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Title	Content	Footnotes and References	Media link	Thumbnails link

The Science Behind Your Menstrual Cycle	Understanding why your menstrual cycle is vital for your overall health.	References: 1. Menstrual cycle (Normal menstruation): Overview & Phases, Cleveland Clinic. 2. Energy Levels Through Your Menstrual Cycle. Lloyds Pharmacy Online Doctor UK.		
	1. What is a menstrual cycle? The menstrual cycle is a woman's body's monthly preparation for the possibility of pregnancy. It starts from the first day of your period until the first day of your next period.			
	2. How long is a normal menstrual cycle? A normal cycle averages 28 days, but it can range anywhere from 21 to 35 days and still be considered normal.			
	3. How long does a normal period last? Most women have periods lasting between three to seven days.			
	4. What are the four phases of			

<p>The Ever-Changing Dance of Hormones</p>	<p>Understanding the hormonal changes that occur during your menstrual cycle can shed light on your energy levels and overall well-being. Let's explore the distinct phases of your cycle and how they influence your mood and vitality.</p> <p>During the Menstrual Phase: All your hormones are at a low level, prompting the shedding of your uterus lining. Low energy might be experienced, making it an ideal time for relaxation and self-care.</p> <p>Follicular Phase: Your pituitary gland releases Follicle Stimulating Hormone (FSH) to encourage your ovaries to prepare an egg, leading to rising estrogen levels. Happiness and increased</p>	<p>Reference: Energy Levels Through Your Menstrual Cycle. LloydsPharmacy Online Doctor UK</p>		
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<p>Syncing Your Workouts with Your Menstrual Cycle</p>	<p>Menstrual Phase:</p> <ul style="list-style-type: none"> <li>- Low energy.</li> <li>- Opt for gentle activities like walking, stretching, or Pilates.</li> <li>- Listen to your body; it's okay to take it easy.</li> </ul> <p>Follicular Phase:</p> <ul style="list-style-type: none"> <li>- Energy levels increase.</li> <li>- Choose cardio-based workouts like running, swimming, or group fitness.</li> </ul> <p>Ovulation Phase:</p> <ul style="list-style-type: none"> <li>- Peak energy levels.</li> <li>- Go for high-intensity workouts like boot camp, kickboxing, or spinning.</li> </ul> <p>Luteal Phase:</p> <ul style="list-style-type: none"> <li>- Medium-intensity cardio and strength training work best.</li> <li>- Take it slower as your period approaches.</li> </ul> <p>Cycle Syncing Exercise:</p> <ul style="list-style-type: none"> <li>- Adjust workouts to match your changing energy levels.</li> <li>- Feel empowered by listening to your body's needs.</li> </ul>	<p>Reference:</p> <p>Milnea (2023) Cycle Syncing Nutrition and exercise, Cleveland Clinic.</p>		
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<p>Normal vs. Abnormal Period Symptoms</p>	<p>Normal Period Symptoms Physical Symptoms: Bloating, Cramps, Breast tenderness, Diarrhea</p> <p>Duration: Last 1-2 days before and 1-2 days into the period</p> <p>Severity: Mild; manageable with home remedies</p> <p>Effects: Do not interfere with daily functioning</p> <p>Abnormal Period Symptoms Physical Symptoms: Mood swings, irritability, sleep problems, breast tenderness</p> <p>Duration: Begin 1-2 weeks before a period</p> <p>Severity: Moderate to severe; often require stronger medications</p> <p>Effects: Can disrupt daily activities</p>	<p>Reference: Normal period symptoms (2020) SheCares.</p>		
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Nutrition for Menstrual Health: Eating Right for a Balanced Cycle	<p>a. Nutrition During the Menstrual Phase</p> <p>Iron-rich Foods:</p> <ul style="list-style-type: none"> <li>- Green leafy vegetables</li> <li>- Lean red meat</li> <li>- Lentils and beans</li> </ul> <p>Vitamin C Sources:</p> <ul style="list-style-type: none"> <li>- Citrus fruits</li> <li>- Berries</li> <li>- Broccoli</li> <li>- Red peppers</li> </ul> <p>Vitamin K for Reducing Heavy Bleeding:</p> <ul style="list-style-type: none"> <li>- Leafy greens</li> <li>- Blueberries</li> <li>- Cheese</li> <li>- Eggs</li> </ul> <p>Omega-3 Fatty Acid Foods:</p> <ul style="list-style-type: none"> <li>- Salmon</li> <li>- Flaxseed</li> <li>- Tree nuts</li> </ul> <p>b. Nutrition During the Follicular Phase</p> <p>Foods for Increased Energy Levels:</p> <ul style="list-style-type: none"> <li>- Lean proteins</li> <li>- Whole wheat</li> <li>- Brown rice</li> <li>- Quinoa</li> </ul> <p>Foods to Balance Estrogen:</p> <ul style="list-style-type: none"> <li>- Cruciferous</li> </ul>	Reference: Milnea (2023) Cycle Syncing Nutrition and exercise, Cleveland Clinic.		
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Myth: You cannot engage in sexual activity during menstruation.	Fact: Sexual activity during menstruation is a personal choice and can be safe and pleasurable with proper hygiene practices and the use of menstrual products. It is important to communicate with your partner and prioritize comfort and consent.	Reference: Period sex: What is it? WebMD		
Myth: Exercising during your period is harmful.	Fact: Exercise during menstruation is generally safe and can provide numerous benefits, such as reducing menstrual pain, improving mood and increasing energy levels. It is important to listen to your body and choose activities that feel comfortable and appropriate for you.	Reference: Lindberg, S. (2023) Exercise during period: What you should do and avoid. Healthline.		

