

Dolapo Holmes On Home-Schooling Her Kids In Lagos



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# Mother Hood

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Dad's Outfit: @kimonokollection Mum's Dress:@moofadesigns Wig: VV Hair Nigeria Kids: Ruff 'n' Tumble Makeup: Joy for Studio24 Stylist: Yummie

Hair Stylist: Laben Hair Concept Photography: Gbenga Akindele-Nelly



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# Meet our team of

# **EXPERTS**

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Dr. Alex Molokwu has been in medical practice for 34 years. He has a daughter and two sons, Nneka, Nnamdi and Iloba.



# Christine Wild, MIDWIFE / BABY NUTRITIONIST / FITNESS EXPERT

Christine Wild has been a midwife for 32 years. She has three daughters and a 16 months old grandchild.





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Dr. Gboyega Oke has been a general practitioner for 27 years. He is married to Peace and has two daughters, Oluwafunmilayo (16), Oluwaseunnlafunmi (13) and a son, Oluwadamilare (11).



## Or. Rupert Moser, PEDIATRICIAN

Dr. Rupert Moser is a German based paediatrician who has been in active private practice for many



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Chinwe Kalu

Chinwe Kalu is a wife and mother of four teenagers-Dikachi 19, Maruche 17, Ginika 15 and Neto 13. She is a Value Creation Consultant and Trainer, author and radio presenter of the Dove Eyes Show. She loves to share her experience and wisdom with other women.





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#### Ololade Hector-Fowobaje

Married to Olu and mum to Lade 16, Toni 14 and Kiki 13.
Ololade is a psychologist and author. She heads the O5
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against child sexual abuse (CSA), counsels CSA victims and disseminates sexuality
education. She has also authored two highly successful behavioural books:
The many faces of sexual Abuse and Etiquette Nuggets.

She is the co-ordinator of UNICEF Child Protection Network (CPN) Ikeja, Lagos. Check out her activities at www.O5centre.org



#### Dear MIM,

Adunni's beauty and courage is simply mind-blowing! I admired her from TV shows and music videos, but hearing her story, having her relive it has just birthed a new side to her awesomeness! Well done MIM for capturing it and sharing it with us!

Funke Bello

Abuja

I just want to say that my best segment of the magazine is the mum to mum with Paula. Your views and opinions on motherhood are so rich, enlightening and full of that motherly passion, that can't be denied. I love the magazine; I'm already looking forward to the next edition's mum to mum!



9 Years Old

Hello MIM!

The article on 5 things you should know about your little boys penis I particularly enjoyed, because I'm 7 months pregnant, expecting my 2nd child and it's a boy! Yay! These are things that I need to learn and be aware of. It's good that there is a platform mums can go to be educated. Not sure my mail will get featured but, it's worth a shot to write to you. Good Job Motherhood!

Sade Williams

Wuraola Akobie



Raising teens these days is almost impossible. They are so addicted to the internet, their phones and friends. It's like they deliberately make their parents outcasts. Thankfully once again, MIM came through with a very interesting and rich article on How to make my teen my best friend. Kudos!!

Folake Lagos



#### [ EDITORS LETTER ]



# One Major Lesson I Learned in 2017

No matter how far or how long you've been heading in the wrong direction, stop, count your losses, review your situation, make a turn around and keep moving.

Easier said than done as I wrangled to accept the truth. For me, it was a huge struggle because I had invested scare resources, time and painstaking effort into this particular project and I didn't want to come to terms with this unexpected situation. I was in denial.

You need to know that if you keep living in denial, someday, reality is going to hit you in the face like a blustery wind in the storm. The day of reckoning will come, that's for sure. So, will you keep going until the situation spirals out of control or will you find the courage now to make a U-turn?

For me, it was dealing with the fallouts of a business idea gone wrong. For you, it may be ending up in an unhappy marriage which leaves you with a feeling of worthlessness or finding yourself in a caustic relationship. It could also be making a parental mistake, and all these for an extended period of time.

When you make this realization, you will experience a myriad of emotions. Anger. Disappointment. Pain.

Depression. Sadness. These are all perfectly normal emotions but do not be too hard on yourself. What is important now is you coming to terms with reality. Like an African proverb says, "whenever you wake up is your morning."

You must summon the courage to pick up the pieces, dust yourself and take a different turn that will set you on the right path. Keep moving and as you do, stay focused. Did I hear you say, "What will people say?"; "Ha! They will laugh at me" "They will say that I am a failure."

What do you care about what people with logs in their eyes are saying? If they could see clearly, they will see where you are going but they can't. But this isn't even about them, it is about you, you doing the right thing, you understanding that the best success stories often begins with failure, you keeping your eyes on the prize.

As you press on in 2018, my prayer for you is that, the mountains and the hills shall break forth into singing, and all the trees of the field shall clap their hands for you.

Love, Paula



## DOLAPO HOLMES

on

# HOME-SCHOOLING

# HER KIDS IN LAGOS

"Mine is the white gate on the left towards the end of the street", was how Dolapo Holmes described her home in a text message. It was the only white gate on the street and in retrospect, it aptly described the mother of two – unconventional, free, swimming against the tide and loving every bit of it.

I am here to talk with the Holmeses about why they are home-schooling their children Lolade, 14 and Reya, 11 and see what it looks like I am not sure what to expect but it turns out to be a regular home with normal people except that in place of family portraits are various works of art. Frames of different sizes and colours line the stairs leading to the upper floor, Dolapo sprayed and distressed them herself.

Their dog, Tom-Tom, seems very drawn to me the moment the door opens and I am later informed that Tom-Tom has a thing for the female gender. The TV is tuned to SuperSports and Nadal is playing Sock at the ATP World Tour, a match which the former wins easily.

There are over fifteen tennis tournament trophies between the Holmeses combined, none of which are on display, just neatly arranged in Reya's room. Lolade and Reya could one day shock the world on this path, remember the Williams sisters? However there's much more to the Holmeses than the tennis they love and I let them tell their story in between dance class, tie & dye, mathematics, baking and of course, tennis.





MIM: Why home-schooling, was it something you stumbled into or did you always know you were going to do this?

DH: First of all I think I have to make clear that I am not anti-school; I have never been anti-school. I went through the school system and attribute many of my talents to having attended wonderful schools. Home school was a personal decision that came out of a realisation that I was not satisfied with the breadth of what was being offered to my children at that point in their lives. It was too one dimensional. My husband and I talked about it and decided we had the right set of circumstances to perhaps try to do something different and see how the children would respond to a home-schooling environment. At that time my emphasis on academics was very limited. I was more drawn towards the idea of creating children that were interested in the world around them. Empathetic children that understood suffering and wanted to alleviate it, that understood that riches and worth are not the same thing. So we figured, teach them to be interested in ideas and concepts and they could go to and do the academics themselves later. That's essentially how home-schooling came about. Sounds quite ideological doesn't it!

MIM: How long have you home-schooled and how has it worked out so far?

DH: Well, we've been at it almost five years now. In the beginning, we stumbled and there was no order. In fact, I started off replicating the school model; 9-9:30 - English, 9:30-9:45 - Break, and after a couple of weeks, I started thinking, 'No, this is feeling like regular school and we didn't want to do that". I even went through a period where I was unschooling, 'do what you want, let's be led by your interests' and we found that probably meant sitting in front of the telly all day, so that also wasn't working. We've transitioned through lots of different versions of home-education and we are still learning. Whatever needs we have at a particular point in time, we work through there and then. There's no set curriculum we follow, we don't have any cycle testing, nothing like that; we just do what we feel needs to be done at particular times - up it or lower it, according to how the children are responding.

#### MIM: What has been the response from family and friends?

DH: DH: My family is pretty forward thinking, they are generally modern in their mind set. It was just the usual, "Oh really?" "How come?" "How did you decide upon that?" But I think they know me by now, I am pretty anti-establishment and I like to do my own thing and they were a supportive bunch. I did have friends that thought 'Nah, you will never pull this off!', even had some people that thought 'Ah, she's a snob! What does she think taking her children out of school, does she think they are better than mine?' But at the end of the day, I think, once we started doing it and people saw that we weren't crumbling under the weight, it just became more of a fascination to them.

#### MIM: How has home-schooling affected your life, have you had to sacrifice anything?

DH: DH: Well, before home-school, I was running a business called Couture Cards Limited and we manufactured and designed event stationery and it was good business. When we made the decision to home-school, I felt (perhaps naively), that I could balance both work and school. As I was doing the bulk of the teaching at that time I discovered that even at the reduced rate of work, it was still way too much to take on simultaneously. So stationery design went out the window and I focused squarely on home-schooling. In terms of sacrifice, I don't think that letting go of the business was a sacrifice, I just accept that things happen in stages. At different points in life you have to adjust to different sets of circumstances. Opportunities come but simply because you are faced with an opportunity does not mean you have to grab it immediately. If you have ability, you can somewhat create your own opportunities. Say I live till I'm 90 and I spend 18 years looking after my children, that's like a blip in my life, so this is the way that I kind of looked at it.



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#### MIM: Today, you've had Dance, Tie & Dye, Mathematics: how do you find your tutors?

DH: Teachers are not difficult to find, there's so much talent in Nigeria you have no idea. Even people that are not really teachers have a lot to give. Our wonderful dance instructor, Bunmi Olunloyo, I found her off Studio 53 when I was watching a couple of years ago and I eventually dug her out. Tennis is massive for us, we are a tennis playing family so the kids were introduced to tennis from a very young age.

At the moment, we have three teachers that do academics. Lolade, my oldest daughter is now a secondary level and wants to get some IGCSEs so she has specialist teachers to take her through core subjects. We do Spanish and try to read a lot, which for me is number one – reading is king You can travel the world from your sofa if you are reading a book, there's so much that can be experienced simply by reading books, so I'm constantly harassing them about what books they've got their noses in. Many elements of literacy that we spend hours trying to teach like punctuation sentence structure, flow; become innate simply by reading books.

