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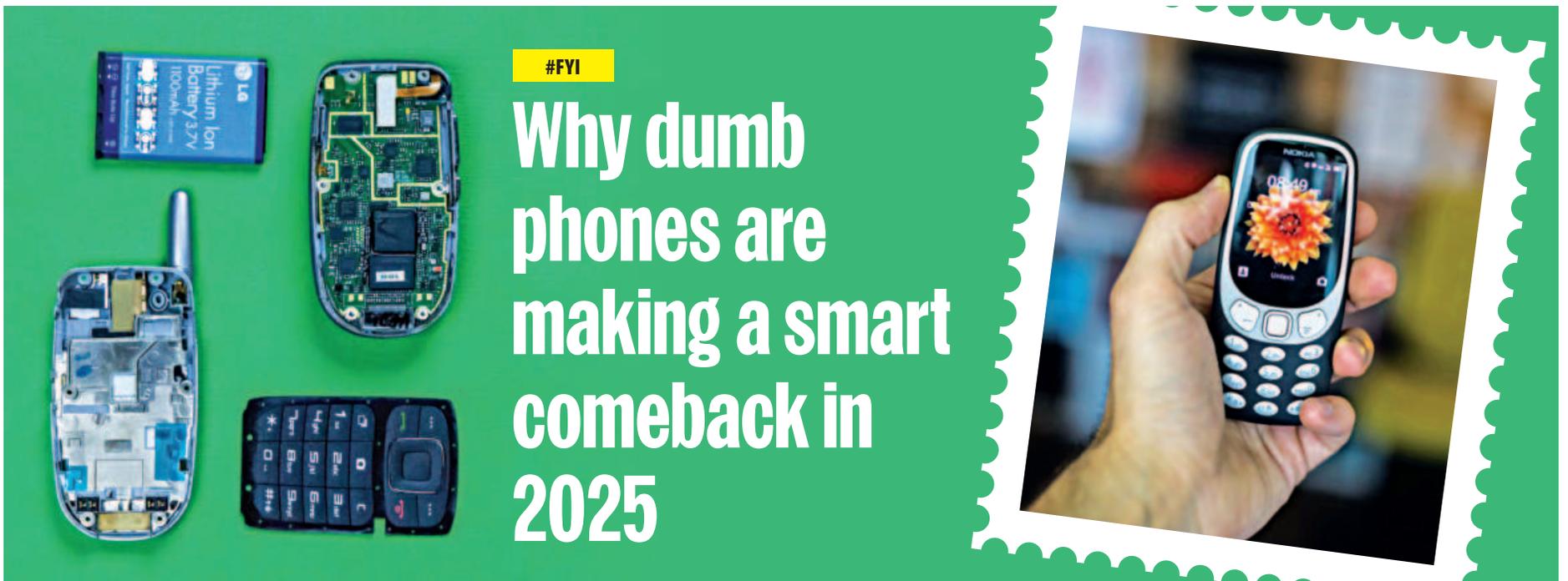
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Sunshine
squad!

ALL ABOUT CHILDREN! P4-10
FROM FUSSY EATING TO FASHION GALORE
TRAVEL GUIDE P12
MYMENSINGH

PHOTO: SHAHREAR KABIR HEEMEL
MODELS: AMAYRA, SHEHRAN, IBRAHEEM, JAZEELA
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WARDROBE: SHISHU PORIBOHON BY FAYEKA ZABEEN SIDDIQUA
MAKEUP AND HAIR: PIASH AND TEAM



#FYI

Why dumb phones are making a smart comeback in 2025

At first, we thought they were just a cult in Reddit, boycotting smartphones out of sheer whim. But turns out, it's not a hoax. The production of feature phones, or "dumb phones", is surging as we speak. What's a dumb phone, you may ask? Well, it's a phone with minimal features. You can call, text, play a retro game or two, and ideally, that's pretty much all you can do. A simpler, less addictive user experience!

In a digital landscape where everything we say gets thrown back at us in the form of ads, ditching smartphones is not seen as abstinence anymore. It's a luxury. A way to escape a device that is designed to rob us of our attention — a rare commodity these days.

However, many people are doing it to have a more fulfilling, more social, and more productive life. Multiple studies have shown a potential connection between doomscrolling and the development of ADHD symptoms, depression, anxiety, and sleep deprivation. Doctors also suggest that early exposure to smartphones is delaying toddlers' speech development. Children are



learning to swipe before they even learn to speak.

Many are also considering dumb phones for convenience at work. These phones are easier to carry, have low maintenance, and the battery can last for days. Dumb phones are also meant to have low or no repair

cost and it does not steal the attention of muggers!

Not everyone can afford to get a new phone every year and some even say they ditched their smartphones to embrace something called "the joy of missing out." Others prefer a phone that simply lasts longer and smartphones are not exactly famous for longevity.

But the appeal goes beyond practicality. It's sheer nostalgia! A throwback to simpler times — playing Snake on a Nokia 1100, before smartphones were even a thing. The lengths people go to for a trip down memory lane!

Cal Newport, an American author, claimed in his book, *Deep Work*, that every time you check your phone, even if for a second, your brain leaves a part of its focus behind. So, it can take minutes, even hours, to regain the full concentration you lost by looking at your phone.

It might make more sense now why researchers say the daily habit of mindless scrolling can amount to about 37 days per year — which can add up to 7 years of a

person's lifetime. And people are finally realising how much of that time is just gone.

