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R HealthBeat

Quarterly Health Magazine - Vol.24, May 2020

**Towards bright
beginnings**

**Packing the
perfect lunchbox**

**Power of learning
second language
in early years!**

**Fitness
activities with
fun twist!**

**Learning the art
of raising twins**



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From the Editor's Desk

Dear Reader,

Welcome to the 24th issue of R HealthBeat!

At the outset I would like to thank everyone for the successful launch of our previous issue in February 2020. It has indeed been a marvelous accomplishment all the way.

*“Behind every child who believes
in self is a parent who believed first”*

Babies are little miracles! Nurturing baby with appropriate care and support to become physically healthy, mentally and emotionally strong is a foundation of their future. This edition themed “Little steps go a long way” is about instilling good habits and a healthy lifestyle, which is crucial in establishing a child’s personality.

Inculcating values and practices in children can help them lead a healthy and active lifestyle. It is vital to encourage good habits in their early years. “Towards bright beginnings” focuses on the habits which you could teach your little ones and make it a part of their daily routine.

In a world, where children are “growing up digital”, it’s important to help them learn healthy concept of digital use. Read on “Unplugging kids from technology” to learn about the ways to use technology in thoughtful ways.

Raising twins can be the most incredible, fun, rewarding and challenging experience. Try out the tactics mentioned in “Learning the art of raising twins” under Mindfulness section, to make the parenting journey easier.

Exercise is an integral part of child’s development. Show your kid that exercise can be fun rather than a chore! “Fitness activities with a fun twist” deals with the ways to make exercise a merrier activity.

Child’s nutrition is of utmost importance as it helps to keep various diseases at bay. Explore the ways you can provide nutrition to your little ones in the lunchbox in the “Packing the perfect lunchbox for your little one” in Food and Nutrition section.

In the end I would like to say that a little investment in healthy childhoods will shape the future of a healthy nation!

Thank you all for your continued support and enjoy reading this issue!

Wishing you the best of health, always!

Warm regards,

Rakesh Jain



Rakesh Jain

Chief Executive Officer
Reliance General Insurance &
Editor-in-Chief, R HealthBeat

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Readers' Connect



Look what our **readers have to say** about R HealthBeat



R HealthBeat scores high for its breadth of coverage and unique articles. The magazine is an exceptional resource that shares new, simple and amazing information which keeps the reader engaged. One of the interesting feature is mind games and puzzles. The efforts put forth by team are commendable.

Julia Barnes

HR
NSM Services Private Limited



R HealthBeat consists of well-researched facts and information which is laid out in a format that is easy to follow. The magazine is an amalgamation of technology, health guide, fitness & travel covering wide range of themes. Thanks to the team for putting in the efforts for creating such an amazing piece of work.

Archanaa Singh

Senior Vice President
Human Resource and Administration
92.7 Big FM



It's not just a magazine, its a fitness gallery. R HealthBeat helps to get the latest and considerably more information about the fitness to lead a healthy and good lifestyle in today's busy corporate world. Kudos to the Team! Eagerly waiting for the upcoming editions.

Mubarak

Head of Administration
MWYN Tech Pvt. Ltd. (MoneyTap)



Scan the QR code to read
the previous editions of
R HealthBeat



GET IN TOUCH

We look forward to getting to know you better!

We welcome your suggestions, questions or ideas. Also to know more about our Wellness Program you could write to us at rgicl.rcarehealth@relianceada.com

Visit www.reliancegeneral.co.in for more articles and updates on Healthy Living and Wellness.

Did You know



*Towards
bright
beginnings...*

Inculcating healthy habits and a healthy lifestyle at the beginning phase of life leads to long lasting benefits. As a parent, it is a huge responsibility which often takes time and patience but healthy habits immensely benefit the kids.

Get Moving

Being physically active is very important. Investing at least 60 minutes in physical activity has many benefits and making it a family affair increases the fun!