MIM: So do you have light bulb moments where you just think pottery! We should have pottery lessons!

DH: I'm essentially a creative, so the thing about creativity is ideas doesn't always pop into your head randomly. You might be looking at a packet of chin-chin and slowly realise 'Oh, that actually would look stunning as a mosaic on canvass' and you glue it to canvass and think 'Oh, what if I add some saw dust or spray it all gold!' Ideas sometimes build like that organically. Other times the kids come and tell me 'I really want to do karate' and I say great, let's go find a karate teacher. They have an input into what they do; there are some things that I make them do by force because I know later on they would be happy to have been taught that skill, but other things they have an input so it's a balance.

MIM: How do you measure progress? How you know when a class is complete?

evant because you will be able to tell from interacting with the child whether or not he or she is making progress. You could have the brainiest child in the world have a little bit of a cold on exam day and do really badly, so for me it's not a guaranteed measure of where you are as a human being. There are some instances where you have to test technical knowledge for example if you are a doctor, but if it's just the random testing against peers, for me it holds very little value. Children are stressed at the moment because parents have become desperate for their children to be super high achievers, fighting for accolades and stuffing extra lessons into platyime. Quite frankly, not everybody can be a high achiever academically and it is a shame to focus entirely on that. I want not just my children but all children to be multi dimensional, learn lots of wonderful things and enjoy them as they go through life, without feeling like they failed simply because somebody did not rate their artistic prowess in the same league as their mathematical ability.



DH: First of all, have a solid relationship with your spouse because he or she is going to have to be fully involved. If it's not a family decision, there will always be antagonism because your life plans are misaligned. The other thing I would say is you have to like your children. Seems a silly thing to say but with so much time together those kids are going to test you and push you to your limits. They are growing and going through different stages in life right before your eyes, they are with you all the time; so just understand the dynamics within your family. Be realistic and honest with yourself, are you going to be able to pull this off or will you need help? Be creative, be resourceful and get the kids constantly engaged. You must be comfortable with the knowledge that at the end of the day you can invest all your energy, thinking they will become one thing and they turn out completely different from what you envisaged! All you know is that you have given your best, some of the skills you think they will need; and don't expect them to turn into anything other than what they are going to turn into all by themselves.

# MIM: With different tutors for your very interesting classes, would you say home-schooling is expensive?

DH: It's funny you say that because I remember when we left school, we heard rumours of people saying 'they can't afford the fees' which is quite amusing because like your question suggests, home-schooling can be very expensive. If you are taking private dance classes, rhythmic gymnastics, doing baking courses, you add it all up and it's more expensive than going to regular school. On the flip side, there's a lot of things you can achieve that are not expensive, like the tie & dye – it's something that is educative, invigorating and brings a little colour to our day. It's a balance essentially and of course, we have control.

## MIM: What would you say has been the and worst aspect of home-schooling?

DH: One of the best bits has been watching the children develop their own character and strengths and watching them grow into fully functional human beings. At quite a young age they are pretty resourceful and are able to do many things on their own which essentially is the job of a parent, to make them self sufficient. I don't know the worst thing, I mean you give up a lot of your time but I don't think that is necessarily a negative. You get to spend time with your kids, you get to be fully immersed in the running of your home, you don't have to outsource many parts of your life, you don't have to get up early for school, you get to play sports whenever you want, travel when you want...what's the down side?

#### MIM: What does the future look like?

DH: For Lolade it's IGCSEs, we get to deal with the examining board directly and are starting to prepare for that. She still has a couple of years before her IGCSEs but because we are home educating, we have the luxury of saying 'sit three GCSEs this year and two next year' because we are paying direct and we can sit them as many times as we want. But if my daughter comes up to me and says 'Mummy I want to defer university for a couple of years, I have a business plan, I want to do this or try that' and she has thought it through and we discuss it, I will give her the money because interest is what is going to drive ambition at the end of the day. So yeah, that's the future. Reya still has a long way to go before any kind of major exam. Who knows, a return to regular school could also be in the future!

#### MIM: Is there a support group in Nigeria?

DH: There is no official support group for home educators, we have to make our own support system. I am not in touch with any other home educators except for a friend of mine who has just started and her needs are totally different from mine because her children are quite young still. We have to grind through wh atever difficulties we come up against because there are times when it's really isolating or you feel a lot of pressure because you have taken this upon yourself. There are days when I feel 'are these kids learning anything? Is there anything going into their heads?' and there's other days where I am blown away by a turn of phrase or a task completed. That's really fulfilling and rewarding. If anybody is thinking of embarking on the home educating journey, we are open and available for them to talk to and ask about the pitfalls so they can avoid them and all the resources that we've managed to garner. We are happy to share our knowledge with them because it's a lot of work.



### REYA & LOLADE

#### MIM: How has home-schooling been?

**RH:** Very good because I get to go and see other stuff. But at school you just have to sit in the classroom and do what the teacher tells you to do all the time.

LH: When we started home-school, it felt a lot more interesting and more fun for me to learn different things outside of school. In regular school, I was sometimes in detention for forgetting my assignments at home and school was always inside a building and I really like being outside and learning new things.

#### MIM: How do you make new friends?

RH: I still have friends from when I was at school, but I also have a lot of friends from tennis.

LH: When I go for different tennis tournaments there are lots of children that play so I talk to them and we get their details; we travel a lot as well so we meet different people when we travel.

#### MIM: What's your favourite class now

LH: My favourite class is science, physics is my absolute favourite! I quite enjoy chemistry but I don't like biology at all and I just hate maths, even though I'm quite good at it. I also like baking; we went to a culinary school and learnt how to ice cakes properly, I already knew how to ice a cake and pipe but not like the proper smoothened out way and so we learnt how to do that. I can make a 3-tier cake with fondant icing over it, it might not be extremely good but I can still make it!

# MIM: What do you want to become when you grow up?

RH: Most people say I should be an actor

MIM: Do you want to be an actor?

#### MIM: What does the future look like?

LH: I might go back to school in Year 11 just to do my IGCSEs so I have the exams, then probably University and then continue on from there.

# HOW TO WASH AND CARE FOR YOUR

Veejay

A number of women feel paranoid about how they smell "down there" — you are not alone! The truth is, every female has her own signature scent, and if you have a sexual partner, your partner probably doesn't mind it a

bit. At the same time, if you're feeling a little insecure, then it won't hurt to make sure that you're covering all of the bases when you wash your veejay or vagina if you like. You deserve to feel clean and confident.

#### **Daily Washing Routine**

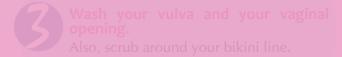


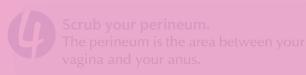
Lather up a washcloth with some mild natural soap and water.

Avoid using soaps with heavy perfumes, which may irritate the sensitive skin around your vagina.



Clean the folds around your clitoris.
Use your fingers to pull your labia away from your clitoris. Gently scrub the skin on both sides of your clitoris with the washcloth





# Wash your anal area last. Keep your washcloth from touching your vaginal area after you've washed your anus. Doing this will ensure that you don't drag rectal germs toward your vaginal area. These germs can cause you to get urinary tract infections.



#### **Keeping Yourself Smelling Fresh**

- Trim, wax or shave your pubic hair Thick pubic hair can cause you to sweat down below, which may make you have some issues with odor.
- Stay clean during your period.
  Change your pad or your tampon frequently, according to the directions on the package. If you're worried about how you smell when you're having your period, you can wash your vagina 2 or 3 times a day.
- Wear cotton underwear.

  Breathable fabric helps to prevent vaginal odor.

- Try a reusable pantyliner.

  The idea of reusing and washing your pantyliners may seem strange at first, but the cotton will help your vagina to breathe while absorbing any excess discharge. If you like the way they make you feel, you can graduate to reusable cotton menstrual pads or menstrual cups.
- Bathe as part of your foreplay.
  So, are you worried that your partner won't like your scent? Take a shower or a steamy bath before you have sex. Let your partner wash your vagina for you. Who knows? It might lead to all kinds of fun.

# 3 NEW YEAR SPYLEINSPIRATION

appy new year beauties! It's a whole new opportunity to focus in and get an early start on making 2018 our best year yet. Yes, that sounds cliché and yes the plan is to make every year as productive and goal focused as possible.

As busy women with demanding lives, the last thing we want to do is get in a fashion rut or spend a whole lot of time thinking of what to wear every time we have an event that demands we look our best. There will be chic fetes, fabulous dinners, parties, pretty brunches and evenings out with friends. The last thing we want to lose sleep over is what to wear.

Here are a few style inspirations to help you narrow down all the many fashion options available, while still looking chic and comfortable.



#### The shift dress

Easy, effortless and suits all body types.



Chic, feminine and come in a plethora of fabrics and silhouettes, they also transition very easily from day time to evening.

https://shopmcmullen.com



#### The little black dress

Timeless wardrobe staple for everything from date night, to formal events. Add a sparkly clutch or fun shoes to amp up and update classic styles.

http://www.marksandspencer.com



#### The maxi dress

Maxi dresses are a wardrobe staple and don't just work for tall ladies, "Rachel Zoe anyone", from boho chic to elegant evening styles, a woman in a graceful maxi dress will always stand out. https://www.net-a-porter.com







#### The jumpsuit

What seemed to resurface as a trend a few years ago has roots that go as far back as the 20s. Jumpsuits are perfect for the busy lifestyles of women today, chic, uncomplicated and can be worn for just about any occasion, which in turn makes the jumpsuit perfect for the holiday season https://www.theoutnet.com







#### The dressy blouse

In this day and age where denim has a category all it's own, the easiest way to dress up a pair of jeans, pants or a skirt is to add a pretty top.

