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# Raising Twins

This is a blog covering the journey of raising my two twin daughters in India, and I do hope it is of some help to expectant mother of twins!!! Cheers!!

Menu

# Toothbrush review and Dental hygiene in toddlers.

SEPTEMBER 3, 2016

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**Author:** Gauri Kshirsagar

Beginning dental care early is important for your child's health and to keep teeth healthy for a lifetime. Healthy baby teeth help children eat and speak clearly. Passing on good oral habits to your child is one of the most important health lessons you can teach them. This means helping him or her brush twice a day, showing the proper way to floss, limiting between-meal snacks and seeing your dentist regularly. [Continue reading](#)

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SKIN & HEALTH CARE



# art of making stuffed toys

AUGUST 17, 2016

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**Author:** Gauri Kshirsagar

Amigurumi (Crocheted or knitted stuffed toy) is a Japanese art of knitting or crocheting small, usually cute stuffed animals and anthropomorphic creatures. The word is a portmanteau of the Japanese words ami, meaning crocheted or knitted, and nuigurumi, meaning stuffed doll. What got me hooked to this art? My Kid's love for books and story-telling! My twin daughters are not much of stuffed toy fans, but some of their favorite characters are sometimes not available or marketed commercially. In that case the only option left is to 'make' toys, hence I found amigurumi as a fun way to gift them with cute toys. [Continue reading](#)

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# DIY Activity 10: 'Peppa Pig and George' Costume Ideas

AUGUST 13, 2016

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**Author:** Gauri Kshirsagar



My twins are great fans of this series and love to have a pretend play as Peppa and George at home. Peppa Pig is a lovable cheeky little piggy who lives with her little brother George, Mummy Pig, and Daddy Pig. Their favorite things include playing games,



As it is, a trip requires a lot of planning, so additionally travelling with a toddler requires that the toddler doesn't get bored and has lot many things to occupy his/her time. Guess what? It doesn't have to be painful. A little planning and prep can go a long way in making the journey as enjoyable for your little one as the destination. Providing Screen-Free alternatives for kids is one thing that I love to do, and while we totally bust out the phone/tablet for a movie on a long flight or road trip, I like to have lots of other technology-free ways to entertain the kiddos. The following is a simple collection of cost efficient trinkets which I usually collect for my 3 year old twins. [Continue reading](#)

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## Gripe Water: Ingredients & side effects

JUNE 12, 2016

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# GRIPLE WATER

**Author:** Gauri Kshirsagar

Many parents of newborns ask me if 'Gripe water' should be given to new born babies, as it is usually recommended by family and friends. WHO recommends exclusive breast feeding to babies till the age of 6 months. The beliefs and customs of people have a greater impact on the child rearing practices pushing the aforementioned guidelines to the back seat. One such irrational practice is the use of gripe water for infants on a routine basis and for colic. Anything (including gripe water) other than breast milk administered to a baby during the first six months may increase the risk of introducing bacteria, causing allergies and irritating the baby's intestines. Gripe water just like any other prelacteal given soon after birth may cause delay in establishment of breastfeeding and reduce breast milk supply. [Continue reading](#)

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## Infantile Colic : FAQs and how to manage.

JUNE 7, 2016

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**Author:** Gauri Kshirsagar





Source: Google Images

## What is infantile colic?

Colic is a common, but uncomfortable condition that some babies experience during the first 3 months of life. The baby cries hard and seems to be in great pain, as if he/she has a severe stomach-ache [Continue reading](#)

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HOW TO HANDLE INFANTILE COLIC INFANTILE COLIC

A beautiful poem on



# Parenting by Kahlil Gibran

JUNE 2, 2016

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Your children are not your children.

They are the sons and daughters of Life's longing for itself.

They come through you but not from you,

And though they are with you, yet they belong not to you. [Continue reading](#)

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Gauri Kshirsagar

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