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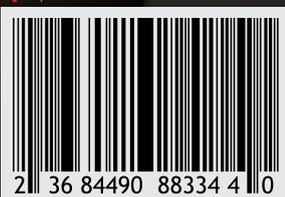
- How can that secretion (saliva) hurt by Dr. Uche Anyanwagu Ph.D.
- Important Factors to consider when buying a new home and choosing a school for your child.
- Dangers of Constipation and Safe Cures for Constipation to avoid piles.

An Interview with the
Principal of the Best School in Lagos State,

CORONA
SECONDARY SCHOOL, AGBARA



N1,500



CHINEDUM OLUWADAMILOLA

with over 25 years experience of working with students. She advises on effective parenting and child grooming in order to get the best out of your child and boost academic performance and raise a total child.

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OLUWADAMILOLA,**

THE PRINCIPAL OF
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EDITOR'S NOTE

INSIGHT INTO TEEN DEPRESSION

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Do you ever wonder whether your irritable or unhappy adolescent might actually be experiencing teen depression? Of course, most teens feel unhappy at times. And when you add hormone havoc to the many other changes happening in a teen's life, it's easy to see why their moods swing like a pendulum. Yet findings show that one out of every eight adolescents has teen depression. But depression can be treated as well as the serious problems that come with it. So if your teen's unhappiness lasts for more than two weeks and he or she displays other symptoms of depression, it may be time to seek help from a health professional.

Why do adolescents get depression?

There are multiple reasons why a teenager might become depressed. For example, teens can develop feelings of worthlessness and inadequacy over their grades. School performance, social status with peers, sexual orientation, or family life can each have a major effect on how a teen feels. Sometimes, teen depression may result from environmental stress. But whatever the cause, when friends or family -- or things that the teen usually enjoys -- don't help to improve his or her sadness or sense of isolation, there's a good chance that he or she has teen depression.

Can teen depression run in families?

Yes. Depression, which usually starts between the ages of 15 and 30, sometimes can run in families. In fact, teen depression may be more common among adolescents who have a family history of depression.

How is teen depression treated?

There are a variety of methods used to treat depression, including medications and psychotherapy. Family therapy may be helpful if family conflict is contributing to a teen's depression. The teen will also need support from family or teachers to help with any school or peer problems. Occasionally, hospitalization in a psychiatric unit may be required for teenagers with severe depression.

The family as a whole should constantly be on the lookout for their teens. Observe their moods and be sensitive enough to enquire what is happening or going on in their mind. This avails them to opportunity to speak, and when they do, care fairly enough to listen.

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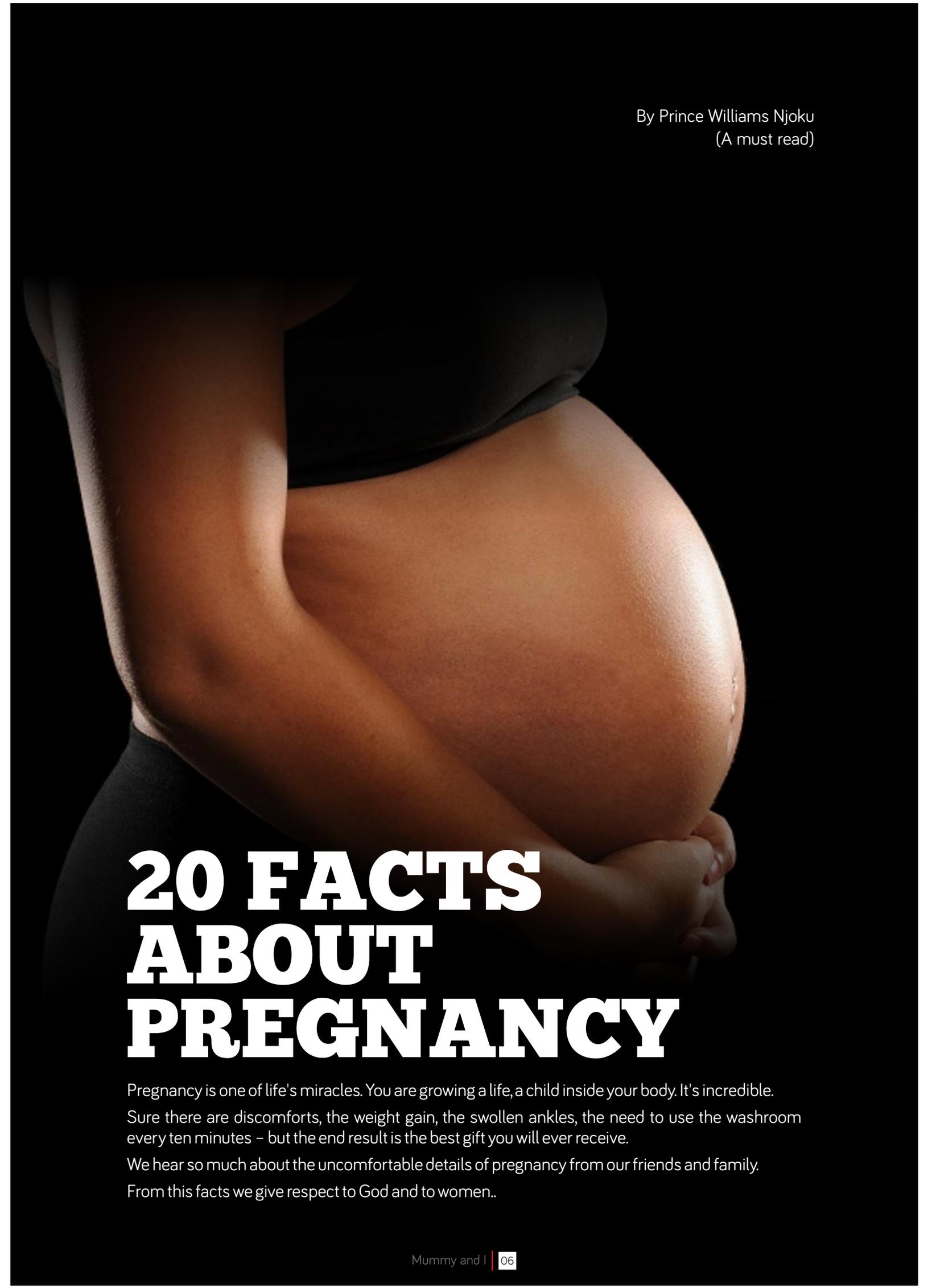
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By Prince Williams Njoku
(A must read)

20 FACTS ABOUT PREGNANCY

Pregnancy is one of life's miracles. You are growing a life, a child inside your body. It's incredible.

Sure there are discomforts, the weight gain, the swollen ankles, the need to use the washroom every ten minutes – but the end result is the best gift you will ever receive.

We hear so much about the uncomfortable details of pregnancy from our friends and family.

From this facts we give respect to God and to women..

Learn this facts about pregnancy today...

(1)...A woman's body is an incredible thing. Did you know the uterus enlarges up to 500 times its normal size? It can go from a couple of ounces to 1-2 pounds in weight. Once you have delivered it gradually goes back to its original size and weight.

(2)... Yes it grows with love for your child, but did you know your heart organ actually enlarges while you are pregnant? It works harder and beats at a more rapid pace due to the increased volume of blood in your body. Your blood volume alone increases by 40-50%!

(3).... In order to prepare your body for birth, it produces a hormone called relaxin which softens your ligaments. This softening helps your baby pass through your pelvis during labor. Amazing isn't it?

(4)..... People say that your hair gets thicker when you are pregnant, while that isn't technically the truth, it is fuller and more abundant than usual. Higher levels of estrogen during your pregnancy prevents your hair from shedding at its normal rate. This results in fuller hair and the dreaded hair loss after pregnancy. You notice more hair falling out postpartum because so little was shed during pregnancy. No harm done

(5).....
The relaxin hormone we were just talking about in the previous slide? They can also loosen the ligaments in your feet. That combined with your increased body weight adds to your foot's width and length. Not to worry as your feet will go back to their normal size a couple of months after pregnancy.

(6)...High increased sense of smell because of high levels of estrogen and human chorionic gonadotropin (HCG). That's sounds great right?

(7)...During your pregnancy, the nutrients from the food you eat goes to your baby first before it passes over to you. Even if you skip a meal your body will take the nutrients from you to keep baby healthy. This is just one of the reasons why it is so important to eat regularly and healthily.

(8)...The funniest part of it all is...
did you know that some dads experience symptoms along with their wives? It's called couvade syndrome and has been documented in dads around the world who experienced pregnancy symptoms from the end of the first trimester all the way to the end.

(9)...Do you know that you grow a new organ?
Yes, your placenta is a multi-talented brand new organ that passes oxygen and nutrients from your blood stream to your growing baby. It also protects your baby from infection and helps to remove your baby's 'waste products', such as carbon dioxide. Linked to your baby by the umbilical cord, your placenta will weigh around 1.5lb by the time your baby is born, Eating a well-balanced healthy diet will help your placenta do its best job.

(10)..... Your skin changes
Hormones mean skin can dry out. Extra collagen in your skin tears when it stretches, causing stretchmarks. They won't go after the birth but may fade, use a body moisturiser to improve the condition of your skin.

(11)... Do you know you're more stretchy
To prepare your body for childbirth, the hormone, relaxin, reduces cartilage and ligament density, so you can stretch parts of your body a lot more than normal, go gently, void exercises like sitting cross-legged and pushing your knees to the floor as they strain your muscles.

(12)..... Do you know you produce more blood
Your total volume of blood is 50% higher than usual and cardiac output (the amount of blood pumped out with each heartbeat) increases by 40%. You manufacture 20% extra red blood cells to carry more oxygen around your body. It's normal to feel out of breath at times in the later months. But breathlessness can be a sign of anaemia so if you're concerned, ask your midwife to check your iron levels.

- Aerobic activities, such as walking or swimming, will help to keep your heart healthy, but avoid taking up any form of exercise that you're not already familiar with.

(13).. Do you know you can breath deeper
As your uterus grows, the diaphragm is compressed, it seems difficult to breathe deeply, but you actually breathe more air.

Don't fight the tendency to hollow your back. This counteracts the increased weight at the front and opens up your ribcage to let more air in.

(14)...Do you know your pelvic muscles stretch
Incontinence caused by childbirth is decreasing as women get better at doing pelvic floor exercises.

- Clench the muscles round the back and front passages, "lifting" your internal muscles. Hold for a count of four, then release. Repeat whenever you can.

(15) Your face may darken

The 'mask of pregnancy' is caused by a change of pigment in your skin across your nose and cheeks in a butterfly shape. It only seems to affect some women, but no-one knows why.

It isn't unsightly, but you can disguise it with makeup. It will fade after birth.

(16).... Your boobs keep changing

Many women worry unnecessarily that breastfeeding will ruin the shape of their boobs. In fact, any change in shape is actually caused by the pregnancy itself and not by breastfeeding your baby. Proper support at this time is vital to support the muscles in your chest wall as there's no muscle tissue in your breast.

- Get re-measured and fitted for a good quality support bra during your first trimester as this is the time of the biggest changes. However, you will feel your size changing as your pregnancy progresses.

(17)....Digestion slows

Progesterone slows your digestion early on so your body can absorb more nutrients to pass to your baby. It can cause constipation.

- Have plenty of fluids, fruit and vegetables. Light exercise will also help digestion.

(18).....Your blood clots faster

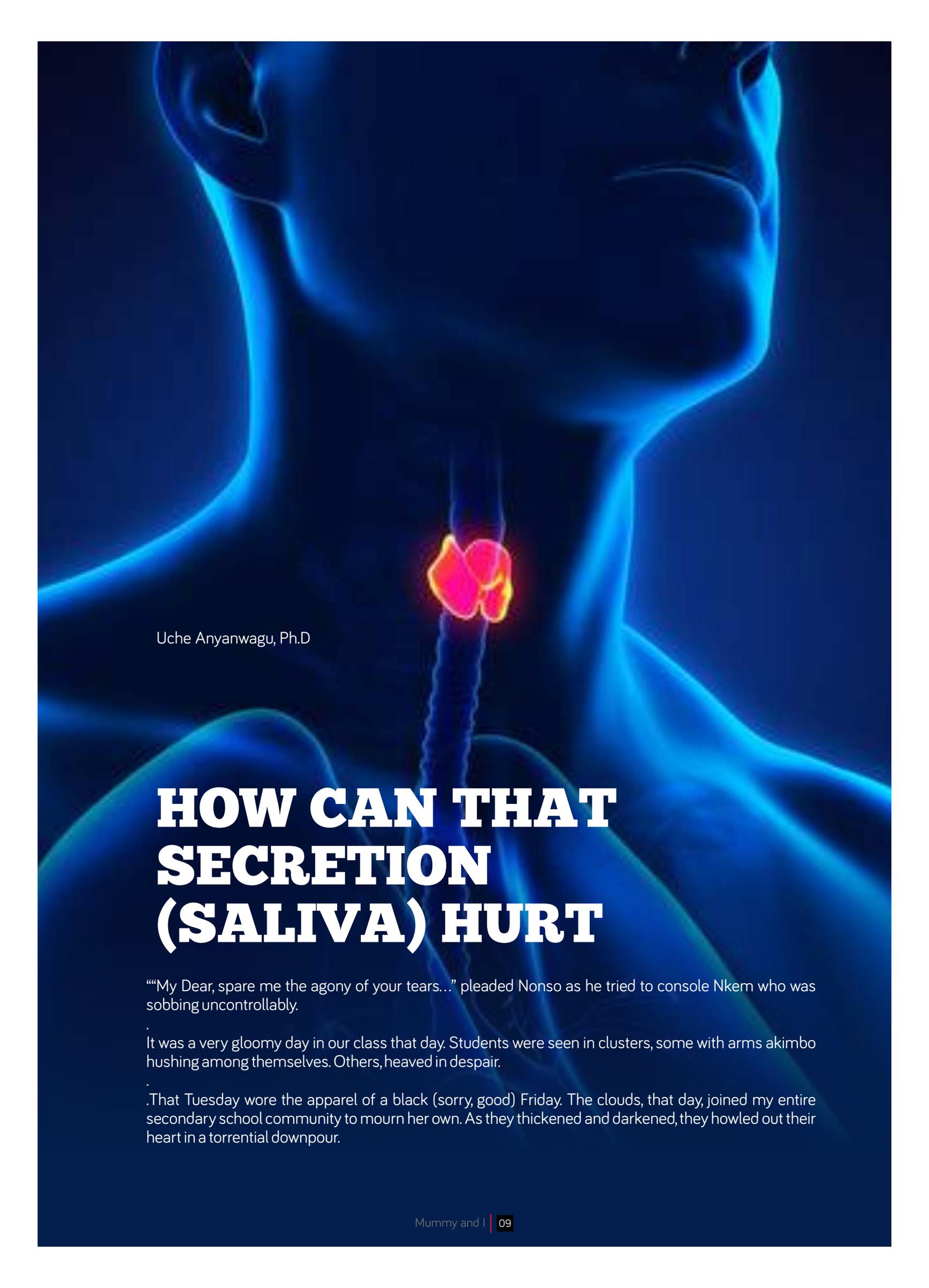
Your blood clots more easily now, a protective mechanism so you don't bleed to death when the placenta is delivered. There's a concern that a clot in the calf may fragment, and cause clots elsewhere, particularly if you've had thrombosis or are overweight.

