultivating Healthy Appetites: A Pediatrician's Guide to Toddler Nutrition

Dr. Sravanthi, our consultant pediatrician and a mum to a toddler herself shares her expertise on building strong foundations through a well-rounded approach to toddler nutrition.

Balanced Diet for Little

Explorers: One of the cornerstones of toddler nutrition is maintaining a balanced diet. It is important to incorporate a variety of foods, including fruits, vegetables, whole grains, and lean proteins. By providing a diverse range of nutrients, parents can support their toddler's overall health and development.

"Think of meals as a palette of colors, each color represents a different nutrient". (Contd..)

PD-Health



SHIELDING LITTLE CHAMPIONS:

Tips from our Super Hero Doctors

By offering a rainbow of options, you're ensuring your child receives a broad spectrum of essential vitamins and minerals.

Hydration Habits for Health:

Proper hydration is another crucial aspect of toddler well-being. Dr. Sravanthi recommends making water the primary beverage throughout the day, limiting the intake of sugary drinks. To gauge hydration status, she suggests monitoring the color of your toddler's urine – a pale yellow color indicates adequate hydration.

"Encourage your child to drink water by making it readily available and fun, Investing in colorful, child-friendly water bottles can make the hydration process more engaging for them."

Gradual Introduction to Solid Foods:

Introducing solid foods is a significant milestone in a toddler's journey. Start with soft, easily digestible options and gradually progress to more textured foods. This step-by-step approach allows toddlers to explore various tastes and textures while adapting to the mechanics of chewing and swallowing.

"Think of it as a culinary adventure for your toddler, each new food is an opportunity for

them to discover different flavors and develop their preferences."

Q&A: Expert Tips for Common Concerns

Q: How can I ensure my picky eater gets enough nutrients?

A: Involve your child in the kitchen – let them choose fruits and veggies at the store, and make mealtime a fun, interactive experience. By offering a variety of colorful, appealing foods, you're creating positive associations with nutritious options.

Q: Are there specific foods that can support my toddler's brain development?

A: Omega-3 fatty acids are crucial for brain development. Foods rich in these nutrients, such as fatty fish (like salmon), chia seeds, and flaxseeds, can be beneficial. Including these foods in your toddler's diet provides essential building blocks for their developing brains.

Q: Can I give my toddler plant-based milk alternatives, and are they nutritionally sufficient?

A: While these alternatives can be part of a balanced diet, it's essential to ensure they provide adequate nutrients like calcium and vitamin D that are crucial for bone health. Your pediatrician can guide you on the best choices for your child.



NUTRINOM NOOK: CONTINENTAL KID'S CULINARY CORNER

Wholesome Snack Recipes for Happy Little Tummies!

WALNUT & DATE LADDU

Ingredients:

- ¼ cup walnuts
- ¼ cup cashews
- ¼ cup almonds
- 2 tbsp pumpkin seeds
- 2 tsp sesame seeds
- ¼ cup desiccated coconut
- ¾ cup dates
- ¼ tsp cardamom

Instructions:

1. In a pan, gently roast cashews, almonds, and walnuts for 3-4 minutes until they release their rich aroma.
2. Add pumpkin seeds, sesame seeds, and desiccated coconut, and continue to roast for an additional 2 minutes. Be cautious not to overheat these ingredients.
3. Grind the roasted mixture into a fine powder. The fragrance alone will make your kitchen feel like a wholesome haven.
4. Half the dates and blend them into a smooth, pasty consistency. The dates not only add natural sweetness but also act as a binding agent for the laddus.
5. Combine the dry ingredients with the date paste, and add a dash of cardamom for that extra burst of flavor.
6. With clean, ghee-coated palms, roll the mixture into bite-sized laddus.