Ruffles, lace, off shoulder, one shoulder, there are more options than we can possibly

discuss in one article. The possibilities are endless. https://www.net-a-porter.com

We hope this helps you with holiday style inspiration but always remember the most important part of your entire look is your self confidence and your beautiful smile.

Cheers to a fantastic holiday season and an amazing 2018.

Stay Fabulous

Wande
Ladyee Boutique
@ladyeeboutique





# Super Cute! Identical Twin Girls Cradle Their Newborn Twin Brothers In Maiduguri

hotos of these identical twin sisters cradling their newborn twin brothers is melting hearts with its cuteness overload!

The cute twin girls are pictured carrying their twin brothers born at the University of Maiduguri Teaching Hospital on Friday, December 8.

# YAY! Burn Survivor Turia Pitt and Partner Welcome Adorable Baby Girl (Photos)

AY! Burn Survivor Turia Pitt and Partner Welcome Adorable Baby Girl.

Turia and Michael Hoskin met while in school. Interestingly, Michael knew from early on in their courtship that Turia was the one for him and Turia felt pretty much the same way.

Tragedy struck in 2011 when Turia got trapped in a bush fire in a 100 km marathon in Kimberley. She suffered from endless burns and 65 percent of her body was damaged.

She lost her fingers and thumb on her right hand and had to spend almost five months in the hospital undergoing 200 surgeries.

Speaking during an interview on why he remained with Turia after the accident, Michael said he fell in love with her soul and not her body.

# WOW! Meet the Nigerian Mother and Son Set to Be Called to Bar This Week

Nigerian mother, Mrs. U.O. Nwadiogu, and her son Mr. B.A. Nwadiogu, will both be called to bar this week, as Barristers and Solicitors of the Supreme Court of Nigeria.

This will be done at a ceremony scheduled to hold on the 12th and 13th of December respectively at the International Conference Centre, Abuja.





For all your questions on pregnancy, delivery, child care, nutrition, fitness and wellness, get answers from our seasoned team of experts here.

Send an e-mail to info@motherhood.com.ng or text 08091363389

## meet Motherhood In-Style's team of experts



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Christine Wild Midwife/Nutritionist Fitness Expert

Dr. Gboyega Oke Fowobaje Genera Practitioner





Rupert Moser Paediatrician

Dr. Olajuwon Alabi



# Help is THE RES

This morning, I noticed my vulva was quite swollen. It's been almost 7 hours, and I noticed that the swelling has reduced a little bit.

What could have caused this and should I be worried?

#### Dr. Alex Kaoranu Molukwu (OB/GYN) says:

Please relax and take this issue with ease. This overnight swelling of the vulva should not give you sleepless nights.

The fact that there has been reduction in size after seven (7) hours is reassuring. You might have scratched yourself while you were sleeping; this will likely be a minor injury.

If you are sexually active, serious clumsy and awkward bashing during sexual intercourse can result in such a development which is often self-inflicting, lasting for a day or two.

If you ride motorcycles 'okada' for transport, a rough ride may lead to a minor injury with blood collection under the skin; this collection may require surgical drainage if it is a big one.

Neoplastic growths very rarely develop overnight. Your specialist will certainly be the right judge in this health challenge. My advice on this issue is that you monitor the size of the swelling with any associated fever, pain and unpleasant vaginal discharge. This swelling may be the beginning of an abscess formation in one of the Bartholin's glands. You will require a specialist's evaluation in that case.

A noticeable appreciable fat tissue growth is often a gradual growth, though disfiguring as it may be, is no cause for alarm

The clitoris, the Skenes glands are parts of the vulva. Occasionally, these organs may develop cysts or lumpy fat tissue. The infection called vulval wart will need expert's diagnosis and appropriate treatment.

My guess is that your personal hygiene is high. Please keep it up.



I'm a single mum. My 19-year-old daughter started her IT at an advertising agency about a month ago. Recently, I noticed a man (likely in his late 30's or early 40's) has been dropping her off. When I asked, she dismissively told me he's her boss. Since then, the man has stopped dropping her off but she's been coming home later than usual. I really don't know what to do or say to her. What is the best way to discuss my fears and get her to reason with me?

#### Ololade Hector-Fowobaje, Child Sexual Abuse / Sexuality Education Expert, says:

Sexuality education is an ongoing conversation between a parent and a child. Every phase has relevant information we must pass across to them. Your focus for this age category is 'dating and relationship education' - very necessary for students in higher institutions. Kick of your discussion from a general viewpoint. Explain in details what she should consider in choosing a boyfriend based on your values and religious beliefs. Tell her about 'sugar daddies' and how they lure girls with money and fancy treats in exchange for sex, and how sometimes they afflict them spiritually and physically. Let her know the dangers involved - a soiled reputation, and STDS including AIDS from men who sleep around.

Let her know it's not dignifying in any way to consort with married men who use and dump girls. Tell her point blank that some men are just opportunists who are only interested in a young girl's body. Use tragic true life stories you know to support your points.

After all these, tell her you were concerned when you saw the 'old' guy dropping her off and you hope there is nothing for you to worry about in that regard. Tell her you trust her to be wise and principled. Make it interactive and encourage her to talk. I hope you and your daughter have always had a good communication line so that she will be receptive to this chat. Once you have had this chat with her you have done your part as a responsible parent: the ball is in her court as a young adult.



Ovulation is said to be the release of matured egg down to the fallopian tube. Why is it that even when one does not ovulate, menstruation still takes place on the due date? Can menses take place without ovulation? Or is it possible for one to ovulate without having those signs of ovulation, that is, sharp pain at one side of the tummy, egg white

#### Dr. Alex Kaoranu Molukwu (OB/GYN) savs:

I am deeply impressed by the amount of detailed knowledge you have about menstrual cycle, fertility and signs and symptoms of ovulation.

Yes, menstruation can take place without ovulation. The events which are collectively known as the menstrual cycle are controlled by a pea-sized structure called the pituitary gland, attached to the undersurface of the brain.

The dominant process of ovulation during the female reproductive life is the cyclical growth and maturation of ovarian follicles. This involves a well coordinated, interplayed complex of several female hormones, oestrogen and progesterone being the dominant hormones. These hormones have designated areas of primary operation—target organs.

From time to time, there is mutiny by these organs; a failure to respond to stimulation, abnormal response to command, overreaction by the organs often influenced by age. Note that advancing age may be a resistance.

The release of a well developed matured egg from an ovarian follicle is classical ovulation which may be associated with lower abdominal pain, slimy vaginal discharge, salt crystals in the vaginal fluid, vaginal bleed, mood changes, breast changes, increased thickness in the lining of the womb, fluid retention and changes in the basal body temperature.

It is therefore not surprising the system sometimes goes wrong. At least 20% of the women attending infertility clinics will have a problem relating to ovulation.

In infertility clinics, we treat 'a whole woman' and not the absence of egg white, slimy vaginal discharge or lower abdominal pain.

Please try to avoid tension or anxiety because this is one of the greatest enemies of patients. Kindly see your specialist who will appraise your peculiar state, carry out specific and appropriate tests to identify and treat your problem. Be patient because your sweet result is round the corner.

# Mums in Business Fair & Conference IN PICTURES







































- 6 Things You Think Your Children Are But They Are Not
- Signs Your Teenager is in Love!

# Pre-teens Teens

# Things You Think Your Children Are But They Are Not

#### They are not YOU!

which parent is not guilty of this? Projecting their values, ideas and aspirations onto their children in the hope that they will turn out to be just like them. Consciously or not, many parents believe that as they have tread the path of life and haven □t done too badly, why should their offspring not follow directly in their footsteps? Some parents want to create a dynasty, 5 generations of business moguls or 4 generations of pilots flying the President. Others do it in the hope of guaranteeing the future comfort of their children. Say for example, a career in engineering has afforded the family a wonderful life without stress, you could understand why that parent would really want the same stress free life, for their child. While all these ideas hold merit in some small way, parents have to realise that children are free standing individuals in their own right. Yes, parents have a duty to nurture, teach, suggest and encourage. But it would be extremely unwise to dictate to your children exactly what you want them to be, to like or to believe. Society benefits from new ideas and new perspectives. Children must be allowed the mental freedom and latitude to decide where they can add value to their own lives and to society at large. It may well be that your child will choose accounting as you have done. But that decision must not be pre determined by you or be a foregone conclusion.

# They are not vessels through which vour unfulfilled dreams can be realised.

o your parents decided that you were to become an architect and with little choice on your part, you were sent off and came back a pretty good architect. The trouble is, from as far back as you can remember your passion lay with the performing arts. You always wanted to be a triple threatric actor, singer and dancer. You resolve to learn from your parents' mistake. And while you would never force your child to follow a traditional career they never wanted, you begin to fall into the same trap by ramming dance, music and acting classes down the child's throat. Every stage performance she's in floods you with euphoria. She must become better and better, practice more and more...she must be the best! You become addicted to how well she can dance or how wonderfully she can sing and "Did you see how powerful her performance was in Romeo and Juliette???" HOLD UP! You are living your own dream through your child! In this scenario the stakes become too high. The parent who failed at fulfilling her dreams, through no fault of her own, cannot bear to fail a second time. The child becomes a slave to her parent's obsession and when she decides that she no longer wants to dance, sing or act - but actually quite fancies being an accountant - all hell might just break loose!