- Regular exercise is important. If you're planning a long car journey, stop every hour for at least 15 minutes to get the circulation going in your legs.

(18).. Pregnant women have less oxygen in their blood, which is what causes "pregnancy brain," or forgetfulness.

(19)...In utero, babies develop a waxy, cream cheese-like coating called vernix. Many babies are born with vernix residue.

(20)... Pregnant women have what's called a mucous plug — that is as disgusting as it sounds. It is at the opening of the cervix and serves to prevent bacteria from reaching the womb. It will pass as your body gets ready for labor.



Uche Anyanwagu, Ph.D

HOW CAN THAT SECRETION (SALIVA) HURT

“My Dear, spare me the agony of your tears...” pleaded Nonso as he tried to console Nkem who was sobbing uncontrollably.

It was a very gloomy day in our class that day. Students were seen in clusters, some with arms akimbo hushing among themselves. Others, heaved in despair.

.That Tuesday wore the apparel of a black (sorry, good) Friday. The clouds, that day, joined my entire secondary school community to mourn her own. As they thickened and darkened, they howled out their heart in a torrential downpour.

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My unalloyed gratitude goes to "Witlux diapers" for choosing my baby as "Witlux Baby of the Month." I have tried many brands of diapers but "Witlux" stands out as the best among others. My Baby suddenly stopped having rashes on her pubic region.

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The purring sounds from tall whistling pine surrounding the school environment were binged with cries and tears.

Most teachers sat in the staff-room in utter disbelief. They all pondered on how fleeting this life could be. How transient – a void, an emptiness, a dark hollow deep or whatever one can make of it.

Our usual morning assembly was rushed, not just because of the dark clouds descending on the school's horizon; but for the heavy hearts everyone wore.

Nonso spread out his right arm across Nkem's shoulder in the class. At the far left corner of the class, an old partially broken plastic bucket had been kept to gather the water sipping through the leaking roof.

Other sister-containers stood positioned at different corners of the class where they served a dumb government and an ailing educational system.

Perhaps, Nkem did not notice Nonso. May be, she chose to ignore him. She was poised to soak all the hurt the day has brought.

Nonso brought out a rumpled “it-was-white” handkerchief and offered it to her. On taking it from him, Nkem burst, for the first time in the half-an-hour, into words.

Pointing at Michael's empty desk, she wept: “...today, no one will sit on that desk. That desk will soon be removed from our class. We will no longer borrow or steal Michael's pen again, neither will peace elude ours again. Just yesterday, he sat on that desk. Today, we will sit on it no more...”

“Stop!!!...” an emotionally overwhelmed Nonso protested and interrupted her. “...Now you make this very hard to bear.

Mike (as he was called) suffered epilepsy. He had barely turned 18 before he got drowned in their local river.

For more than 10 years he lived with epilepsy with some bodily scars and burns as a sad reminder of the debilitating effects of this disease wrought from the repeated fits he had.

In this last episode, Mike bade his peers farewell after school on Monday. He headed home and had his afternoon meal and went to the local stream with his friends and relatives to fetch some water. On getting there, he had an epileptic fit and started to foam from his mouth.

Fearing they might get infected with the foamy secretions from Mike's mouth, his friends and relatives deserted them.

The severe epileptic fits threw him into the deeper part of the stream and even made his mates to flee further. They had reasoned that if they enter the same water already mixed with the secretions, they'd get more infected.

Some ran back home while Mike got more choked with his own secretions in a sea of the drowning stream. He struggled and struggled and was burnt out. He drowned in the water.

By the time some villagers ran to the stream, he was already afloat. They quickly spotted his red T-shirt and swam to pull him out ashore.

Before dawn, he was buried by the river side according to the traditions of their land.

Sadly, Mike had people to save him but their ignorance not only robbed him of his life, but left him to die like an orphan.

Mike would have been 40 tomorrow, May 15. He was surrounded by kith and kin but died of neglect.

They thought epilepsy was infectious. Many, today, still do. It is a very popular belief that the secretions (foam) from the mouth of an epileptic during fits can transmit this disease to the other. How true is this?

This was the question I grappled with as I explained to the mother of an eleven-year old boy who had received a diagnosis (or it is a label in our eyes) of epilepsy.

I never met the boy. The mum was on admission for a different reason in our hospital but kept wondering if she was gradually developing epilepsy since she has had to battle her son alone during fits.

“...Madam, epilepsy is not infectious. It is purely a common condition which affects the brain and causes frequent seizures. It can affect people in different ways.

I continued as she listened with rapt attention. “... it is abnormal to shy away from people with epilepsy.

It is just a chronic (long-term) disease like diabetes, hypertension and others. There is no need to fear...” she kept nodding like an aged experienced agama lizard.

“...It is at the moment of their fit that they need our help and support most. During this time, they may lose consciousness, fall violently on the floor shaking, some become very stiff, while other be just go blank...”

“...You know what?...” She raised her head to actually know. Lol. “...Some foam in their mouth, turn blue or pale, bite their tongues, and even urinate and defecate on their bodies...”

She shook her head as she recalled all her young son has passed through. “But what could be the cause of this kain disease, mbok? What should we do when it comes?”

I narrated the experience of my secondary school mate, Mike and how just a simple help would have helped him live longer.

“You see, It can happen to anyone. It could be caused by any disorder affecting certain areas in the brain which lead to seizures.

So, events like bleeding or tumours/cancer in the head, head injury, stroke, excessive use of alcohol, illicit drug abuse, overdoses of medications, lack of oxygen supply to the foetus in pregnancy and many others can be pull the trigger...”

I reached out and sat closer to her to reassure her that all was well. “And now to your question on what we should do when it comes. I will number them for you so you can remember.

1. Please never run away. He needs you now most.
2. Make sure that the environment is safe and cleared of anything that can harm him...”

She slightly closed her eyes, pursed her lips and nodded in affirmation. I continued, knowing it was sinking fast and deep.

“... 3. Gently lay him them to the floor and seek help – from people around plus your doctor.

4. It is better they lay him sideways on his left to let out any secretions from his mouth.

5. Put a pillow or something soft under his head...”

She took a deep breath. I could feel her pulse. Mothers are indeed supreme as my father named her last daughter. I hastened to round up.

“... 6. Help clean him up especially when his clothings are soiled and allow him sleep as most do after fits.

7. Please do not put anything in the mouth. It is impossible to swallow the tongue and choke and finally

8. Time the seizure. His doctor needs that...”

.By this time. Her eye balls were swimming in a sea of tears. I offered her a cleaner handkerchief (unlike my school mate, Nonso).

I told her that it is not a death sentence. “Your son will lead a normal life...” I recall telling her. Sure, with good medication and follow up, he can live an almost seizure-free life.

I told her of the story of a community where I served, which unlike mine, never run away from theirs during fits.

Rather, to control the fits, they would get the dried bark and fronds of the plantain trees, form a rope with it, and use it to tie the muslces severely - just to keep them from shaking.

Though this seemed laughable, it was highly commendable as it was certain they will never abandon their own as Mike's kinsmen did to him (causing him to drown).

Mike would have been 40 tomorrow. Would you leave another and run away?

.My name is Uche Anyanwagu. I will never run away (reminds me of Sir Victor Uwaifo's “if you see mammy-water eh...”)

This is the 23rd in a series of short stories on “Medical Myths - Tales by Doctors”

Watch out next Monday for another. Don't seek my permission, feel free to share.

. Abeg lemme save this pishure here. No data and space.

IMPORTANT FACTORS TO CONSIDER WHEN BUYING A NEW HOME

By Benjamin Uwakwe

1. Affordability

Can you comfortably afford the house you're looking at? Don't forget to include other expenses, such as insurance and property taxes, that will also add to the cost of homeownership. However, the most important measure of affordability is how comfortable you are when you pay for the home. When you purchase a house that you have to stretch to afford, it can cause more stress in your life. You don't want to spend most of your time trying to make ends meet because of your expensive house. Modify your expectations based on your actual budget and what payment you can easily afford.

2. Location

Where you live matters a great deal. When buying a home, think about your lifestyle and your expectations for the future. What amenities matter most to you? Back when I was in the market for a home, my first consideration was the school my son would go to. I like to live within walking distance of my son's school to make things easier for everyone involved. When I bought a home, I purchased in a neighborhood with other school-aged children my son could walk with. Other nearby amenities to keep in mind when buying a home include:

- a. Safety
- b. Night life
- c. Shopping
- d. Walkability
- e. Grocery stores
- f. Public transit access

Not all of these things are going to be important to you. Some might consider a neighborhood's walkability to be of the utmost importance; others might be more interested in the lower costs that come with the suburbs. You might be willing to drive further to get to the store, as long as your kids have access to good schools and the neighborhood is safe.

Think about what location means to you and what access your home will offer. Try to buy in an area that fits your lifestyle choices.

3. Commute

Another big item to consider when buying a home is the commute to work or school. Think about how long you would be in traffic or how long you would ride the train or the bus. Is the time you spend on the commute worth a lower cost for you to live farther away?

4. Keeping up with the Joneses

Have you watched this movie "The Joneses?" If you haven't, you're missing out. As you think about location and price, don't forget to consider the neighborhood's economic standings as a whole. When you move into an expensive neighborhood, it's not just about the cost of the home — it's also about the lifestyle inflation that comes with keeping up with the influential neighbours. That might not be your preference, though.

If you value a spacious and beautiful home in a pricier neighborhood, there's nothing wrong with moving in — as long as you can afford it. Just be aware of how your surroundings can influence your spending choices and priorities, from the type of car you "need" to drive to the way you might be expected to keep up with your landscaping.

5. Number of rooms

The size of your family and your plans for the future also dictate your priorities when buying a home. Do you plan to have more children, leading to the need for a slightly bigger home to grow into? If you have pets, you might need to make sure you buy a home with a big backyard and a fence. Think about how often guests will stay at your home and whether or not you need a dedicated home office or other work space. Your family situation is unique, and you want to buy a home that matches your needs.

6. Type of home

A recently built home has the advantage of new items. You have fewer worries about things breaking down and you know that the electrical and plumbing systems are modern. But some people love the charm and history of old homes, and they love updating them and remodeling them. Look at your skills and abilities. Do you have the know-how to fix up a home — or at least the budget to hire those who can do the work? If you like the idea of putting in some little sweat equity to improve the value of a low-cost older home, go for it.

If you want something absolutely perfect for you, you might consider building a home. However, building a home on your own requires a lot of effort. You might need to get a construction loan and come up with a bigger down payment. Plus, you have to buy the land plus build the house. There's nothing wrong with going this route, as long as you have the patience for building your own home. After all, it's the most reliable way to make sure you get exactly what you want.

Buying a home is a balancing act. You have to perform a balancing act whenever you buy a home. Maybe you need to live further away from a city center if you want

something affordable. Perhaps you need to give up a degree of walkability and access to restaurants if you want to live closer to your kids' schools. As you shop for a home, figure out which items are most important to you. Prioritize your list and buy a home that fulfills the most important items — even if you have to compromise elsewhere.

7. Employment Opportunities

Employment opportunities vary from state to state and city to city, so spend some time researching the job markets in different areas of the country. Start by analyzing quality employment opportunities within your industry, then determine where the highest concentration of these jobs are located. Do you want to be an investment banker?

You'll need to live in a big city, like Lagos, Abuja, New York or Boston. Are you a teacher? Your options will expand considerably since education is sought after in just about any city or town. Income levels for jobs can vary greatly from state to state.

8. Real Estate Value

Since buying a home is the single largest investment you will probably ever make, you need to seriously consider this factor. With real estate in a constant state of flux, it's important to research current home prices, the length of time homes are for sale, the resale values of homes, and probable long-term value estimates. In addition, carefully review local housing price trends.