THE RECIPE

- **Nutrient-Rich Walnut & Date Energy Bites:** 12 bites in 10 minutes.
- Packed with protein, fiber, and iron, these treats combine the natural sweetness of dates with the crunch of assorted nuts—a perfect blend of taste and nutrition for a quick energy boost.
- **Cuisine:** Vegan
- **Dietary Information:** Dairy-free, Egg-free, Vegan
- **Preparation Time:** 10 minutes
- **Total Time:** 10 minutes
- **Servings:** Approximately 12 laddus
- **Calories per Serving:** Approximately 100 kcal per laddu



CHICKPEA BROWNIES - EGGLESS

Discover a delightful and healthy twist to classic brownies with our Nutrient-Packed Chickpea Brownies, perfect for kids who love a sweet treat. These brownies not only satisfy a sweet tooth but also provide a boost of essential nutrients for growing bodies. Packed with ingredients like chickpeas, jowar flour, and flax eggs, these brownies are a guilt-free indulgence that parents and kids alike will love.

Ingredients:

- 2 cups sugar-free dark chocolate, coarsely chopped
- 1 cup butter (or substitute with coconut oil for a healthier option)
- 2 cups coconut sugar
- 1 cup chickpeas, mashed
- 2 tbsp jowar flour (or substitute with almond flour)
- 2 tsp baking powder
- 6 tbsp cocoa powder
- 4 flax eggs (12 tablespoons water + 4 tbsp powdered flax seeds)
- 1 cup crushed walnuts

Instructions:

1. Preheat the oven to 180 degrees Celsius and line an 8x8 inch baking pan with parchment paper.
2. In a saucepan over medium heat, melt together chocolate and butter (or coconut oil), ensuring not to burn the chocolate.
3. In a bowl, whisk together coconut sugar and flax eggs until well combined. Add the melted chocolate and whisk until smooth.
4. Mix in mashed chickpeas, jowar flour, cocoa powder, and baking powder until everything is well combined.
5. Fold in the chopped walnuts.
6. Transfer the batter to the prepared baking dish and bake the brownies for 45 minutes.
7. Allow the brownies to cool before slicing and serving.



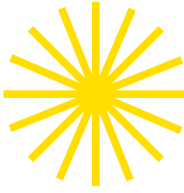
C
o
n
t
i
n
e
n
t
a
l

C
h
a
m
p
i
o
n
s

CONTINENTAL CHRONICLES:

Success Stories in Pediatric Care

Meet Atharv and Aarnav, two vibrant 6-year-old twins with a passion for football and building Lego models. It's hard to believe that these energetic boys were once fragile premature twins born at just 30 weeks, weighing a mere 1 kg and 1.2 kgs. Their remarkable journey began at Continental Hospitals in 2017, where they faced early health challenges, leading them to the Neonatal Intensive Care Unit (NICU) for vital ventilatory support.



Reflecting on those challenging days, their parents recall, "It was such a scary and emotional time for us. We were afraid to even take pictures of them when they were born and in the NICU." Aarnav, diagnosed with congenital diaphragmatic hernia at a mere 5 days old, underwent successful surgery at Continental Hospitals. The following two months in the NICU became a battleground for these tiny warriors as they fought for their lives.

The dedicated medical professionals at Continental Hospitals, armed with expertise and compassion, played a pivotal role in guiding Atharv and Aarnav from fragility to health. Their journey was not just about survival; it was about thriving against the odds. The Continental Hospitals team crafted a personalized and comprehensive care plan, addressing every aspect of the twins' health and development with precision and care. The hospital's state-of-the-art medical infrastructure became the backbone of their recovery.

Leaving the hospital weighing over 2 kgs, Atharv and Aarnav embarked on a path toward recovery, guided by the nurturing hands of Continental Hospitals. The hospital's commitment to excellence in neonatal care, from vigilant monitoring to specialized treatments and excellent nursing care played a crucial role in ensuring the twins had the best possible start in life.

Today, Atharv and Aarnav, once the tiniest of warriors, stand as vibrant and healthy boys. Their story is not just one of overcoming challenges; it is a celebration of the profound impact of exceptional healthcare. Continental Hospitals not only saved lives but also shaped destinies, providing the twins with the foundation for a normal childhood and a promising future.

Their journey epitomizes Continental Hospitals' commitment to excellence in Pediatric Healthcare. Beyond Atharv and Aarnav, the hospital continues to guide numerous premature babies to health, showcasing a legacy of success stories and unwavering dedication to every precious life.