3 Habits for a sound menstrual health	Adopt top 3 habits to take care of your menstrual health - consistent exercise routine, daily intake of a balanced diet, and adequate sleep every day. These lifestyle choices keep hormones in balance and positively affect your menstrual cycle.	Reference: Shekhar Chauhan (2021) Association of lifestyle factors with menstrual problems and its treatment-seeking behavior among adolescent girls, Science Direct.		
Relax and Manage Stress	Engage in relaxation techniques like deep breathing, meditation, journaling, listening to music, and other leisure activities to manage stress. Managing stress can help you maintain an optimal menstrual health.	Reference: Women and Stress (2019) Cleveland Clinic.		



Prioritise self-care during periods	While menstruating, prioritise self care as it helps to alleviate discomfort. Involve yourself in self-care practices like walks, gentle stretching, mindful eating, warm baths, and hydration. Wear comfortable clothing and rest well during your periods.	Reference: Mike Armour (2019) Self-care strategies and sources of knowledge on menstruation in 12,526 young women with dysmenorrhea: A systematic review and meta-analysis, National Library of Medicine.		
<b>Question</b>	<b>Option 1</b>	<b>Option 2</b>	<b>Option 3</b>	<b>Option 4</b>
What is the primary function of the follicular phase in the menstrual cycle?	Shedding of the uterine lining	Release of a mature egg	Preparing the uterus for the next cycle	Menstrual bleeding
Which phase of the menstrual cycle is characterized by the shedding of the uterine lining if pregnancy does not occur?	Follicular phase	Ovulation	Menstrual phase	Luteal phase
When do most women start menstruating?	Start at age 8	Start at age 12	Start at age 18	Start at age 14
What age does menopause typically occur?	Age 51	Age 54	Age 45	Age 35

Tools to stay on the top of your health	Have you explored the dedicated tools for each life stage? These tools can serve as your personal companions throughout your journey.			
Time to Know: Take a Pregnancy Test and Plan Ahead	Have you missed your period? Experiencing nausea? It's time to consider taking a pregnancy test.			
Time to Quiz It Up!	Get ready for our brand-new quiz set! Challenge yourself!			
Attention: Polycystic Ovary Syndrome (PCOS) Awareness!	Find out how PCOS impacts women's fertility and health. Learn how to increase your chances of becoming pregnant. Stay informed!			

Empowering Fertility: Unravelling the Obesity- Conception Connection	Discover the link between obesity and difficulties in getting pregnant. Get insights on how to overcome obstacles and increase your chances of conception.			
Have you tried our tools yet?	Our intuitive tools provide personalized insights and guidance for women throughout each stage of womanhood. Check them out now!			