9. Crime Rates and Statistics

No one wants to live in a high-crime area, but that doesn't mean that everyone can live in a Utopian society where crime never happens. By researching the crime rates and statistics for various areas, you can learn more about the safety of a town or neighborhood. If you have already decided where you want to live, stop by the local police stations to discuss your new neighborhood. The police will be happy to discuss any concerns you have about the area. You can also check out Crime Reports , which lets you review crime statistics for different neighborhoods. Keep in mind that just because an area is safe today does not guarantee that it will be safe in the future. The long-term stability for a neighborhood can be a determining factor in how safe your surroundings are. Also, consider the future development of a particular location as you narrow down your choices.

10. Proximity to Family and Friends

Do you have a large extended family? Do you spend the holidays with your family and friends? These are important factors to consider when choosing where to live. If extended family and friends are important to you, choose a place either within driving distance or within a reasonable distance by plane. Otherwise, you'll constantly feel torn, and likely spend all of your vacation time and energy shuttling back and forth to visit friends and family.

11. Education System

A good education is essential to setting up children to better handle the rest of their lives, so the importance of good schools cannot be overstated. Nonprofit websites like GreatSchools are a great source for parents looking for the ideal schools for their children. The quality of the public schools factors into your finances, too, since tuition for a private school can be extremely expensive.

12. Culture

If you crave constant cultural stimulation, you definitely want to choose a place that has a lot of cultural offerings. Many people need to be near their favorite team, or a vibrant music scene or the theater. If you have a favorite hobby or recreational activity, make sure that you can continue to pursue these interests in your new home. Finally, if you enjoy being around a specific religious or ethnic community with your same beliefs and interests, this should be a factor in where you choose to live.

13. Food Options

If you're a foodie, you may want to try to find a place to live near the ocean or near a metropolitan city center. Grocery store fare, while plentiful, doesn't replace the quality of fresh food from the ocean or fresh produce from the farmers' market. If eating locally and sustainably is important to you, consider whether you can pursue this lifestyle in your new home. For some, the ability to grow my own food year-round with a home vegetable garden is a determining factor for choosing where to live. They don't want to shut my garden down from October to April. However, if trying new, diverse cuisines is one of your passions, a bigger metropolitan area is going to offer more choices.

14. Town or City Size

If you enjoy a friendly wave from everyone you pass while driving to the post office, then a smaller town is definitely for you. If you wish to remain relatively anonymous, a larger

15. Healthcare Facilities

Healthcare facilities are important at any stage in life, but they are especially relevant if you have children or if you are nearing retirement age. Easy access to good healthcare can increase your quality of life exponentially, so be on the lookout for towns and cities with good hospitals and medical schools. Often, there will be a correlation between cities and the quality of the healthcare.

16. Proximity to an Airport

If you travel a lot, you may need to live within close proximity of an airport. If you live more than an hour away from the closest airport, traveling to and from the airport can become very time-consuming and expensive. If you spend a healthy amount of time traveling, definitely consider the distance to the airport.

CONCLUSION

The reality of choosing a new place to live encompasses an incredibly large series of factors, all competing for your attention. In order to be successful in your search, you must determine what is most important to you and your family, do your homework, and then continue to be vigilant in your search until you find the right place to live. It can be intimidating and frustrating at times, but all that effort is worth it in the end once you are settled in your ideal location. Happy hunting!





JoelsBlog Media

Giving you The Breaking News in Nigeria

JoelsBlog is a Nigerian controversial gossip blog owned by a young mediapreneur, Joel Hechimenum Williams, founded on the 18th of February 2016 and gets an estimate of 20,000 views and 12,000+ visitors daily.

How did Joelsblog become the fast rising Nigerian entertainment blog?

JoelsBlog gained popularity after its first controversial article, An article of a Facebook user criticising David Ibiyeomi for buying a private jet from the proceeds (offerings) of the poor in his church, it went viral after it was shared on Nairaland, the strength of this Article gained so many views and critics and supporters, To the surprise of many, The Article trended on so many Nigerian blogs including Nigeria's biggest News Media carried the news but they never gave credits.

JoelsBlog striving in its goal to publish unique articles for its readers kept growing and gaining popularity but something went bad, JoelsBlog Facebook page got deleted on the 3rd of December 2017 along with its huge readers, till today no reason was stated as to why the page was deleted which was a huge blow to the entire team and a very challenging one as well. It suffered a decrease in the numbers of views but a month later it sprang up again as readers took to using google search to locate the blog.

What Inspired the birth of JoelsBlog?

JoelsBlog formerly called (Joelwilliamsblog) became a reality after Joel Hechimenum Williams decided to open a small blog for his literatures, then the blog got 100 to 150 views daily on the free blogger publishing platform. On the 23rd of October, 2016 JoelsBlog bought its first domain, www.joelwilliamsblog.com.ng, then it had 1500 - 2000, views daily, on seeing the growth after moving out of the free publishing platform Joel Hechimenum Williams decided to make it an Entertainment blog, that earned him his first 10k views, he kept pushing the blog till it got to where it is today.

Why and what caused the Change of Name?

The reasons for why Joelwilliamsblog changed its name was because of the following reasons,

Readers kept complaining that the URL was too long for them to type or even search, that cost me a lot of readers despite having the traffic the blog gained.

Readers complained about the inability to engage themselves (comment) due to the rigorous process they had to go through, like logging in their gmail to comment, most people can't remember their password not willing to go through the stress of getting a new one..they just remain like thin air on the blog, some readers said they didn't understand the Google recaptcha Bot detector and didn't want to go through the stress of verification. A lot of things led to the change of Name and URL.

How was your first day on your New platform/New Domain?

My first Day on my New platform was a special and happy day because I got the highest number of views that day, over 47,000 views, it kept coming because I anticipated the coming of the new URL/Name and it yielded a positive response from my readers and visitors.

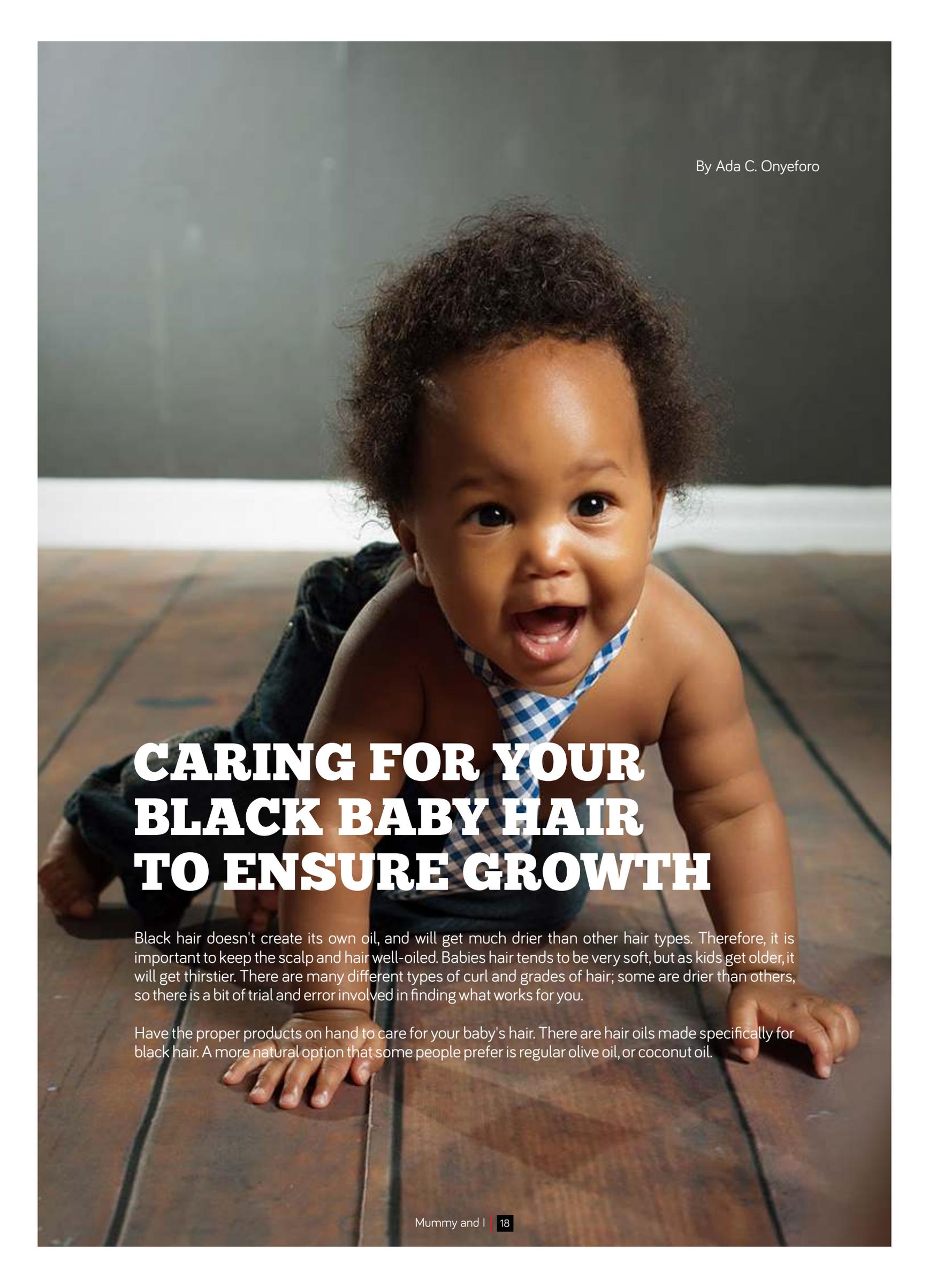
What decreased the views to 20k then?

It's something I don't know, maybe JoelsBlog competitors converted them, I tried to figure out the reason why my traffic dropped, after my research I found out that my blog did nothing wrong, it was just that the views that came that very day was as a result of the give away we did on the blog, perhaps they left because we couldn't keep up with the give away because we weren't getting much money for Ads.

You said WE are there other people working with you?

Yes I have a total of 3 publishers, with names;

Joel Victor - Manager
Elias Ifeanyi Alex - Editor
Emmanuel Okafor - Author and myself.

A close-up photograph of a young Black baby with thick, curly hair, crawling on a wooden floor. The baby is wearing a blue and white checkered bib and is looking directly at the camera with a joyful expression. The background is a simple, dark grey wall.

By Ada C. Onyeforo

CARING FOR YOUR BLACK BABY HAIR TO ENSURE GROWTH

Black hair doesn't create its own oil, and will get much drier than other hair types. Therefore, it is important to keep the scalp and hair well-oiled. Babies hair tends to be very soft, but as kids get older, it will get thirstier. There are many different types of curl and grades of hair; some are drier than others, so there is a bit of trial and error involved in finding what works for you.

Have the proper products on hand to care for your baby's hair. There are hair oils made specifically for black hair. A more natural option that some people prefer is regular olive oil, or coconut oil.

1) Do not wash your child's hair until it changes and becomes more coarse at around 6 months old. Their curls are usually soft and don't need much help. Most of the time, a baby only needs a little bit of hair lotion or oil a few times a week. Put some oil on your hands and gently rub it through her hair and down to the scalp. Oil can also help with cradle cap, which is a fairly common occurrence among black babies because of their particularly dry skin. Stay away from mineral oil, which will dry out the hair even more. In the past, people used Vaseline, but this is no longer advised.

2) Only "wash" your child's hair every 1 to 2 weeks, depending on how dirty it gets. Don't use shampoo, as it will strip whatever natural oil the hair contains. You can do what is called a "co-wash," which means to wash it with only conditioner. Every 3 or 4 months, you can assess whether there is a lot of product buildup on the hair and wash it with a clarifying shampoo; however, these washings should be few and far between.

3) Don't wash hair in the tub; black hair is often very thick, and there is so much of it that it can be hard to get at properly. Lay your baby down on a flat surface near a sink and wash the hair there. This makes it easier to section the hair, wash it in portions and reach the scalp. If your baby already has braids, you can wash the braids without undoing them and blot them dry with a towel.

4) Cover up your baby's hair at night if he is 6 months old or older. Use a regular cotton handkerchief and tie it securely around the back, securing the top portion as well to keep it from slipping down. Oils from the hair can cause damage to the bed linens, and covering the baby's hair also helps preserve the curl and lessens frizziness. Another option if you choose not to cover your baby's hair is to use satiny bed sheets and pillowcases. The slickness of this material will help keep the hair from catching on it, unlike cotton- or polyester- based materials.

5) Set aside a lot of time for combing. It can take up to 2 hours to comb the baby's hair, depending on how long and thick it is. A common method is to comb while your baby is sleeping; many babies soon get used to having their hair done while they nap. Lay a towel on your lap and place your baby's head on it. You can distract an older baby with a snack or a TV show to

keep her still if necessary. A younger baby may be soothed by a bottle during this time.

6) Spray the hair with a leave-in conditioner (one that is designed for black hair), then work in a hair cream and allow these to soak in. Section out the hair with a wide-tooth comb, starting at the top, and slowly comb it out. The ends tend to have the most tangles, so take extra care there. Have bands or clips on hand to keep the other sections out of the way. Once you have combed through a section, loosely twist or braid it to keep it combed until you are ready to style it.

7) Pick a style for your baby's hair that will be comfortable and last a while, to compensate for the long styling time. Afro puffs (bunches of hair secured with rubber

bands all over the head) are a common, easy style to make; they keep the hair styled during the day and can be taken out easily at night, if needed. Box braids (in which the part around a section of hair looks like a box), cornrows or flat twists take several hours to do, but are easy on the hair and will last 2 or 3 weeks.