Benefits:

Strengthens muscles and bones

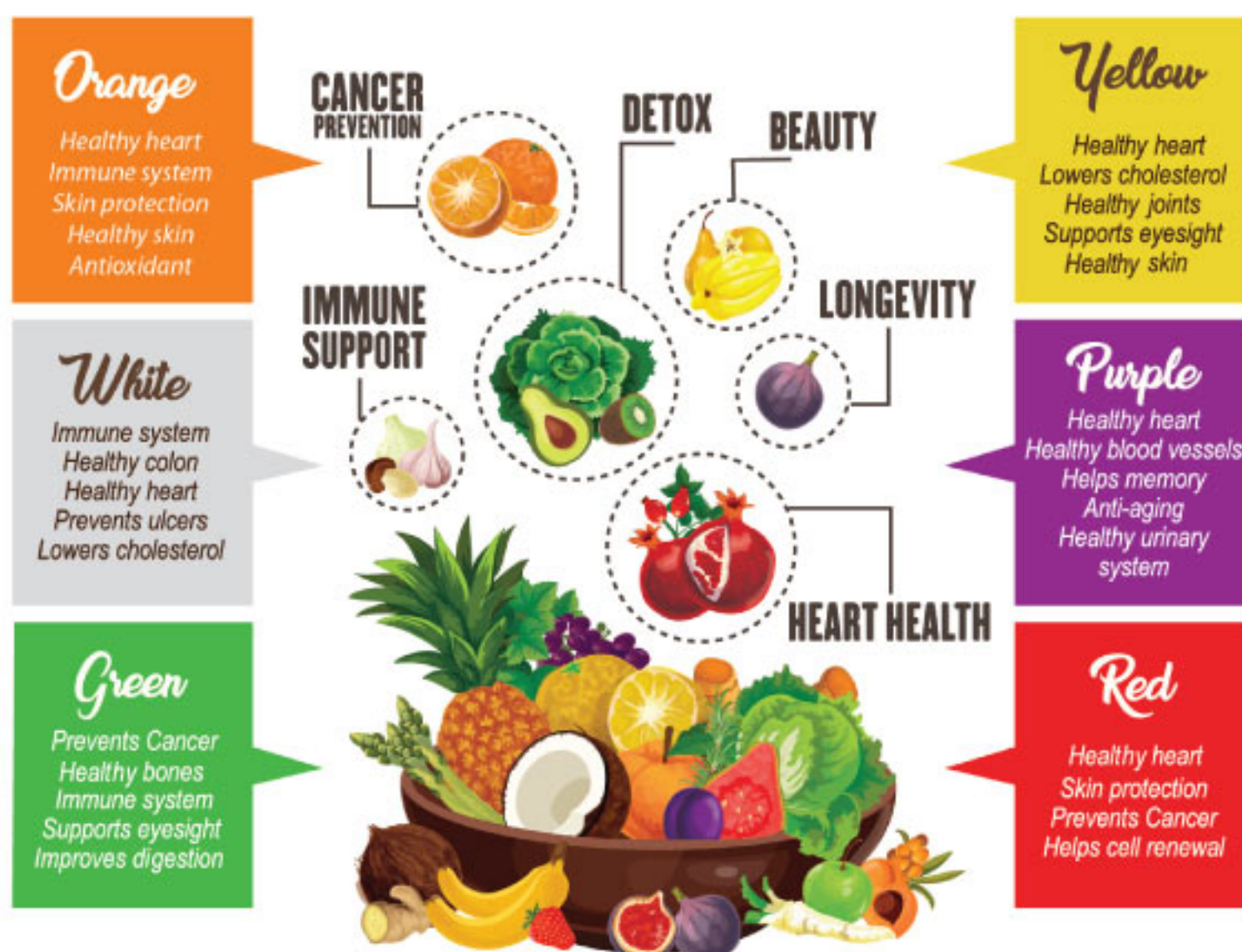
Reduces blood sugar levels

Maintains weight, regulates blood pressure



Eating the rainbow

Eating foods of different colors isn't just fun but has health benefits too. Having a diversity of colorful foods is an easy way to get a complete range of the vitamins and minerals kids need to thrive.



Developing positive attitude

Positive thinking helps kids weather life's storms. It's easy for kids to get discouraged when things don't go their way. Helping them learn resilience when they experience setbacks develops healthy self-esteem and a positive mindset.

