

Parents WORLD

SINGAPORE'S #1 PARENTING & LIFESTYLE MAGAZINE

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**DRESS LIKE
A CHAMP
ATHLETIC
CHIC STYLES
YOU'LL NEED**

**HOW DO
THESE
WORKING
MUMS
DEAL WITH
GUILT?**

Jessica Biel

"IT'S HARD BEING A WOMAN"

**STEP UP
IN HEALTH,
HAPPINESS AND
CONFIDENCE**

**MY CHILD IS ADDICTED
TO THE IPAD
HOW MUCH OF
TECHNOLOGY AND
HANDHELD DEVICES IS
TOO MUCH?**



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Parents World

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Got a Question?

From pregnancy to education, our experts answered your burning questions on parenting.



PREGNANCY

DR CHRISTOPHER NG

GynaecMD Women's & Rejuvenation Clinic

Q I've contracted urinary tract infection twice in my pregnancy. Is this common? What can I do to prevent it from recurring?

It is not uncommon for pregnant women to develop recurrent urinary tract infections (UTI) but as long as your gynaecologist treats it appropriately, it should not cause any problems for you or your baby. It is important to rehydrate adequately by drinking plenty of water. It is also advisable to practice good personal hygiene. After going to the toilet, women should remember to wipe from front to back so as to lower the risk of spreading any bacteria to the urinary tract. Drinking cranberry juice may be helpful. One useful tip is consuming probiotics which contain friendly bacteria to build up one's natural immunity against recurrent UTIs.

Q When is episiotomy encouraged? What's the difference between that and letting the perineum tear naturally?

An episiotomy is an incision made to the perineum which is the tissue between the vaginal opening and the anus during childbirth. Traditionally this was performed because it was thought to prevent big tears and that it heals better than natural tears. This is not necessarily the case now and sometimes the episiotomy made can actually be more extensive than a natural tear would have been. The general consensus is that routine episiotomies are not routinely performed unless the baby is very large, instrumental delivery (vacuum or forceps) is being performed, immediate vaginal delivery is needed for medical reasons or the natural tear is likely to tear into the anus.



EDUCATION

KYLE HUDSON BENNETT

Head Teacher at Hess Education Centre

Q How do I get my child to develop a love for reading?

It's important that reading becomes a passion and not a chore for children, so encouraging children to get involved in stories from a young age is vital. Use stories with bright colours that are dynamic, try acting out the story, and use different tones for different characters and mediums such as books, e-books, tablets, videos, and audio books. Have a set story time with your child and build it up during the week so that they look forward to reading it later. Use a lot of encouragement and give a lot of positive reinforcement for breaking up the sounds and reading the words on their own. Developing their imagination through reading encourages them to immerse themselves in books.

Q My child is struggling in school. What are measures that the school can take in response to this?

The school environment needs to be aware of each student's strengths and weaknesses and encourage them across the board at all times. It's important that the school has open communication with the parents and develops a relationship with them to allow for discussions any improvements that can be made. Encourage extracurricular tuition, or some extra work that would benefit the child who is struggling in certain areas, so that they can catch up and build confidence in themselves. It's also important to realise that it's one dimension of the student's ability, so continued development and positive reinforcement in all areas are key.