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Several colleagues pitched in to improve the chapters on pregnancy, care of the newborn, growth and development, dental care, neurological problems, sex education, surgical problems and emotional needs. Others obliged with guest articles on holistic bonding, parenting adolescents, reading to your child, healthy food habits, Nature cure and child care, Homoeopathy, Ayurveda, Prayer and your child’s health and Frequently asked questions on congenital heart disease. Thank you Dr. Anirudh Malpani, Dr. (Miss) G. Mansukhani, Dr. (Miss) G. Nagarwala, Dr. Kishore Sanghvi, Dr. Arun Phatak, Dr. Dinesh Daftari, Drs. Joy and Margi Desai, Dr. Raj Brahmbhatt, Dr. (Mrs.) Jyotsna Kirtane, Ms. Maya Kirpalani, Dr. Geetanjali Shah, Dr. M. K. C. Nair, Dr. Jer Master,
PREFACE

The earlier edition of this book, published in 1997 as *The Penguin India Guide to Child Care*, was well received by parents and grandparents. The latter often remarked, “We wished we had a book like this when we were bringing up our children.” Medical colleagues constantly recommended it to parents of the children under their care.

Since then, knowledge on the subject of child care has advanced and hence the need for revising and updating the book was felt.

Every page of the book has been scrutinised for possible deletions and additions. Photographs have been added. The editors have rearranged the material to make it more user-friendly.

As interest in the complementary or alternate systems of medicine is growing, guest articles on Ayurveda, Homoeopathy and Naturopathy have been incorporated.

Prayer is a part of the Indian tradition. A Westerner gave a scientific approach to its value in healing. An Indian colleague practising the same has written on Prayer and Your Child’s Health.

Guest articles have also been included on holistic bonding, parenting adolescents, reading to your child, healthy food habits and frequently asked questions on congenital heart disease.

GEHNA, ONE OF MY IDEAL “PATIENTS”

Gehna (the name means ‘ornament’) was born on May 16, 1998. She lives in Mumbai with her parents and grandparents.

Gehna is not a patient; she is my friend. She helped me build my faith in practising the art of ‘masterly inactivity’.

Years ago, Ralph Waldo Trine* said:

“The true physician and parent of the future will not medicate the body with drugs so much as the mind with principles. The caring mother will teach her child to assuage the fever of anger, hatred, malice, with the great panacea of the world — love. The coming physician will teach the people to cultivate cheerfulness, goodwill and noble deeds for a health tonic as well as a heart tonic, and that a merry heart doeth good like a medicine.”

Gehna’s family worked with me and my wife as a team. Her mother followed my book on child care to the dot. Prayer is a part of the Indian tradition. A Westerner gave a scientific approach to its value in healing. An Indian colleague practising the same has written on Prayer and Your Child’s Health.

Guest articles have also been included on holistic bonding, parenting adolescents, reading to your child, healthy food habits and frequently asked questions on congenital heart disease.

* Trine RW. In Tune With the Infinite. London, G. Bell And Sons, 1928, p 80.