

Let's Spring Into Health

April arrives with **Warmer Days, Longer Evenings** and a sense of renewal. As children become more active this season, it's also a good time for parents to reflect on their child's physical and emotional well-being.

This month highlights meaningful conversations, from **understanding autism** with empathy to **supporting safe motherhood**, strengthening vaccination awareness, and **promoting everyday health**.

What's In This Issue?

"The postnatal period is vital for both mother and child, as a mother's recovery and emotional health affect her child's development. Proper postnatal care, breastfeeding support, and a nurturing environment are essential.

Working mothers face additional challenges, making guidance and self-care important. Timely immunization is crucial for protecting children from preventable diseases and promoting long-term health.

Supporting mothers and ensuring vaccinations are key to raising healthy children."

World Autism Awareness Day (2nd April):
Celebrating Differences

National Safe Motherhood Day (11th April): World Immunization Week (24th April)

Cura Heartbeat:
Emotional Stress & Heart Health

Cura in Action: CuraCon 3

Family Corner: April:
Pause Before Reacting

Warm regards,

DR. SHRUTI KALKEKAR

Consultant Pediatrician & Adolescent Health Specialist

The Choices We Make Today Shapes Our Health Of Tomorrow.

World Health Day | April 7

CELEBRATING DIFFERENCES

WORLD AUTISM AWARENESS DAY | APRIL 2



AUTISM reminds us that every child experiences the world in their **own unique way**. This day encourages **greater awareness & acceptance for children** on the **autism spectrum**.

These superheroes may excel in **memory, music, art, or patterns**. While some can show early **reading skills (hyperlexia)**, they can read even before they speak.

DID YOU KNOW?



The global campaign “Light It Up Blue” sees landmarks, buildings, and social media turn blue to show support for autism awareness.

THE PUZZLE PIECE IS A COMMON SYMBOL USED TO REPRESENT AUTISM. IT WAS FIRST ORIGINATED IN 1963 TO RAISE AUTISM AWARENESS



MESSAGE: CELEBRATE DIFFERENCES.

Support strengths. Every child deserves understanding.

FAMOUS PEOPLE

WHO ARE ALSO ON THE AUTISM SPECTRUM

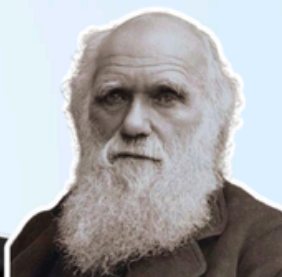
ELON MUSK



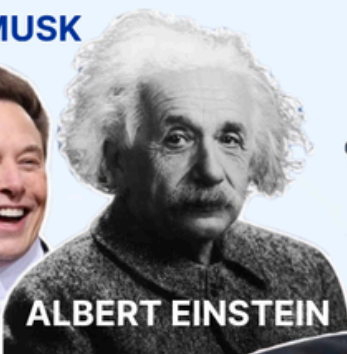
BILL GATES



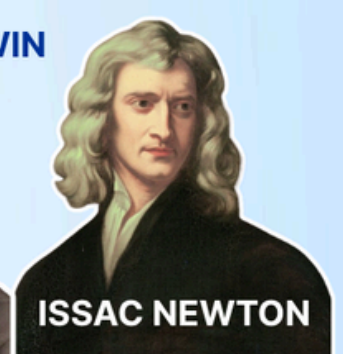
CHARLES DARWIN



ALBERT EINSTEIN



ISSAC NEWTON





CARE THAT PROTECTS EARLY

NATIONAL SAFE MOTHERHOOD DAY | APRIL 11

Healthy Children Begin With Healthy Mothers

Proper maternity care before, during, and after childbirth is essential for the well-being of both mother and baby.

Postpartum health, including mental health, of the mother is as important as physical health.



CASE STUDY: From Doubt To Confidence!

A **15-day-old newborn** was brought in by anxious parents. The mother felt her milk wasn't enough as the baby was feeding frequently and seemed uncomfortable. On assessment, the issue wasn't low milk supply – it was

Improper latching and positioning, along with maternal anxiety.

