DO YOU HAVE ‘MOMMY BRAIN’ too?

H
owever, you may need advice for your menopause symptoms. Menopause is a normal part of the aging process for women. It is a gradual set of changes that occurs in the body when a woman's menstrual periods stop for good, usually between ages 45 and 55. The most common cause is biological, as pregnancy and breastfeeding can delay its onset.

What is it?

The term menopause refers to the last menstrual period. Many menopausal women are over 40 and often worry about it: “I am a new parent and am really tired. What is wrong with me?!” This can trigger extra growth and may lead to a number of issues such as hot flashes, night sweats, and mood swings. These symptoms can be psychological in nature.

What leads to ‘mommy brain’?

There are many factors that can contribute to mentally foggy periods. The most common include: lack of sleep, stress, hormonal changes, and medication. Taking a few minutes to ask yourself if you are getting enough sleep, managing your stress levels, and trying to reduce your medication intake may help.

The best way to forgetfulness is to make a ‘to-do’ list. So, keep a notepad and pen around and jot down the tasks for the day, next day, coming week and so on. It will keep you organized and stress free.

Digital eye strain is a reality

Understanding mommy brain

Talking about the experience of Alex, Dr. Muthumariel, a neurologist, explains that the eyes can be the first to go in women. Mommy brain is a real thing and even it is not.

PROPER NUTRITION

Many of the foods found in various parts of the world around the globe. Of course, in the US, we eat quite a lot of foods, but there are also many parts of the world where there is not a lot of availability of food. In many parts of the world, people have to eat what they can find.

The solution

While it may seem like an easy solution, the first step is to keep the body hydrated. Drinking plenty of water, eating healthy foods, and getting plenty of sleep will help.

Why kids should spend time with their grandparent’s

Children learn resilience

Kids learn a lot about their history and culture from their grandparents. They are very important in this process. The best way to engage your kids is by spending time with their grandparents.

What’s important to do when you visit grandparents?

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GET PLENTY OF SLEEP

Sleep deprivation is very common in the first few months after the delivery. Your baby may actually sleep on your shoulder or your arm. In the long term, it becomes tiring and your baby may need extra support for the next 3-4 months.

Weaning

Weaning is an important step in the development of your newborn. It is the process of transitioning your baby from a milk diet to a solid diet. It is a gradual process and should be done with guidance from your doctor. Weaning is a natural process and should be done at your own pace.

Preschool stability and growth

Preschool is a very important time in a child’s life. It is a time when they are transitioning from being a baby to a young child. This is a time when they are developing new skills and knowledge.

Kids learn familial and moral values

Primarily, it is the parents’ job to instil good habits and values in their kids and teach them respect and kindness. But grandparents can do a lot to help in this process.

To sum up, mom brain is a real thing and even it is not. For some, it may be a result of hormonal changes or medication. Take care of your body and mind, and you will feel better.

**NON-VERBAL COMMUNICATION**

Dancing, singing, playing, and talking to each other can help in this process. It is a time when they are learning new things.

**ANALOGY OF THE DAY**

A mother is a living representation of love and patience. A father is the symbol of strength and protection. Children need both of these things to grow and develop.

**QUIZ TIME**

1. Which of the following is not a common symptom of pregnancy?
   a. Fatigue
   b. Headache
   c. Heartburn
   d. Diarrhea

2. What is a key feature of pregnancy?
   a. Increased heart rate
   b. Rapid weight gain
   c. Increased appetite
   d. Decreased activity

3. What are the primary causes of pregnancy complications?
   a. Maternal health
   b. Genetics
   c. Environmental factors
   d. Both a and b

4. What is the role of the amniotic fluid in pregnancy?
   a. Protects the fetus from外面的伤害
   b. Provides nutrients to the fetus
   c. Regulates temperature
   d. All of the above

5. What are the steps to take when you suspect you are pregnant?
   a. Take a home pregnancy test
   b. Consult a doctor
   c. Eat healthy foods
   d. Exercise regularly

6. What is the importance of prenatal care?
   a. Prevents complications
   b. Helps identify potential issues early
   c. Enhances the bond between mother and baby
   d. All of the above

**ANIMATED MATH**

If you are struggling with math, there are many resources available to help you. You can try websites like Khan Academy, which offers free lessons and practice problems. You can also try tutoring or joining a study group.

**E-LEARNING**

Most schools now offer online classes, which can be a great way to learn. You can also try signing up for a course on your own, or try a free online course.

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