8) Don't leave in any style longer than that, so the hair does not "loc" up, which means it binds together enough that you will not be able to unbraided it. "Loc'd" hair has to be cut out. Plan to redo any section that starts to look messy or frizzy. You can break up the styling process over a full day if you have a baby that is wiggly. Wash and comb, then take a break, and do a few braids at a time as the baby's patience allows.

9) Do not braid the hair too tightly or use uncovered rubber bands, as this can cause hair breakage. When it is time to remove any covered rubber bands, carefully cut them out with scissors rather than trying to untwist them.

10) Do not cut your baby's hair. Because of the tight curls, it takes a very long time to grow. Some parents never cut their girl's hair. Boys don't usually need a haircut until they are 2 or 3. If you insist, or you would like assistance with braiding your baby's hair, seek out a salon that specializes not only in black hair, but in children's hair as well.




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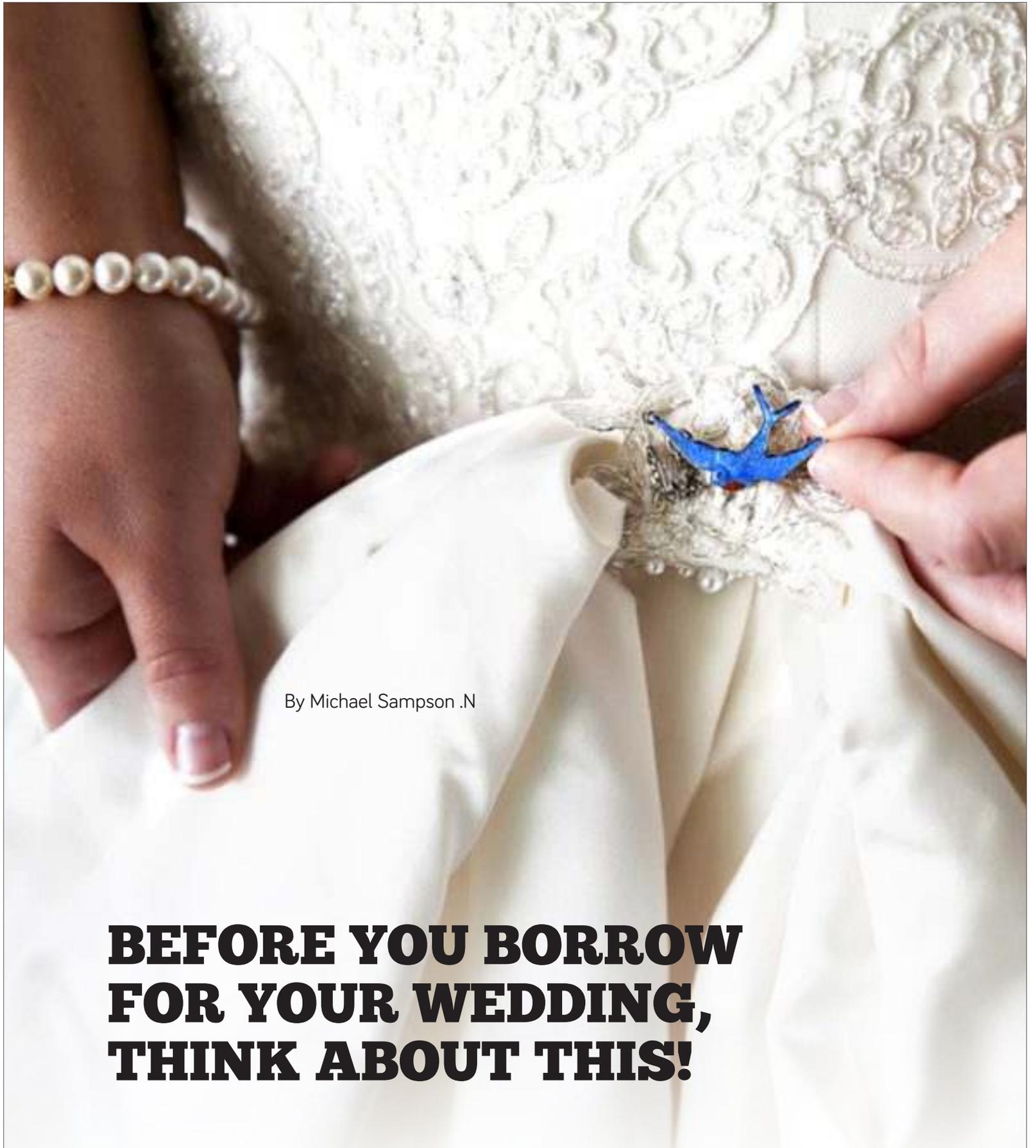



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By Michael Sampson .N

BEFORE YOU BORROW FOR YOUR WEDDING, THINK ABOUT THIS!

"Dad, can you loan me N500,000?," Kola asked his father.

"What for son?," his father asked.

"For my wedding.

"By our calculations, we're falling short meeting the cost."

Kola had come to meet his parents with his fiancé.

"Your wedding?"

"How much is the total cost of the wedding?," his father asked.

"N3.6 million.

"We're thinking of starting the committee next week.

"We can together give about N800,000 and expect our friends to help us raise about N2 million.

"I remember you told me if ever I need help, I can come to you," Kola answered.

His father held him by the shoulder and said, "Go get your wife and come meet me in my study room."

"Yes, dad," Kola obliged.

Minutes later, Kola and his fiancé, Tomilayo, walked into his father's study room.

"Having a good time, my daughter?," Kola's father asked.

"Yes I am.

"You and your wife are so hospitable.

"I pray that Kola and I can emulate your marriage.

"You are an admirable couple," answered Kola's fiancé.

"Thank you.

"I am delighted to have you as my daughter.

"This is your home, you're welcome anytime," said father.

They sat down.

"Thank you dad."

"So, I hear you want to spend N3.6 million for your wedding and you need me to help with N800,000?," asked father.

"Yes, we will greatly appreciate," said the fiancé.

"The wedding will be at the Total Garden, Ibadan in about six months time," said Kola.

"Why do you want to have a big wedding?," father asked.

"Well, it's our big day.

"She's always dreamt of a big wedding," Kola replied.

"Have you dreamt of a big wedding or a strong marriage?," the father asked the fiancé.

"When you put it that way, it's more of a strong marriage," said the fiancé.

"Good.

"You've answered wisely.

"So who do you expect to come for your wedding?," asked the father.

"Friends and relatives.

"About seven hundred people," answered Kola.

"How many true friends do you really have?"

"I mean friends who have been tried and tested to be there for you through thick and thin?," asked the father.

Kola and Tomilayo looked at each other.

"Countable," the fiancé answered.

"So who are these other people who will come to your wedding?," asked the father

Silence.

"OK. Let's go to the relatives.

"I know you love your relatives, but how many are really close to you?"

"You barely talk with the many relatives you have," said the father.

"What are you trying to say dad?," asked Kola.

"My son, my daughter; why do you want to spend N3.6 million on a wedding, a one-day event, yet you need the money in your marriage

"Look, you are actually coming to ask me for money, you will form a committee to ask people for money; all to show off and please people, who will not even matter in your marriage!"

Silence.

The father continued, "Let me share with you my experience.

"When I married your mother, we spent about a million for the wedding.

"That was a lot of money then.

"We fed people, got stressed by service providers, just so that we put up a wedding that will win the applause of a crowd.

"But as soon as we got married, the crowd disappeared.

"All the issues that your mother and I went through, no one cared, even family couldn't do much.

"Every one is busy living their life.

"When things got tough, the crowd gossiped about us, some even seemed happy that our marriage was in trouble!"

Silence.

"I have seen this script repeated over and over.

"Brides get stressed on their wedding day, they can't even enjoy, couples being angry at friends who don't support them financially, the worst part is starting marriage in debt or struggling financially.

"Do you know a wedding doesn't have to cost so much, it doesn't have to be stressful, it doesn't have to be full of people who perhaps will never talk to you again?," added the father.

"But dad, what will people think if we do a small wedding or we don't invite them?" asked the fiancé.

"Are you getting married for people?"

"If you have a small wedding with only the witnesses who matter, will you two not be married?"

"What is all this competition of who has a grand wedding for?"

"People are competing on Facebook, in weddings; why this need to show off?"

"You know that money you are about to blow in one day, you can use it to invest in your marriage, you can start the process of buying or building a home, you can save up for the needs of the children you will have because you need money to raise a family."

"Why not start your marriage financially healthy and not in debt?"

"Marriage is what is more important than a wedding," continued the father.

"Dad, if you don't want to support us it's OK," said Kola. The fiancé stopped him, saying, "No my love, dad has a point."

"I actually find the idea of a small wedding not just wise and economical, but also intimate."

"Marriage is just you and me, not people."

The father spoke, "My son, in all the years you have been a man, you have never come to me asking for money, but now you are asking for money to put up a show?"

"I look further, I look at your marriage."

"I admire how people come together in a wedding committee to raise money and I wonder, what if couples and people use that same energy to put up a business that will uplift families."

"Those members who will be part of your wedding committee, imagine if they become your investors, imagine if you build a company where you can make profit and feed your homes."

"Something sustainable."

Kola and his fiancé nodded.

"My son, I have longed for the day you would come and ask me to invest in your business idea."

"But today I will make the first move," the father said taking his cheque book from his drawer.

He wrote on the cheque then gave it to the fiancé.

"Here my son, this is a cheque of N5 million, not for your wedding, but as start up capital for a business of your choice."

"I am giving the cheque to your wife, because as Proverbs 31 said, she is to walk with you in building an empire for your family."

"Focus on your family, give your family the best; forget about the public and opinions of people who don't matter."

"Build a future for your family."

"Build your family on a foundation of surplus not debt."

"Thank you so much," said the fiancé.

Kola stood up with tears in his eyes.

His father stood up too.

The father and son hugged.

"Thank you dad for being a great figure and your counsel."

"I don't know what to say."

"You have challenged me not to merely get married but to have a vision, a vision for my family."

"I don't know what to say" he said.

The father held his shoulder, "You will make a great husband and father."

"I wish I had the same counsel when I was getting married, all those people I fed on my wedding day didn't add value to my marriage."

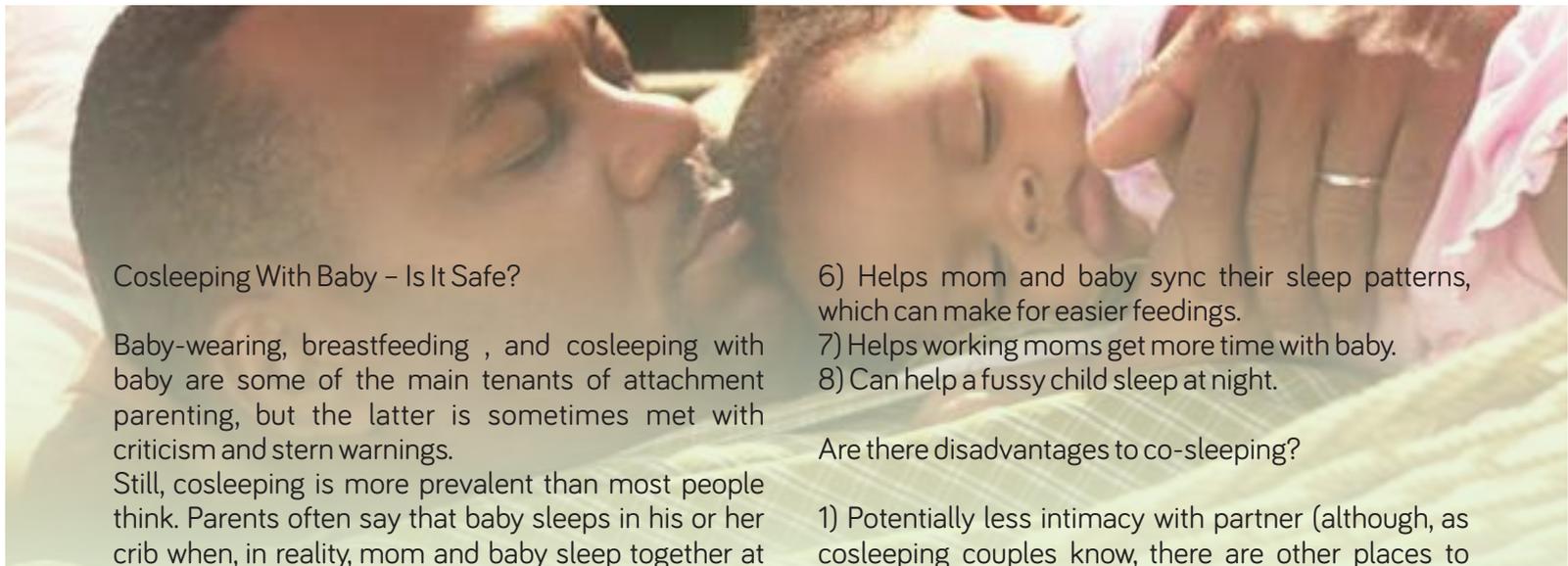
"In fact, if I was to organise an event and feed multitudes, I would do so for the less-fortunate and those in need."

"Marriage is not for show."



By Honor Whiteman

SLEEPING TOGETHER WITH YOUR NEW BORN BABY COULD CAUSE INFANT DEATHS



Cosleeping With Baby – Is It Safe?

Baby-wearing, breastfeeding, and cosleeping with baby are some of the main tenants of attachment parenting, but the latter is sometimes met with criticism and stern warnings.

Still, cosleeping is more prevalent than most people think. Parents often say that baby sleeps in his or her crib when, in reality, mom and baby sleep together at least part of the night. Ask your non-cosleeping friends. You'd be surprised how many actually do co-sleep without knowing (or admitting) it! During their first three months of life, up to 70% of babies will have coslept with their parents one or more times.