Personal hygiene

A place like a school is very vulnerable for transmission of infections. Hence, it is important to maintain proper hygiene in order to prevent spread of diseases. Habits like washing hands before and after meal, washing feet after entering home, cutting nails regularly and so on, can help them lead a healthy life as they grow up.

Benefits of reading

The early years are crucial for a child's development and hence an ideal time to inculcate reading habit into children. Children get to experience the world through books and stories they read.

Telling stories, singing songs and saying rhymes together are great activities for early literacy skills.



Unplugging *kids* from technology



With technology, kids are able to come out of their shell and explore the world. Guiding the kids as they delve into the rich world of technology and embracing it in learning new things provides wonderful benefits. However, if it is not used in the right manner, it may have harmful effects. Try out below recommendations to control kids' screen time.



Lead by example

Kids learn by imitating the adults. If adults are engrossed in mobile phones, kids will follow the same. Hence, it is advisable for adults to restrict their screen time as it will give them extra time to play with their kids.

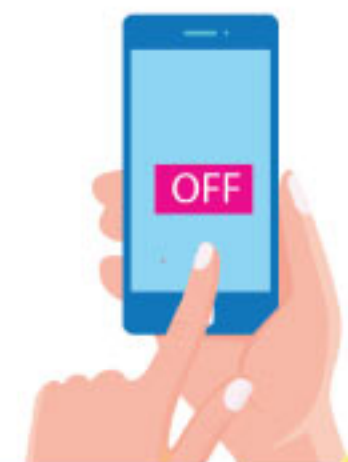


Technology-Free Zones

Establish zones in the house where electronics are not allowed. For eg: The dining room can be great technology-free zone that is reserved for meals and family conversations.

Disconnecting from internet

If kids insist for mobile phones, it is recommended to switch off internet/WiFi and download the media on the phone. If mobile data is on, then kids can quickly navigate into 'untested waters'. As babies are very curious little beings, they are more likely to get glued to phone if they have unlimited access to fresh content.



Take a digital break

Set a time when all the devices will be turned off. Spend this digital break time in doing other activities. This will also give an opportunity to spend quality time with family. Challenge the kids to have a digital free day on weekends and reward them if they successfully complete the challenge.



Encourage other activities

Kids get easily hooked to the technology. Hence encourage children to become involved in activities that don't involve screens. Get your child to play outside, read a book or play a game.

Cutting down screen time has benefits:

Improved
Sleep

Better
School
Performance

Improved
Social
Behavior

Reduced
Aggression

Recommended screen time for kids



Less than 18 months

- No screen time
- Exception is live video chat with friends and family

18 months- 2 years

- Limit screen time and avoid solo use
- Choose high quality educational programs and parents should watch with their children

2-5 years

- Limit screen time to an hour per day
- Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them

Above 6 years

- Set consistent limits on the time spent and types of media
- Don't let screen time affect sleep, exercise or other behaviors



Learning the art of raising twins



Welcoming twins into the family is an incredible blessing. It is double the love, double the fun!

While having two babies does mean a few difficult moments, it can also be the most fulfilling experience. Raising twins is wonderful and is a cute challenge that will bring out the best in you.





Life-saving mantra - Set a routine

A schedule for feeding, napping, bathing as well as household chores will help a lot since, with twins, there can be numerous hurdles. Hence, **adhering to the plan will lessen the struggle and will certainly fetch some additional time to breathe.**

Twinning the schedule

Right from the beginning, keeping the same schedule for both the babies will certainly leave enough time for parents. Try to do tandem feeding and practice to keep their nap timings same by getting them to sleep together. Letting the babies sleep, feed or play at their own timings will consume the entire day in babysitting as one or the other baby will be awake at any point in time! **Hence try to keep the daily routine in sync for both the babies.**

Reaching out for helping hand

Raising twins can be both physically and mentally draining. Hence having someone to assist is the key to take good care of newborns. A maid can be appointed who can take care of household chores or a family member can stay along and assist. **An extra set of hands will prove to be beneficial when you are caring for twins.**

Connecting with other twins' parents

Parents who have twins can provide support by sharing their experiences and knowledge on raising babies. One can find twin communities on social media platforms. **Befriending the parents who have twins can make things easier.**



Tracking the activities

The early weeks and months of twins' parents can be tiring, so it's easy to get confused if the information is not recorded. Maintaining a record of the activities will help parents know when was the last time twins were fed, consumed medicine if any, etc. There are many online apps available that help to track activities. **Tracking progress can be essential in figuring out what schedule is shaping up naturally.**

Добро пожаловать!