#### They are not perfect

emove your rose tinted glasses, dig that plank out of your eye...your children are nowhere near perfect. Sorry to break the news to you so abruptly, but as you yourself are unable to lay claim to perfection, neither can they. When you are called aside and told by his teacher that he is the class bully, or that he swears like a sailor in the playground, do not immediately spew utterances of denial, do not assume that your wonderful little cherub could never harm a fly. It is for you to investigate, before turning up at the school gates screaming at whomever dares to accuse your faultless pillar of society. Children are sponges, they absorb information, good and bad. Sometimes they err, sometimes they showoff and that is where your corrective role as a parent comes to play. They are almost guaranteed to make mistakes and experiment with different ways of being. Teach them the notions of right and wrong, key those teachings into how they feel, their emotions. Develop their sense of empathy, kindness and generosity because usually, when you're bad you will feel sad. Do not do your children the disservice of not teaching them important lessons by blindly believing that simply because they are yours, they are beyond reproach.

#### They are not adults

ou had to grow up quick. So you fill you 9 year old shead with notions that he must be responsible at all times for himself, his siblings and the family name. You pile on the blame when an accident happens at school and he was unable to protect his little sister. You admonish and scold publicly, if his behaviour falls short of that haughty standard that you have set, or he does not uphold the family honour by winning the coveted accolade for Mathematics. While it is imperative to teach your children to be strong and responsible members of society, there really is a time for everything. Do not lumber them too early with mental and physical responsibilities that exceed their understanding. Do not turn them into neurotic bundles of tension, carrying around the weight of the world, desperate only to appear as a man before you. He is a boy and will be a boy for a while. Allow him to enjoy his boyhood, ease him into the adult world and teach by example. Let your own behaviour be worthy of emulation so that he will grow up wanting to be like you without constantly having to prove himself worthy of your praise.

#### They are not spectators within the family

y daughter's 13 year old friend created a blog and so I decided to read it to get an insight into the workings of a 13 year old's mind. The overwhelming bone of contention she had were her rigid, uncompromising parents! "They do not listen, they do not understand!!!" "They treat us like we are not there!" What her parents did not understand was that she was also a person. She was never privy to family discussions, her opinion was never sought even on matters directly relating to her. I know many parents subscribe to the school of thought that says children are to be seen and not heard.

But the world has changed. Your 13 year old is not the same as the 13 year old you were. Technology has opened up to her a myriad different concepts and one such concept is the way a modern family works. Like it or not, these are highly exposed young individuals and we must begin to afford them the space to function as viable members of the family. I am not saying that the children must rule the roost. But if you give it a chance, you will find that bringing your children into family discussions from an early age helps them grow up with greater clarity of mind and a sense that their opinions matter, even when you do not agree!

#### They are not fine without you.

sometimes feel that children in Nigeria are taken for granted. Their care and well being systematically outsourced to people that are not fit to raise them, some of these carers barely children themselves. Parents have been known to hand their children over to nannies almost from the day they are born, providing only cursory input to their children well being. Like it or not, organising your children is lives for the execution of others, is not raising them. Many will argue the need for both parents to work and provide for the children, that it is simply not possible for one parent to stay home to look after them. While this is definitely true in some cases, it is also true that our financial aspirations sometimes propel us to sacrifice our children is early years. We want all the trappings of life immediately and if both parents working is what is required to get them, then the kids will just have to be collateral damage. After all, are they not the ones you do it all for? Will they not enjoy Disneyland again?

In truth, your children are not really fine without you. They will cope, they will plod along, waiting eagerly for your return and full attention. They will enjoy Disneyland but they would have loved your full attention and conversation about their day just as much. The pseudo parents you put in place to play your role while you are out getting the children all they could ever need, may or may not be looking after their best interests. Not every parent can be available, but when you are engage deeply with your children, they need you.



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# INTRODUCING











# Signs-Your Teenager is in Love!

eenagers are adults in waiting. Most have transitioned through the quagmire that is puberty, giving them the biological (if not yet emotional), means to make children of their own. Parents usually view their teenagers as little children for the very fact that a short few years ago, they were!

Parents sometimes find it difficult to reconcile that recently small child with the one before them clearly in love! They are extremely dismissive of teenage love simply because they themselves have not quite come to grips with the idea that their child has all but grown up! We are steadily beginning to realise the impact of teenage love on the rest of life and although it is now rare to marry one's first love, the emotional impact of sharing such a pure and special relationship can have a bearing on the romantic choices children make as adults! If you are not the sort that talks much to your children, ensure that there is a close relative they feel comfortable with and trust enough to speak their mind. A teenager in love needs care, respect and understanding!

# Here are a few signs that your teenager has caught the love bug...

# Metamorphosis

That bullish, carefree pre-teen that thought girls were just "ewww" and all that made life worth living was football? Fast forward 2 years and you soon realise that every time you pick him up from school, he's talking to and smiling shyly at the same girl who in turn greets you in the awestruck manner you deserve, for having created the specimen of perfection before her. They are in love. If you haven't already done so, talk to your son about relationships, consideration and taking care of another's feelings. He will probably look at you as though he has no idea what you are talking about, but at least you will be satisfied that he knows that with love and relationships come great responsibility!

## **Questions Galore**

ost kids get all squeamish and disgusted by their parents' public show of affection. However a teenager in love becomes fascinated by the minutiae of her parents relationship. How, where and when they met. How did they know they were right for each other? Were there any boyfriends or girlfriends before they got married? When did they share their first kiss? These interests probably stems from the questions she has started to ask herself and the strange sensations bubbling to the surface. Spot the potential signs of fledgling love and be open to helping her work out what all these new and intense feelings mean.

# Lock and key

hat smartphone you gifted her at christmas and had open access to, has now been passworded to within an inch of its life. You cannot navigate left or right without top level security clearance. This new development should ring some alarm bells as your teenage daughter may well be communicating with someone in a way that she does not want you to sneak up and see. While it may be a teenage romance blossoming, be vigilant and investigate further to make certain it is not something more sinister. Ensure you have the talk with her about sexting and sending inappropriate photographs. Let her know that while you respect her privacy you also require access to her phone. Give her the confidence to know that your door is always open, if she needs to talk about anything she doesn't understand.

# Image matters

ll of a sudden, your son that you have been begging to use a sponge and deodorant for the past 3 years, is asking you for aftershave and willingly using the iron. Come again?!?! Something definitely smells fishy. If your teenager becomes body or image conscious overnight, takes extra care grooming and putting himself together, there may well be a significant other in his life that he is trying to impress!! While this might be a welcome development, try and confirm what has brought on the change. If it is girl related, talk to him about the merits of friendship as a foundation for any relationship. About getting to know her over a period of time and not rushing into any form of intimacy. Be realistic (especially for older teenagers) and teach sex education, after all you don't want a teenage pregnancy on your hands!



The holidays will come to an end and school will resume!
(Even though we are sure that they are secretly dreading this). You have to get their school supplies in order. do not leave it till the last minute.

e is our very own back to school kit list! Check it out...



Don't just give them a backpack that's nice to look at; get them a convenient and practical one. Help them spread their book luggage efficiently; invest in one that has a trolley! No one can learn properly with a sore back!



Not every tween likes maths, but life is sure easier when armed with a scientific cal-



Correction fluidTo cover up those little errors.

Highlighters –

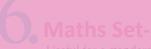
Study time will be more interesting with a colourful set of highlighters.



Laptop -

If you can afford one, why not?! The world is fast progressing into a digital age.

Some schools upload home work online.



Useful for a standard maths or construction class





# Getting To Know The McDermotts

he stepped into the Thespian world almost thirteen years ago after debuting as a beauty pageant and won the Miss Ebony title in 2001. Two years later, she got her big break for her role in Arinze Ezeanyachi's movie, "Guy On The Line." From then on, it has been good graces for Ufoma McDermott, the tall and dark beauty who has featured in almost a hundred movies and has just recently released her own movie titled, "Christmas is Coming."

In a sit-down with MIM, Ufoma who is married to Steve McDermott, a white British with whom she has two lovely children, four-year-old Isio and one-year-old Kes, lets us into her world. We engage her in a variety of discussions bordering on parenting, her marriage, and her opinion on some common societal practices such as domestic violence and infidelity.

Ufuoma tells us she is a one too playful mummy who can also be stern. Describing herself in the third person when asked to describe the type of mother and wife she is, the beautiful actress says, "I think Ufuoma is a mummy that takes motherhood in a stride. I try not to overwhelm myself with what I think I should be doing. I tend to just trust my instincts and God."

"As a wife, maybe Steve should answer that but I think I'm the "best" wife in the world." she added, laughing.

Steve confirms this, saying, "that is an easy question to answer. Apart from being super talented, outrageously hard-working, a brilliant mother and wife, she's staggeringly beautiful, inside and out. She loves and has time for everybody, no matter the time of day, or night, and that is not an act, it's just who she is to the core."



Love struck Steve, goes on to articulate what he loves most about his wife. In his words, "Her commitment and love for family is something I'd never experienced before on that level. It's quite phenomenal, rather awe inspiring, and indeed humbling.

"I am disgustingly spoilt. It's taken me writing this to realize that we all sometimes take things for granted, a lesson for all of us. Oh, and she's dropdead gorgeous to boot."

Ufoma has not only been blessed in terms of her career, she's also blessed to have a husband who has constantly graced her with his love and full endorsement. On supporting her dreams, Steve who is happy to stay off the limelight reveals, "At the start, before we married, it was probably more financial and encouragement with a bit of advice thrown in. My background is in writing and film, primarily for advertising, so with her star rising, which is fantastic, I'm behind her all the way — literally. She's a brilliant writer so I tend to throw my penny's worth in at the script stage and at the edit stage rather than the slog in between, no doubt to her chagrin."

Ufoma was born in Benin city, but later moved to Jos with the rest of her family after losing her father who was Urhobo, at the tender age of three. Her mother remarried and they all moved again to finally resettle in Lagos.