The time you spend with your smartphone is the time you could spend doing a lot more — talking with your friends and family, helping out your family members with chores, fixing up your motor skills, learning something new, the list is endless.

But it's not all sunshine and rainbows in an offline life. Some argue the world is becoming increasingly hostile to those without smartphones. They complain about missing out on invitations, notes, class announcements — and even job opportunities. One could pose a riveting question like, "How can I get directions without GPS?"

Just remember — there was a time even before smartphones. Go old school. It's your chance to re-navigate daily life, something you may have forgotten how to do.

By Minhazur Rahman Alvee
Photo: Collected

Typhoon

Fabric Care

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#HEALTH

CHOWDHURY TASNEEM HASIN
Chief Clinical Dietician & HOD, Clinical Dietetics and Nutrition Dept, United Hospital Ltd. She is also the AGS, BNDF.



How to reverse fatty liver naturally: Expert-recommended diet tips

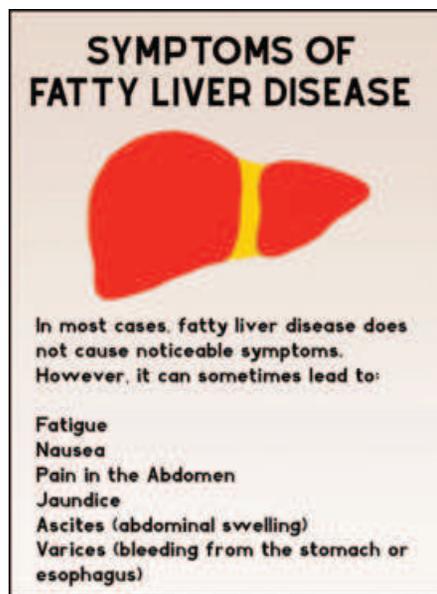
Maintaining liver health is crucial for overall well-being, and it involves a multifaceted approach that includes nutrition, lifestyle choices, and professional guidance from doctors and dietitians. Poor dietary choices can contribute to various liver conditions or diseases, the most common being fatty liver. This can be treated or prevented by leading a modified lifestyle.

Function of the liver

Nutrition directly influences the liver's ability to perform myriad functions efficiently. It acts as a metabolic factory. No matter what food we eat, after digestion, they pass through the liver. After proper inspection, the organ processes the food into various parts.

About 85-90 per cent of the blood that leaves the stomach and intestines carries important nutrients to the liver, where the proteins are processed and broken down into amino acids, the carbohydrates into glucose molecules, and the fats into fatty acids.

The vitamins and minerals are utilised in various enzymatic chemical reactions



to break down and convert the food into a utilisable form. Also, they halt the entry of bacteria and viruses into our bodies.

It serves as the body's primary detoxifier, breaking down and neutralising toxins,

drugs, and alcohol. The liver stores vitamins, minerals, and sugars, releasing them when the body requires them. It also plays a role in regulating cholesterol levels.

How to manage fatty liver

The Mediterranean diet, which emphasises fruits, vegetables, whole grains, and lean proteins while limiting red meat, processed foods, and sugary drinks, is highly recommended for patients who are suffering from fatty liver. Try to eat as many fruits and vegetables as possible.

Try to split your food intake into three main meals (breakfast, lunch and dinner) and three snacks (mid-morning, mid-afternoon, and late evening). The late-evening snack is the most important, as it covers the long interval between dinner and breakfast.

There are some simple tips and tricks that we can maintain.

It is recommended to consume 4-5 meals per day; breaks between meals should not exceed 2-3 hours. The last meal should be consumed at least 3 hours

before sleeping.

Meals should be consumed slowly.

It is important to finish eating when the person does not feel satiety; a signal of satiety is felt usually 15 minutes after the end of consumption.

Alcohol can be a major cause of fatty liver disease as well as other diseases related to the organ.

Avoid sugary foods like candy, cookies, sodas, and fruit juices. High blood sugar increases the amount of fat buildup in the liver. Avoid fried foods that are high in fat and calories.

Consuming too much salt can increase the risk of NAFLD. Limiting sodium intake to less than 2,300 milligrams per day is recommended. People who have high blood pressure should limit salt intake to no more than 1,500 mg per day. It may take some time to adjust, but it usually gets easier with time.

White flour is typically highly processed, and items made from it can raise our blood sugar more than whole grains due to a lack of fibre.

#HEALTH

What you need to know about Nimbus, the new COVID-19 variant

A new COVID-19 variant (NB.1.8.1 — unofficially nicknamed "Nimbus") is quietly crossing borders. First detected globally in January 2025, the variant has now been confirmed in over 20 countries, prompting the Directorate General of Health Services (DGHS), Bangladesh, to issue a nationwide alert.

Unlike in the early days of the pandemic, there are no frantic hospital scenes or mass testing queues. But experts warn that this new wave could be even harder to track, as it spreads with mild or no symptoms and very little public awareness.

The NB.1.8.1 variant is a sub-lineage of Omicron, evolving as the virus continues to mutate. It was first identified in travellers from East Asia and Europe in January this year. Since then, it has spread quietly across several states in the US, UK, China, Australia, and now Bangladesh.

In China and Hong Kong, NB.1.8.1 has become the dominant strain. According to global health reports, the variant shows signs of increased transmissibility, meaning it may spread more easily from person to person than previous strains. And, one of the most unusual things about NB.1.8.1 is how quietly it spreads.

