



MONSOON SKINCARE TIPS FOR BABIES



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HAVE you noticed that your baby's skin folds are reddish? If you have, there is no need to panic. The monsoon season is an aggravating time for several reasons; the air is moist, and there is more humidity than usual. Your baby's skin is delicate and needs more care than an adult's. That is why rashes, prickly heat, redness in the skin folds, and dryness are common in the rainy season. Since their bodies are not fully grown, their immunity is low, which makes them more vulnerable to infections. The best way to care for your baby's skin is by using a good skincare regime and products that offer protection and nourishment. Let us look at how you can take care of your baby's skin during the

rainy season with the best baby cream and skincare products.

Tips to take care of your baby's skin during rainy season

How to bathe your new born

Bathing a new born can be challenging, especially in the initial days. However, it becomes easy with time. You must never over-bathe your baby. Bathing too often can deplete the natural oils from the skin, leaving it dry. A normal adult's skin is thick and can withstand frequent hot baths. However, the newborn's skin is thin and delicate and, therefore, needs extra care.

Bathing schedule:

- Newborn (up to 2 months): 2-3 times a week
- Older babies: Once a day (if sweaty)

Using a regular soap can also damage the natural oils in the skin. Therefore, it is best to use a mild and unscented body wash instead. Furthermore, you should not allow a bath to last longer than ten minutes. It is not necessary to give your baby a bath every day. In fact, a

night-time bath just before sleeping can be more helpful. You should also wait for an hour before giving a bath to a baby after feeding to avoid discomfort such as vomiting. Lukewarm water is best, and you should never use extremely hot or cold water for your baby. A non-slippery mat will also help avoid slips. A regular bath schedule can also promote better sleep in your baby.

What to wear for your baby

Your baby's clothes must be made of breathable cotton fabric. Avoid using tight clothes as much as possible. Furthermore, you must never dress your baby in too many clothes because that will make them more sweaty. Sweaty skin can become irritated and lead to rashes.

In addition:

- Change your baby's clothes if they get sweaty, especially during rainy days.
- Avoid using synthetic fiber as much as possible.
- Make sure the clothing is dry before putting it on your baby.
- Wash the clothes in sunlight as much as possible.

It is best to use cotton

clothes during the rainy season because it is softer and gentler on the skin. Always avoid keeping your baby in wet clothes or dirty diapers for a long time. Make sure you change the baby's diaper regularly to avoid rashes. Using more absorbent diapers can also help reduce irritation. It is best to carry an extra set of clothes when you are outside.

What to look for in baby creams and skincare products

Make sure to buy skincare products that are free from harmful chemicals, fragrance, and other harmful additives. Always check what goes into the product before buying it. Some of the best ingredients for baby skincare products include aloe vera, shea butter, coconut oil, almond oil, cocoa butter, and milk cream. These ingredients can help nourish the delicate skin of your baby. It is best to use doctor-recommended creams and lotions that are safe for the skin. Always make sure to purchase the best baby care products.

Organic or gentle baby



skincare products

A newborn's skin is still growing, and it is important to nourish and moisturize it until they reach the age of three. Most parents prefer organic or herbal products because they do not cause irritation to the delicate skin. When purchasing products for your baby, make sure to purchase items that are dermatologist-approved.

Look for baby skincare products that are dermatologist-tested and free from harmful chemicals and suitable for sensitive skin. It is important to choose the best

skincare products to avoid irritation and rashes on the baby's delicate skin.

Protection from sun rays

Even during the monsoon season, it is important to ensure that your baby is protected from the sun's harmful UV rays. It is best to keep your baby indoors between 10 am and 4 pm. This is the time when the sun's rays are the strongest.

If you have to take your baby out, it is best to do so in the early morning or late evening. When outside, make sure your baby is dressed in

light-colored clothes that cover most of their body. You can also use a wide-brimmed hat to protect their face, ears, and neck from the sun's radiation. Using a stroller with a canopy or even an umbrella can also help keep your baby protected.

Most sunscreens are not safe for use in children below six months. You can, however, use them for older children after talking to your pediatrician. It is best to avoid using insect repellent in children below two months.

Taking care of your baby's skin during the rainy season

is paramount. You should always use gentle and safe products and use proper skincare regimes to ensure their skin is well-maintained. Making sure their clothes are clean, dry, and made of cotton is also important. You should also try to avoid exposing your baby to the sun as much as possible. The tips discussed above will go a long way in helping you take care of your baby's skin during the rainy season.

(The author is an internationally famous beauty expert and is called the herbal queen of India)

Adrija Roy speaks on acceptance of women-centric roles on small screen



Anupamaa actress Adrija Roy opens up on female characters are being given more dimension these days. Speaking on it, the actress said: "I think things have changed for the better. Women are getting more layered and meaningful roles now. There is still scope for improvement, but the audience is accepting women-centric shows, which is a good sign for the TV industry."

While talking about being typecast as a certain character if one delivers a successful performance, she said: "If a character becomes successful, people start thinking that you are only suitable for that role because you have aced it. I can't fault them for that. As an actor, I would want to surprise people by taking up diverse roles. I wouldn't want to get stuck doing the same kind of roles because every character has something unique to offer. It should surprise you as well as the audience."

