

Parents WORLD

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NEW LOOK

It's our 50th issue

Raising a Happy Champion
Handling Junior's quirks with ease

CONFINEMENT NANNY
Your guide to the best post-delivery help!

WENDY JACOBS

"I DON'T NEED A MAN TO COMPLETE ME"

The soccer mum's secret to a blissful family life

SHOP TILL YOU DROP FASHION & BEAUTY BUYS TO SUIT EVERY BUDGET



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Got a Question?

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



PREGNANCY

DR CHRISTOPHER NG

GynaeMD Women's & Rejuvenation Clinic



Q I just had a miscarriage recently. Is it true that the success rate of conceiving again is higher if I try within two months?

One in four to six women may miscarry spontaneously, but the actual number is probably higher because many miscarriages occur so early in pregnancy that a woman doesn't even know that she is pregnant yet. Normal menstruation will likely resume within four to six weeks so it is quite possible to become pregnant as soon as the menstrual cycle follows after a miscarriage.

Bearing this in mind, once you feel that you are ready to get pregnant again, it is best to ask your gynaecologist for guidance and to resume consuming your preconception vitamins and folic acid. It is difficult to say for sure that success rates of conceiving again is higher within two months following a miscarriage as there are various reasons for miscarriage and the chances of conceiving again varies between women especially for women who are 35 years or more. In this older group, the chances of conceiving decreases with age. Some studies suggest that women who

conceived within six months of experiencing a miscarriage in their first pregnancy had fewer complications (lower risks of second miscarriage and ectopic pregnancy) than did those who waited longer to conceive.

Most women who miscarry go on to have a healthy pregnancy after miscarriage and about 60 to 70 per cent of women with unexplained repeated miscarriages go on to have healthy pregnancies. That said, if you are healthy and feel you are ready, then there is no need to wait to conceive after miscarriage.

Q Is there such thing as a painless caesarean section birth? I have heard of cases where the mum is wide awake during this procedure.

You may be happy to hear that the majority of C-sections performed today are done with the mother awake and the husband by her side in the operating theatre to welcome the birth of their newborns. Epidural or spinal anaesthesia is used to ensure that the caesarean section is pain-free as only the lower part of the body is anaesthetised. Post operation, you'll also be prescribed adequate analgesia so ensure that you remain pain-free during this recovery period. However, there're some women who request to be under general anaesthesia for their caesarean section because they are just too nervous.

EDUCATION

JEANETTE BUCKLEY

Managing Director / Principal of Hess Education Centre



Q How do I pick the right books?

This is very subjective and it depends on your family's interests. Choose books you know your child will enjoy reading. Make sure that the books are age appropriate and that your child will understand the humour, context and vocabulary. The best way to do this is to have family trips to bookshops and the library.

Q Should I start Junior on digital books?

Yes! Everything in moderation is fine. Digital books are our children's future. Let them interact and become comfortable with the technology. Children need to learn to self-regulate their time and activities on these newfound gadgets. The sooner they learn how to maintain the balance and control themselves, the better. There are some great online book clubs such as the Scholastic BookFlix – It offers fiction and non-fiction e-books.