According to health officials, most people who test positive do not have the usual symptoms like fever or a persistent



cough. Instead, they may feel a little tired, experience slight nasal congestion, or have a sore throat. Some have nausea and mild digestive issues like diarrhoea, and then carry on, unaware they have caught the virus. This makes detection especially difficult, and public awareness alarmingly low.

The DGHS's recent circular confirms that the variant is already present in Bangladesh and calls for renewed precautions,

particularly at ports of entry, hospitals, and crowded public spaces.

The World Health Organization (WHO) has classified NB.1.8.1 as a "variant under monitoring," meaning it has not shown increased severity but is spreading quickly enough to warrant international attention.

Early studies suggest it may partially evade immunity from past infections or vaccinations. Yet, current vaccines and antiviral treatments remain effective in

preventing severe illness.

The good news? There is no evidence so far that NB.1.8.1 or Nimbus is causing more hospitalisations or deaths than previous variants. However, health experts caution that its ability to spread silently could result in a slow and steady rise in cases if left unaddressed.

The DGHS has urged people to resume basic precautions. That includes wearing masks in crowded areas, washing hands regularly, staying home if unwell, and reporting any suspicious symptoms to local health authorities.

Healthcare workers are being reminded to prepare isolation facilities, resume the use of PPE, and screen travellers at airports, land borders, and seaports.

More than four years into the pandemic, public vigilance is understandably low. However, this variant is a reminder that the virus has not vanished; it has merely changed form. And it may be circulating in communities long before we recognise it.

NB.1.8.1 or Nimbus should prompt caution. As one health official noted: "This variant isn't loud. That's exactly why we need to listen."

By Jannatul Bushra
Photo: Collected

The silent harm of body shaming in childhood



A child comes home in tears. It was not a bully on the street but a relative who laughed and said, "You've become such a *roshogolla!*" Everyone chuckled. The child did not.

In many Bangladeshi households, comments about a child's body are made casually, often with laughter, sometimes with "good intentions". However, the damage often runs deep, and it starts early. Body shaming is not just a teenage problem; it begins in childhood, and often from the people children trust the most.

What is body shaming, really?

According to Professor Dr Helal Uddin Ahmed, a specialist in Child, Adolescent, and Family Psychiatry at Faridpur Medical College, body shaming refers to any negative or critical comment made about someone's physical appearance, whether it's about body shape, facial features, skin tone, height, or weight.

"This includes direct insults, sarcastic remarks, or even subtle jokes that the person can understand," Dr Ahmed says. "And it does not always come from people — it can come from media, movies, advertising, even lyrics in songs."



The hidden toll on children

For adults, a mocking comment might sting. For a child, it can quietly shape how they see themselves in life.

"Children and adolescents are in a crucial developmental phase," Dr Ahmed explains. "That's why body shaming can have both immediate and long-term effects."

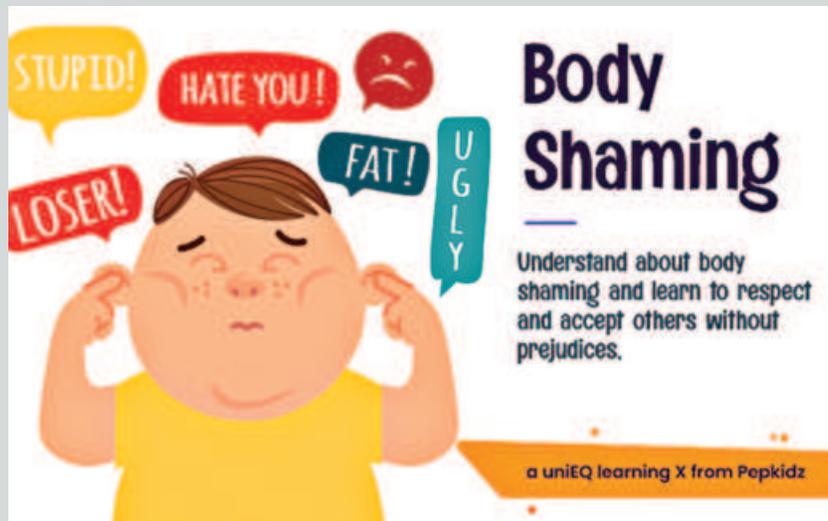
Short-term, it often leads to low self-esteem, social withdrawal, anxiety, and even depression. A child who's teased

term consequences that many families fail to connect back to the original harm.

"It Made Me Feel Distant from Everyone"

Anonymously, one person shared with us what it felt like to be body-shamed as a child. "In primary school, children used to call me fat. Yeah, I felt very sad, depressed... distant from everyone in the class."

The bullying mostly came from "friends, sort of," they added, explaining that the emotional effect still lingers. "These days, whenever people joke around, I kind of feel weak and alone... low in confidence."



for being "too fat" or "too dark" might begin hiding from others, avoiding group activities, or becoming unusually quiet at home.

But the damage does not stop there. "One major concern is the development of eating disorders," he warns. "Children may overeat in secret, or develop patterns like bulimia, where they eat and then force themselves to vomit because they have been told they are gaining weight."

As this cycle continues, children's physical health can also be compromised, leading to serious long-

When asked if they tried to change their body to escape the comments, the answer was immediate: "Still trying. But it's quite difficult."

Their message to others is clear: "It's not cool. Doing it once in a while might slip by... but always? No. Just stop."

Similarly, Shuvo, 19, says a school coach once laughed and said, "Tomake to hawa uray niya jabe," because of his thin frame. "I was humiliated in front of everyone. I stopped playing cricket after that."