And why shouldn't they?

Cosleeping with baby is the biological norm. Cosleeping with baby is culturally accepted in many non western societies today. And, of course, for most of human history, co-sleeping was the norm in all cultures. And it makes sense: In hunter-gatherer societies, a newborn or baby sleeping away from mom is more prone to danger and has to cry to get mom's attention, which could put the group at risk of predatory attack. On the other hand, a baby nestled close to mom can nurse or breastfeed without fully waking (and without fully waking mom either).

What exactly is co-sleeping?

Co-sleeping is the act of a newborn, baby, or child sleeping close to one or both parents. While some people consider co-sleeping to mean that baby is within arm's reach, others qualify it as parents and baby sleeping in the same room. This could mean baby has their own bed (or crib) in the same room, a bed adjacent to the parent's bed, or sleeping in the same bed as one or both parents.

The benefits of cosleeping with baby.

- 1) Studies show that babies sleeping in the same room as parents have a lower risk of SIDS.
- 2) Cosleeping can reduce nighttime separation anxiety.
- 3) Co-sleeping can result in more sleep for baby and mom. Mom doesn't have to wake fully, get out of bed, and go to another room for feedings or to comfort baby.
- 4) Less stress and struggle at bedtime and through the night.
- 5) Easier nighttime nursing, which helps maintain a good milk supply.

- 6) Helps mom and baby sync their sleep patterns, which can make for easier feedings.
- 7) Helps working moms get more time with baby.
- 8) Can help a fussy child sleep at night.

Are there disadvantages to co-sleeping?

- 1) Potentially less intimacy with partner (although, as cosleeping couples know, there are other places to have sex besides the bedroom).
- 2) Less restful sleep. Some parents and some babies may sleep better alone.
- 3) Many studies point to a connection between cosleeping and SIDS.

Is cosleeping with baby safe?

Although this research has been criticized, a 2014 study published in *Pediatrics* determined that nearly 74% of deaths in babies younger than 4 months occurred in a bed-sharing situation. The study looked at data from 8,207 infant deaths that occurred between 2004 and 2012. Among older infants (4 months to 1 year old), the rate was slightly lower at nearly 59 percent.

Critics of this study point out that smoking, alcohol, and drug use were not taken into consideration, which can often be the culprit with baby fatalities. The lead researcher is hoping to conduct another large study that takes into account these issues. Although possibly flawed, the studies have raised awareness of the need to co-sleep safety.

- 1) Some parents chose to use a co-sleeper bassinet, which keeps baby within "arm's reach," but also gives baby his own space.
- 2) Other parents use co-sleeping separators to ensure that baby stays safe.
- 3) Finally, you could buy an organic co-sleeping baby lounger from a company.

These contraptions can add additional assurance to parents.

Guidelines to co-sleeping with baby safely

- 1) Breastfed babies seem to be the safest sleeping next to mom (versus near dad or another child).
- 2) Bottle-fed babies are safer in a separate sleeping space in the same room, since they sleep more deeply.

- 3) Baby should be placed to sleep on his back, on a firm mattress with tight fitting sheets.
- 4) Do not have loose pillows or blankets near his baby's face.
- 5) Leave no space between the mattress and the wall where baby could roll into and get stuck.
- 6) Do not co-sleep or put baby to sleep on a couch!
- 7) No stuffed animals or bumpers in the bed.
- 8) Parents who smoke (and moms who smoked during pregnancy) should not bedshare.
- 9) Parents who consume alcohol or drugs or are on medications that make them sleepy should not bedshare.
- 10) Parents who sleep very deeply, are obese, sleepwalk, or are generally less aware of baby's presence and location while sleeping should consider a sidecar arrangement.
- 11) Babies under one year old should not sleep next to other children.
- 12) Baby should not be swaddled so that they can alert a parent when they are too close.
- 13) Baby should not be overdressed (overheating is a risk factor for SIDS).

Here's what other natural mamas have to say about cosleeping with baby...

1) My son is 9 months old and sleeps with me and my husband. It felt right for us from day one. He nurses on demand and it is such a wonderful experience. – Jessica H.

2) I am a very particular sleeper so I cannot be comfortable with the baby in bed, even laying down to nurse I feared my breast would suffocate the baby constantly. Also, my husband is a heavy sleeper and as a fire fighter who has seen terrible things happen with co sleeping and babies sleeping on parents chests. – Traci F.

3) I think it's just normal and natural. It's easier and also wonderful for that little being to know that mama is right there snuggling right up to you..what a comfort. – Nadia T.

4) I cosleep with my kids until they make the decision to leave. Much like weaning. – Jennifer B.

5) I have been co sleeping for almost 5 1/2 years (now with my 11 months old) and I don't love it. – Amelia R.

6) As much as I was comfortable and even wanting to cosleep it just could not work for me and my daughter (5months old). Her and I are both terribly light sleepers. Every last fidget, kick, or whimper would keep me awake and her too. Once she started sleeping in her crib for naps and bedtime we both got more sleep. – Megan K.

7) I do not co sleep. I can not sleep with my children in bed with me. Always have had a hard time sleeping. It's just the way I am. – Sarah N.

8) I love co-sleeping! It is natural! Why do we try so hard from birth to make our babies independent? They are not! They need our love and embrace. – Jessica B.

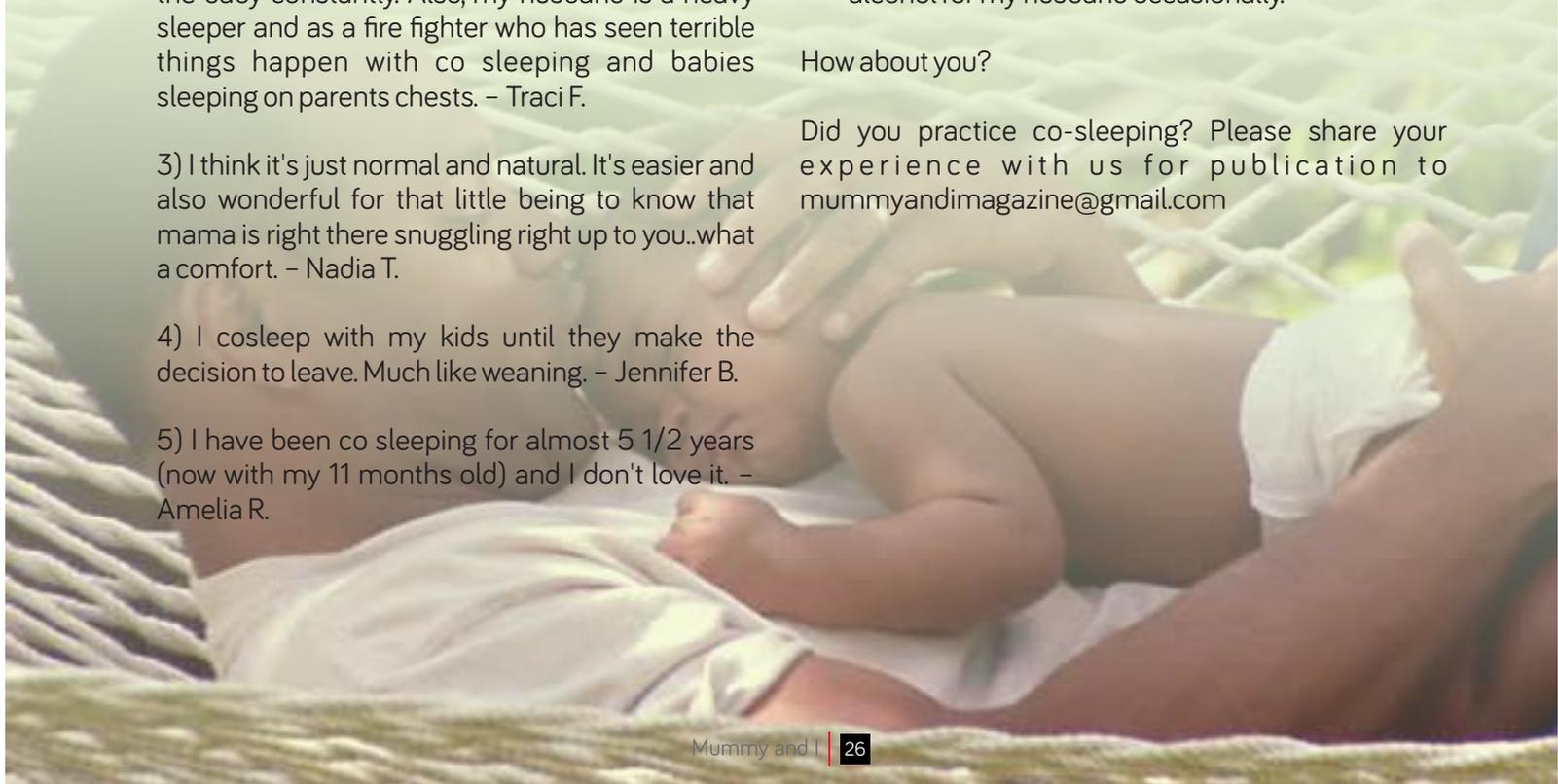
We are bedsharing with our 2nd baby. He's 16months now. We bedshared with our daughter until she was 3. Then we would lay with her until she fell asleep. Now she has a bed in our room. – Megan Q.

9) My daughter and I coslept her first three months, then I needed some space so I sidecarred the crib until six months. Then once she started moving she decided bedtime was playtime!! So she has been in a crib ever since. – Karina M.

10) We have 4 children. We live in 4 bedroom house right from the start, but we were always shared bed with our children since they were 0 to 2yrs. 4 of them were exclusive breastfeed. Today, we are really happy with the result. They are a happy little & young person. The love, the bonding between all of us at home is great. My husband and I doesn't smoke and a light strength alcohol for my husband occasionally.

How about you?

Did you practice co-sleeping? Please share your experience with us for publication to mummyandimagazine@gmail.com



SOCIAL MEDIA ACCOUNTS

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by Esther Ijeoma Ogbuka





By
Chizoba Prisca Ifeanyichukwu
RN, CNM

DANGERS OF OBSTRUCTED LABOUR AND DELIVERY

Obstructed Labour

Obstructed labour is a significant cause of maternal death in the communities where undernutrition in childhood is common; childhood undernutrition causes the pelvis to be smaller than average. Small pelvis prevents easy passage of child during birth; operative delivery is the alternative in this case. Serious problems such as infection, obstetric fistula (hole between vagina and rectum or bladder), and fetal death from lack of oxygen due to prolonged labour. Some of the ways to prevent obstructed labour and death during delivery are through adequate nutritional intake from childhood, maternity visits to the clinics and to seek medical attention as soon as labour begins. Healthcare facilities can prevent death during delivery by having adequate staffing and the needed equipment's available at all time. Educating young women, mothers and health care providers on early recognition of prolonged labor is necessary; appropriate clinical responses should be followed immediately.

210 million women become pregnant every year and 20 million experience pregnancy-related illness; 830 women die every day from childbirth, (WHO, 2017). In 1987 the World Health Organization launched the SAFE MOTHERHOOD INITIATIVE which aimed to maternal morbidity and mortality by 50% by 2000. The initiative was not successful, and the issue continues to be one of WHO significant effort. WHO made another initiative to reduce mortality rate during delivery to 75% by the year 2015; the death rate only reduced to 44% in 2015, (WHO, 2017). Most pregnancy-related death occurs in developing and underdeveloped countries like Nigeria. The Issue of obstructed labour is one thing holding back on the initiative of becoming successful. Many people who are uneducated about complications in childbirth can resist to follow up with operation during prolonged labour which results in many deaths. Maternal death from obstructed labour varies between 4% to 70% of all labor-related deaths.

Short-term and permanent disability can also be a problem of prolonged obstructed labour. Infection and prolonged bleeding are common after obstructed labor delivery, and the infant can suffer asphyxia (lack of oxygen) which may result in infant death.

Definition of obstructed labour

A failure to progress during delivery due to mechanical problems. A mismatch between fetal size or size of presenting part of the fetus and the mother's pelvis.

Causes

Childhood malnutrition which results in smaller than average pelvic in women

- Genetics

- Atonic Uterus: This is where there is a weak contraction of the uterus whereby the baby cannot push for the cervix to dilate.

- Hydrocephaly: when the head of the fetus (child) is too large to pass.

- Abnormal presentation: when the fetus tries to come out with other parts other than the head, examples are face, shoulder, bottom, and abdomen.

- Conjoined or locked twins

- Contracted pelvis: Deformities in pelvis due to trauma or polio

- Cephalopelvic disproportion: fetal head is too large or small pelvis

- Tumor: where there is abnormal growth of tissue in the pelvic cavity, (British Medical Bulletin, 2017).

Signs

1) Rupture of membrane several hours before labor begins

2) Labour that lasts longer than 12 hours

3) Anxious, weak and exhausted mother

4) Increase pulse rate to more than 100 beats per Minute

5) Increase respirations to more than 30 breath per minute

6) Low blood pressure and increase temperature

- 7) Meconium (feces pass by newborn) discharge from the vagina
- 8) Swollen Vulval tissue
- 9) The vagina feels too warm, dry and swollen
- 10) Concentrated urine containing blood or meconium
- 11) An abdomen is separated into 2 to 3 by depression known as the bundle's rings, (British Medical Bulletin, 2017).

