

raising happy,
healthy kids

child

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10 achiever moms

and their incredible,
inspiring journeys



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you or your kids?
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8 pages of
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TO KEEP YOUR KIDS BUSY

IN-BOX

→ safety first

I loved the piece *How Safe is Your Child's School?* (April 2016). Schools are considered to be the safest places for children and, as parents, we all want our little ones to be safe. This is the only place other than home, where kids spend the most of their time. So the environment at school needs to be sufficiently secure, positive and comfortable to foster learning. However, some schools have problems like bullying and theft. This turns them less secure to students and educators alike making it harder for your wards to learn and teachers to do their jobs. The best way to get a sense of the school climate is for the parent to visit it after taking an appointment with the principal. Teachers, students and concerned authorities should create clubs where they can often meet to discuss grievances. Students also have a role to play towards their own safety as well as the schools.

—Vinod C. Dixit, by email

→ eye opener

Wow, I never knew much about the problems prodigies face. This is with reference to your article, *Whiz Kids & The Hurdles They Face* (April 2016). I always thought parents with little geniuses had it so easy. But this article erased my preconceived notions.

—Sasikala Dhuria, Gurgaon

→ pertinent problem

Get Through Colic (April 2016) should be read by every mother for the clarity with which it explains the common condition and the ways to help a baby through it. A relevant story, indeed!

—Paro Bhonsle, Chandigarh



→ kudos to you

Your April issue was fantastic. Choosing a play school is such a mind-boggling decision, and your article, *7 Signs of a Great Play School*, couldn't have come at a better time for me. On another note, Anindita Sarbhadhicari's piece, *I Opted To Be A Single Mom* (March 2016), was so inspiring. Hats off to the lady and her journey!

—Jamuna Singhal, via email

→ kid of the month

Ananya Nair, 1 year, Karwar, is a happy baby, always full of smiles. She loves to be on the swing, look at animal pictures in her books and watch her mom mimic the sounds of animals.



CONTEST



Q. What are you doing to ensure the safety of your valuables while you are on a vacation?

Mail your answer to child@emmindia.com with 'Ozone' as subject. The best entry will win a pasta book safe (worth ₹1,900) from Ozone.

WE'D LOVE TO HEAR FROM YOU! Send your comments and photos to child@emmindia.com. You can also post on [facebook.com/childmagazine](https://www.facebook.com/childmagazine) and tell us what you think.

sunscreen smart

Picking up a sun guard that is ideal for the delicate skin of your baby can be difficult. Our experts help you choose the best. by **SUJA NATARAJAN**



WHILE sunrays are vital for your little one's health, they can also have harmful effects, especially on her delicate skin. The sun damage can be significant if it occurs during the first year of her life and it may take several years to recover. So don't slack on saving her tender

skin from the harsh sunlight during this period of time.

However, using sunscreen for babies below 6 months of age poses a risk. "An infant's skin is extra sensitive to the ingredients used in a sunscreen. So keep your child away from the sun altogether. Use

protective clothing and accessories. Think full-sleeved tops, full pants, stroller shades or hats. To protect her skin from peak radiation, avoid going outdoors between 10 am and 3 pm," says dermatologist

Dr. Shuba Dharmana, Founder and CEO, LeJeune Group of MedSpas, Bengaluru and Hyderabad. You can use sunblocks when Baby is above 6 months of age. "For babies above that age, the American Academy of Pediatrics (AAP) supports a liberal use of sunblock, preferably mineral-based and with an SPF of 15 and above," says Dr. Kiran Lohia, Medical Director, Lumiere Dermatology, Delhi.

With the ozone layer thinning out, using a sunscreen is necessary even when Baby is indoors. "If you have reflective surfaces in your house, such as large glass windows or water where the baby is spending most of her time, then you have more reason to use a sunscreen indoors as the light streaming inside could also be damaging," says Dr. Dharmana. However, with several products being available, it can be tricky to choose the right one for your child. Make a judicious decision while buying it for your infant. Here is what you should keep in mind.

➔ find a mineral-based sunscreen

Chemical absorbers and physical blockers are the two categories of sunscreens available. "Chemical agents used in a sunscreen absorb the light through a chemical

* PROTECTION FROM THE SUN Here is our round-up of sunscreens for Baby.



Multiprotect Sun Spray SPF 30 Ideal for Baby's skin as it is free from fragrance and parabens. ₹1,105 (for 150 ml), **Sebamed**, at fortishealthworld.com



Sun Milk SPF 30 This water resistant product is fluid in texture and dermatologically tested. ₹799 (for 200 ml), **Chicco**, at justmoms.org



Bio Aloe Vera SPF 30 Offers broad-spectrum skin care. It is blended with moisturizers like aloe vera, sunflower oils, etc. ₹275 (for 120 ml), **Biotique**, at netmeds.com



Protective Sunscreen Lotion SPF 15 With double protection formula, it guards Baby's skin from UVA and UVB rays. ₹110 (for 50 ml), **Himalaya**, at kartease.com



Sun Protection Cream SPF 30 Ideal for the tender skin of newborns, it offers the benefits of natural ingredients. ₹495, **Pigeon** (for 100 g), at zynnk.com

reaction. On the other hand, physical blockers form an outer protective barrier that reflects and scatters the light away. They use minerals such as zinc oxide and titanium dioxide that are more baby-friendly. Also, chemical-free sunscreens with organic ingredients such as aloe vera, shea butter, vitamin E, essential oils, etc., are available in the market. They make a better choice for baby skin," says Dr. Dharmana. Adds Dr. Lohia: "Look for mineral-based sunblocks that are hypo-allergenic. They will not clog the pores."

→ look for the ideal spf

The sunburn protection factor (SPF) is a critical aspect that you should consider when choosing your munchkin's sunscreen. This figure indicates how effectively the sun guard protects the skin against the UV rays. "A broad spectrum sunscreen with SPF 30 is ideal. Avoid the ones with an

SPF higher than 30, because higher SPF means more chemicals," says Dr. Dharmana. The lowest SPF you can consider buying is 15.

→ check for skin irritation

Babies may develop skin irritation as a reaction to an ingredient in the sunscreen. "Do a patch test on the inside of the wrist or on the back of the arm for two to three days to check for a potential allergy. Use the product only if there are no rashes or redness," says dermatologist Dr. Rasya Dixit, Founder & Medical Director, Dr. Dixit Cosmetic Dermatology, Bengaluru. Don't apply sunscreen close to the mouth or eyes as the absorption rate from the mucosal layers is very high. "There should be no fragrance or colour in the sunscreen. It should have water-resistant properties if your baby loves swimming," avers Dr. Lohia. You must avoid products that contain parabens. ●

Quick Tips

Here are a few suggestions that will help you take better care of your baby's skin.

- Apply sunscreen all over the exposed areas and about 30 minutes before stepping out.
- Reapply sunscreen on your child every two hours.
- Look for the expiry date on the product pack before buying it.
- Choose a convenient form of sunscreen. A spray sunscreen may be easier to use on Baby's body. But direct it away from the nose, mouth and eyes. The stick version may also be less messy. A drop of sunscreen lotion could be ideal for the face. Wipes have additional moisturizing agents but they are likely to contain alcohol or other solvents that may irritate the skin.