Embracing Your First Trimester Journey	<p>As you embark on this remarkable journey of pregnancy, your body is preparing for a host of transformative changes that will shape the creation of this new life.</p> <p>Early Signs and Symptoms: The initial sign, a missed period, can signify the start of this journey, often accompanied by implantation bleeding. While bleeding is normal, consulting your healthcare provider is wise.</p> <p>Early symptoms might include fatigue, nausea, and increased urination. Your body's response is unique, so listen and adapt as needed.</p> <p>Common Experiences: The symphony of hormones during the first trimester orchestrates various</p>	Reference: Your first-trimester guide. UNICEF Parenting.		
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Fueling Growth: Must-Have Nutrients for a Healthy Pregnancy	<p>A balanced pregnancy diet lays the foundation for your baby's healthy development. While general healthy eating rules apply – prioritize fruits, vegetables, whole grains, lean proteins and good fats – certain nutrients deserve special focus during this crucial time.</p> <p>1. Folate and Folic Acid: Guardians of Brain and Spinal Cord Health Folate, a B vitamin, plays a pivotal role in safeguarding your baby's brain and spinal cord from defects. The synthetic form, folic acid, found in supplements and fortified foods, is essential for preventing premature birth and low birth weight.</p> <p>Daily Intake: Consume 400 mcg of folate or folic acid before conception, and</p>	Reference: Pregnancy diet: Focus on these essential nutrients (2022) Mayo Clinic.		
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Finding out you're pregnant	<p>When you find out you're pregnant, emotions vary from joy to surprise, confusion or distress. Each journey is unique.</p> <p>1. Tell your partner</p> <p>Partners may also have mixed feelings when they find out you're pregnant. This may hinder open conversations. Encourage dialogue, offer support, and share emotions and concerns.</p> <p>2. Select a healthcare provider</p> <p>Choose carefully for a healthy start. Schedule the initial prenatal appointment around 8 weeks into pregnancy.</p> <p>3. Calculate your baby's due date</p> <p>Determine it using online calculators or through your doctor's guidance.</p> <p>4. Decide when to announce your pregnancy</p> <p>Some wait until after the first</p>	<p>Reference:</p> <p>1. I'm pregnant: Now what? BabyCenter.</p> <p>2. Finding out you're pregnant. NHS choices.</p> <p>3. 5 things to do when you find out you're pregnant Tommy's. Together, for every baby.</p>		
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Your First Trimester: Understanding Essential Pregnancy Lab Tests	<p>Routine Lab Tests:</p> <ol style="list-style-type: none"> <li>1. Complete Blood Count (CBC): <ul style="list-style-type: none"> <li>- Checks blood cells.</li> <li>- Detects anemia, disease-fighting cells, and clotting issues.</li> </ul> </li> <li>2. Blood Type &amp; Rh Factor</li> <li>3. Urinalysis: Tests urine for: <ul style="list-style-type: none"> <li>- Red/white blood cells (infections)</li> <li>- Glucose (diabetes risk)</li> <li>- Protein (preeclampsia indicator).</li> </ul> </li> <li>4. Urine Culture: <ul style="list-style-type: none"> <li>- Detects UTI bacteria.</li> <li>- Treated with antibiotics if found.</li> </ul> </li> <li>5. Disease &amp; Infection Tests: <ul style="list-style-type: none"> <li>- Rubella</li> <li>- Hepatitis B &amp; C</li> <li>- STIs</li> <li>- HIV</li> <li>- Tuberculosis (TB)</li> </ul> </li> </ol> <p>First Trimester Prenatal Screening Tests:</p>	<ul style="list-style-type: none"> <li>- UTI: Urinary Tract Infections</li> <li>- STIs: Sexually transmitted infections</li> <li>- Ultrasound: Also known as ultrasonography or sonography, employs sound waves to create images of internal structures, aiding diagnosis without surgery.</li> <li>- Chromosome: Chromosomes are threadlike structures made of protein and a single molecule of DNA that serve to carry the genomic information from cell to cell</li> </ul> <p>References:</p> <ol style="list-style-type: none"> <li>1. Common tests during pregnancy (2021) JHM.</li> <li>2. Routine tests during pregnancy. ACOG.</li> </ol>		
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Morning Sickness: A Comprehensive Guide	<p data-bbox="751 149 938 203">What is Morning Sickness?</p> <ul data-bbox="751 240 938 565" style="list-style-type: none"> <li>- Nausea and vomiting in pregnancy.</li> <li>- A common condition, affecting up to 70% women in the first trimester.</li> <li>- Occurs at any time of day.</li> </ul> <p data-bbox="751 597 938 651">Early Onset and Duration</p> <ul data-bbox="751 688 938 922" style="list-style-type: none"> <li>- Starts around the sixth week.</li> <li>- Peaks around 8 to 10 weeks.</li> <li>- Improves by the 13th week (end of the first trimester).</li> </ul> <p data-bbox="751 954 938 1008">Symptoms and Causes</p> <ul data-bbox="751 1045 938 1458" style="list-style-type: none"> <li>- Nausea, loss of appetite, vomiting.</li> <li>- Potential causes: hormonal changes, low blood sugar, blood pressure fluctuations, etc.</li> <li>- Aggravated by stress, fatigue, certain foods, smells, etc.</li> </ul> <p data-bbox="751 1490 938 1544">Severe Morning Sickness</p> <ul data-bbox="751 1581 938 1624" style="list-style-type: none"> <li>- Hyperemesis gravidarum:</li> </ul>	<p data-bbox="955 149 1094 172">References:</p> <ol data-bbox="955 178 1140 472" style="list-style-type: none"> <li>1. Morning sickness: When it starts, Treatment &amp; Prevention, Cleveland Clinic.</li> <li>2. Morning sickness (2022) Mayo Clinic.</li> </ol>		
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<p>Myth: Miscarriage is solely caused by exercise or stress during the first trimester.</p>	<p>Fact: Early miscarriage is primarily attributed to chromosomal abnormalities disrupting embryo development, not exercise or stress. Scientific evidence does not support the idea that stress or exercise leads to miscarriage. Regardless of your circumstances, it's crucial not to blame yourself for a miscarriage. In most cases, miscarriages are unrelated to your actions or choices.</p>	<p>Reference:</p> <ol style="list-style-type: none"> <li>1. Early miscarriage: Is stress a factor? (2022) Mayo Clinic.</li> <li>2. Miscarriage: Causes, symptoms, risks, treatment &amp; prevention; Cleveland Clinic.</li> </ol>		
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Myth: It is okay to drink a little or at certain times during pregnancy	Fact: There is no known safe amount of alcohol use during your pregnancy or when you are trying to get pregnant. There is also no safe time for alcohol use during pregnancy. Alcohol can cause problems for your baby throughout your pregnancy, including before you know you are pregnant.	Reference: Alcohol and pregnancy questions and answers (2023) Centers for Disease Control and Prevention.		
Cut down on Caffeine	Strictly limit your caffeine intake to no more than 200 mg per day and completely avoid it for 6 hours prior to bedtime. Excessive caffeine can be harmful in pregnancy and may disrupt your sleep as well.	Reference: María Rosario Román-Gálvez, (2022) Caffeine Intake throughout Pregnancy, and Factors Associated with Non-Compliance with Recommendations: A Cohort Study, National Library of Medicine.		