With proper **Guidance**, the baby was feeding well, gaining weight, and formula **feeds had been reduced**. The **father's support played an important role**. And most importantly, the **mother felt confident and reassured**.



DR. SHRUTI KALKEKAR
Consultant Pediatrician &
Adolescent Health Specialist

HIGHLIGHT

SOMETIMES, IT'S NOT LOW MILK

- It's technique, support, and confidence that make the difference.
- Need support during your motherhood journey, or with breastfeeding?

CONSULT OUR EXPERT ☎ **+91 976-984-2515**



WORLD IMMUNIZATION WEEK | APRIL 24–30

Vaccination is a simple way to protect children and prevent serious illnesses, laying the foundation for lifelong health.

**50 Years,
154 million lives**

SAVED



To Ensure Your Child's Vaccinations Are On Track.

SCAN HERE...

CURA HEARTBEAT



Emotional Stress & Heart Health



"Why Children's Emotional Health Matters For The Heart"



- Stress, anxiety, and emotional strain can affect **heart health** even in young people.



- When children feel overwhelmed, it can impact their sleep, appetite, and overall physical well-being.

- Over time, unmanaged stress may lead to changes in **heart rate, blood pressure, and energy levels**. Helping children understand and express their emotions early plays an important role in **protecting both their mental and physical health**.



Creating a **supportive environment** at home where children feel heard and understood can make a lasting difference.



Talk To Our Expert



+91 932-311-2515

Dr. Sanjeevkumar Kalkekar

Tele MANAS Comprehensive Mental Health Care Service Helpline No. Call: 14416


TIP:

Encourage outdoor play and screen-free evenings to support emotional and cardiovascular health. Aim for 60 minutes of active play daily.

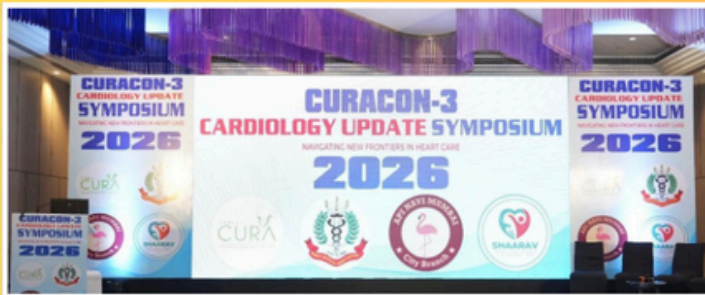


CURA-3 | CARDIOLOGY UPDATE SYMPOSIUM 2026

Dr. Kalkekar's CURA Clinic successfully hosted the third edition of its annual cardiology conference, bringing together cardiologists, general physicians, and healthcare professionals from Navi Mumbai and Raigad.

The event featured insightful sessions by senior cardiologists, engaging discussions, and interactive quizzes that were well appreciated by attendees.

Over the years, CURACON has grown into a respected platform for medical learning, helping doctors stay updated with the latest advancements in cardiac care — from post-heart attack management to modern treatment approaches.



FAMILY CORNER 12 MONTHS HABITS

April: Pause Before Reacting

April's habit focuses on helping children **notice feelings, pause, and calm their minds** before reacting. Instead of teaching children to "stop crying" or "calm down," we teach them **how to calm themselves**.

The goal is simple:

Pause → Breathe → Notice → Respond

To make this easier for families, try these mindfulness games at home.

THE 5-4-3-2-1 CALM CHALLENGE

This game uses the grounding idea from your image.

How to play ♥♥♥♥♥♥♥♥♥♥♥♥

Ask your child to pause and notice:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



**Calm Minds
Grow
Stronger
Hearts.**



TIP: "Smell the flower, blow the candle."

Ask your child to breathe in slowly, like they're smelling a flower, and breathe out gently like they're blowing a candle.

How it helps: This simple breathing slows the body down, reduces overwhelm, and helps children calm their emotions before reacting.