Speaking about her mother, Ufoma reveals, "My mother has always been a strong woman who had five children to raise after my father's death. She had to be strong. We remained in the same school but moved from the government house to the house my mum built. So, I grew up believing that I had to be strong. I grew up believing that I had to be strong. I grew up believing that I will or might find myself in situations that will test me and I will only go through that test and remain me if I was strong."

On how they met, a blushing Ufoma recounts, "I was in a series which was at one time sponsored by a certain brand. A friend of Steve, Michael Archer was the creative director in charge of that brand and after the shoot, he and I got together and became friends. Several times I went to the beach with him (by the way I hate the beach) and on this particular day, I met Steve and we started a friendship which evolved into marriage, two and a half years later. We've been married for a little over seven years."

It was not love at first sight for the actress when she first met her husband, Steve. She tells us, "in all honesty I didn't think Steve and I could be more than just friends, there were just many things that didn't add up and it wasn't cultural. There were just things that we didn't share and many things that were not same for us

"A few things that I found we had in common was production as he's an advertising practitioner. I realized he was very passionate about his work and I was also passionate about production. As little as those similarities were, we could talk about a movie into forever. My husband is an intellectual so he is not only talking about how entertaining the movie is, rather he is talking about shots, direction and the commercial value of the film.

"When I first met with his mom and she said call me Jane, I'm like, hell no, that's not going to happen. You know it was a bit uncomfortable for her every time I come and say, "hi mom." She resisted but on my own part, I had to insist that.

This was a mutual ground that we were both comfortable with and at every point in time we just found ourselves growing closer. I don't know if there was a certain time I thought 'oh this is the person' but I think we just eased into it because we were friends for such a long time," she reveals.

Like most interracial marriages, Ufoma was faced with a few cultural differences she had to deal with. The dark skinned beauty tells us, "It was calling my older family members 'mummy' or 'daddy'; 'aunty' or 'uncle.' It didn't matter if we were related. I needed to put him in that space.

"When I first met with his mom and she said call me Jane, I'm like, hell no, that's not going to happen. You know it was a bit uncomfortable for her every time I come and say, "hi mom." She resisted but on my own part, I had to insist that. It wasn't okay with me to call her by her first name and it was the same for my folks as well.







"He had to get comfortable calling my folks 'mummy and daddy'. And then he will call my uncle by his name and I'll just say, don't do that. This was the person who gave me away; you can call him uncle Edore or Chief," she revealed, laughing.

On his part, Steve says, "It's an odd question. If a person is invited and chooses to live in a different country surely they would expect "differences". People are people (credit to Depeche Mode – google it).

"I very much made a conscious decision to accept a position here when I was invited, and subsequently to stay, through thick and thin, better or worse. So I don't believe I'm "dealing with" or "handling" anything. I'm married to my wife, whom I love and who happens to be a Nigerian citi-zen. not "one". but "the one".

"Culturally I quite enjoy telling people I've been married 3 times... to the same person. After the initial shock, I remind them it was registry, traditional and white. I enjoyed the "trad" immensely in my full, rather heavy. Urhobo regalia."

Born and raised in a large family, it was normal for Ufoma to always have friends and relatives around, a direct contrast of Steve's expectations. Ufoma explains, "In my husbands' eye, we were going to be married and both of us would live together alone forever. But he had to get use to the fact that I grew up in large family so I have people around me all the time. My folks live in Lagos, so they'll visit often. Just having a whole lot of people around and talking at the top of our voices which to him was shouting and to us was gisting. It wasn't anything that we couldn't laugh over." Even though Ufuoma has been in the limelight for close to thirteen years, she has successfully managed to be scandal free. The tall beauty credits her strong work ethics and straight forwardness for having a scandal free career.

She tells us, "I will be honest with you, I think as adults, people choose a part and also choose what they want to work for them. Anyone I have worked with will tell you that if my call time is 7, I'm on set at 7. I've al-ways wanted my work to speak for me. If I'm an actor, what I should sell is my work and not my body."

Making a case for her not-so-lucky colleagues, Ufoma added, "People choose to do things that work for them and may sometimes end up in a tight corner in what people refer to as scandals. You and I might call them scandals but for these people, it is part of the plan to get a desired result. It's relative in a sense."

When asked if motherhood has influenced her choices of movies in any-way, the happy-go-lucky mother of two tell us, "My daughter is one and my son is four and right now, they probably do not understand what I do, although my son keeps saying he wants to be a storyteller. He tells people that his mum is a storyteller. I tell myself that I want to be able to churn out works that my children can sit down and watch ten to twenty years from now with their friends, alone or with a group and they will be proud of the works I am involved in. It wouldn't as such matter about the role I'm playing, but the work in general."

She added, "In saying that, I don't want people to get it twisted and think that, ""oh Ufuoma is not going to be in a sex or steamy role because her children are going to see it."" I will play the role that is required so that when my children see the total work, they will understand the role and the importance of that role in the general scheme of things."

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Ufoma revealed that one of her dreams is to create affordable homegrown educational content for children. She explains, "Back in school, I had always wanted to do children's content but now I find myself thinking about people who cannot afford cable TV nor a bouquet that has children educative channels."

Being a mum of a four-year-old who often talks about flying on a broom, Ufoma's feels a stronger





She explains, "My kids live in Nigeria and for as long as they live here, this is their reality. So how about watching things that will enlighten them about the environment in which they live as against watching other foreign stuff?

"Right now, my son always talks about flying on a broom and I'm like it doesn't happen, it doesn't work, it's not our reality and it's not even our folktale here. I think it was at that point I started reiterating that need to create children content and ensure that I can create the stuffs that children can relate to. Not just educative, you also want to entertain them as much as you're educating them. I think that was the point where as a film maker turned mummy, it was a plan to be executed."

As an actor, Ufoma is either busy traveling to different locations to shoot videos or promoting newly released movies. So, what support system does she have in place when she's away, working?











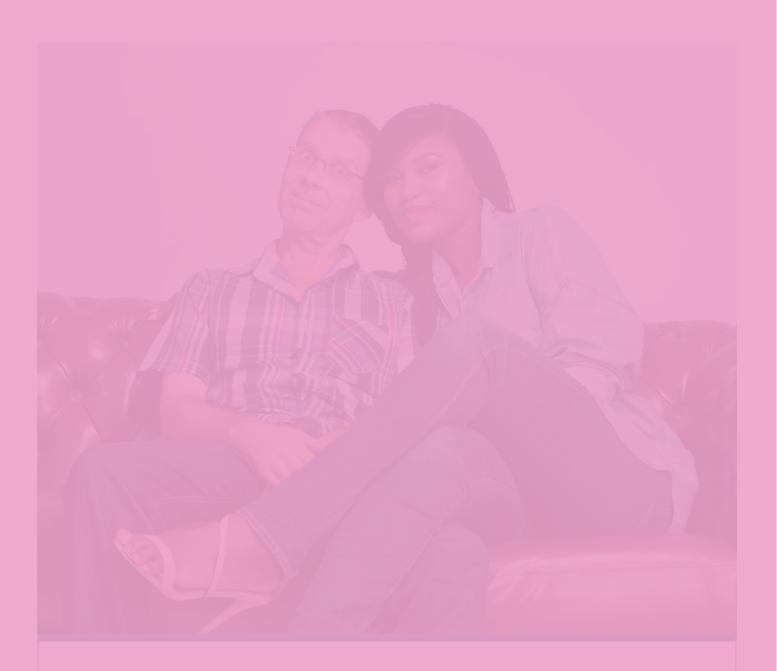


"Isio is more of an artist. You give Isio a pen and a paper and he wants to draw, he's always drawing. Kes on the other hand always wants to trace. You give her a paper and she asks you to write a number or letters in dots and she wants to trace. She's not even two yet, but she loves it. All over my house, the only child that wrote on the wall is Kes. Isio never did. Both of them are professors, they love books." She said.

Commonly found in Nigerian households are the use of underage children as nannies or house helps but Ufoma strongly opposes this practice. She tells us, "I see a lot of people who do this. These kids need care, love and school for themselves. How do you say to them, ""Prepare the kids for school"" when they need school themselves? Let's be honest, the chores that the nannies do are not simple chores. If I had a teenage son, there will be a limit to his chores, but it is not so for these children.

Let a child be a child. If you're having a hard time as an adult, you go out there and hustle it out. I don't think it's fair for a child to carry that burden. We see a lot of dysfunctional people in our society; it comes from little things that we don't even take into cognizance, things as little as not giving a child a childhood.





"The primary purpose they are in your is to work, even if you send them to school. When they are back from school, they also need time for homework and extra study time. Do you honestly give them the time? Do you allow them to observe siesta, run around, play, watch Tv like you do to your own kids?

"Don't forget that school is enough work for children if focus and diligence is required. So, this means that these children will be carrying double load. When they go to school, they're working and when they return home, they continue to work. Sometimes, my siblings live with me but they don't do the kind of work that I ask my nannies to do. Let's be honest and draw that line.

"I understand that their families need help and if you employ them, you'll be helping their families, but I don't think that a child should be exposed to so much at a young age. Let a child be a child. If you're having a hard time as an adult, you go out there and hustle it out. I don't think it's fair for a child to carry that burden. We see a lot of dysfunctional people in our society; it comes from little things that we don't even take into cognizance, things as little as not giving a child a childhood.

Let a child be a child. If you're having a hard time as an adult, you go out there and hustle it out. I don't think it's fair for a child to carry that burden. We see a lot of dysfunctional people in our society; it comes from little things that we don't even take into cognizance, things as little as not giving a child a childhood.

"I remember putting up this story on social media. I was going out as early as 5:30 a.m, and saw this little girl begging across the road. My heart went out to her. Meanwhile, her mother was somewhere, dozing. I crossed over and said to the woman, ""does your daughter have to be here? You can be out working while she is in bed sleeping, wherever bed is, but at least make sun come out."" I don't subscribe to it. I think it is wrong and will continually stand against it. I think children should be in school. There are free schools around, so don't tell me that it's going to cost you. When these kids are old enough, they will help you so much that you won't even remember what you had to go through to put them in school. Say no to baby house helps." She concluded.