These seemingly minor jabs often act

like slow poison, eroding a child's sense of belonging and joy.

Parents: The first line of defence

Dr Ahmed emphasises the importance of parental support, stating, "Parental support begins with protection."

Parents should shield their children from body shaming, even from well-meaning relatives, and it's essential not only to tell them to "ignore it" but also to validate their feelings and create a safe, non-judgmental home.

He advises against dismissive comments like "just lose some weight" or "don't take it seriously." Instead, parents should foster a positive body image by teaching acceptance and respect for oneself. If health concerns arise, families should promote healthy habits like balanced eating and active play, ensuring the child does not feel targeted for their appearance.

No, it's not 'motivational'

In many Bangladeshi households, adults still believe that saying "you've gained weight" or "you're too skinny" is helpful. Dr Ahmed challenges that directly.

"My advice is simple: body shaming is never helpful. It's always harmful," he says. "There's scientific evidence that this kind of language doesn't motivate; it actually damages self-worth."

He urges adults to rethink what they call "motivational cruelty" and instead focus on respectful, encouraging dialogue. "If someone in the family keeps making body-shaming remarks, others need to step in. The silence of bystanders reinforces the harm."

Body shame grows in silence and casual cruelty. But it can be stopped with care and awareness.

Children should not grow up believing their worth depends on a number on the scale or a comment from an uncle. They should grow up free to run, eat, laugh, and exist without shame.

If the harm begins with words, the healing must begin there, too.

By Ayman Anika
Photo: Collected

#FASHION

CHILDREN'S SUMMER CLOTHING

What to buy and where to shop



Summer in Bangladesh means months of sweltering heat, peppered with the occasional rainy day. Come rain or shine, however, children will be out and about, and it is up to us to dress them up in a way that ensures their comfort without compromising their unique styles. Thankfully for parents, kids' fashion has evolved like never before so the options are virtually limitless.

Dungarees and co-ords

Usually made of cotton and linen, dungarees and jumpsuits are the epitome of comfort and fashion. They come in various designs, from fun prints to elegant styles suitable for family outings and casual parties. The practicality of wearing a single piece reduces the hassle for parents and makes dressing children quick and simple.

A similar rage around town is the mighty co-ord. In plain colours and printed canvases, these two-piece outfits come with a bell-type bottom and a cropped top. From sleeveless to one-sleeved to spaghetti strapped, these playful pieces

ensure that the girls enjoy

their summer looking all kinds of adorable.

A little difficult to find in Dhaka College or nearby areas, co-ords and jumpsuits can easily be found in children's clothing stores in shopping malls such as Bashundhara City and Jamuna Future Park. Shops with online presence can sometimes offer better choices as they can access superior styles and customise your order.

The entire outfit can set you back by Tk 1500 to 2500, depending on how simple or gorgeous the ensemble.

By Munira Fidai

Photo: Shahrear Kabir Heemel

Models: Amayra, Shehran, Ibraheem, Jazeela and Shanzay

Styling: Sonia Yeasmin Isha

Wardrobe: Shishu Poribohon by Fayeka Zabeen Siddiqua

Makeup and Hair: Piash and team





Summer Fun *and* FASHION



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Shorts and T-shirts

Few combinations are as potent as that of a good pair of shorts and a classic tee during summertime.

Denim, cotton, and linen shorts come in several lengths and styles, from knee-length to above-the-knee options. Paired with lightweight T-shirts, polos, or sleeveless tops, shorts provide younger children with the best blend of comfort and mobility.

Vibrantly printed T-shirts or cultural motifs are trending nowadays, marrying modern style with local influence. They make versatile outfits for a number of different gatherings such as outdoor play, parties, and extracurricular settings.

Good top and bottom options are available at Dhaka College or Nurjahan Market for as little as Tk 300 a pop- minus fifty, if you are a seasoned haggler.

Sundress, kameez, and thobe

Both sundresses and kameezes are a popular choice among young girls during summer. Made from light cotton or linen, these clothes are airy and easy to wear. Available in pastels and bright colours, all kinds of patterns, and simple cuts, sundresses and kameezes are both trendy and comfortable.

Opting for sleeveless or short-sleeved outfits can help avoid overheating and skin irritation. Let's not forget about dressing boys smartly for formal occasions in the

summer; the easiest solution is to dress them in a thobe or panjabi. We especially recommend the thobe, as it offers unmatched comfort and, frankly, looks absolutely adorable!

All the fashionable wear mentioned are available at any store that sells children's clothing and can range from Tk 500 to 2000 depending on quality, brand, and store location.

Lightweight shirts and blouses

Cotton shirts for the gentlemen and cutesy blouses in balloon sleeves and front ties for the ladies are practical options for family visits or slightly more formal occasions.

In pastel shades or light prints, they are versatile in that they can be paired with skirts, pants, or shorts, depending on the occasion and venue. Having some of these in basic colours such as white or blue can have your girl or boy child covered for a wide range of looks, from traditional to fusion and western. Easily available at Nurjahan Market or Dhaka College, these articles will cost you between Tk 300 to 500 apiece.

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TINY TOES, BIG CHOICES

Children's footwear gets a stylish upgrade

In the ever-evolving world of children's fashion, footwear is no longer just about function; it's about flair, comfort, and choice. From school runs to weekend weddings, today's little ones are stepping out in style with shoes that match their moods, personalities, and activities.