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Karibuni

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Bienvenue

Welcome

Hoş geldiniz

স্বাগতম

Power of learning **Second Language** *in early years*

In our increasingly diverse society, there is a growing appreciation of the value of speaking more than one language. Exposure to more than one language in the early years does NOT cause confusion for young children! In fact there are many developmental benefits to learning multiple languages at an early age such as improved executive functioning skills - the ability to think flexibly, demonstration of self-control, focused attention and tuning out distractions.

The benefits which a bilingual can enjoy



Cognitive flexibility

Bilingual children have a superior ability to focus on one thing and change their response, easily indicating “cognitive flexibility.” When a bilingual toddler attempts to communicate, the languages in the brain “compete” to be activated and chosen. The child must select one and suppress the other, which requires attention and the ability for the brain to be flexible, which is possible at this early age. The interference forces the brain to resolve internal conflict, giving the mind a workout that strengthens its cognitive muscles.

Better problem handling

Bilingual children are also more adept at solving mental puzzles. Bilingual experience improves the brain's command center, thus giving it the ability to plan, solve problems and perform other mentally demanding tasks. These tasks include switching attention from one thing to another and holding important facts while weeding out the irrelevant information. This allows the children to fine tune their learning abilities for everything else to come.



Social-Emotional Development

Being bilingual supports children in maintaining strong ties with their family, culture, and community. By bridging the communication gap between languages, bilingual children can understand and connect with more individuals, thereby building even stronger friendships within their schools and communities that allow them to build better relationships.



Long-Term Success

Globally, bilingual and biliterate adults have more job opportunities than monolingual adults. They have the opportunity to participate in the global community in more ways, get information from more places, and learn more about people from other cultures.



Ways to help your child become bilingual

- *Use two languages from the start. Many children grow up learning two languages at the same time.*
- *Children's programs are available in many languages. These programs teach children about numbers, letters, colors, and simple words.*
- *You can read to your child in both languages. You can find the books you need at bookstores, at libraries, and on the Internet.*
- *Children can learn other languages at camps or in bilingual school programs. These give children the chance to use two languages with other children.*
- *Singing is a great way to introduce a second language to your child. And, it can be a lot of fun!*




Live 5-2-1-0 everyday!

It is tempting to order food online and relax on the couch. In today's world, all our needs can be fulfilled in just a few clicks. Due to this sedentary lifestyle, prevalence of obesity is growing at an alarming rate. Early childhood is a critical time to address this issue. The 5-2-1-0 rule promotes four practices that can be adopted daily by children and parents to improve overall health and avoid obesity.

RELISH

5 or more servings of vegetables and fruits per day



- Fruits and vegetables consist many nutrients that a child needs
- Children who eat five or more servings of vegetables and fruits a day are significantly less likely to become obese than who eat less than three servings per day

LIMIT screen time to

2 hours or less every day



- Children who watch more than 2 hours of screen time per day have double the incidence of obesity when compared to those who watch less than one hour per day
- Restricting the screen time basis the age of kids is crucial

PLAY ACTIVELY for


1 hour or more per day



- Being physically active for 60 minutes boosts physical and mental health
- Children can indulge in moderate physical activity such as playing outdoors or cycling

CHOOSE HEALTHY

0 sugar sweetened beverages per day



- Consumption of sugar-sweetened beverages such as soft drinks, fruit drinks, flavored milks, sports drinks increase the chances of obesity
- These sugar sweetened beverages should be replaced with fresh fruits, plain milk and water

Safety measures post pandemic

In a short span of few months, the COVID-19 pandemic has changed the world, impacting everyone. Eventually, when the pandemic is brought under control, we may still have to be alert and careful. Here's all you need to know about how to keep your little ones safe in the post pandemic world.