On the high rate of domestic violence and infidelity in marriage.

Ufoma says cheating and violence is not new but what is new is that people are more aware of their happiness. She reflects, "People are realizing that they can be happy, that they matter and that they are the most important thing in their life. People are realizing that they are at the top of the equation that sums up their life. So Ufuoma plus Ufuoma divided by Ufuoma should equal to Ufuoma. Nobody should be able to make that equation less. I should be the most important factor. I'm saying this now for women, I'm sure that there are men folks who have their stories as well but I'm talking about what is most common which is violence against women.

"Men and women are now aware of their happiness and are also finding ways to be happy without necessarily wanting to break the home. Some-times it has to get to that especially when it comes to domestic violence. I'm an advocate for being safe; I would never advise you to be in a space that doesn't cater to your safety.

"If a man is happier with another woman outside, I think that man should free his wife to get her life back on track, take care of her kids and who knows she might find a man who is happy with her and make her happy. No woman is happy being beaten in her home, it should never get to that. If a woman annoys you then go to her family, let them call her to order. Violence is never the solution.

Of all her accomplishments, Ufoma picks motherhood as her biggest. She tell us, "That ability to



be able to bring another life forth. I say this with all sense of humility because I didn't give the life; rather the life was given and trusted to me to give.

"Another is living my dream as a storyteller, and knowing that there are stories to be told and I will tell those stories. Looking around and saying, what is my own quota? What can I give?

"Also I give to charities every year to mark my birthday. I give to two foundations that handle education. These are things that make me so happy. I don't know these kids personally but I know that the funds I give every year helps in sending one child through school. So I have what I call P1234, which is touching one person by the 23rd of April. I've done this for about eight years now and every time I give my tiny little money, I'm just so happy that somebody is going to school and that's okay for me."

Speaking on her newly released movie in which she also featured, she tells us, "Christmas is Coming is a feel good romantic comedy that takes place around Christmas. It stars the best of actors in Nollywood namely; Ufoma McDermott, Sola Sobowale, Zack Orji, Chioma Akpotha and Deyemi Okolawon amongst others. Everyone should see Christmas is Coming this holiday because it is a relaxing movie that gets you thinking about family, forgiveness, love and comeradery."







5 Things To Look Out For When Choosing A Play school
 For Your Toddler

- What You Need To Groom an Artist

# Things To Look Out For When Choosing A Play school For Your Toddler

etween the ages of 2 and 4 children begin to learn about their individuality and how it relates to the outside world. Their brains are rapidly developing and making all the connections that will stay with them throughout their lives They will view and relate with the world largely based on what they experience during this period.

It is also a period when they start to go to playschool: an educational institution where kids are encouraged to learn in a fun way. It's their first taste of independence, of functioning outside the home in which they were raised and interacting with unfamiliar peers and adults. You have to be intentional when choosing a playschool for your child. But how can you do this? What are the things you should look out for? Here are 5 things to look out for when trying to make the right playschool decision for your lovely kids. Read on...

#### The School's Facilities

his is a must of course. You must visit the school, see the facilities they have, the environment, and meet the staff. See if the premises match your expectations of your child's learning environment. You don't want your child getting infected with some disease because the toilets are in poor condition.

#### The Honorable Members Of Staff

ost important is the staff; the teachers and proprietor. You need to get first hand information on their level of training and how they handle the kids. Are the kids a little too rowdy for your comfort? What's the teacher student ratio? According to experts, the average should be 10 kids to a teacher because even if she's an octopus, she still won't be able to keep her eyes on all the kids as well as being hands on. This is a very important issue.

### The Philosophy

hat is the founding/guiding principle of the school? They may tell you they use the Montessori system or a blend of Reggio Emila and the Waldorf approach but what do those thing mean in practice? Ask for details, see if there's a devil hiding in there. How do they approach discipline? Do they focus on the child's interest or they have a set curriculum that guides what the kids learn? These are questions you need to ask based on what you expect from them. Check this against your list of expectations

### Safe & Secure?

o they have adequate security? You don't expect to see anti-riot vehicles and squads dressed in bullet proof vests ready to shoot but...There needs to be some sort of security, depending on the environment. Can just anybody come and drop or pick the kids up at the end of the day? Do we have to sign and be subjected to x-ray scans and thumb print confirmations?

You don't want to come off as a prophet of doom but you have to be realistic. How many entrances and exits are there in the building? If there's a fire outbreak how will they tackle it? These are legitimate things you need to be concerned about.

#### What About Parents?

eah, what about the parents? Some schools are very rigid on their parent policies. For instance, when will a situation be judged serious enough to call the parent? And are there days when they can be involved in the children's learning? These can be addressed in your discussions about the school's methods or philosophy but if not, make an effort to find out

You also want to know how open they are to your own initiated involvement or suggestions. You might also want to talk to satisfied parents. The school should be willing to give you contact details if they're proud and confident in their system. But that's if you want to. Now, how many play schools do you still have left on your shortlist. Do you think the first or second one is a winner and there's no need to check the rest? Save yourself the energy and enrol your kid. Life is short. Let her start the journey already. Are you the type that has the energy and time to go through the list? There's a reason for that too. After all, its not about how fast but how well, yes? Do what you have to for your children. They descript the best

# What You Need To

# Artist

very child comes with their own unique talents and gifts. How AWESOME is it to be the proud parent of the next Aina Onobulu, or Jimoh Buraimoh of their generation!

These iconic figures of the Nigerian art world were born talented, just as your little tot, but how did they get to develop such exquisite finesse and class? They were groomed by devoted parents like you, who recognized their talent and helped them nurture it. Are your young ones extremely talented? Here are some items you'll need to encourage them...



## **Drawing books**

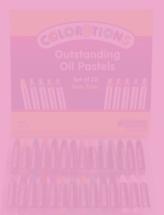
They'll need some proper drawing paper and books to guide them.



### **Water color:**

Kids love colour and you'd be surprised at their innate creativity





## Oil pastels:

You aren't wasting money; you're giving their young minds the opportunity to explore. Trust us!



### Markers

Okay...nothing wrong with being a bit fancy (smiley face)



....Or a little builder...!



# BIG BIG BRUSH BRUSH Brusket a Broke

#### Brushoss

Something to spread all those paints and colours around!



### E

Scribble scribble scribble...

watch out for your walls though

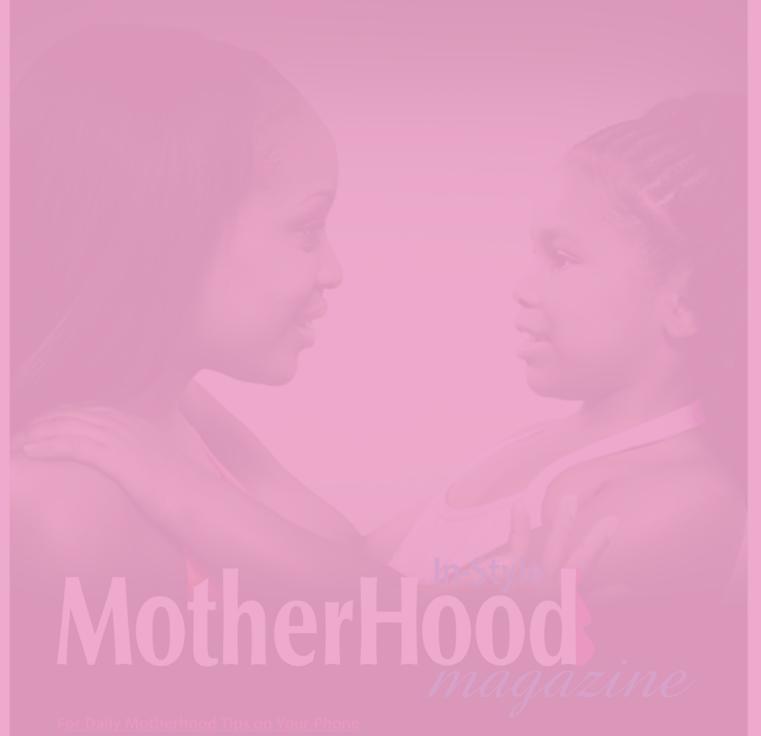


## Clay:

Watch out for the mess, you might just have a little moulder in the making...!







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... Parenting, Family, Lifestyle & More



# Our in-house Nanny TO THE RESCUE

answers your Pre-schooler or Toddler Questions.

Hello, I'm a mother to a new born baby girl. My daughter seems to be suffering from pain associated with wind. Please advise on what we can use.

Il babies will get wind at some point or the other. It is very normal. Your baby seems to be suffering because she has not found a way to expel the trapped air and gas in her abdomen. It is possible that your daughter is swallowing a lot of air along with her milk when she feeds. She may also be gulping air down when she cries, and even as she's breathing, all of which will make her uncomfortable.

That being said, Infacol is a great remedy for newborns. It contains simeticone to help those tiny air bubbles join together to make bigger air bubbles, thus making it easier for a baby to bring them up. It is suitable to be used from birth and is administered directly into the baby's mouth via a plastic dropper. Gripe water is also a great remedy for wind in babies. It contains sodium bicarbonate and dill seed oil to expel excess acid and relax your baby's tummy.

However, please remember to always burp your baby after every meal, and also contact your Doctor before administering any medication to your daughter.