Whether it's a pair of sparkly ballerinas for a birthday party or breathable clogs for hot summer days, parents now have a wide array of options to pick from and kids are increasingly part of the decision-making too!

Here's a quick look at some of the trendiest, comfiest, and most practical shoes for your child's growing feet.

Slip-on and shine:

Loafers

Children are feisty and on foot for most of their waking hours. As such, comfort takes top priority when choosing their footwear.

Loafers can be a good, unisex choice for kids, with simple, slip-on designs that allow them the agency to wear shoes on their own. Additionally, well-made loafers can provide a comfortable and supportive fit, which is crucial for growing feet.

It is important, however, to choose loafers with flexible soles and breathable materials to ensure healthy foot development. These look great at parties or casual outings and are easily available at shoe stores around Dhaka, for as little as Tk 500.

Cool and comfy: Clogs

Bangladeshi summers are getting



progressively hotter, and it is important to ensure that children's feet are kept as cool as the rest of their bodies. Clogs, with their rubber make and holes for ventilation offer a relaxing option for both the little ladies and gentlemen, all day. Some come with removable charms, adding to the fun!

The shoes range from Tk 300, if bought from street vendors, to Tk 2000, at more affluent stores. Online stores offer quality shoes within this range as well, with extra charms for a nominal cost.

Built for play: Sports shoes

A winner when it comes to comfort is the classic sports shoe. Whether canvas or any other material, one must ensure that the footwear is light and not too chunky.

Designed to provide support, cushioning and traction, sports shoes come in a variety of colours to cater to the preferences of the little ones. Go for Velcro, rather than laces to ensure ease of wear, uninterrupted play and fewer ouchies.

Good sports shoes can be found in Bata and Apex between Tk 1000 and 2500, with non-branded options available at the Chowrangi Bhaban in Elephant Road.

Festive flair: Khussa

Come Eid, Baishakh or a family wedding, festivities call for comfy, ethnic footwear. Glamming up little feet since time immemorial are khussas, with their flat and easy slip-on designs. Classic black or brown plains, or embellished in brighter shades, khussas look great with shalwar kameez sets or panjabis.

Look for comfortable khussa options at Aarong or even on the streets of Dhaka College. Prices range between Tk 300 and 1000.

Summer staples: Sandals

Hands down, the absolute best for summer, sandals can be both casual and fashionable. With their breathable style, they keep feet comfy and happy over panjabis, shalwar kameezes, dresses, and shorts. Choose sandals that relent when bent as those provide maximum comfort for little feet.

Quality sandals can be found at Bata, Apex and similar stores, costing around Tk 1300 and 1500 per pair.

Twirl-ready toes: Ballerina flats

Ballerina flats or bellies, as they are popularly known, are party shoes that girl parents have relied on forever. Predictable, yes, but oodles of fun too!

They come in glittery metallic colours, bows, and so much more. When all else fails, just fish out those bellies; whatever the occasion, trust them to get the job done. Find them at practically any shoe store, costing between Tk 500 and 800 a pair.

Suited for style: Dress shoes

Wanting to put your little man in a suit? Dress shoes are an awesome choice if selected wisely. Choose soft leather pairs with at least one adult finger wiggle room on either side. Make sure those toes are not getting squished because toe bites can hurt long after the shoes are off.

Appropriately chosen, these can make your boy's outfit an instant hit. A little hard to find in traditional stores, look for these shoes online. Prices may be a little bit on the higher end, but hey, all in the name of fashion, right?

By Munira Fidai

Photo: Collected





#PARENTING & RELATIONSHIPS

Why your child won't eat — and what you can do about it

As parents, we face challenges all the time. Some big, some small and they are all parts and parcels of this great adventure called parenting! Among them, the most difficult yet common are fussy eaters! It's hard to imagine that a small person will be so wilful and refuse to eat food they don't fancy but such is the life of a mother.

Perhaps, the greatest complaint parents have is that their child does not want to eat the food they are offered. Following growth from infancy when babies start solids picky eating starts and sometimes may continue till the child is in middle school. If you have a picky eater on hand and life has become a series of frustrating mealtimes times throughout the day fret not. Check out our handy dandy guide to



truly understand picky eating better and how you can navigate through it to come out a winner! As infants grow, they are introduced to solids, which is a process in itself. Then as they keep maturing and reach their first birthday children tend to lose their appetite along the way. This is why a lot of mothers complain that their big-eater baby has stopped accepting food entirely. Again, this is another fairly

common issue. There are certain features of picky eating that children tend to exhibit —

Aversion to certain kinds of food is a sign of picky eating. Some children tend to prefer one kind of food or a couple of different types of food over others. But here's the fun bit — whatever they prefer today will most likely change tomorrow!



Rejecting certain kinds of food happens when children outright refuse some foods, such as some kinds of meat, soft food or vegetables.

Changed preferences are another form. What they liked yesterday might not be their favourite today!

Limited food preferences are also another form of picky eating. Some babies will only eat just, say, French fries and nuggets and nothing else!

Without a shadow of a doubt, picky eating can be extremely frustrating and unhealthy. As much as it is difficult for the parents it is also hard for children too, but they don't realise it.

Navigating through life as a baby or a toddler is hard for their immature brains, and food becomes a major matter of contention as different textures, shapes, sizes and flavours come across as intimidating. Nutrition is the most important aspect that needs attention; picky eaters tend to lose out on essential nutrients that their growing bodies so desperately need. Moreover, food is an integral and enjoyable part of life that children need to learn and appreciate.