Building stronger immune system

Following healthy lifestyle helps to build a stronger immune system. Post pandemic, kids may be less vulnerable to the disease; however having a good immune system will help to ward off the illnesses. Few of the immunity boosters include turmeric, yogurt, ginger, spinach.

Healthy hygiene habits

Following hygiene protocol should be continued like washing hands, avoiding touching face and not sharing cups, tiffin boxes, food or drinks with others. Their friends must also be educated in following the routine.



Restrict travelling

Kids will be curious to go out after lockdown is over. Immediately planning for an outing is not a safe option. Taking the kids to a nearby park or playground can be considered as this will refresh their minds. However, it should not be overdone as mingling in the crowd may still pose a risk.



Social distancing in schools

When schools reopen, maintaining social distance and following cleanliness practices will be the new routine. This will help your younger ones stay safe. Parents, teachers and other staff at school should ensure that such good practices are followed.

Fitness activities with *fun twist*



Parents face increasing challenges in their quest to get children to live healthy and maintain active lifestyle through exercise. Incorporating physical activity into your child's daily life is beneficial. Gamifying fitness activities can make it less boring. Read on to know about the simple ways to ensure your children stay on the move, learn about their bodies and have fun along the way!

Pick a stick activity jar



This activity involves creating sticks in three groups and letting your kid paint in three different colors. Each category represents different activities, which can be labelled with markers. Let your kid pick the stick. The categories can be individual exercises, workout routines and destination active adventure.

Various exercises like leap frog, arm circle, toe touches can be added in individual exercise category. Workout routines can include Zumba, sit ups, burpees, squats. These activities can also be done during commercials while watching TV.



Head to an adventurous trip if your kid picks the last category. Indulging in activities like hiking, river rafting, bungee jumping while travelling enhances kid's knowledge about nature, culture etc.



Balloon Games

Kids love balloons! They get totally fascinated by it. This fascination can be taken to another level by adding a few “rules” and they will be happily moving around.

Don't let the balloon touch the ground:

Classic game where one has to hit the balloon up in the air without it touching the ground. To make it more challenging, they can juggle more than 1 balloon.

Balloon waddle

One has to waddle across the room by keeping the balloon between their knees. This can be made more interesting, if there are obstacles on the way.

Balloon foot balance:

Have your kid lie on the ground with their legs up in the air and try balancing the balloon on their feet. It's not an easy task!



Hunts

Scavenger hunts are an easy, adaptable and fun way to interact with your child and help them start making discoveries of their own. This activity boosts observation skills and help children stay active. Ideas for scavenger hunt are endless. They can search for letters, numbers, words, colors and shapes.



Finding the rainbow colors:

Kids search for the items which resemble rainbow colors. They can start with red and then proceed with remaining colors.

Hunt for shapes:

This is a great game for kids who are learning about shapes. This can be made more challenging by asking children to search for octagons or diamonds.





Packing

*the perfect lunchbox
for your little one*

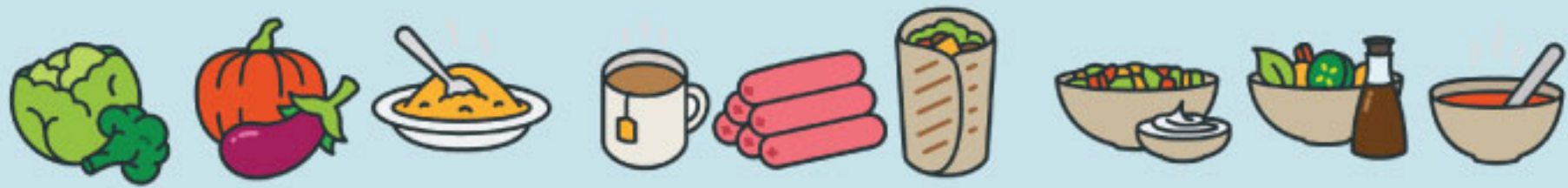
It's no secret that packing nutritious lunch for kids can help them concentrate better in class, provide more energy to get through the day and protect physical health. Incorporating healthy food in the right proportion keeps the child full, yet active. The art of making the perfect school lunch is a difficult one, but with the right tricks, you can make a great lunch that your kids will eat and enjoy!

