

FAMILY VALUES

FESTIVE HEARTS & STRONGER BONDS



December brings celebration, but it's also a gentle pause; a time to notice what truly builds a happy home: **presence, patience, and shared values.** Children learn kindness, honesty, and empathy not from what we tell them, but from what we show them every day.



This month, we explore how shared **values and everyday actions shape strong, emotionally grounded children.** From conversations around health and safety to inclusion and self-care, let's wrap up 2025 by nurturing what matters most: connection.

Dear Parents,

I know how busy life can get, and how easy it is for our children and teens to spend long hours on screens. As parents, it can feel tiring and frustrating when we want to connect, but they seem distant.

Even 5–10 minutes of your undivided attention each day **talking about their day, sharing a meal, playing a small game, or asking about their hobbies can make a big difference.** For teenagers, respect their space, keep conversations light, and show interest in their world without pressure.

These small, consistent moments help **build trust, strengthen your bond, and show your child or teen that they are truly valued.**

DR. SHRUTI KALKEKAR
Pediatric & Adolescent Consultant



What's In This Issue?

- ✦ Safe Conversations, Stronger Kids: A Case Study
- ✦ Cura In Action: Glimpse Of BMI Check-Up At Schools
- ✦ Cura Heartbeat: Happy Kids, Healthy Hearts
- ✦ Holiday Special: Travel Checklist, Vaccines & More
- ✦ Family Corner: Little Moments, Lasting Values



SAFE CONVERSATIONS STRONGER KIDS



As **December** fills our hearts with festive joy, **World AIDS Day** Reminds us of another important gift: **Awareness**. It's normal for parents to **hesitate about discussing growing up**, but these talks are essential for protecting our teens. **Small conversations shape how teens understand respect, boundaries, and relationships.** When we **speak with care instead of fear**, they feel safer coming to us, especially when something goes wrong.

CASE STUDY:



**SOME CONVERSATIONS PROTECT
MORE THAN RULES EVER COULD**



“A teenage girl quietly started chatting with an older student online. What began as friendly messages slowly turned emotional. She sent him money, typed “I love you,” and felt pressured to keep the conversations secret. This shows how peer pressure and emotional manipulation can escalate. She became anxious, withdrawn, and secretive.”



DO'S FOR PARENTS:

Listen calmly and without judgment.

- Set clear rules for online activity, finances, and friendships.
- Encourage honesty and open communication.
- Teach your teen to say “no” and block or report uncomfortable contacts.



DON'TS FOR PARENTS:

Don't panic, blame, or shame your teen.

- Don't ignore sudden secretive behavior, unusual money transfers, or online stress.

“Patience, guidance, and expert support help teens resist manipulation, stay safe online, and build trust at home.”



Dr. Shruti Kalkekar

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Talk To Our Expert

What Parents Must Be Aware Of

- **Sexualized messages or online grooming** are serious concerns under **POCSO**.
- Teach your child to **report any uncomfortable messages**.
- **Monitor digital activity** while keeping communication open.

When to Seek Help:

- If your teen is **stressed, anxious, or confused**.
- If you notice **online manipulation** or secretive financial activity.
- **Consult a teen or adolescent expert** for guidance, counseling, and strategies to protect your teen.

CURA IN ACTION



**" FILLED WITH JOY & CARE,
CURA TEAM AT CLINIC &
SCHOOLS DURING BMI
CHECK-UP CAMP & VARIOUS
EVENTS."**



CURA HEARTBEAT

FAMILY HEART HEALTH

HEALTHY HEARTS BEGIN WITH HAPPY HOMES



As **stress** and **anxiety** rise among children and teens, one thing becomes clear: a child's emotional world directly affects their heart health. Homes that allow feelings to be expressed, **without blame or comparison**, help children grow into calmer, and more confident individuals.

HOW?

YOU CAN SUPPORT THEM

- **Encourage** kids to share their emotions
- Validate their **feelings** instead of dismissing them
- And when mistakes happen, **gentle** one-on-one correction helps them learn without feeling hurt.

"When **children feel heard and understood**, their bodies respond with steadiness, not stress. Emotional safety at home lays the foundation for lifelong heart health."

CURA TIP:

A simple daily check-in, "How are you feeling today?", can lower a child's stress and strengthen emotional connection at home.

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PLANNING A DECEMBER GETAWAY

December school holidays are the perfect time for family adventures! Travelling with kids can be fun (and a little chaotic), but with a bit of planning, it becomes a memory to cherish.

Before you set off, double-check their vaccines, medicines, and winter travel must-haves to keep the trip safe and stress-free.



TRAVEL TO DO'S

- Pack medicines, electrolytes & a thermometer.
- Carry tissues, sanitizers & wipes.
- Apply mosquito repellent.
- Drink only bottled water.
- Choose safe food & water.
- Watch for motion sickness or discomfort.
- Update routine + travel vaccines.
- Carry a travel activity kit to keep your child screen-free.

 **Passport?** ☒
Tickets? ☒



 **Kids' Travel Activity Kit?** ☒

 **Vaccines?**
Don't forget those!



SCAN THIS



CHECK OUT IMPORTANT
TRAVEL VACCINES



FAMILY CORNER

LITTLE MOMENTS, LASTING VALUES



Family Resolution Jar

Start a jar labeled “2026 Goals Together.”

Each person adds 2–3 slips with resolutions that involve everyone: “Evening walk twice a week,” “One game night every Sunday,” “Less screen time after dinner.”

Pick one every week and try to do it.



Jingle & Mingle

Mystery Box



✓ What You Need:

- A cardboard box
- Small objects with different textures like tennis ball, sponge, rice, toy blocks, ribbon, shells, or dry pasta

✓ How to play?

- Cut a small hand-sized hole in the box
- Place a few objects inside (don't tell kids)
- One by one, kids come and feel the object
- Describe the texture if it's soft, bumpy, smooth.
- Guess what it is.

Why it helps: Sensory play improves focus, fine motor skills, and touch awareness

Closing Note :

As we wrap up another year, remember: children won't remember every toy or trip, but they'll always remember how home felt.

Here's to kinder families, calmer hearts, and stronger connections in 2026.



Parent Tip:

Resolutions fade, but shared habits last. Focus less on perfection and more on connection, because every family goal begins with being present for each other.