By all means, everyone is different and has unique food choices but tasting a variety of foods is crucial for children to develop healthy eating habits. Remember to encourage children to try new foods and flavours to broaden their palate. Life is so much fun and interesting because of food and we as parents should pass on our love for it to our children as food is one of the best pleasures of life!

#TRAVEL

AIR TRAVEL WITH CHILDREN

A parent's guide to stress-free flights

Travelling with children is an adventure in itself, with varying ages bringing unique challenges. For instance, flying with a 12-year-old is certainly not the same as taking a trip with an infant or a toddler, the latter requiring more attention. However, as children grow older and get used to the experience, air travel with them becomes increasingly stress-free!

Travelling with infants

My daughter's maiden flight was from Minneapolis to New York City; she was nine months old.

I had seen babies crying non-stop during flights, so I was certainly a little nervous about flying with my infant for the first time. In the hope of getting some useful tips for our upcoming journey, we consulted with her paediatrician, who explained that most babies cry during flights because of the ear pain caused by changes in the air pressure during takeoff and landing, as the eustachian tubes, which equalise pressure in the ears, are not fully developed in infants.

He suggested that we offer her milk during takeoff and landing to alleviate the discomfort.

We followed the paediatrician's advice; we changed her into a fresh diaper at the airport restroom and prepared her infant formula before boarding. When the plane started taking off, we offered her the milk. The result? No wailing, no fussing!

To my great relief, she was a happy baby during the entire two-and-a-half hours flight. We fed her again when the plane began to land.

As a parent, make sure you pack an adequate supply of diapers,

wipes, and baby formula in the diaper bag. For convenience, consider packing the original baby formula can in the checked baggage and carrying smaller, refillable formula dispensers in the diaper bag.

When you are travelling with babies and infants, you can carry your own warm water through airport security, and flight attendants are also happy to provide it onboard.

Terrible twos

Don't we always spot parents chasing after their toddlers at the airport? On a plane, these tiny humans bring challenges not only to their parents but to fellow passengers as well. During a flight, if you have a toddler sitting directly behind you, you know that they will kick your seat until they tire themselves out!

Although we often say that two is the most terrible age for a child, the truth is that toddlers in general can be quite challenging. Children aged two to five have frequent tantrums and meltdowns. Toddlers expect the world to work as per their wishes and when it does not happen, they throw fits!

Therefore, when you are flying with toddlers, remember that you may have to face unique challenges during every step of the journey. We always offered the window seat to our

daughter when she was a toddler — the outside scene kept her entertained.

For long-haul flights, those lasting more than 7 hours, evening flights are better because, after dinner, the lights are turned off, creating an atmosphere that signals to toddlers that it's time for sleep.

Limiting screen time before flights also helps toddlers to unwind and relax on board. While packing, do not forget to pack your child's favourite soft toy or blanket for some extra comfort in the unfamiliar aeroplane environment.

Packing colouring books, small games, and storybooks to keep them engaged during the flight is also a wonderful idea.

Last but not least, pack their favourite snacks in the carry-on luggage. You do not know if they will like the aeroplane food and surely, a hungry toddler is the last thing you want to manage at 30,000 feet in the air.

Older children and pre-teens

Flying with older children is so much easier than flying with younger children. You no longer need to deal with diaper changes in the cramped aircraft lavatory!

As a mum of a pre-teen daughter, my air travels are now pretty

much stress-free. Older children are willing to follow rules and know how to keep themselves busy, which is a huge blessing.

To get your child excited about air travel, let your child pack their own things. A 10 or 12-year-old can assume the responsibility of packing and carrying their own carry-on bag. All you need to do is tell them what essentials they need to pack.

