

Stop Measuring Your Child's Worth by the Weighing Scale



THE OVERWHELM OF MODERN PARENTING

Parenting today = too much advice.

From relatives, Google, and social media – everyone has an opinion.

But what does science actually say about your child's health and growth?



CHUBBY BABY MYTH

“Your baby looks thin.”

“Is she sick?”

Sound familiar?

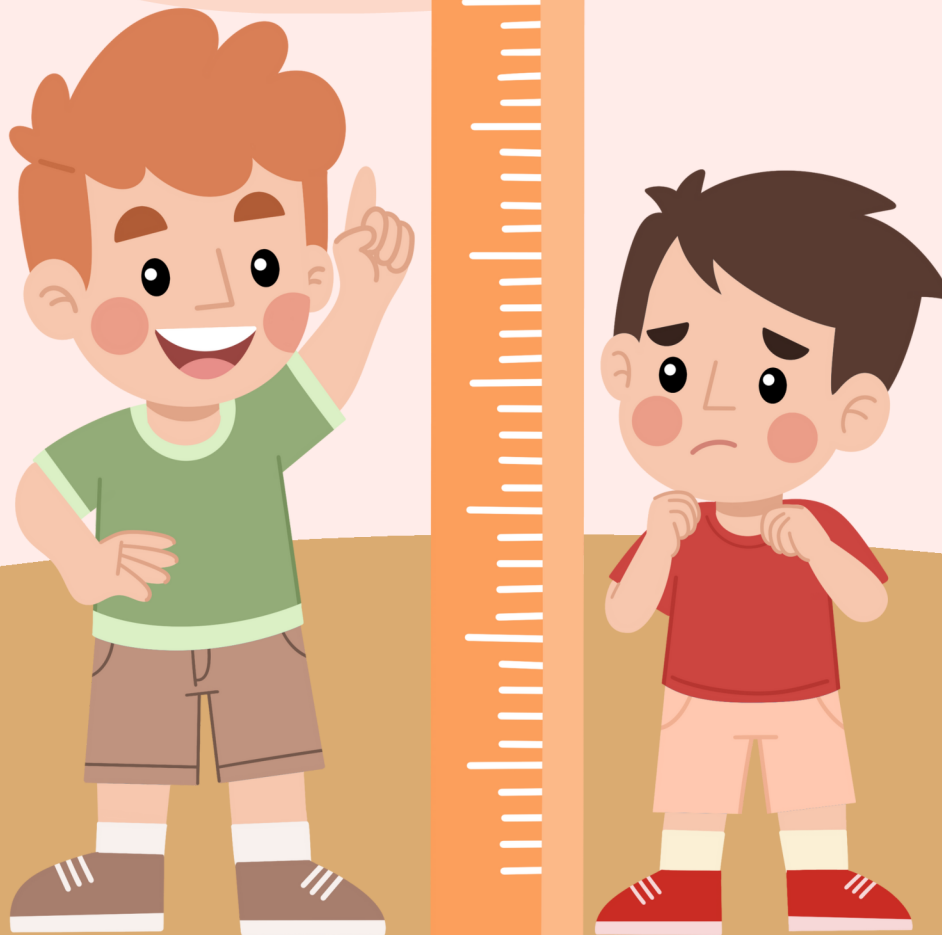
A chubby baby isn't the only picture of health – a happy, active one is.



HOW TO KNOW YOUR BABY'S GROWING WELL

2.5-3 kg at birth is normal
Doubles by 6 months
Triples by 12 months
After 1 year → +1-1.5 kg/year

💡 Focus on milestones, not the scale.



HEIGHT AND GENETICS

Height is mostly genetic.

**No tonic, no shortcut – just nutrition,
vitamin D, sleep, and play.**

**Growth spurts come between ages 5-7
and again before puberty.**



MILK ≠ MAGIC POTION

🥛 After 1 year, milk isn't a must.

Prefer curd, paneer, buttermilk.

Too much milk can cause:

- Bloating and poor appetite
- Hidden nutrient deficiencies



MEDICINES OR HOME CARE?

Not every sneeze needs a syrup.

**If your child is playing, eating, and smiling –
rest, fluids, and hugs are the best medicine.**



SUPPLEMENTS UNDER 1 YEAR

☀️ **Vitamin D – yes, for all babies.**

💧 **Iron – only if prescribed or premature.**

Balanced food beats unnecessary supplements.



LOW IRON IN KIDS

Common between ages 5-8.

Why?

- Vegetarian diets without variety
- Quick snacks instead of real meals
- Fewer greens



THE SCREEN TRAP

Screens are sneaky.

**Feeding with screens creates a screen = food
habit**

- ✗ No eating while watching TV**
- ✓ Let hunger guide eating
not YouTube Kids.**



HOW MUCH SCREEN TIME IS OKAY?

 Under 2 years: 0

 2-5 years: 40-60 mins/day

 5+ years: 1.5-2 hrs/day

**Bigger screens are better than phones.
Purposeful viewing beats endless scrolling.**



SENSORY ISSUES ARE RISING

Kids who avoid sand, textures, or messy play can develop Sensory Processing Disorders.

Encourage touch, play, and real-world experiences.

Messy play = sensory learning = confidence.



STOP THE COMPARISON GAME

“She started walking earlier.”

“He eats more.”

Every child blooms differently. 🌱

Your only job? Nurture, not compare.



SAVE THIS REMINDER

If your child is thriving, smiling, and curious – you're doing enough.

You don't need more opinions.

You need more trust in yourself, and in your child's rhythm.



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