Teen Mania Health Guide:

Journey to Adolescent Health

As a gynecologist and a mother to two girls, I am deeply committed to fostering the well-being of adolescent girls, a crucial phase in their journey towards womanhood. These changes necessitate not only specialized medical attention but also a depth of care that acknowledges the unique challenges and experiences these young individuals encounter. In this article, we will delve into key health concerns, drawing from both my professional expertise and my maternal insight, aiming to provide comprehensive guidance that empowers both adolescent girls and their parents in navigating this critical stage with confidence and resilience.

Understanding Menstrual Health:

- Learn about the menstrual cycle and its variations.
- Learn the importance of maintaining proper menstrual hygiene and how to maintain it.
- Have open conversations about periods to foster a healthy relationship with one's body.

Nutrition and Physical Well-being:

- Ensure a balanced diet with a variety of foods.
- Include fruits, vegetables, whole grains, and lean proteins in your regular diet.
- Maintain regular physical activity through sports, yoga, or exercise for overall fitness.



Dr. Kavitha Naragoni

MBBS, MS OBGYN

**Senior Consultant, Laparoscopic & Robotic
Surgeon, Obstetrics & Gynaecology**

Safe Practices and Responsible Choices:

- Learn about safe sex practices and contraception.
- Know about prevention of sexually transmitted infections (STIs) and make responsible choices.
- Do not skip regular gynecological check-ups for monitoring reproductive health.

Emotional and Mental Health:

- Acknowledge and normalize mood swings, stress, and occasional anxiety.
- Establish open communication to create a safe space for expressing feelings.
- Seek professional help if needed.

Holistic Health Approach:

- Embrace a holistic approach to health during adolescence.
- Establish healthy lifestyle habits that contribute to physical, emotional, and mental well-being.
- Make routine examinations and screenings part of proactive health management.

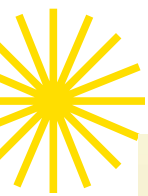
Empower Yourself with Knowledge:

- Gain comprehensive knowledge about your bodies and reproductive health through reliable sources or healthcare professionals.
- Build confidence to ask questions and make informed decisions about your well-being.
- Self-care is vital, take personal responsibility of it.

Remember, adolescence is a unique and personal journey, and each individual's experience is distinctive. The guidance provided here is a foundation upon which young individuals can build a healthy and fulfilling life.

By incorporating these principles into daily life, adolescents can foster a positive relationship with their bodies, make informed decisions, and prioritize their overall well-being. I encourage a proactive and positive approach, ensuring that each step taken during this dynamic phase contributes to a resilient and thriving future.





Did you know? Kids can get Arthritis too!!

*Continental Spotlight:
Awareness for Parents*

Dr Sunitha Kayidhi

MBBS., MD Internal Medicine, DM Rheumatology

Senior Consultant Rheumatologist

So, what exactly is arthritis?

Arthritis is characterized by inflammation in the joints, resulting in pain and stiffness, especially during the morning hours. When it comes to children, joint pains may be attributed to chronic diseases like Rheumatoid Arthritis, Psoriatic Arthritis, and Spondyloarthritis. However, it's crucial to differentiate these conditions from other causes of joint pains, such as growing pains, muscle aches, bone pains due to metabolic deficiencies, trauma, or joint infections.

In some cases, children with arthritis may also exhibit additional symptoms like rashes, fever, recurrent mouth ulcers, muscle aches and swelling, weakness, decreased blood counts, and failure to thrive. These could be signs of autoimmune diseases like lupus, scleroderma, myositis, or certain immunodeficiencies.

Recognizing and addressing childhood arthritis is of paramount importance because if left untreated, it can hinder a child's growth, leading to short stature and joint deformities.

Have you ever thought that arthritis, a condition often associated with the elderly, could also affect your child?

It might come as a surprise, but arthritis is not exclusive to adults. In fact, children can experience joint pains and inflammation due to various types of arthritis, and understanding this condition is crucial for early diagnosis and effective management.

Arthritis in children is not a rare phenomenon. Conditions such as Juvenile Arthritis, Juvenile Ankylosing Spondylitis, Psoriatic Arthritis, Septic Arthritis, Lupus, and Inflammatory Myositis are among the potential culprits. While these names may sound intimidating, it's essential for parents to be aware of the symptoms and seek professional help if they notice any unusual signs in their child.