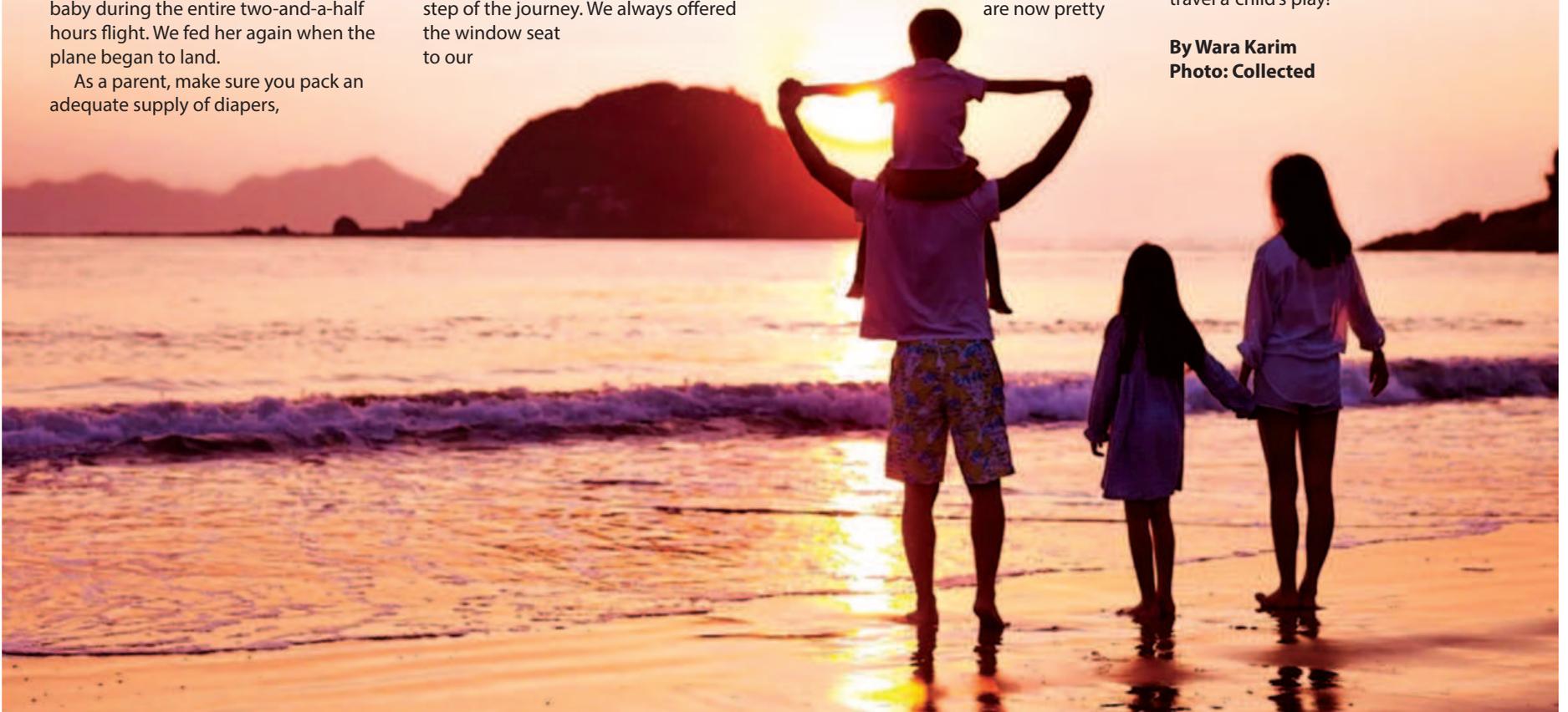
As a mum who raised an 'analogue baby' in the 'digital age', I think I often struggle less with my child. I introduced her to the world of books at a very young age, which instilled in her a deep love for reading, which I hope will last a lifetime.

For our upcoming trip to Dhaka, my pre-teen will be going to the local public library to borrow fiction. These fictions will keep her entertained during the long flights to and from Bangladesh.

Therefore, if you have a child who loves to read, buy or borrow books to keep them occupied during flights. If they love to draw, check if they have packed their sketchpad and pencils in the carry-on bag. If they will be enjoying the aeroplane's entertainment system, make sure that they are watching age-appropriate content.

Travelling with children, especially by air, can be tough. However, the good news is that it gets easier with time. As children mature, they learn to follow rules and instructions and become more patient and empathetic, making family travel a 'child's play'!

By Wara Karim
Photo: Collected



Why your child won't eat — and what you can do about it

CONTINUED FROM PAGE 9

While there's no one size fits all when it comes to navigating picky eating certain things can be tried to make it easier —

Food is fun! Children get bored easily so make food fun for them. Different colours, shapes and textures make food interesting so try making simple dishes exciting. Use various cutters to make shapes out of vegetables and other foods, and pair different kinds of foods together to entice kids to eat enthusiastically.

Family-style meals are another great way to encourage kids to try out new foods. Remove all kinds of screens and devices during meals and enjoy this sacred family time talking to each other, about



food and how enjoyable breaking bread with family is.

Serve a meal that everyone will eat. Healthy, balanced family-style meals are best served with children in tow that will



get them to taste and eat more.

Avoid force-feeding. Yes, this sounds counterintuitive but force-feeding is a big no if your child is not cooperating. Offer three meals and snacks but do not keep

offering multiple variations; it only makes things worse as children feel overwhelmed by so many choices and kills their appetite further.

Make mealtimes fun and exciting. If your child refuses offer a few times but then stop and move on. Having a positive attitude helps. Think of the next meal and focus on making that productive.

Each child is different but there are certain dishes most children like! Chicken fingers are crowd-pleasers and can be made healthy. Veggie nuggets are another yummy option too that will get some vegetables in!

By **Sabrina N Bhuiyan**

Photo: **LS Archive/Sazzad Ibne Sayed**

◆ HOROSCOPE ◆



ARIES
(MAR. 21-APR. 20)

You're feeling charged! Don't burn out trying to do too much. Focus your energy on something meaningful. Your lucky day this week will be Wednesday.



TAURUS
(APR. 21-MAY 21)

Comfort and stability are your safe spaces. Thoughtful risk could bring unexpected rewards. You've earned a little luxury. Your lucky day this week will be Friday.



GEMINI
(MAY 22-JUN. 21)

You're in a talkative mood! Use this time to reconnect with someone. Spark a new idea. Your lucky day this week will be Monday.



CANCER
(JUN. 22-JUL. 22)

Your heart is in your home. The world is offering you a chance to stretch beyond your comfort zone. Take it gently. Your lucky day this week will be Saturday.



LEO
(JUL. 23-AUG. 22)

A spotlight moment is coming! Embrace it with grace, not ego. Your presence can uplift others. Your lucky day this week will be Sunday.



VIRGO
(AUG. 23-SEP. 23)

Don't ignore the joy of unpredictability this week. A minor change in schedule could open doors you didn't see before. Your lucky day this week will be Thursday.



LIBRA
(SEP. 24-OCT. 23)

Life feels a little off-balance lately. Calm is within reach. A heart-to-heart will restore harmony. Your lucky day this week will be Tuesday.