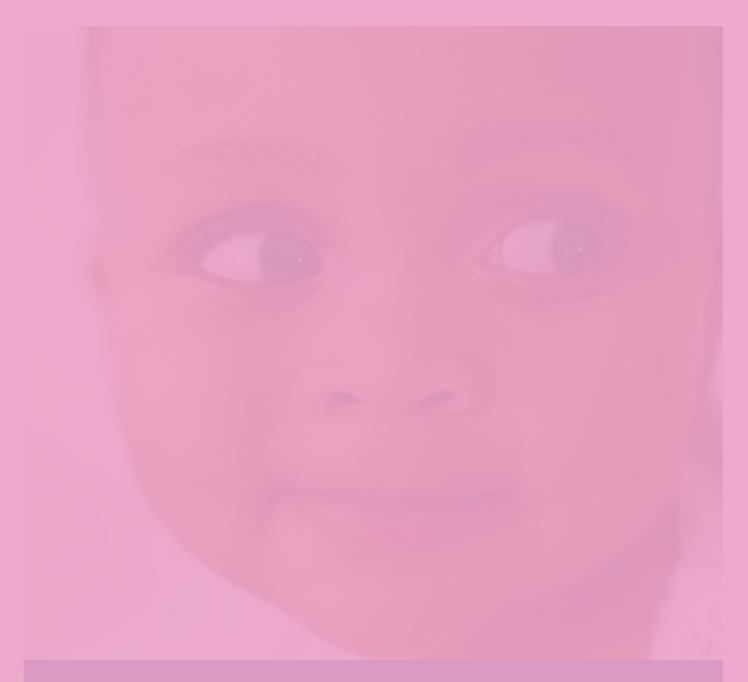
Please I need your help. I gave birth on the 21st of April; my baby girl can't suck my breasts because my nipples are very big. What can I do? I'm really frustrated as my breasts are fully loaded with milk. I feel for my baby, what can I do?

woman's breast and nipples come in different shapes and sizes, and they can breast-feed just fine. For your daughter to feed properly, she needs to latch of to your breasts properly. This means taking your entire nipple and a good bit of your areola into her mouth. She may not be breast-feeding effectively, because she is not latched on firmly. Latching involves sucking on the areola, which squeezes the milk ducts that produce milk. If your milk supply is abundant, your daughter should be able to feed by latching on to the nipple alone. However, in the case of many newborns, which applies to your child, it may be difficult to feed appropriately from just sucking on the nipple alone.

There are many things that you can do to assist your daughter when it comes to feeding such as:

- O Using a breast pump before you breastfeed. The suction of a breast pump can help to make your nipple longer and thinner so it's easier for your little one to latch on.
- Olf your breasts are overfull, pump some of your breast milk before you begin to breastfeed. It's harder for a newborn to latch on to a hard, full breast. Removing some milk will make your breast softer, your baby may be able to latch on better and take in more of your areola.
- O With the help of your doctor, you can use a nipple shield. They help most newborns latch on firmly to the breast in their few weeks of life.
- O Lastly, you can pump exclusively and bottle feed your baby till she is bigger and her mouth can then take in your nipple and areola.

Bear in mind however, that large nipples are not an issue. The inconsistency will only last a few days or weeks. As your daughter grows, she will be able to open her mouth wider and latch on effectively.





# Common Illnesses In Toddlers & What To Do

nfants are prone to bouts of illness as they grow and their immune systems develop. Find 8 common illnesses and the home remedies you can apply.

# Diarrhoea

his can be caused by a viral or bacterial infection. Parasitic infections, too much juice, rotavirus, food intolerance and gastrointestinal infections are major culprits. Symptoms include too frequent and watery stools, repeated vomiting and dehydration. Diarrhoea treatment in toddlers is focused on replacing lost fluids and electrolytes, so, administer ORT (Oral Rehydration Therapy). This can be done at home or bought from pharmacies. In addition, increase their fat and fibre intake.

Note that in some cases, diarrhoea may be a symptom of another illness, so see a paediatrician if symptoms do not improve.

# Three-day-rash

he cause of this viral disease is unknown but it's known to be transferable through the respiratory tract. Symptoms include a sudden high temperature which may possibly be followed by febrile fits if temperature goes up to 40°C, a rash consisting of bumps, reddish spots (in light skinned toddlers).

(Note: This rash should not be confused with Measles).

To control the fever, the child should be given paracetamol. This will also take care of any associated aches or pains. Also ensure that the child takes plenty of liquids and see your doctor.

## **Ear Infections**

his usually occurs after a cold and fever as the tubes connecting your child's middle ear to the back of his throat may be blocked by fluids. For children below the age of 2, symptoms include increased crying during feeds, fussiness when laid down and trouble sleeping. Older kids may tug at their ears due to painful pressure.

You should see a doctor. In the meantime, apply a warm towel to the troubled ear and prop his head up on a few pillows to relieve the pressure in his ear drums. Never administer antibiotics to your child without a doctor's prescription, even when symptoms are familiar.

# **Urinary Tract Infections (Girls)**

heir short urethras provide bacteria with easy access to the bladder. Symptoms include an unpleasant smell or blood in urine, lower abdominal pain, painful urination and a fever

You'll definitely have to see a doctor but while waiting to see one, you can try the following

- 1. Place a covered hot water bottle on her abdomen
- 2. Get her to drink plenty of water which will help flush bacteria from her bladder.

As a preventive measure, avoid soaking in baths or washing genitals with soaps as doing so may cause irritation.

## Common Colds and Flu

hey are most common during cold or rainy seasons and children often get them from other children. Symptoms include sneezing, thick, slimy discharge from the nose, a slight fever and nasal congestion.

For babies between 3 and 6 months, call a doctor if fever is above 38 degrees. For babies above 6 months boost the immune system by ensuring they get lots of fluids, especially water and natural fruit juice.

To control the fever, give a sponge bath with lukewarm water. You may also let them inhale eucalyptus oil in 2 cups of boiling water to ease congestion.

Ask a doctor to recommend drugs if necessary, but normally flu will just run it's course and is usually no cause for alarm.

# Boils

oor nutrition, poor hygiene, or weak immune systems are some of the causes of boils. If the boils are recurrent, this may be caused by the fact that the child carries the germs inside his body. Also, exposure to harsh chemicals that irritate the skin can cause boils.

- 1. Use hot compress on affected area. This will increase blood circulation and allow the body to fight off the infection by pulling white blood cells to the infection site.
- 2. When pus develops and the boil forms a head, drain the pus
- 3. See the doctor to prescribe antibiotics to control the spread of any bacterial infection.
- Detox your child by constantly giving him water to drink.

Note that any boil or boils associated with a fever should receive medical attention immediately.

Prickly Heat

eat rash develops when a child sweats so much that his pores clog. For babies still nursing, apply mother's breast milk to affected area, give your child a lukewarm bath with 2 teaspoons of baking soda in the water and let him air dry before dressing him in loose cotton clothing.

Nosebleeds

xtreme temperature, trauma or vigorous nose blowing are some of the causes of nose bleeding. Here's what to do:

1. Stay calm and have your child sit up.

- 2. Lean him forward as you use a handkerchief or a wash cloth to pinch the soft part of his nose with your thumb and forefinger for a full 10 minutes.
- 3. The grip should be firm and the pressure on the nose steady.
- 4. While doing this, try to divert your child's attention by getting him to watch TV or reading a book.

If nosebleed persists, see your doctor.



# Cute Onesies for Babies

nce your little bundle of joy arrives, you start to look out for nice, trendy and adorable baby clothes! Especially onsies! Babies and onsies literarily go hand in hand. For you, we have selected some very, very cute onsies that will have your baby standing out like a boss at the crèche/playpen, even at home!



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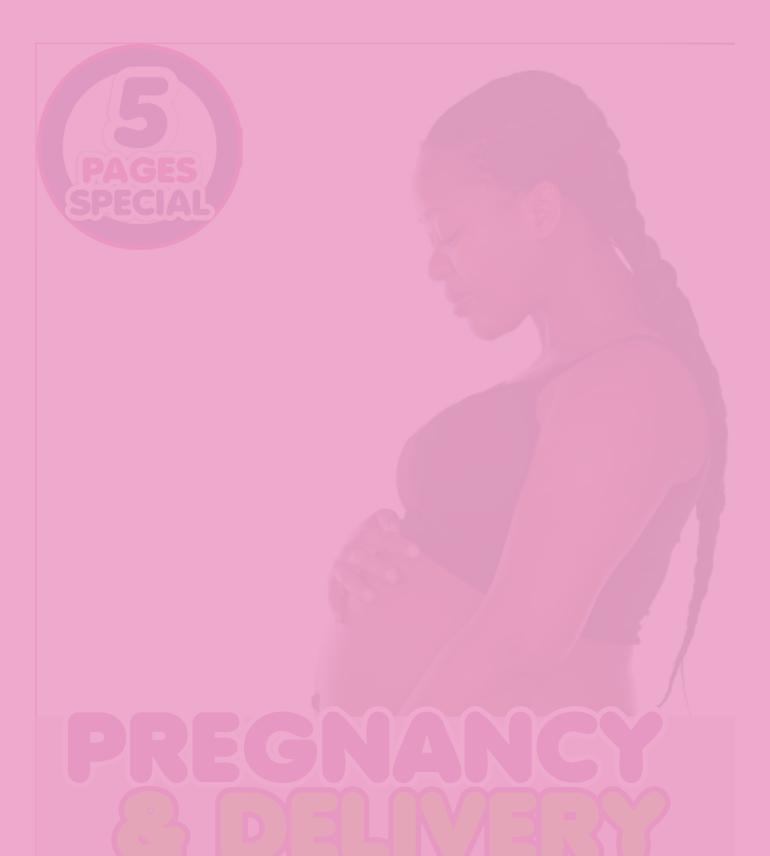
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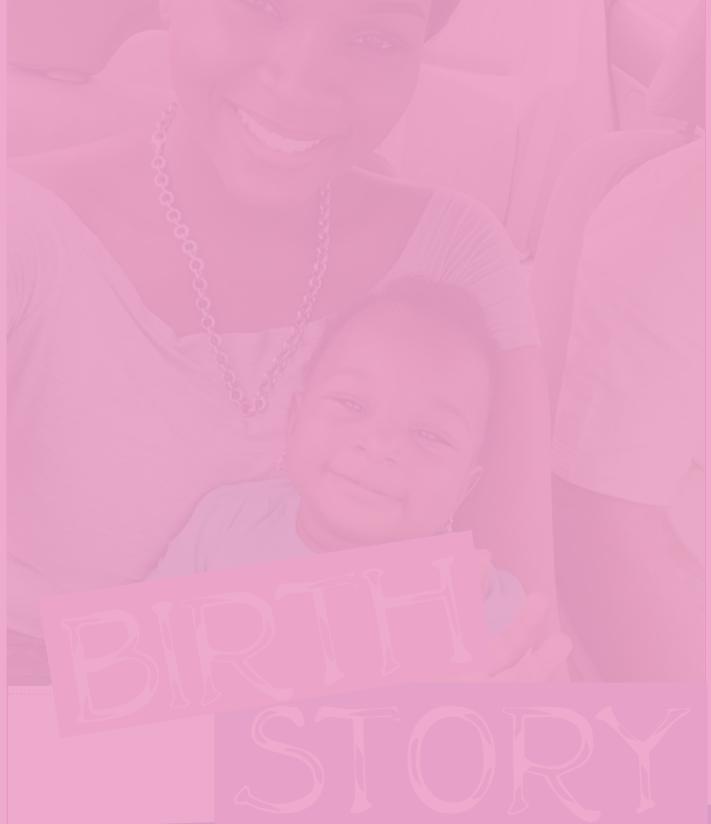
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# This Edition's