Diagnosing arthritis in children involves a clinical evaluation by a rheumatologist who will inquire about symptoms and conduct a joint examination. Certain tests may be required to confirm the diagnosis and identify the specific type of arthritis or organs involved.

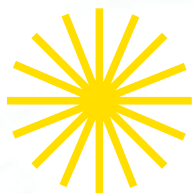
The good news is that early detection and intervention can make a significant difference in managing childhood arthritis. Treatment typically involves medications to alleviate pain and disease-modifying antirheumatic drugs to prevent joint and organ damage. Additionally, physiotherapy plays a crucial role, encompassing stretching, range of movement, and strengthening exercises tailored to each child's needs.

As parents, it's essential to be vigilant and proactive. If your child experiences joint pains, particularly with swelling and stiffness in the morning or after rest, don't hesitate to consult a rheumatologist promptly.

Early treatment not only reduces pain but also prevents permanent joint damage and internal organ involvement.

By shedding light on childhood arthritis, we hope to foster awareness and encourage early detection, ultimately ensuring the well-being of our young ones. Remember, being informed is the first step toward a healthier future for our children.





UNLOCKING POTENTIAL:

The Psychology of Peak Performance in Kids



Dr P Madhurima Reddy

M.A, MSc, M.Ed, M.Phil, Ph.D, Ph.D, Hon.Doc., D.Litt.

Senior Consultant Psychologist

In today's fast-paced world, nurturing a child's holistic development is essential. As a psychologist specializing in peak performance training, I emphasize these key principles for parents:

- 1. Building Resilience:** Teach children to manage emotions, view challenges as opportunities for growth, and cultivate resilience.
- 2. Setting Realistic Goals:** Encourage goal-setting, emphasizing both short-term and long-term objectives. Ensure goals are realistic to avoid frustration.
- 3. Positive Reinforcement:** Praise effort, determination, and strategies rather than focusing solely on outcomes to boost self-esteem and foster a love for learning.
- 4. Mindfulness and Focus:** Introduce mindfulness practices to enhance concentration, cognitive abilities, and emotional regulation.
- 5. Balancing Pressure and Play:** Strike a balance between academic demands and unstructured play to promote overall mental health and well-being.
- 6. Promoting a Growth Mindset:** Instill a growth mindset by teaching children that abilities can be developed through dedication and hard work, fostering resilience and enthusiasm for challenges.

Incorporating these principles into parenting strategies empowers children to navigate challenges, develop resilience, and reach their full potential. Together, let's nurture the young minds of today for a brighter tomorrow.





MAGIC OF MAKING BABIES:

Knowledge Corner: Tiny Seeds to Little Feet

Have you ever wondered how babies are made? Dr. Neethimala, our gynaecologist, is here to take you on a thrilling adventure through the magical process of creating life!

Chapter 1: The Beginning - Tiny Seeds and the Big Plan

Picture this: a teeny-tiny seed called a sperm from dads meets up with another minuscule seed known as an egg from moms. When these two join forces, they create the starting point for a new person—the marvelous beginning of a baby!

Chapter 2: The Cozy Home - Mommy's Womb

Now that the baby's seed is planted, it needs a special place to grow. Enter the mommy's womb—a magical, safe, and cozy space inside her belly. This is where the baby gets all the love and care it needs to thrive.

Chapter 3: Trimesters and Ultrasounds - The Three Acts

Pregnancy unfolds like a captivating story with three main parts called trimesters. Doctors use a fascinating tool called an ultrasound to take sneak peeks of the baby's growth inside the mommy's belly, capturing incredible moments of this tiny person developing.

Chapter 4: Kick and Playtime - Baby's Moves

As the baby grows, it starts to move and kick inside the womb. Imagine little flips and wiggles happening right there! Sometimes, mommies and daddies can feel these kicks from the outside—a playful preview of the joy to come.

Chapter 5: The Big Day - Birth's Grand Finale

After around nine months of this incredible journey, it's time for the grand finale—the baby's big entrance into the world! With the help of doctors and nurses, mommies go through a miraculous process called childbirth, bringing the adventure of pregnancy to a magical conclusion.

So there you have it, young minds! The marvelous miracle of making babies is a true wonder of nature. The next time you spot a pregnant mommy, remember, inside her belly, a tiny miracle is unfolding—a brand new person gearing up to explore the wonders of the world!

