

Parents

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Shiok
Local Recipes!

FAMILY
ACTIVITIES
FOR THE
JUBILEE
WEEKEND

KEEP COOL
IN THESE HOT
SUMMER PICKS

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"THE CHILDREN LOVE
IT WHEN I LOOSEN UP
AND GAME WITH THEM;
THEY LIKE IT WHEN
I'M A CLOWN"

ARE YOUR KIDS
SLEEPING ENOUGH?



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ASK THE EXPERTS

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 see more mothers opting for caesarean section instead of natural delivery. Which would you recommend?

For most women, natural birth is still the preferred and safer way to deliver a baby. Having said that though, there are some women who request for an elective caesarean section in which there are no medical indications for such because they simply do not want to undergo a vaginal delivery. Elective caesarean sections are relatively low risk operations nowadays which may explain why there is an increasingly small number of women who wish to elect for this mode of delivery. An elective caesarean section is still

a major surgery so all women should be made aware of the risks involved no matter how low.

Q I'm in my third trimester and have been experiencing severe heartburns every other day. What can I do?

This is a result of delayed gastric emptying and the subsequent build-up of gastric acid due to the effects of increasing pregnancy hormones. The increasing size of the uterus because of the growing fetus will also compress the stomach and contribute to this. Try taking small more frequent meals and avoid spicy food, gassy drinks and citrus juice and fruits until the gastritis improves. Some women find that they experience less of the symptoms if they remain more upright when they sleep. Alternatively, you can take antacids (which neutralise the acid) or prescription medication to reduce the production of gastric acid.