\* Birth Story: Moyin Kalu Shares Her Naomi Experience



# Movin Kalu Shares Her Naomi Experience

regnancy was not what I thought it would be like. Maybe I thought I was going to sail through it, looking ravishing and delectable. But looking back on the birth of my angel, Naomi, I can't help but be thankful for every single moment - both the imperfect and the perfect aspects. On the 4th of July, I attended a wedding with my husband at the Ajah axis of Lagos. We live in Ikeja, so it was quite a distance. I wasn't due until the 17th of July, and I just didn't expect that Naomi would come early..

We got to the party and I just didn't feel like eating. Despite the variety of food served, the small chops, the roasted fish etc., nothing appealed to me. On a non-pregnant day, none of it would have gotten past me, but of course due to pregnancy, I had a change in appetite. This is actually one of the things I detest about pregnancy.

Munching on fried meat and drinking a lot of water and juice, having used the bathroom twice, I got up to empty my bladder one last time as we were ready to go home. As I got up, I felt a warm slimy liquid flow down between my legs, I prayed for the ground to swallow me because I thought I was peeing on myself. I walked further down the hall, the same liquid gushed out again, this time much more. A lady walking behind me suddenly tapped my shoulder and said:

"My dear, I think your water just broke."

I looked down at my tummy, parted my legs in a hurry, and put my hands between my thighs. I looked back up at her and all I could utter was, "Ehn?"

I rushed into the toilet, sat down to actually pee and yes, only then did I actually see the "water". Its smell and color was different, it wasn't awful but different.

Leaving the bathroom, I rushed over to my husband and told him what was happening. The look on his face was something I will never forget. He would have carried me if he could, but lifting a pregnant 90kg lady wasn't very feasible.

He wanted to drive straight to the hospital and drop me off since the hospital was in Ajah, and then head back home to get my hospital bag. I became very strong headed, and said I was going home to get my bag, probably take a shower before going to the hospital. I looked smugly at him, with my inadequate medical knowledge, telling him that the baby wasn't going to come for another 9 hours so we were safe to go back home. He argued, I shouted, he caved in probably not wanting to argue too much with his wife gushing out liquid all over the car.

When he got home, he ran upstairs, got the bag and started packing; he had help from his sister, who was another rock I could not have lived without that day. I strolled casually to take a shower. As I stepped one foot into the shower; I had never felt such pain in my life before. I screamed so loudly that our neighbours came out. I ended up not having that shower. Served me right anyway. Next thing I knew, I was being bundled into the car and taken to the hospital. He made the trip from Oregun to Badore, Ajah in 45 minutes. It's the



fastest I've ever seen him drive before. He beat every traffic light and every police officer trying to stop us, while his sister was practicing those annoying pregnancy techniques with me and rubbing my back. It was 7:45pm.

I was ready to push her out of me, but the doctor gave me a surprise by telling me I was just 3cm dilated, and I had to get to 10cm. I obviously had a long night ahead of me. The pain got worse and worse, more frequent too. I cried till I could cry no more. 5 hours later, I was so sure I was already there. Nope! According to the doctor, I was just 5cm dilated and my cervix was yet to be dilated or something - I was in too much pain to really understand what he was talking about.

I became a bit restless, and started walking in pair climbing steps and jogging lightly. All the while, my husband was watching me with teary eyes. I couldn't even talk to him, I wanted nothing more than to tel him not to worry, I loved him and wanted to punch him at the same time for putting me through this.

Fast-forward to 6 a.m. the next morning, the doctor came in, midwives and nurses ushered me into the hospital room. I'm thinking it is finally time to do the deed. But yet again, he said "No" and murmured something about my cervix. I felt myself giving up and rolled over to my side, looked into the reflecting glass and said:

"Jesus, you put this baby here, it's been 12 hours and I can't stomach this girl or this pain, please help me and just open my cervix and give me the strength to push".

In exactly 20 minutes, the doctor comes back and tells me it was time, he could see my baby crowning.

He asks me to push like my life depended on it. I push the first time with a loud shriek. No baby, just small poop, LOL. My husband flies into the room and grabs my neck and my arm, I was too tired and I was getting scared. Then he looked me in the eyes and said,

"Look at me babe, I'm right here."

Time for the second push! I gave it my all, and I felt this one because the pain that flared from my vagina to my brain was awakening. On the third push, she slid out of me with a loud cry. I lay back and tears came rolling down my cheeks. I was laughing because as quickly as my husband came in, was as quickly as he left to go and be with his daughter.

They brought her to me and I couldn't just hold back tears anymore. 5th of July marked the beginning of a beautiful new chapter for me. I just kept saying,

'Welcome Naomi, welcome.....'



varicose veins not only in their legs varicose veins not only in their legs during pregnancy, but also in their during pregnancy. One of the many vagina and vulva? One of the many blessings of pregnancy!

appears down the middle of a appears down the middle of a pregnant woman's belly is actually pregnant where? Pregnancy hormones already there? Pregnancy hormones just change the pigmentation to make it more visible.

# MALLINE TO A SOUND ON LINE

PREGNANCY | BABYHOOD | TODDLERS | OLDER KIDS | MOTHERHOOD FASHION | CAREER | BUSINESS | MUMMY FORUMS | FAMILY



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# Memoirs of a Mum

# 6th Mothering Sense, My Reality

...cont. from previous edition

Every time I make contact I try to make it a time for motivating them to be the best. My children tell me of their friends who get calls from their mothers and cry every time. I try to make every touch point memorable. I listen to them, then I encourage them. When they raise some issue challenging to them, I switch to motivation. It could be a difficult subject, it could be a friend who is acting up, or a difficult teacher, or a complaint about something going on in school, I allow them tell me and then I counsel or motivate them to rise above the issue.

I also try to keep tabs of important events in their lives. I try to remind them of things they need to do and follow up with. If I leave it to them, they will forget or not give it the serious attention it may require. I have to ensure that I keep important things on their radar or else it won't get done. All in an attitude of encouragement, not nagging.

My closest ally is the Holy Spirit I sometimes get nudges. I follow them and it usually is something that needs my attention. I know all mothers pray about their children but I really think that the 6th mothering sense is heightened by the Holy Spirit.

Does that sound spooky, maybe, but it is my truth and reality. Praying at this time for my children is much more than

asking for stuff for them. The Holy Spirit channels the digital conversations. He goes beyond the technology and the waves and reveals truth, transmits love on the airwaves, lets me know when the child is hiding something, helps me understand what the real issues are. I know for sure, I cannot navigate the digital without Him.

"My closest ally is the Holy Spirit. I sometimes get nudges. I follow them and it usually is something that needs my attention. I know all mothers pray about their children"

How do I know I am on track with my children with them all being out of the house? How do I know I am doing right by them? The results I get. What are our results? The reports I get from their teachers and supervisors. The results in their tests. The responsibilities that they are given by their teachers. The things their friends say to me about them. You know what? I like the results I am getting.

You know the need for a 6th Mothering sense is crucial. I recently heard of a single mother whose son was brought back home from Canada because of drugs. He'd gone into coma and after a couple of weeks, he died.

Chinwe Kalu

"It really cannot be just about phone calls and shallow conversations. It must be more than conversing through apps or 'yup' and smiley chats on whatsapp"

My heart went out to his mum. Is there a way we can get ahead of 21st century challenges and pit falls our children could get into? Maybe developing our parenting skills to depend on 'Something' or 'Someone' higher than the obvious will help.

It really cannot be just about phone calls and shallow conversations. It must be more than conversing through apps or 'yup' and smiley chats on Whatsapp. Our children belong to a peculiar generation, a digital one. But they are still basically people with thoughts, emotions, plans and weaknesses. While the digital makes things easier, it erodes the quality of living. It is my duty as a Mum, to ensure that I am able to combine the convenience of the digital, which our children love, with the intangibles like love, commitment, wisdom, building and keeping strong relationships. That is what the 6th Mothering Sense is all about. 21st Century parenting at it's best I must say. It makes it all a lot easier for me. Try it and see.

CK



# Be Real Get Life Lessons

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