Keep wondering and exploring!!



Dr Neethimala Mekala

MBBS., MS Obgyn, PG Diploma in Medico-legal

**Consultant Obstetrician &
Gynaecologist**

PD-Health

PARENTING PERSPECTIVES:

A Psychologist's guide to Nurturing Resilient Minds

Parenting plays a pivotal role in shaping mental and emotional well-being of your children. As a Clinical Psychologist at Continental Hospital, I am deeply committed to promoting positive parenting practices that contribute to the overall health of our children. Let's explore various parenting styles, challenges faced by parents and children, childhood psychopathology, and offer valuable tips for fostering a positive parent-child relationship.



Ms Divya Gupta

MA Psychology, Diploma in Clinical Psychology

Consultant Clinical Psychologist



Understanding Parenting Styles:

Parenting styles serve as the foundation for a child's psychological and emotional development. The four main styles – authoritative, authoritarian, permissive, and uninvolved – each have distinct impacts on a child's behavior, self-esteem, and overall well-being.

Striking a balance between setting boundaries and fostering warmth is the key to authoritative parenting, which research consistently shows is associated with positive outcomes in children.

Assessing Your Parenting Style:

Take a moment to reflect on your parenting approach. Are you setting clear expectations while maintaining a warm and supportive environment? Recognizing your style is the first step towards cultivating a healthy parent-child dynamic.



Challenges Faced by Parents:

Parenting is a rewarding journey, but it comes with its share of challenges. Balancing work and family life, financial pressures, and avoiding parental burnout are common hurdles. Effective communication and seeking support, whether from family, friends, or professionals, can help parents navigate these challenges successfully.

Challenges Faced by Children:

Children, too, encounter challenges such as peer pressure, academic stress, technology addiction, and bullying. Engaging in open conversations with your child, fostering resilience, and providing emotional support are crucial for helping them navigate these challenges.

Childhood Psychopathology:

It encompasses various mental health disorders affecting children, such as ADHD, ASD, depression, and anxiety. Early identification and intervention are vital for ensuring that children receive the support they need. If you have concerns about your child's mental health, consult with a mental health professional for guidance.

The 5 Love Languages:

Understanding your child's love language – whether it's words of affirmation, acts of service, receiving gifts, quality time, or physical touch – can deepen your connection and enhance the emotional bond between parent and child.

10 Tips for Positive Parenting

Here are ten actionable tips to promote positive parenting:

1. Show Love and Affection
2. Communicate Effectively
3. Set Clear Expectations
4. Encourage Independence
5. Model Positive Behavior
6. Use Positive Reinforcement
7. Be Consistent
8. Provide a Safe and Supportive Environment
9. Foster a Healthy Lifestyle
10. Stay Involved

The journey of parenting is a shared experience, with both challenges and triumphs.

As a clinical psychologist, I encourage parents to embrace the responsibility with love, patience, and a commitment to fostering a positive and nurturing environment.

By doing so, we contribute to the holistic well-being of our children, laying the foundation for healthy minds and hearts that will thrive in the years to come.



As you close the pages of this First Edition of PD-Health, we extend our heartfelt gratitude for your trust and support. Your commitment to your child's well-being is truly commendable, and we're honored to be part of your journey.

Stay tuned for future editions of PD-Health, where we'll continue to bring you valuable insights into your child's health and development. Your dedication to staying informed empowers you as advocates for your little ones, ensuring a healthier and happier future.

Thank you for choosing us as your healthcare partners. Your trust means the world to us.

Wishing your family a life filled with laughter, love, and vibrant health.

Smitha C Kankanala

Editor, PD-Health

Vice President - Women & Children's Center

Continental Hospitals



Emergency	+91 84980 81000
Appointments / General Information	+91 40 6700 0000
Health Check Department	+91 84980 83000
Radiology Services	+91 84980 73000
Centralised Report Dispatch Unit	+91 84980 76000
9:00 AM - 6:00 PM	
Pharmacy	+91 40 6700 0444



040 67 000 000



040 67 000 111

Plot No. 3 • Road No. 2 • IT & Financial District • Gachibowli • Hyderabad - 500 035



info@continentalhospitals.com

Visit us

continentalhospitals.com