Avoid Late Night Eating	Avoid heavy meals close to bedtime as it can lead to indigestion which causes heartburn and affects your sleep quality.	Reference: Daisy Duan (2021) Effects of Dinner Timing on Sleep Stage Distribution and EEG Power Spectrum in Healthy Volunteers.		
Establish a Bedtime Routine	Set a regular routine like sleeping at the same time everyday, light reading, gentle head massage or taking a bath to feel relaxed and induce sleepiness.	Reference: 6 steps to better sleep, MayoClinic		
Question	Option 1	Option 2	Option 3	Option 4
Which of the following routine lab tests is used to detect infections, diabetes risk and preeclampsia indicator during pregnancy?	Complete Blood Count (CBC)	Blood Type & Rh Factor	Urinalysis	Urine Culture
Which of the following is NOT a disease or infection tested during the routine lab tests for the first trimester of pregnancy?	Rubella	Hepatitis B & C	STIs	Influenza

What is the primary characteristic of morning sickness?	Loss of appetite and fatigue	Headache and fever	Nausea and vomiting in pregnancy	Insomnia and mood swings
What is the medical term for severe and persistent morning sickness?	Hyperthyroidism	Hyperglycemia	Hyperemesis gravidarum	Hypertension
Prenatal Care: Begin Your Parenthood Journey	Discover the optimal timing for scheduling your prenatal tests and ensure a healthy pregnancy journey with our comprehensive Prenatal Care tracker.			
Don't overlook the signs of Anemia	Discover anemia symptoms and causes in expecting mothers; understand the importance of timely treatment for a healthier pregnancy. Stay informed!			
Dealing with constipation during pregnancy?	You are not alone! Discover causes of constipation and relief methods for a comfortable pregnancy.			

