

A SEASON OF SLOWING DOWN & CONNECTING



May brings with it summer holidays, slower mornings, and more time together as families. It's a season of play, travel, and shared moments, but also a gentle reminder to pause and check in on what truly matters: our **emotional and physical well-being**.

This month, we focus on conversations that are often left unsaid, children's mental health, maternal emotional well-being, and women's health. Because behind every happy child and healthy family, there is care, support, and understanding.

SUMMER HEALTH REMINDER

Planning a family vacation this summer?

Don't forget to check your child's travel vaccinations and basic health essentials before travelling.



DR. SHRUTI'S MESSAGE

Summer holidays are a time to relax, spend time with family, and create happy memories. This month, we are sharing simple reminders about children's emotions, mothers' health, hydration, and family bonding. Sometimes, small conversations, care, and understanding can make a big difference in a child and family's well-being.

Warm Regards
DR. SHRUTI KALKEKAR
Consultant Pediatrician & Adolescent health Specialist



WHAT'S IN THIS MONTH'S ISSUE



**Children's Mental Health
Awareness Week (3-9 May)**
Understanding Your Child's Inner
World



**World Maternal
Mental Health Day (6 May)**
Caring for Mothers & Supporting
Women



Cura Heartbeat
Heat, Hydration & Heart
Health



Cura in Action
Care Beyond
Consultations



Family Corner
May: Sharing &
Cooperation

Understand YOUR CHILD'S INNER WORLD

Children's Mental Health Awareness Week
(3-9 May)

Not every child who is struggling will say it out loud. Sometimes, it shows up as **Silence, Anger, Withdrawal, or even Overactivity.**

Mental health in children is shaped by what they experience — **At Home, In School & even Online.**

What Parents Often Miss



Not every "Attitude" is misbehaviour, sometimes it's **stress**



Silence doesn't mean everything is okay



"They're just kids" doesn't mean they're not affected

Often, children aren't looking for solutions. They're looking to be understood. A safe space at home can make all the difference.

A safe space at home can make all the difference.

MESSAGE

When children feel heard, they feel safe. And when they feel safe, they grow better. Concerned about your child's behavior or emotional well-being?

Connect with **DR. SHRUTI KALKEKAR**
at **CURA CLINIC**
for Guidance & Support

CASE STUDY

A THOUGHTFUL PARENTING JOURNEY

A family recently visited Cura Clinic as they were considering the adoption of a child with special developmental and medical needs. Along with emotional readiness, the discussion explored family balance, long-term caregiving, support systems, and the realities of raising a special child.

The father shared that his own life experiences had shaped his empathy and desire to raise a child who values kindness and acceptance. The session helped the family approach the decision with greater clarity, awareness, and emotional understanding.

INSIGHT

Parenting is often about making compassionate choices, even when the path ahead is uncertain.

CARING FOR MOTHERS, SUPPORTING WOMEN



World Maternal Mental Health Day 6 May

Motherhood is beautiful — but it can also be overwhelming.

- 1 in 7 mothers experience postpartum depression
 - Postpartum anxiety is also common and manageable with support
- But it doesn't stop with the mother.

What we often don't talk about:

- Partners may feel helpless too
- Older children sense the change
- Mothers may feel disconnected or guilty

Important:

Getting help is not weakness — it is care. For yourself, and for your family.



Gentle Reminder:

In overwhelming moments, pause. Your baby needs your calm, not your guilt.

Family Matters:

Support from partners and family can change everything — ask for help, share the load.



National Women's Health Week 10–16 May

Women's health is often pushed to the back, after children, family, and responsibilities.

This week is a reminder:

Your health matters too.

From physical care to emotional well-being, taking care of yourself is not selfish — it's necessary.



Menstrual Hygiene
Day
28 May



For many girls, their first understanding of periods begins at home.

When conversations are open and matter-of-fact, they grow up feeling:

- Aware of their bodies
- Comfortable in their routines
- Confident in themselves

Sometimes, it's not the topic that needs changing — just the way we speak about it.

HEAT, HYDRATION & HEART HEALTH



Extreme summer heat can affect the heart & circulation, increasing the risk of **Dehydration, Heat Exhaustion, & Hyperthermia** Especially in children and older adults.



Signs like **Dizziness, Unusual tiredness, Headaches, Rapid heartbeat, or Excessive sweating** should not be ignored.

With years of expertise in advanced cardiac care, **Dr. Sanjeevkumar Kalkekar** emphasizes the importance of prevention and simple seasonal precautions for better heart health.



CURA TIP

Staying hydrated is one of the simplest ways to support heart health during summer.



PRECAUTIONS TO REMEMBER

-  Encourage frequent fluids like water, coconut water, and homemade drinks
-  Avoid outdoor activity during peak afternoon heat
-  Choose light, breathable cotton clothing
-  Never leave children inside parked vehicles
-  Watch for signs of overheating & exhaustion

Celebrating
**INTERNATIONAL
NURSES
DAY** | MAY 12



CURA IN ACTION

STRESS MANAGEMENT

How We Reset & Recharge

At **CURA CLINIC**, we believe stress is best managed through small everyday habits – Taking a pause, connecting with people, & finding moments of calm.

A MOMENT FROM CURA

This National Women's Health Week, CURA continues to encourage conversations around preventive care, emotional well-being, and supporting women's health with awareness and compassion.

KARUNA DIGHE Staff Nurse

- Deep breathing
- Quiet reflection
- Talking things through

CHITRA MALGAONKAR

Reception Team

Taking quiet moments to pause and reset



SHILPA KAMBLE Staff Nurse

- Listening to music
- Drawing and creative activities
- Mindful breathing

DR. VAISHNAVI

- Prayer and meditation
- Nature walks and sunsets
- Gardening and caring for plants
- Decluttering spaces
- Spending time with loved ones



FAMILY CORNER

MAY

Sharing & Cooperation

This month, we focus on a simple but powerful life skill
Learning to share and work together.



*Sharing is not just about objects
It's about*



Time



Attention



Responsibility

These small everyday moments help children build **Empathy, Patience, & Stronger relationships.**

THE GOAL IS SIMPLE

Share → Help
Grow Together ← Work Together

To make this easier for families, Try this simple activity at home

TEAM-UP TIME

This game helps children understand the joy of sharing responsibilities & working together.

HOW TO PLAY

Choose one simple household task & do it together



Folding laundry



Watering plants



Arranging books or toys

Add music or a timer to make it more fun.

HOW IT HELPS

Children learn that teamwork makes everyday responsibilities feel lighter, easier, & more enjoyable.

Small acts of cooperation today build thoughtful and responsible individuals tomorrow.