Management

- Give IV fluid to manage pulse and blood pressure
- Draining full bladder with the use of catheter
- Provide a nurse who is knowledgeable about the use of partogram
- Caesarian section to deliver the baby
- Repairing of fistula, (British Medical Bulletin, 2017)

Complications

- 1) A fistula may occur: Abnormal opening between the bladder and vagina or rectum and urethra. The presence of fistula causes the Patient to be incontinent of urine or feces; it may result in infection and depression.
- 2) Severe hemorrhage (bleeding) may occur due to the uterus not returning to its average size on time.
- 3) Paralytic ileus: intestine can become paralyzed which stops the movement of the bowel; this may result in sepsis (generalized infection through blood). Shock and death may occur. As a result of paralytic ileus.
- 4) Convulsion of the newborn due to injury and lack oxygen.
- 5) Death (maternal and fetal mortality may occur.

Prevention

- 1) Health education.
- 2) Antenatal and postnatal care: Encourage pregnant women to visit the clinic often during pregnancy, during delivery, and after childbirth.
- 3) Adequate Nutritional intake.
- 4) Educate and discourage women against early marriage: Delay first birth to at least 18 years of age.
- 5) Discourage and educate against genital mutilation.
- 6) Nurses and midwives should always make use of partogram (equipment used in monitoring labor), (British Medical Bulletin, 2017).

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- British Medical Bulletin. (2017). Obstructed labour: Reducing maternal death and disability during pregnancy. Retrieved from <https://academic.oup.com/bmb/article/67/1/191/330404/Obstructed-labourReducing-maternal-death-and-World-Health-Organization>. (2017). Maternal mortality. Retrieved from <http://www.who.int/mediacentre/factsheets/fs348/en/>



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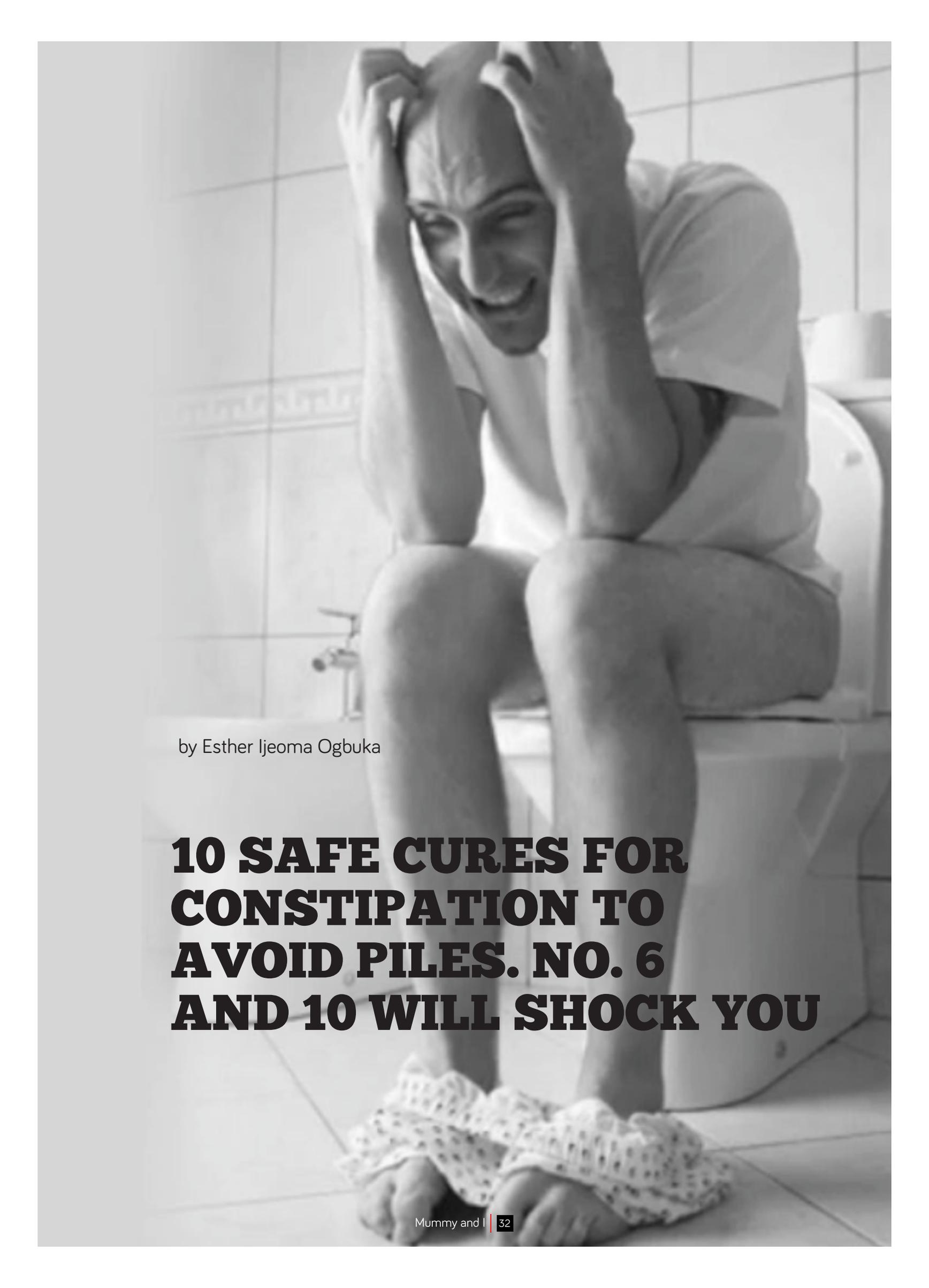
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by Esther Ijeoma Ogbuka

10 SAFE CURES FOR CONSTIPATION TO AVOID PILES. NO. 6 AND 10 WILL SHOCK YOU

Constipation is one of the most common problem nowadays. However there are many medication but most of them give no desired results to coo out with this problem. Constipation is very a critical problem for those who suffer it. I remember the day I suffered this and spent an hour in the restroom just to ensure I'm free from constipation. There are many safe and effective ways to get relief from this problem, but simple and easy solutions are home remedies which are purely natural and harmful. Some of natural ways to relief constipation are listed below.

1. Drink Plenty of Water:

Constipation can also cause from lack of water intake, so we should drink plenty of water minimum 2 liters on daily basis. This will hydrated our body which is a main cause of constipation; so get hydrated and keep your body hydrated to get away from constipation.

2. Eat Food Rich in Fiber:

Eating food with fibers may also relieves from constipation. This will improve your digestive system and obviously your overall health. So we should take high fiber food and making it a part of our diet to get rid us from constipation. Juices also play an important role in constipation. Making juice a part of our diet also helps to relieve constipation.

3. Try Bananas for Mild Constipation:

Bananas are a great source of fiber and helps to relief constipation. If you use ripe bananas then it can work as a laxative and helps in good digestion.

4. Avoid Food That Causes Constipation:

Always take fibrous food and avoid to take high protein food such as red meat and eggs because these types of foods also cause constipation Also avoid food that are rich in sugar to avoid constipation.

5. Stay Away From Caffeine and Alcohol:

Beverages containing high content of caffeine and alcohol are highly restricted in constipation. These types of drinks causes dehydration which will results to constipation.

6. Take Castor Oil:

Castor oil is most effective remedy in constipation because it works as a laxative. It is not good in taste but it works really fast and helps to relief from constipation.

7. Almond Milk:

Another useful tip is to take almond oil in some hot milk. It also helps to stimulate intestines and your digestive system work properly.

8. Guava Fruit:

Fruit like guava is also very helpful in constipation. It is very rich in fiber and helps the passage of food in stomach.

9. Exercise:

Constipation also causes due to stress and lack of exercise. So we should take proper exercise to keep our body work normally or at least we should walk on daily basis for 15 min to cope with this situation.

10. Isapghol Husk:

One of the major effective remedy is to us ispaghol husk which is used to treat constipation and other digestive problems. It is advised to take it in warm milk at night before going to bed and it works as a laxative.

Conclusion

Constipation is not such a big problem if it is diagnosed earlier. The cure of constipation is necessary if problem resist than it leads us to problems like fisher, inguinal hernia which may tend to some medical surgery. Constipation is an entirely curable an manageable if you take proper medication or an herbal home remedy. Home remedies are very effective in constipation. It is also cured by the food we eat usually the food that contain fiber in it.

Also a healthy lifestyle impact on it, if we do exercise on regular basis or walk for half an hour it will regulate all our body functions properly an helps in better digestion which is a key to it. This will make feel you fresh and stress free. Take more of the juices, fruits and vegetables an lessen the intake of alcoholic and caffeine beverages. Above all you should keep some of these home remedies in mind and you will be feeling fresh and your abdomen free from constipation .

Options Available!

BY Benjamin Uwakwe



AMAZING FACTS ABOUT LIFE YOU NEVER KNEW

1. Your shoes are the first thing people subconsciously notice about you. Please, wear nice shoes.
2. If you sit for more than 11 hours a day, there's a 50% chance you'll die within the next 3 years.
3. There are at least 6 people in the world who look exactly like you. There's a 9% chance that you'll meet one of them in your lifetime.
4. Sleeping without a pillow reduces back pain and keeps your spine stronger.
5. A person's height is determined by their father, and their weight is determined by their mother.
6. If a part of your body "falls asleep", You can almost always "wake it up" by shaking your head.
7. There are three things the human brain cannot resist noticing - food, attractive people and danger.
8. Right-handed people tend to chew food on their right side.
9. Putting dry tea bags in gym bags or smelly shoes will absorb the unpleasant odor.
10. According to Albert Einstein, if honey bees were to disappear from earth, humans would be dead within 4 years.
11. There are so many kinds of apples, that if you ate a new one every day, it would take over 20 years to try them all.
12. You can survive without eating for weeks, but you will only live 11 days without sleeping.
13. People who laugh a lot are healthier than those who don't.
14. Laziness and inactivity kills just as many people as smoking.
15. A human brain has a capacity to store 5 times as much information as Wikipedia.
16. Our brain uses the same amount of power as a 10-watt light bulb!!
17. Our body gives enough heat in 30 minutes to boil 1.5 liters of water!!
18. The Ovum egg is the largest cell and the sperm is the smallest cell!!
19. Stomach acid (conc. HCl) is strong enough to dissolve razor blades!!
20. Take a 10-30 minute walk every day & while you walk, SMILE. It is the ultimate antidepressant.
21. Sit in silence for at least 10 minutes each day.
22. When you wake up in the morning, pray to ask God's guidance for your purpose, today.
23. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
24. Drink green tea and plenty of water. Eat blueberries, broccoli, and almonds.
25. Try to make at least three people smile each day.
26. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts and things you cannot control. Instead invest your energy in the positive present moment.
27. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
28. Life isn't fair, but it's still good.
29. Life is too short to waste time hating anyone. Forgive them for everything.
30. Don't take yourself so seriously. No one else does.
31. You don't have to win every argument. Agree to disagree.
32. Make peace with your past so it won't spoil the present.
33. Don't compare your life to others. You have no idea what their journey is all about.
34. No one is in charge of your happiness except you.
35. Frame every so-called disaster with these words: 'In five years, will this matter?'
36. Help the needy, Be generous! Be a 'Giver' not a 'Taker'
37. What other people think of you is none of your business.
38. Time heals everything.

39. However good or bad a situation is, it will change.

40. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

41. Envy is a waste of time. You already have all you need.

42. Each night before you go to bed, pray to God and be thankful for what you accomplished, today. What if you woke up this morning and only had what you thanked God for yesterday? **DON'T FORGET TO THANK GOD FOR EVERYTHING.**

43. Remember that you are too blessed to be stressed.

Now: Think about forwarding this to your friends to help them live a happier and healthier life, too





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RELATIONSHIP COLUMN

The Exact Reasons Men Lose Interest & How to Fix It by Love Guru

So you feel like he is losing interest and you are anxious about it. You might be trying to figure out what's happening with him and why he is behaving in the way he's behaving. You might even be trying to fix the situation only to watch it get worse and worse (or at least, not get any better). In this article, I am going to take you through the four different scenarios where a man is losing interest and give you the specific solutions to apply depending on the situation you are in.

Here are the different scenarios that could be happening:

The Biggest Reasons Men Lose Interest

#1: He Was Never That Interested to Begin With.

As hard as it is to hear, a lot of women find themselves in a situation where the guy hasn't "lost" interest; he simply wasn't that interested in the first place. In general, the way to identify whether a guy is not (and was not) that interested in you is based on the amount of effort he put in. If you look at the track record of what has happened so far, for the most part, if he wasn't that interested, he would have never really shown much effort in being with you. You probably initiated everything and pushed everything forward.

Now, there are many possibilities when it comes to the kind of situations women find themselves in when the man was never really that interested.

a) Purely Sexual Relationship

This is one possibility. I am being very blunt with you in an effort to help you because I would rather you know the truth so you don't have to suffer any longer.

How do you identify if this is your situation?

You have to ask yourself, would you characterize the relationship as a sex based relationship? Like, maybe you go to lunch once in awhile and do some fun things together... but primarily, is it a sex based thing? In this kind of situation, for the most part, all the interactions, more or less, are a track to sex. You might think that you have a connection or a relationship... and because you want this, project this upon the guy.

You might think the interactions are leading into something, when in reality, if you really thought about it, you would see that beyond a physical relationship there is not much there.

b) He Seemed Interested Initially and Then He Vanishes (Ghosting)

This is another common situation. You go out on a date and seem to hit it off. Things seem great and you think there might be a connection and a real chance of things working out. After the date, you start to build up the possibilities of what "could be" in your mind, running through all the different scenarios that could play out in the future.

It's as if you have all these ideas of what you want to have happen in your love life and you get so excited about this new situation that you let your mind run wild and start figuring out how things could develop into what you've always wanted. Except all your excitement is ruined when, seemingly out of nowhere, he vanishes, leaving you confused, frustrated and wondering why he's suddenly lost interest in you when things seemed so promising.

