

Celebrating Childhood



The festive lights fade. The diyas are packed away. The sweets are almost gone. But the warmth of those “**Jab hum bachhe the...**” stories, shared over morning chai, still lingers in the air.

Stories of childhood — of scraped knees, playground laughter, and evenings spent outdoors, not on screens.



Childhood has changed. But what hasn't is the need for love, laughter, and gentle guidance.

Today, raising a child isn't about protecting them from the world; it's about preparing them for it. And that begins with us—calmer, happier parents who teach more by being than by saying.



This month at Cura, we celebrate childhood, ours and our children's, and the unspoken bond between parent and child. Because a healthy childhood begins with healthy parenting.

“**Every parent wants to raise a happy child. But sometimes, the real magic lies in becoming calm, confident parents.**”



What's In This Issue?

Celebrating Childhood

Everyday Habits for Better Health

Cancer Awareness & Self-Care Reminders

Teaching Your Child Life-Saving Skills!

Spotting Emotional Stress in Kids & Teens

DR. SHRUTI KALKEKAR
Pediatric & Adolescent Consultant



THE POWER OF PREVENTION



SMALL STEPS TODAY, STRONGER TOMORROWS!

Healthy habits begin at home. In the small things: what's on the plate, how long the screens stay on, and the bedtime stories that replace bedtime scrolling.

At Cura, we believe prevention isn't about doing everything perfectly — it's about showing up every day in small, consistent ways.

According to the **World Health Organization (WHO)**, up to **80%** of early childhood illnesses can be prevented through four simple habits.

Check The 4 Prevention Pillar



Scan QR

"When parents pause, listen, and act early, prevention becomes part of everyday parenting — not an extra task."

**PREVENTION
ISN'T
PRESSURE
IT'S
PRESENCE.**

Because Knowing Early Makes All the Difference

**National Cancer Awareness Day
November 7**

Some illnesses arrive quietly, not with loud alarms, but with whispers we often overlook. A little tiredness, a small swelling, a bruise that doesn't fade... sometimes, the body speaks before the disease begins.

This **November 7**, as we mark **National Cancer Awareness Day**, let's pause to remember — that awareness isn't fear — it's love, care, and protection for our families.



DID YOU KNOW?

- ✓ Cervical cancer is one of the most preventable cancers and yet, one of the most common.
- ✓ The HPV vaccine, advised for girls and boys from 9 years, protects against up to **90%** of cervical cancers.
- ✓ Two simple doses can protect a lifetime.

KNOW MORE ABOUT THE HPV VACCINE AT CURA

9769-84-2515

CURA IN ACTION



TEACHING YOUR CHILD LIFE-SAVING SKILLS!

EMERGENCIES CAN BE SCARY, BUT CALM IS A SKILL WE CAN TEACH EARLY.
Children who know what to do in a crisis grow up more confident, aware, and caring.



SIMPLE THINGS EVERY CHILD SHOULD KNOW:



Stay calm. Panic never helps;
deep breaths do.



Call for help.
Memorise
emergency
numbers
(112 or 108).



Be a helper. If someone feels
faint or dizzy, help them sit,
loosen tight clothes,
and call an adult.



Act fast. Chest
pain, sudden
breathlessness,
or blackouts, **get
help right away,
don't wait.**



“
AWARENESS Gives **COURAGE**,
Even A Child Who Knows What To Do Can Save
A HEARTBEAT SOMEDAY.”



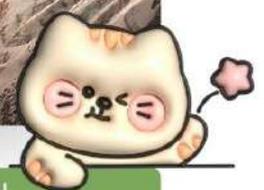
Dr. Sanjeevkumar Kalkekar



CURA TIP

Turn this into a weekend family talk, not to worry your child, but to empower them. Awareness builds confidence, not fear.

WHEN YOUR STRESS BECOMES THEIRS



Children may not understand your stress, but they can feel it. A parent's emotional health quietly shapes a child's behavior, resilience, and even physical well-being.

CASE STUDY:

Maisha, a 5 year bright, creative child who loves stories and art but has recently become stubborn, withdrawn, and shy during class activities. Her mother also noticed that she sleeps late, spends less time outdoors, and needs pushing to play.



When they consulted Dr Shruti, she discovered parent's own childhood stress or trauma influenced Maisha's reactions & expectations.

She guided them towards healing those emotions to help create a calmer, more secure home, making Maisha feel safe and confident. Along with counselling, Small changes made all the difference: a healthy diet including eggs, paneer, banana and a set routine, outdoor play, calm bonding time, and mindful communication.

At her six-week review, Maisha was more confident and playful again proof that when a home heals, a child blooms.



Talk To Dr. Shruti

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PAUSE BEFORE REACTING

Children mirror emotions. Taking a breath teaches regulation better than any lecture.



TALK ABOUT FEELINGS

Normalising conversations about sadness, anger, or fear builds emotional vocabulary and trust.



MODEL HEALTHY COPING

Let them see you manage stress through journaling, walking, or deep breathing.



SEEK HELP WHEN NEEDED

Therapy isn't just for crisis; it's a space where families learn to grow emotionally strong together.



FAMILY CORNER

Because **GOOD HEALTH BEGINS** In Small,
Ordinary Moments That Often **GO UNNOTICED**.

Take A Minute Today To Check In
Not With A Doctor, But With Your Family.



Cura Family Health Checklist This Week, Ask Yourself:

Did we eat at least one **home cooked meal** together today?



Did anyone share **how they felt** today?



Did my child (and I) **sleep for 8 hours**?



Did we **laugh together, even once**?



What's Ahead

- On the occasion of **Child & Adolescent Health Care Week**, Dr. Shruti Kalkekar & the Cura team has organized a complimentary **Weight & BMI Assessment Camp**
- From **12th-18th November 2025**
Because Healthy Growth Begins With Awareness.



Dr. Kalkekar's
CURA
Advanced Cardiac & Child Health Clinic

www.drkalkekarcuraclinic.com
Shop no - 5-6, New Horizon CHS, Plot No.
1,2 & 3, Near Navratna Restaurant, Sector
46, Seawoods West, Navi Mumbai,
Maharashtra-400706

Timing For Cardiac Care:

Mon - Sat: 02:00 PM - 05:00 PM

Timing For Child Care:

Mon - Sat: 10:00 AM - 01:00 PM

General Clinic Timing: Mon - Sat: 08:00 AM - 09:00 PM

932 311 2515 / 9769 84 2515