Stay Organised with Doctor's Appointments	Manage appointments efficiently by scheduling and tracking them to stay informed.			
Unlock a World of Knowledge	Access valuable content like blogs, videos, myths and health tips in one convenient location, empowering yourself with our comprehensive resource hub.			
Caring for Baby in Delivery Room	Ever wondered how to care about your baby in the delivery room? Read our blog to get ready to welcome your newborn with confidence and empathy.			

C-Section vs. Vaginal Delivery: Exploring Recovery and Comparing the Approaches	C-Section vs. Vaginal Delivery: Exploring Recovery and Comparing the Approaches	References: 1. Vaginal delivery: What to expect, benefits & complications, Cleveland Clinic.		
	When it comes to childbirth, two primary methods are often considered: C-section and vaginal (normal) delivery. While both have their benefits and risks, understanding the differences in recovery can help expectant parents make informed decisions.	2. C-section (cesarean section): Procedure, risks & recovery, Cleveland Clinic.		
	Vaginal Delivery: A Natural Approach Vaginal delivery is the most common and preferred method of childbirth. It involves the birthing person giving birth through the vaginal canal. This process begins with uterine contractions that dilate and thin the cervix, allowing the			

<p>Beyond the Baby Bliss: 10 Hardest Realities Every New Mom Faces</p>	<p>Becoming a new mom is a rollercoaster of emotions and challenges, and those initial weeks can feel like a whirlwind of exhaustion, joy and uncertainty. As you embark on this transformative journey, here's a candid look at the ten hardest aspects of being a new mom and how to navigate through them with resilience and grace.</p>	<p>Reference:  <a href="#">Poirot, L.H. (2020) 10 hardest things about being a new mom.</a>  <a href="#">TheBump.com - Pregnancy, Parenting and Baby Information.</a></p>		
	<p>1. The Postpartum Body Surprise          Prepare to be amazed by your body's incredible feat of bringing life into the world. While it's natural to want your pre-pregnancy figure back right away, don't be shocked if your belly lingers. Embrace the journey of healing and remind yourself of the extraordinary miracle your</p>			