"When you have a choice, of course, every actor wants to pick and choose the role that they want to play in their career. But

sometimes, a good production house offers you a project that is not exactly what you were looking for. In such a situation, I feel it is important to take a step back and look at the bigger picture.

Assess the team and the project because there isn't a right or wrong answer when it comes to taking up a role or not. It all depends on the actor's decision and what he/she feels is right for them at that point of time."

Adrija Roy also said that she walked away from a few projects as well because she wasn't comfortable with the character she was being offered.

"I have turned down a few projects because I didn't connect with the characters they wanted me to play. If I don't connect with the character, it will be hard for me to deliver a good performance. It is important for me to do something I connect to on screen," she added.

At present, Anupamaa actress Adrija Roy is playing the role of Rahi Kapadia, a sister to lead actress Rupali Ganguly's character, in the daily soap.

Aishwarya Sakhuja takes to social media to create awareness about diabetes

Actress Aishwarya Sakhuja taken to social media to spread awareness about type 1 diabetes and to create understanding about the day to day life of people struggling with it. She shares a post on Instagram telling on what it's like to have it.

On the post, the actress speaks about the feeling one undergoes when they are facing hypoglycemia.

The television star asks people around a diabetic to be conscious of hypoglycemia and not confuse it with drunkenness.

Aishwarya Rai Bachchan has launched out a video addressing the wrong notions and myths of diabetes. The actress clarifies that in case of hypoglycemia she asks people around to not give insulin to her but to give her sugar, glucose tablets, candy, or eat carbs with her. The actress also dispels several myths about diabetes.

Aishwarya says that diabetes is an autoimmune disease, and it is not a lifestyle disease, as most people believe. She explains that it is tough to have that disease as people living with the disease have to carry insulin, glucose, tablets, meters, sensors, and healthy snacks with them because everything in their lives revolves around diabetes.

Moreover, even their vacations, workouts, parties, and food are planned around the disease.

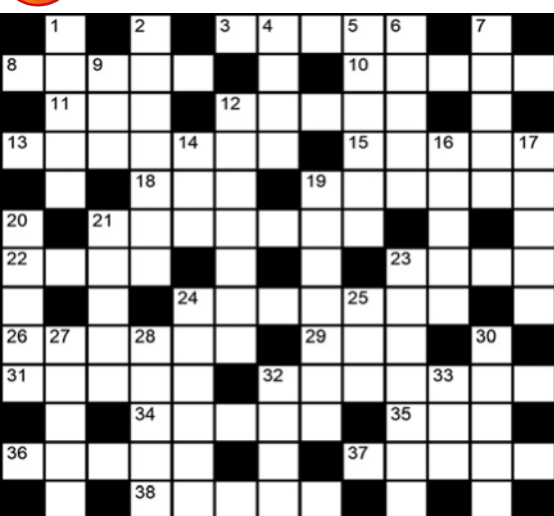
The actress also narrates that she was diagnosed with it in 2018 after undergoing harsh medication, which in turn got side-effects and affected her pancreas. At the time, she had no idea what the disease was or why she was getting it. She adds that it was hard to admit the fact that she would never be able to live a normal life like other people. However,

the actress says it took her a while before she adjusted to the 'new normal' brought about by the illness but emphasizes that being on medication changed her life for the better. In the video, Aishwarya adds that life with diabetes requires weighing every carb and working out to balance it. She encourages people living with the disease not to give up on their dreams just because they have the condition. According to Sakhuja, people living with Type 1 diabetes should be able to do whatever they want as long as they are willing to put in the effort required.

Aishwarya's recent note about Type 1 diabetes, which has been going viral on social media, has created a massive sensation.



CROSSWORD



ACROSS

- Tiffs (5)
- "Ivanhoe" author (5)
- Raise (5)
- ___ bad way: Ill (2,1)
- A poison (5)
- ___ from : nowhere close to in quality, etc. (1,3,3)
- Goes up (5)
- Three as a prefix (3)
- Accompany (6)
- A formation flight at low altitude over spectators ? (3,4)
- Scottish hillside (4)
- Wooden barrels (4)
- Larger or bigger (7)
- Stallone role Rocky ___ (6)
- Place (3)
- Sour - "brace" anagram ? (5)
- Myths and ___ : folklore ? (7)
- Does as told (5)
- Scrap of cloth (3)
- Electrical conductor (5)
- Recorded (5)
- Postpone (5)

DOWN

- Clarke or Asimov's literary genre? (5)
- Surprise (7)
- Stratagem (4)
- Yeaming - not necessarily for water ? (6)
- To do with sound (5)
- Theatre attendant (5)
- ___ roll: having a long spell of success (2,1)
- North Eastern state of India (7)
- Shed tears (3)
- Of the sun (5)
- Hide or store for safekeeping (5)
- Runs away (7)
- Ethiopian capital Addis ___ (5)
- Legend (5)
- Old hand (7)
- Eat very quickly (6)
- To pull hard (3)
- Land measures (5)
- Not narrow (5)
- Borders (5)
- An old harp-like instrument (4)
- A short sleep (3)



Solution to July 10

SUDOKU



Solution to July 10