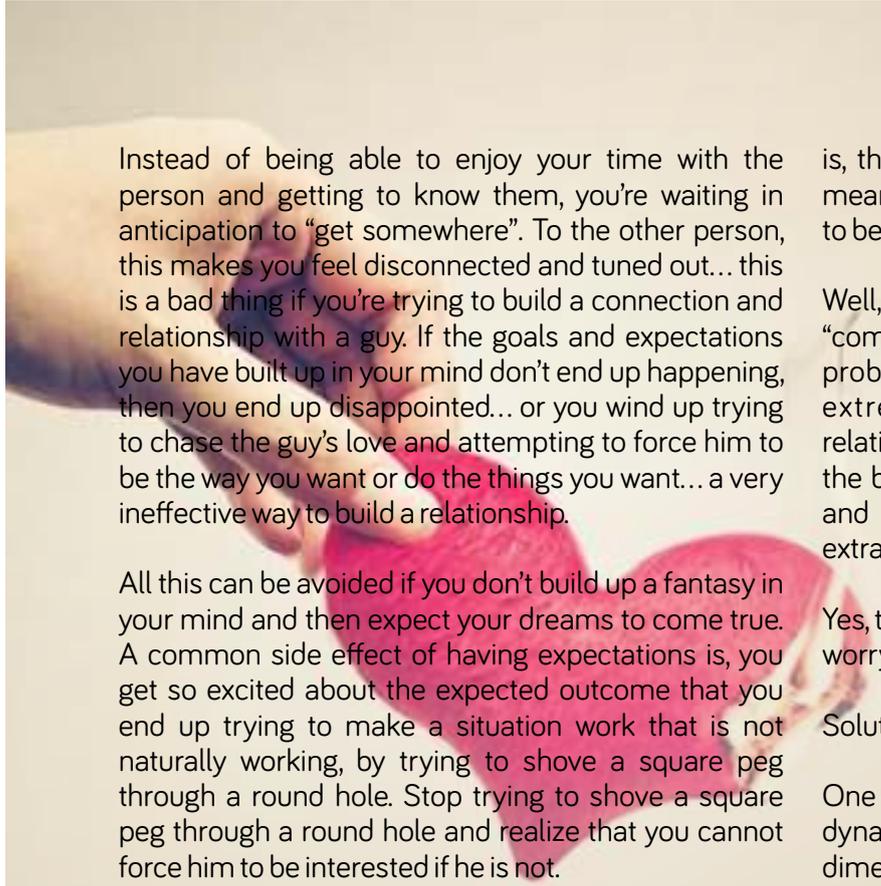
Maybe you sent him a text telling him you had a good time and he did not respond, so your heart suddenly drops and your stomach turns in a ball of miserable anxiety and disappointment.

Solution: Stop trying to make something work that isn't naturally working.

In both situations I described and in any situation where a man is not that interested, it all comes down to being thirsty for something and expecting something out of the situation. The solution here is to stop being "thirsty" and to drop the expectations you have. Don't be misled just because you feel very excited about the relationship with him. Just because you feel something strongly doesn't mean he does. He might or might not - watch his actions for signs he's interested.

Drop the Expectations

Being excited about what a relationship doesn't help the relationship. Actually, it puts a lot of pressure on a budding relationship since when you hope for something and end up eagerly expecting something, you are waiting in anticipation for something to happen in order to feel happy and fulfilled. You have an outcome in your mind, an end goal.



Instead of being able to enjoy your time with the person and getting to know them, you're waiting in anticipation to "get somewhere". To the other person, this makes you feel disconnected and tuned out... this is a bad thing if you're trying to build a connection and relationship with a guy. If the goals and expectations you have built up in your mind don't end up happening, then you end up disappointed... or you wind up trying to chase the guy's love and attempting to force him to be the way you want or do the things you want... a very ineffective way to build a relationship.

All this can be avoided if you don't build up a fantasy in your mind and then expect your dreams to come true. A common side effect of having expectations is, you get so excited about the expected outcome that you end up trying to make a situation work that is not naturally working, by trying to shove a square peg through a round hole. Stop trying to shove a square peg through a round hole and realize that you cannot force him to be interested if he is not.

This is a key understanding that I really want you to let sink in: no amount of convincing will make a man interested in you and no amount of convincing is necessary for a guy who was actually interested in you.

Selection is Key

Instead of focusing on someone who is not interested in you and giving you what you want, select someone who is interested in you and gives you what you want. Real success comes from selection, not from turning something that is not working into something that is magically going to work. You can thank Hollywood for giving you the false idea that you can somehow turn a guy who is not interested into the man who gets down on one knee for all the world to see and professes his undying devotion to you (this is an extreme example but captures the core of what I am trying to convey to you here...).

The bottom line is you are choosing the situation and can also choose to exit and put yourself in a position where you can choose a man who is interested in the way you want him to be.

#2: He Is Interested But the Relationship Has Become Routine

Maybe in the beginning of your relationship, there was a lot of romance and excitement yet now he seems a lot less romantic. Maybe he used to do little romantic things for you, take you to nice, fancy dinners and go out of his way to make you feel special. The bottom line

is, things have changed and you're worried that this means he isn't as interested in you anymore as he used to be.

Well, the truth is: relationships do become routine and "comfortable". This, however, is not a bad thing or a problem that should make you worried. It is an extremely common, natural progression in a relationship dynamic that happens as time goes by. In the beginning, he would be pulling out all the "tricks," and making the most effort by taking you out on extravagant dates, etc.

Yes, things might have changed, but there is no need to worry. He's not looking to leave or exit the situation.

Solution: Add Some "Variety" & Manage Your Mood

One thing you can do is... to add some "variety" to your dynamic and give him the space to have additional dimensions in his life. Maybe he wants to go out with friends, focus on a hobby he enjoys (like working on a car, etc.) or focus on his work. The point is to let him recharge by focusing on other "manly" things he enjoys. You could go out with your friends too and give him room to miss you.

Focus on Managing Your Mood

This is another key part of making sure you do not sabotage your relationship. When you fixate and worry about why he is losing interest, you sabotage a situation by focusing on something that is actually not a problem. It's a vicious cycle. He's not losing interest, but if you continue with this mindset of worrying, you actually end up giving off a negative vibe. This negative vibe will ultimately cause him to start losing interest.

Your mood is #1 most important factor in determining your vibe. Being in a good mood creates a good vibe. If you make it a point to manage your mood and give off a good vibe, he is not going to lose interest. The big idea is that you allow him space to get "charged up" by his life (like a battery) and you, too, go out and do things that "charge" you as well. Then, when you're coming together, you are both fully charged from your lives. You are showing up as two full people who are overflowing with fullness, happiness, fulfillment and energy... versus two people trying to draw energy from the other person.

It's good for you both to have full and fulfilling lives – you'll have variety, excitement and new things to talk about. Plus you won't be leaning on each other for your emotional fulfillment... there will be more than enough fulfillment and enjoyment within each of your lives to freely share within the relationship.



NKY HARRY NGONADI

Simply Classy, Decent but yet Sexy

#3: He Is Interested But He's Having Major Life Stress

Did something major happen in his life recently, any major stressor? The types of situations I am talking about are: Did he lose his job? Is he struggling at work? Is he having problems with money? Was there a death in his family? Has he recently broken up with a long term girlfriend? Or any other reasons. In this case, realize that it is nothing personal against you. Do not worry; he hasn't lost interest. He is simply distracted and grappling with his own issues that have nothing to do with you.

Solution: Give Him Space to Work Out His Issues On His Own

Your instinct might be to try and "fix" the situation and help him out. The thing is, men and women are different. While for women, it might be normal and helpful to get support and to talk about issues. A lot of the time, men do not respond well to this. The best thing to do is to give him the space to work whatever is going on in his life on his own. Once he figures things out on his own, things will be fine.

#4: He's Losing Interest Because You Have Let Yourself Go

I am not saying this to be rude or to make you feel bad about yourself. Far from it. It's actually the opposite. I am telling you this to give you the results you want with regard to stopping him from losing interest. Now, there are two main kinds of letting yourself go: physically and emotionally. I am bringing this up because it is the truth and I want to give you what is effective and what works rather than offer a sugar coated, "fluff" article that does not actually help you.

Have you stopped trying in terms of taking care of your appearance? Maybe in beginning of the relationship you put in a ton of effort, got dressed up, worked out, focused on making healthy eating choices, but now that you "got the guy," maybe you stopped focusing on these areas and let yourself go. It happens to the best of us and it can take a toll on a relationship. Men (and human beings) cannot help what they are attracted to.

Solution: Put in Effort (because effort is what counts)

Think back to what you did at beginning of relationship and focus on getting back into those habits. It is not like a man is going to leave you if you do not weigh a certain amount or if you do not look a certain way. I am not saying this is the case at all. It's not like a man is going to leave you because you are getting older. A lot of

women have this misconception that a man is going to leave them for a younger woman or a more "attractive" woman...

Well, the reality is: what men care about is that the woman they are with is putting in an effort to look good, to look her best, to take pride in herself and actually make an effort to maintain her appearance. If you do this, it will be good for your self esteem as well. Focus on what you can control and improve upon. This is the best thing you can do to slowly make changes that will have a positive impact on both your relationship and your self esteem.

You might say: "Excuse me, why do I have to do all the work? What about him?" Well, the purpose of this article is to answer the question of why men lose interest and to give you what is effective and actually going to work when it comes to making him interested again. Always remember: you are choosing to continue participating in the situation you are in. If you do not like it, you can choose to exit. You always have a choice.

Emotional

Perhaps you're worrying a lot about your relationship or have become more comfortable with your relationship in general. This might mean you've progressively gotten more used to complaining about things and even criticizing things he says or does. Or maybe you're expecting him to keep in touch constantly and get angry at him if he does not do what you think he "should" do. This overall negative mood is going to completely sabotage your relationship and absolutely make him lose interest.

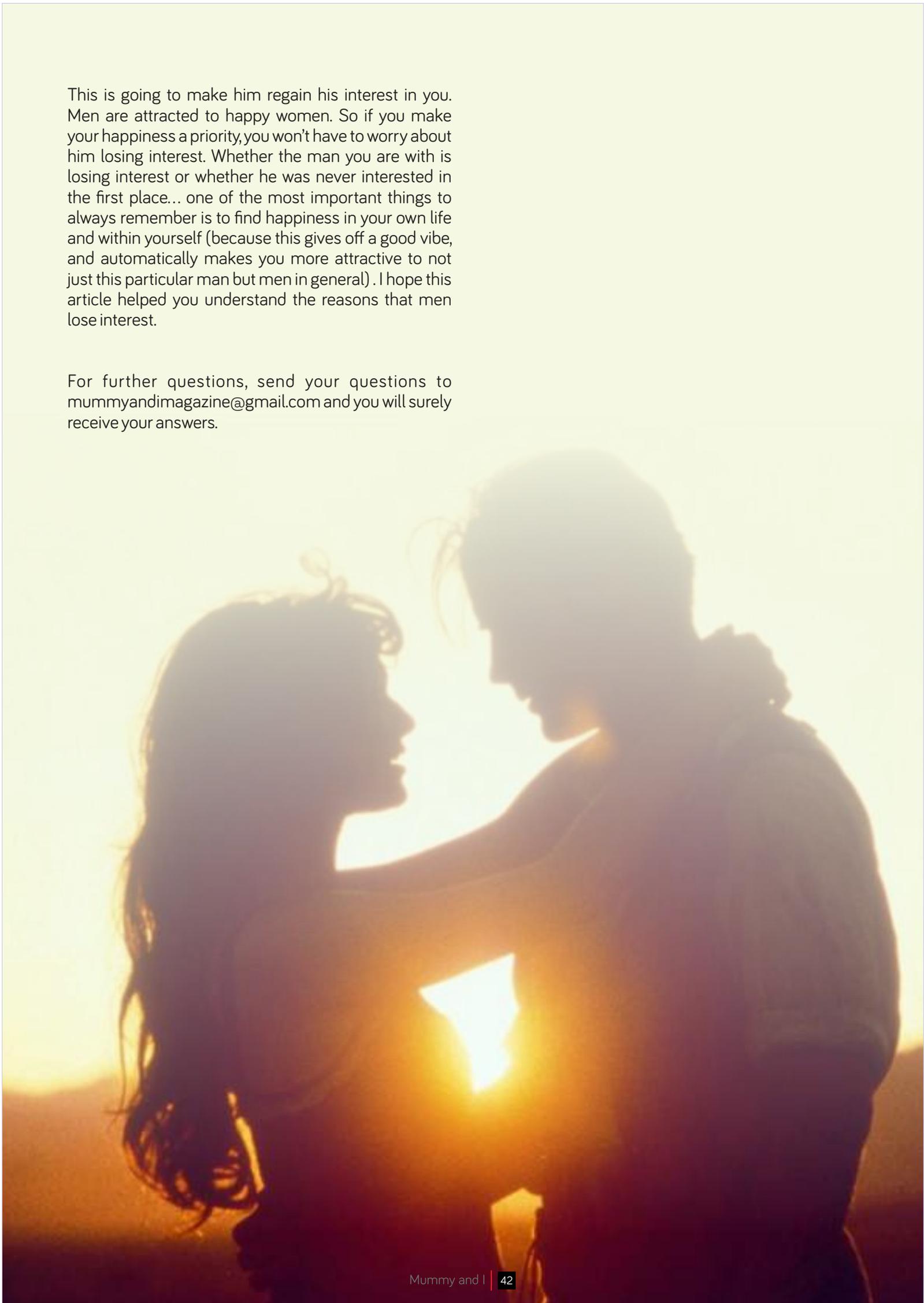
The good news is... with one mindset shift, you can fix things and make him interested again.