Postpartum Exercises	<p>Begin with a low-impact and simple activity, like a daily walk. Under your healthcare provider's approval, consider incorporating these specific exercises:</p> <p>1. Pelvic tilt.  - Frequency: A few times a day  - Importance: Strengthens abdominal muscles  - Instructions: Lie on your back, knees bent. Flatten back against the floor, tighten abdominal muscles, lift pelvis slightly. Hold for 10 seconds. Repeat 5 times, and progress to 10-20 reps.</p> <p>2. Kegel exercise.  - Importance: Tones pelvic floor muscles, reduces urinary and anal incontinence  - Instructions: Contract pelvic muscles as if stopping midstream. Hold for 10</p>	Reference: Postpartum exercise: How to get started (2021) Mayo Clinic.		
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Breastfeeding for Beginners	<p>Why Should I Breastfeed?</p> <p>Benefits for Infants:</p> <ul style="list-style-type: none"> <li>- Provides complete nutrition for your baby.</li> <li>- Prevents illness and allergies.</li> <li>- Lowers risk of obesity, diabetes and SIDS.</li> <li>- Enhances brain development.</li> </ul> <p>Benefits for Mothers:</p> <ul style="list-style-type: none"> <li>- Lowers risk of ovarian and breast cancer.</li> <li>- Reduced risk of osteoporosis.</li> <li>- Aids in postpartum weight loss.</li> <li>- Delays return of fertility.</li> <li>- Boosts self-confidence.</li> <li>- Strengthens bonding with the baby.</li> </ul> <p>Getting Started:</p> <ul style="list-style-type: none"> <li>- Breastfeed frequently initially to establish your milk supply.</li> <li>- Hold baby "tummy to tummy" and facing your breast.</li> <li>- Ensure proper</li> </ul>	<p>Sudden infant death syndrome (SIDS) is the sudden and unexplained death of a baby younger than 1 year old.</p> <p>Reference: The Children's Hospital of Philadelphia (2014) Breastfeeding tips for beginners, Children's Hospital of Philadelphia.</p>		
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Safe Preparation and Storage of Infant Formula: A Quick Guide	<p>Preparing and Storing Powdered Infant Formula:</p> <ol style="list-style-type: none"> <li>1. Check formula expiration and container condition (no dents, puffy ends, or rust spots).</li> <li>2. Clean countertops, wash hands and use clean bottles and nipples.</li> <li>3. Use safe water to mix with the formula. Tap water is usually fine; consult local health authorities if unsure.</li> <li>4. Follow formula container instructions for water and formula measurements. Always add formula to measured water.</li> <li>5. Shake the formula in the bottle to mix; avoid stirring.</li> <li>6. Warm formula if desired: use warm water, test temperature, and avoid microwaving as</li> </ol>	Reference: Infant formula feeding (2023) Centers for Disease Control and Prevention.		
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<p>Myth: Breastfeeding is easy.</p>	<p>Fact: Babies are born with the reflex to search for their mother's breast. However, many mothers need practical support with positioning their baby for breastfeeding and making sure their baby is correctly attached to the breast. Breastfeeding takes time and practice for both mothers and babies. Breastfeeding is also time intensive, so mothers need space and support at home and work.</p>	<p>Reference: Busted: 14 myths about breastfeeding (no date) UNICEF Parenting.</p>		
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Myth: Babies who have been breastfed are clingy.	Fact: All babies are different. Some are clingy and some are not, no matter how they are fed. Breastfeeding provides not only the best nutrition for infants, but is also important for their developing brain. Since breastfed infants are frequently held, nursing has been found to strengthen the link between the mother and her child.	Reference: Busted: 14 myths about breastfeeding (no date) UNICEF Parenting.		
Incorporate nutrient dense foods	Focus on nutrient-dense foods to regain strength and well-being. Opt for colorful fruits, vegetables, whole grains and lean proteins. Choose food sources that provide healthy fats, and essential minerals and vitamins.	Reference: Eating healthy food during pregnancy and after childbirth (2022) World Health Organisation.		

Stay Hydrated	Drink adequate water throughout the day as it is necessary for breast milk production and quick postpartum recovery. Aim for 7-8 glasses daily and avoid dehydration.	Reference: Kristen S. Montgomery, (2002) Nutrition Column An Update on Water Needs during Pregnancy and Beyond, National Library of Medicine.		
Eat Regular, Balanced Meals	Eat balanced meals at regular intervals and include diverse food groups and healthy snacks in your diet. Minimise intake of over-processed and fast food which is laden with saturated fats and excessive sugar.	Reference: Eating healthy food during pregnancy and after childbirth (2022) World Health Organisation.		
<b>Question</b>	<b>Option 1</b>	<b>Option 2</b>	<b>Option 3</b>	<b>Option 4</b>
What is the primary difference in recovery time between vaginal delivery and C-section?	Vaginal delivery has a longer recovery time	C-section has a faster recovery time	Recovery time is similar for both methods	Vaginal delivery has a quicker recovery time
Which childbirth method involves making incisions in the abdomen and uterus to deliver the baby?	Vaginal delivery	Natural birth	Cesarean section (C-section)	Home birth

Which of the following is a benefit of breastfeeding for infants?	Decreased risk of obesity and diabetes	Higher likelihood of allergies	Higher risk of SIDS (Sudden Infant Death Syndrome)	Slower brain development
What are signs that a baby is getting enough milk during breastfeeding?	Feeds 2-3 times daily	Passes hard stools by day 5	Appears hungry after feeding	Has 6-8 wet diapers on day 6
A gentle pat on your baby's back	Don't forget to burp your little one after every feeding. This helps release air bubbles and prevent discomfort.			
Self-Care Reminder	New moms should prioritize healing and rest during postpartum, seek help, and delegate tasks to family and friends.			
Support your child's hearing journey with routine hearing test	Parents prioritize their children's well-being, but often overlook their sense of hearing. Routine hearing tests are essential for newborns and children.			

Discover our fresh blog on Parenting styles	Discover effective techniques for nurturing your little one's unique personality.			
Blog Spotlight: How to bathe your baby?	Master the art of baby bath time with our credible & scientifically backed tips.			
Postpartum care	Read our blog to learn how to manage postpartum with confidence.			