SCORPIO
(OCT. 24-NOV. 21)

You're digging deep emotionally. It's okay to guard your heart, but don't forget to open it when it matters. Your lucky day this week will be Friday.



SAGITTARIUS
(NOV. 22-DEC. 21)

You're craving new experiences. A spontaneous outing could refresh your soul. Adventure doesn't have to be grand. Your lucky day this week will be Sunday.



CAPRICORN
(DEC. 22-JAN. 20)

Hard work is your comfort zone. Let someone in emotionally — it might surprise you how much you need it. Your lucky day this week will be Wednesday.



AQUARIUS
(JAN. 21-FEB. 19)

A creative or unconventional idea may take flight. If you believe in it, share it. Innovation starts with trust in yourself. Your lucky day this week will be Monday.



PISCES
(FEB. 20-MAR. 20)

Dreams are whispering messages. Your sensitive nature is a strength this week, helping you heal and inspire. Your lucky day this week will be Thursday.

ACTIVE SYMDEO+ শরীরের দুর্গন্ধ সৃষ্টিকারী জীবাণু ধ্বংস করে আপনাকে দেয় সতেজ অনুভূতি

Bactrol®

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Left Right



Shoshi Lodge Mymensingh



(China Clay Hills) Mymensingh



Muktagacha Zamindar Palace Mymensingh



(China Clay Hills) Mymensingh

#TRAVEL

5 reasons why you should travel to Mymensingh

Sure, Cox's Bazar is great, but instead of going there for the five millionth time, why don't you try someplace new? Sylhet and a few other zones are fantastic too, but we would like to shift your attention to another region in Bangladesh which is still underrated: Mymensingh!

The overall division — the main Mymensingh city and surrounding districts — offers a wide and diverse range of options for tourists.

So, when planning a trip, here are some reasons why you should consider the humble and underrated Mymensingh.

Mymensingh offers pristine, scenic beauty

If you love nature but also want to avoid overcrowded tourist spots, Mymensingh is your answer.

Around 2-3 hours from Mymensingh city -- if you rent a car or take a bus -- Netrokona district's Durgapur and Kalmakanda upazilas are gems worth exploring.

The prime highlight of Durgapur upazila is the china clay hills ("cheena matir pahar") with its surrounding waters, offering you unique views owing to the distinctive geology of the hills. This is basically the point of interest of the Birishiri (locality) fame.

Another highlight is the boat

ride at Someshwari River.

Go to Durgapur and Kalmakanda for the so-called pretty places or specific spots, but the memories you will likely cherish the most are those of the surrounding picturesque hills in the distance, whether you are on a boat at Someshwari River or on a tiny 'tila' at Kalmakanda's Lengura area.

You can easily make a day trip to Mymensingh

Are you a busy bee who even has work during the holidays, or perhaps your holiday has been cut short because of a horrible boss?

We can't help you with your career, but what we can do is suggest that you take a day trip to Mymensingh!

So, if 2-3 days is too long a trip for you, Mymensingh offers you the chance for a short getaway outside Dhaka. From the capital, it will take around 3 hours to reach Mymensingh city by car, bus, or train (we recommend car or train rather than the bus).

If planned wisely, you can even go to Netrokona and return to Dhaka late at night. However, that may prove to be hectic.

However, there are enough sightseeing and hanging out to do in and around Mymensingh city as well — making it a fun, relaxing day trip.

Mymensingh is a great

escape for heritage enthusiasts

On the day trip to Mymensingh, one can cover several historical landmarks. Mymensingh, therefore, offers not just lush natural beauty but glimpses into the past as well.

Within the city itself, the must-visit spots are Shoshi Lodge (also spelt Shashi Lodge) and Shilpacharya Zainul Abedin Sangrahashala, but there are of course other points of interest as well.

The latter is a treasure trove of artworks by the legendary maestro, alongside several personal items that belonged to him. And Shoshi Lodge is a lavish old edifice with a museum inside.

On the other hand, around an hour's ride (by car or by "auto") from the main city is Muktagacha, with a prominent, grand zamindar palace, the Muktagacha Zamindar Bari.

Mymensingh has a buzzing food scene

A 5-minute walk from the Zamindar Bari is another heritage spot, the iconic "Mondar Dokan". This sweetmeat shop that serves delicious monda has been running for two centuries and is believed to have

once upon a time supplied monda to the Zamindar family.

Back in Mymensingh city, you can indulge in Mohammed Zakir Hossain's "tok-mishti jilapis", which has gained enormous popularity in recent years. Meanwhile, if you are going to Netrokona, do not miss out on its famous balish mishti!

Let's forget about iconic foods and shops for a moment. Generally speaking, Mymensingh city has many restaurants for you to indulge in.

Roads and infrastructure are in relatively good condition

Reason Number 5, why Mymensingh should be on your bucket list is that it has the necessities you need to travel quite comfortably. Of course, it is no Cox's Bazar or Sajek Valley with a very high tourism focus. However, there are a few good hotels. The condition of roads at present is generally good, be it Dhaka-Mymensingh or Mymensingh city-Netrokona.

Mymensingh as a tourist destination is still arguably underrated but with all the basic amenities needed. It is far from the madding crowd without being that far!

By M H Haider
Photo: Shahrear Kabir Heemel



Muktagacha Zamindar Palace Mymensingh



(Someshwari River) Mymensingh