Solution: Focus on Managing Your Mood

As I have mentioned before, your mood is #1 most important factor in determining your vibe. Your vibe is going to determine whether he feels good and happy around you (or whether he is going to lose interest and want to spend less and less time with you). If you focus on being in a good mood, you will give off a good vibe. Let go of any anxiety you have about whether he is or is not losing interest. Rather than focus on the bad, focus on enjoying the quality of the time you spend together.

This is going to make him regain his interest in you. Men are attracted to happy women. So if you make your happiness a priority, you won't have to worry about him losing interest. Whether the man you are with is losing interest or whether he was never interested in the first place... one of the most important things to always remember is to find happiness in your own life and within yourself (because this gives off a good vibe, and automatically makes you more attractive to not just this particular man but men in general). I hope this article helped you understand the reasons that men lose interest.

For further questions, send your questions to mummyandimagazine@gmail.com and you will surely receive your answers.





INTERVIEW WITH

**CHINEDUM
OLUWADAMILOLA,**

THE PRINCIPAL OF
CORONA SECONDARY SCHOOL, AGBARA.

Chinedum Oluwadamilola

B.Sc. Hons, TTC, PGDE, IPGCE, MA Ed, MBA, PhD student

She has about 25 years' experience in teaching, teacher supervision, teacher development and school administration. Her areas of interest include teacher development, supervision and evaluation with a view to improve student learning, classroom management, instructional and personal effectiveness.

She had been a consultant to organisations in the private and government sectors as well as some international agencies and is a Fellow of the Institute of Management Consultants.

Chinedum has partnered with non-governmental organisations in the promotion of education in Nigeria and also with a global network of educational researchers who are committed to finding local, suitable solutions to challenges in education. In pursuant to this, she has co-authored a number of books on solutions to educational challenges in sub-Saharan Africa.

Chinedum is a proud mother of three distinctively different but extremely wonderful young adults. She loves, owns and enjoys an eclectic collection of books and music, is IT savvy and simply loves and uses diverse modern tech gadgets.

Quote:

"Every child needs somebody who believes in him and actively and consistently cheers him on".

1) May we know more about you, Ma?

My name is Chinedum Oluwadamilola. I'm the Principal of Corona Secondary School, Agbara. I'm a Nigerian.

2) How long have you been the Principal of Corona Secondary School, Agbara?

I'm into my second year now, but before then I was the Vice Principal Academics of the school for 7 years.

3) What has been your experiences so far with parents as the School Principal of this iconic school?

Like I said earlier, I've been here as the Vice Principal Academics for 7 years. So, they know me and I know them. That pretty much summarises it in the sense that, these are people I've been interacting with and I'm not a new person. That kind of has helped me considerably.

4) With your retinue of experiences with students over the years, what message do you have to tell parents about parenting?

I've worked in Corona Schools for 25 years. This is a school where most of the children come from homes where the parents are high income earners. More often than not, parents want to give their children all kinds of comfort and privileges and there is absolutely nothing wrong with that. But, there has to be a balance. Some parents forget that there are things our parents gave us that we are denying the children in this present generation. That in itself, doesn't help. We want our children pampered, we want everything done for them. They grow up not being resilient, resourceful and not being able to manage disruptions, disappointments, inconveniences, because they are used to having everything done for them. Most parents grew up with not having everything done for them because the generations of our parents, no matter how wealthy they were or appear to be, their children still did chores at home. Even when they had domestic staff, they'll say, "I cannot train another person's child and abandon mine".

Parents of yesteryears ensured and insisted that their children handled responsibilities early on life but some children from privileged homes are not taught responsibility. Such children cannot do basic things such as laying their beds, tidying their rooms and taking care of their personal belongings. That, has a way of affecting even their academics in the sense that a child that has not learnt personal responsibility will find it difficult to be responsible for his or her own learning but rather would expect to be served even in school. Not allowing our children to do things does not teach them the things that made most of us who we are today. We need to adopt the former approach our parents and grandparents used to help us become very responsible individuals we are today.

5) What do you prescribe as the best way parents should handle a child with disability in order to bring out the best in the child?

The truth is, every child is endowed in a particular way. Some in more ways than one. Disability is such a strong word. A child could have a challenge in a particular area and if it is a learning challenges then we will prefer to use the word 'Learning challenges' and not disability. In that case, it is imperative to find something else that the child can do with ease. What every child needs is confidence in himself, in the sense that, "If he can't do A, he can do B effectively. I guess you know of this popular mantra, "You need to maximize your strength and work on your weaknesses." That's actually wrong! To spend a lot of time working on your weaknesses is actually unnecessary. The reason is this, it pays better to play up on your strength, uphold your strength, make it better and better. When your strength is heightened,

your weaknesses will be less noticeable. No one can be good at everything. If you spend all your energy trying to work on your weaknesses, you're swimming against the current. For instance, If my weakness is that I cannot sing well but I can run, and rather than practicing how to be a better athlete, I spend all my time trying to learn how to sing, it is a waste of time. I should focus and spend time on being a better runner, compete with myself, try to run long distances in shorter time frame, I will surely improve.

For a child to perform better in school, the child needs to know that his parents care so much about him. That's the first thing that makes the child put in an effort. It's one of the things that makes children to be less disruptive. Sometimes when children have disruptive behaviour, they are trying to get attention. There are many instances where parents don't say anything to their child until the child does something wrong. Immediately the child does something wrong, they will say something by scolding the child. But how about all the while that the child has been of good behaviour? Was the good behaviour recognised and applauded? Some children they would do everything possible to get that attention. It could show up in poor academic performance, being rebellious and not behaving properly. Though, it's a negative thing but some children behave that way. If they grow up knowing they have the full attention of their parents, that their parents love and care about them, it goes a long way to make those children want to please their parents and not disappoint them. It helps them put in their best and the word 'best' is a relative term because one person's best may not be another person's best. A child who is a 'C- average' can put in his best to make a 'B.' We all know a 'B' is not an 'A,' so you don't compare the child in anyway with an 'A' student. However, moving from a C to a B is a big push for that child. You need to encourage the child and appreciate the effort the child invested to step up another rung of the ladder.

When you don't encourage that child, you've killed that effort. They may not say it but you've killed that zeal and grit because that average is where the academic ability of that child could go as at that moment. Appreciation, love and care would help the child to be more confident and joyous enough to try other things. My heart bleeds when parents say things like, "I didn't send my child to school to dance, I didn't send him to school to play football." So, "What did you send the child to school for?" I believe parents send their children to school to help them develop into accomplished individuals. All these gifts, talents are part of the makeup of that particular child and you want to kill it? Mothers multitask a lot. A mother could be cooking washing at the same time. If you can use

your brain to carry out different tasks, you should also understand that your child can use his/her brain to multitask as well.

6) Do you think coming from a poor background or broken home has any psychological effect on the child?

What is a broken home?

RESPONSE FROM INTERVIEWER: A home where the mother and father are separated or no longer married.

A child from a home where there is no peace and the parents constantly fight is already having a problem and the child must be affected. A child whose parents have a cold war and only speak to each other when there are visitors, is that home not broken? A child who lives in a home where there is a lot of rancour, friction, is the child not better off where there is none? So, it's not as clear cut as you make it. Some homes are broken but they have an illusion of staying together. In a home where everybody is threading on egg shells, will the children be happy? Also, some children come from homes where everything was perfect, till someone falls ill and it changes the climate of the home and puts anxiety on the child. The same can also be said for bereavement. So many variables affect the emotional wellbeing of children and not just separation or divorce that we classify as the main indication of a broken home.

7) What advice do you have for Mothers who are not into any corporate job or who don't have any career?

In my opinion, all parents work. All mothers work. Some work in the home, some work outside the home. If you meet a parent who worked in the home, I don't think they spend their days sleeping. They do a lot of work in the house, they take care of things, they are working. Even when the person has domestic staff and doesn't do more of physical work but endeavours to supervise the domestic staff and to put that home in order, the person is working. People employ people to do that. You have a lot of domestic staff and you're also managing them, which is a managerial position. People who stay at home cannot be termed "Not Working." Family conditions or circumstances must have made them find themselves in that situation. If those women would understand that the fact that they're working even though it's not a corporate job, it will go a long way to make them not to be bitter.

It is insensitive or rather ignorance that will make one to ask a woman who works at home what she has been doing all day. My advice to women who work at home is that they should be confident that they are working. You're managing people, you're managing your household, you're managing your budget and so many other things you're doing. Don't ever think you're not working.

8) What are the things that distinguishes Corona Schools from other schools?

You see! Corona is a school where in truth and in deed, we bring up a total child. Though "A total child" could be seen as a cliché, but Corona has a structure where that actually happens. Corona Secondary School students are quite responsible for themselves. It is a place where we provide you with an enabling environment to study. They are groomed into responsible adults who can take care of events and handle their day to day actions. If a child in Corona loses his books, we don't expect the parents to replace those books. The child will replace those books from his pocket money no matter how long it takes. We don't expect someone to do their laundry for them. They do it themselves. They clean their rooms, they clean their classrooms. Students of Corona are responsible for themselves, they handle their things properly while the school provides an enabling environment for them to be wholesome adults. We won't like to have someone with a certificate but cannot function.

You don't expect a child to go through Corona and come out helpless. We arm them to the teeth with all it takes to be a responsible adult wherever they may find themselves in any part of the world. Aside handling the domestics, we also expect students of Corona to always be in charge of their environment. They handle their assembly themselves while teachers stay behind to observe and guide. The last graduation we just concluded was anchored completely by the students from beginning to the end. We don't call any external figure to handle it, no teacher stands up there to talk about anything. The students completely handled it all from the welcome address down to procession and all. This helps them to be accountable, develop the ability to face the crowd and become more confident in skillful delivery once called upon anywhere.

9) You have been a staff of Corona for over 25 years, you were the Vice Principal Academics for 7 years and now the Principal of this great school. How have you been able to strike a balance with all these years of industrious service as a mother?

As at the time I stepped up to management, my two older children were already teenagers. My youngest child is 18 now but by the grace of God I had trained them to be very responsible individuals. I don't run errands for children. I can't remember the last time I swept nor cleaned or did any house chores, it must be over ten years. Not because I have domestic staff, but because I have children. If you don't set them on the right path on time, you'll end up doing running from pillar to post while the children will stretch out their legs and watch movies or just play video games. I had always being a teacher in the years when I was raising my children and so we all went to school together and returned together. At night before going to bed, they bring out their school uniforms and set them out for the next day and this is from age three. I cannot recall searching for a pair of socks on any morning. They knew where to keep their dirty laundry when they got back home from school and when they don't, I did not do it for them but guided them to do it. I simply practiced what I did in school with my pupils with my children back home!

In the morning therefore, each child went ahead to dress up unaided after bath without any attendant chaos. This helped me a lot and gave me more breathing space to take care of other things. Many years ago when my first child was 4 years old and in Nursery 2, I had to travel for a conference for one week and so I arranged for him to stay at a friend and colleague's place for the week. When I returned from the conference, my colleague expressed her surprise at the level of organization of such a 4 year old. In her words, she couldn't help but say "When I and my children were busy running around, looking for socks and shoes, your son immediately he had a bath, brought out his pack of clothes and dressed up himself." He was able to comport himself because he was taught. I taught them that very early. I tried that with my first child and it worked. I had to apply the same procedure to the younger ones and it worked perfectly as well. I thank God for that.

I taught my last child how to make his breakfast when he was 2 years old. He loved cereals and I loved to sleep in on Saturday mornings. I devised a method where I kept his cereal in a bowl and some lukewarm water in a mega slim water bottle on the dining table and taught him how to mix both and eat. He learnt it pretty fast and I got to have my early morning Saturday sleep without disturbances from him. My first child is almost 30 and still helps me with the domestic chores whenever he is around because that's how I trained them.

10) Do you think the type of school a child attends affects the mental development of that child?

The answer is a "Yes" and a "No" but more of a "Yes." There is a saying that the people you associate with, the books you read, the things you watch, affects who you will be in 5 years. If a child is in a school where there are questionable values, or none at all, classless, and so on, it will definitely rub off on the child. My second child had a one year stint in another school that is not Corona when she was 7. While in her new school, the first thing she complained to me was that some of her classmates were eating straight out of their lunch bags at break time. The other children in her class did not set their tables properly before eating and she could not understand such a practice. In Corona, she was taught and expected to set her table with a napkin before eating properly and not to jump about while eating. She just couldn't understand what her classmates were doing. Association matters a lot. If by the type of school, you mean the type of people we meet, the values that will be inculcated, etiquette and so on, then, I'll say a "Yes."

On the other hand, success doesn't just depend on those things alone. That's why I said it's a 'Yes' and 'No' thing.

11) What message do you have for women or mothers all over the world who are domestically violated or in one abusive relationship or the other?

I think they need to advise themselves. Who likes to be beaten? Who likes to be violated? When you stay put in an abusive relationship or marriage, you give your children a wrong example. Invariably, you're telling them it is OK, therefore damaging them for life. Such people also stand the risk of dying and leaving those same children to be raised by another. Even if the woman didn't die, is that an acceptable way? The children are being exposed when such vices happen in the home and those children are at an impressionable age. Even if the children are grown, they are likely to repeat such mistake again.

If people should understand they are passing on wrong values to their children, they will be determined to live peacefully in the home. Every child is a product of nature and nurture. When a child is nurtured in an abusive home, it becomes a problem because the vicious cycle gets to repeat itself. So, women in such condition should speak up and put a stop to it.



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