Giving it a desi twist

Giving a delicious twist to food will get the kids excited. One of them being paratha pizza, an Indian stuffed paratha, topped with veggies.

Involving the kids in adding the healthy toppings will make this a fun activity. Stuffing idlis with carrots, coriander leaves and onions will be a delightful option too.





Balanced meal

Including foods from different food groups makes the lunch healthier. This will ensure correct balance of nutrients.

Trying for food combinations will nutritionally complement a wholesome tiffin meal.

Keeping the child hydrated is very important. Any nutrient rich drink would supplement the main tiffin.

Main Tiffin	Drink / Snack option
Vegetable and Peanut Poha or Upma	Seasonal fruit
Vegetable / Soya / Paneer Pulav	Lassi / Yogurt
Vegetable / Paneer Paratha	Soya milk
Chicken / Veg Sandwich	Fruit juice
Vegetable Idli / Uttapam	Buttermilk

Incorporate all food groups:

- **Fruits & Vegetables**
- **Proteins:** Eggs, Beans, Nuts, Chicken
- **Low-fat dairy:** Milk, Cheese, Yogurt
- **Whole Grains:** Wheat, Rajgira, Lapsi/Dahlia, Sattu, Ragi



Involving kids

Kids would love to lend a helping hand in planning and preparing their own lunchbox. This will also serve as an opportunity for them to learn more about healthy food.

Getting creative

Getting a little creative with the names of the dishes can prove to be beneficial. Dishes with exotic names will get them excited and they can savor with joy.

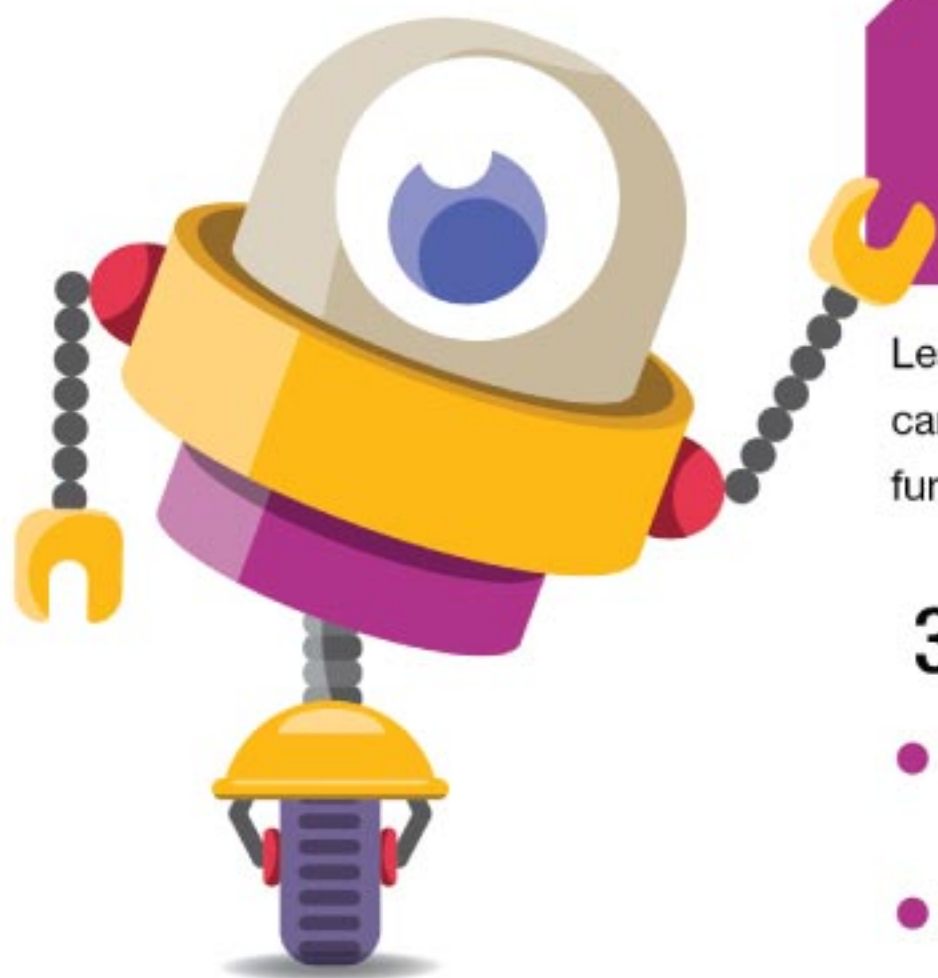


Gadgets that make learning fun!

