



A New Year A New Beginning

As we welcome the New Year, it brings renewed hope, fresh beginnings, and beautiful milestones for our children.



Each year of a child's life is filled with growth physically, emotionally, and mentally and it is our shared responsibility to nurture them with care, patience, and love.

The New Year is a wonderful time for families to focus on healthy routines, timely vaccinations, balanced nutrition, adequate sleep, and emotional well-being. Small, consistent steps taken today help build a strong foundation for a healthier tomorrow.



Thank you for trusting us with your child's health. Wishing you and your little ones a joyful, healthy, and bright New Year.

Warm regards,
DR. SHRUTI KALKEKAR
Consultant Pediatrician & Adolescent Health Specialist

What's In This Issue?

- ★ **Newborn Care:** Dad's Role in the New Journey
- ★ **National Girl Child Day** (Jan 24)
- ★ **Cervical Cancer Awareness Month**
- ★ **Cura Heartbeat:** Grab Your Huel
- ★ **Cura In Action:** Birthday & Christmas Celebration
- ★ **Family Corner:** 12 months - 12 habits

BRINGING HOME A NEWBORN?

HERE'S YOUR CARE CHECKLIST

**DELIVERIES COME WITH UNIQUE NEEDS
FOR BOTH YOU & YOUR BABY.**

This quick checklist Will Help You
stay prepared, warm, and confident.

GET READY WITH ESSENTIALS

- ☐ Dress in layers to keep baby warm.
- ☐ Protect skin from dryness with gentle products.
- ☐ Keep baths short and warm.
- ☐ Get them vaccinated as they grow.

NEW MOMS GUIDE

- ☐ Hydrate often, even if you don't feel thirsty in winter.
- ☐ Feed often, breastmilk boosts warmth and immunity.
- ☐ Eat immunity-boosting foods: soups, fruits, and leafy greens.
- ☐ Prioritize rest to help your body heal and nourish baby

DADS ROLE IN THE NEW JOURNEY

Read this blog to learn
how you can help.

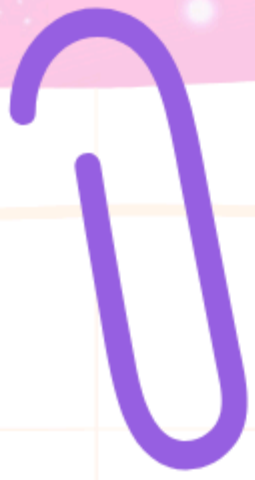
[How Dads Can Support
Breastfeeding?](#)

CLICK HERE

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To support breastfeeding, our team is ready to guide you.

**BECOMING A NEW DAD
CAN BE OVERWHELMING,
BUT YOUR EMOTIONAL
SUPPORT MEANS
EVERYTHING.**



A LETTER

To Parents Of Daughters



"GIRLS ARE THE FUTURE OF OUR WORLD."

~ MALALA YOUSAFZAI



This **National Girl Child Day**, let's build a strong future for our daughters. As parents, we guide and protect, but we must also create a space where our daughters feel safe to talk.

Girlhood is a transition. As they experience physical, emotional, and social changes, parents may notice:

Hesitation to talk about her body

Mood swings or increased sensitivity

Withdrawal from certain people or situations

Hormonal changes at different stages of life



Cervical Cancer

The Only preventable Cancer

HPV vaccine, when given at ages 9-15, cuts cervical cancer risk by 90%+.

Missed vaccine? Start screenings from age 30 for early detection.



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Reach out to Dr. Shruti Kalkekar for advice & counselling.



CURA HEARTBEAT



Grab Your HUEL [HUMAN FUEL]



Skipping meals and staying up late can affect your heart health and make you age faster.

But you can take control by avoiding late nights and fueling your body with a nourishing diet. Your heart deserves the best, and it all starts with the choices you make.



Small Seeds Big Heart Benefits



***Supports
healthy
blood
circulation.***

***Rich in healthy
fats, helps
lower bad
cholesterol
(LDL).***

***High in
antioxidants
that protect the
heart from
damage.***



CURA
TIP:

Add roasted til to salads, chutneys, laddoos, or sprinkle over vegetables for a heart-healthy boost.

If you're dealing with extreme health conditions like **high blood pressure, cholesterol, or heart disease**, it's crucial to get the right guidance. **Dr. Sanjeev Kalkekar** can help you find the right path to heart health.



Talk To Our Expert



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Dr. Sanjeevkumar Kalkekar

CURA IN ACTION



ONLINE INSTALLATION CEREMONY OF MAHA AHA OFFICE BEARERS 2026 HELD ON 8TH JAN



DR. SHRUTI KALKEKAR

Appointed As

**Scientific Advisor Maharashtra
Adolescent Health Academy 2026**

*Happy
New Year*

FAMILY FUN ACTIVITY 12 MONTHS HABITS



In 2026, let's focus on simple, meaningful actions that support wellbeing, and togetherness. Each month, we'll introduce one habit your family can practice together.



Here are some habits you can practice starting this month

- Start reading a new book
- Avoid phone while having any one meal
- Start exercising



What new habit will you focus on this month?

Direction Jump Game

Gratitude grows best in a relaxed, happy environment. This game is a fun way to improve coordination, focus, and listening skills.

How to play ♥.♥.♥.♥.♥.♥.♥.♥.♥.♥

One family member becomes the leader,
The leader calls out directions like "jump forward," "jump left," or "jump right" and everyone jumps accordingly,

Increase speed or change directions to make it more exciting.

Keep it light
and playful. The
goal is
togetherness, not
getting it
perfect.