Learning for kids is a huge milestone! Keeping students engaged and motivated can be a challenge. This experience can be made easier and memorable if it's a fun filled activity!

3D Printing Pen

- 3D printing pen, which inspires young creators to bring their ideas to life in 3D.
- Kids can make adorable 3D shapes and structures using this pen.
- One can literally draw in air as this pen melts an ecofriendly plastic that cools and hardens rapidly.



Create music while learning to code

- An awesome way to introduce coding to the kids.
- This game blends coding and music wherein your little ones can compose their own music by arranging coding blocks into patterns and sequences.

Fly and Learn Globe

- Children can pilot their own expedition of world discovery with this Fly and Learn Globe.
- Young adventurers can learn about continents, music, world wonders and foreign languages. It also offers quizzes which makes the game inquisitive.



Laugh N Learn Smart Tablet

- A tablet which changes the learning content as the baby grows! Select the stage that is best suited for your kids.
- Kids can learn letters, words, animals and much more. The tablet screen also lights up and twinkles along with songs and phrases.



Travelling with kids?

No worries...

Kids are always eager to experience new things. Travelling for them is not only an enlightening but an eye-opening experience as well. There's new food, sights, people and much more. But travelling with kids can also be an overwhelming experience – unpredictable schedules, long packing lists are just a few challenges. Read on to experience a joyous and healthy trip.

Taking it slowly

A simple itinerary can be a savior! Everything can take longer than expected like checking at the airport, boarding train/flight/bus, buying snacks and drinks. Hence, leaving plenty of time will make the journey stress-free and enjoyable.



Packing smartly

Lesser the luggage, better the journey. Packing only the bare minimum item lessens the burden. Hence, carrying or holding the hands of your little ones is easier. In case anything is missing, that can always be purchased at the travelling destination.



Choosing flight timings wisely

Flights which are scheduled around your little one's bedtime will be beneficial as they may sleep during the flight. Early morning flight will disturb the sleep cycle. Having the right amount of sleep will make them cheerier and it will ease further travel.



Indulging in healthy snacks

Long road trips or flights can leave the kids cranky or hungry. Chances are that you may not be able to stop and buy snacks at the airports and there may be limited healthy options. Packing snacks which is rich in nutrients, easy to store and carry can work wonders!



First aid-kit essentials

Medical emergencies are always uncalled for. It's safe to have supplies like pain relievers, band aids, motion sickness medication, allergy medicines. Having a first aid kit will indeed give you peace of mind!

QUIZ

Put your knowledge to test with this quiz focusing on child's nutrition and development



01

Snacks will ruin your child's appetite for meals

TRUE FALSE

02

A toddler who eats only specific food every day is bound to get malnourished

TRUE FALSE

03

If you don't serve the food which they want for dinner, they won't eat enough

TRUE FALSE

04

How many 'baby teeth' (primary) teeth do children have?

32 20
24 22



05

Kids who are physically active have lesser risk of becoming overweight

TRUE FALSE

06

Children are at higher risk of iron deficiency than adults due to their rapid growth during infancy and relatively higher requirement of iron.

TRUE FALSE

07

A diet high in processed foods such as fried food, desserts, sugary snacks, refined flour and cereals can increase the risk of anxiety and depression in kids

TRUE FALSE

08

Children who consistently spend more than 4 hours per day watching TV / mobile phones can have negative effects on their development, including issues with memory, attention and language skills

TRUE FALSE



09

All seasonal fruits and vegetables do not boost immunity

TRUE FALSE

10

The mineral which is responsible for building strong bones and teeth

CHLORIDE CALCIUM POTASSIUM



ANS: 1) TRUE 2) TRUE 3) FALSE 4) 20 5) TRUE 6) TRUE 7) TRUE 8) TRUE 9) FALSE 10) CALCIUM

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