

The **first Christmas** with your child!

A family gathered around a cradle in joy and love: the celebration of the Nativity finds its original meaning when you have a child. It is pure happiness and a true miracle to share Christmas with your child for the first time!

A Christmas to be filmed and archived

We are talking about babies under a year old. No memory will remain, let's be honest. Hence the extreme importance of photographing, filming, and creating an archive this first Christmas. Because, in any case, in a few years, your child will want to see! He or she might even tell you that he/she remembers it!

Sharpen your baby's imagination through Christmas stories

Your baby will be captivated by the lights in the shops and the Christmas tree decoration, which can be a good way to start talking about Christmas. You can also start to introduce your kid to the

different symbols and characters with the help of an Xmas picture book. He or she will learn to recognize, point out and name objects and characters. If your baby is already fond of it, reading stories can also be a good idea. He or she will be very familiar with these tales later on its life, which will help him/her to become aware of different values such as sharing and kindness. The most important person during Xmas holidays is of course Santa Claus! If your baby is only a few months old, he/she may be very impressed by this strange man. If you want to take a photo with Santa, but your baby is afraid of him, don't force it. It would be a shame for him/her to be traumatized by Christmas!

Read the rest of the article:

<https://medimall.gr/the-first-christmas-with-your-child/>

Butter biscuits with cranberries

Ingredients

- 240 g butter (room temperature)
- 120 g icing sugar
- 2 vanillin powder or 1 teaspoon vanilla extract
- ½ teaspoon salt
- 275 g flour
- 90 g chopped cranberries

Preparation

- Stir the butter in the mixer bowl to be soft and fluffy. Add the sugar while mixing the butter and continue with the vanillin and salt. Reduce speed gradually adding the flour. Finally sprinkle the chopped cranberries to the mix.
- Divide the mixture in two halves

and place each into a plastic wrap in the shape of a sausage (4 cm diameter).

- Put them in the fridge for 1,5-2 hours to become solid.
- When the time is up, take out of the fridge and with a sharp knife cut into thick slices (approx. 1 cm).
- Place them on the baking tray leaving a 3 cm gap between them and bake them in a preheated oven at 180°C for 13-15 min.
- Take them out and after 5 min. place them with a spatula on a wire rack to cool.
- Store in an airtight container and in the fridge for longer.



How to stay **in shape** during the **Christmas holidays**

The Xmas festivities can be a real test for our physical and mental health! Many and rich meals during the week, a race to buy all the gifts, the cold weather and the night at 5 p.m... how can we get through this period unharmed? Here are a few simple tips to stay in shape during the holidays.

A sports session? Yes, but not alone!

Planning the big meal, you are going to have in the evening? While anticipate your feast, start the day with a morning workout. And what better way to motivate yourself than to do it with a partner? Give your appointment; leave together and then return together! The strength of the teamwork can be quite surprising!

Hydrate, hydrate, hydrate

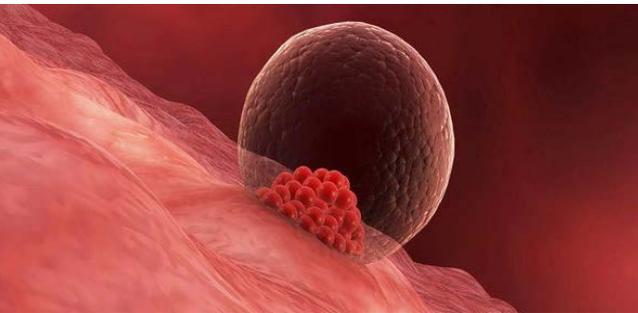
With the excess of food during the holidays, it is very important to stay hydrated (not with champagne!). Drink water and herbal teas throughout the day.



Read the rest of the article:

<https://medimall.gr/how-to-stay-in-shape-during-the-christmas-holidays/>

Endometrial receptivity: the necessary condition to get pregnant



To achieve a positive pregnancy test and a pregnancy that progresses normally, two very important factors are required: good quality embryos and a receptive endometrium. Thus, it is common for couples/women who have tried IVF to have very good quality embryos and yet not achieve pregnancy. At Medimall IVF Clinic, after we exclude the factors causing endometrial dysfunction (adhesions, fibroids, polyps, adenomyosis, congenital abnormalities and malformations of the uterus, inflammation, and pathogenic microbes, etc.), we have a range of specialized treatments that focus on increasing endometrial receptivity. Their excellent results increase up to 80% embryo implantation rates resulting in pregnancy, elimination of chemical pregnancies and a 90% reduction in first trimester miscarriages.

Read the rest of the article:

<https://medimall.gr/endometrial-receptivity-the-necessary-condition-to-get-pregnant/>

All you need to know about **cervical cerclage**

What is a cervical cerclage? How and when is it applied? What things can and cannot a woman do while pregnant with a cerclage? Can you have sex with a cerclage? Do you have to stay in bed? Here is some information on this technique which has created a debate.

What is a cerclage?

The cervix plays a fundamental role during pregnancy: perfectly closed for 9 months, it holds the baby, and it also prevents bacteria, responsible for possible infections, to enter from the vagina to the uterus. However, some women experience a "gap in the cervix": this means that the cervix is not toned enough and opens gradually over the weeks. This can lead to miscarriage or premature delivery. The cerclage is a stitch which therefore closes the cervix, so that the pregnancy can continue to its full term.

When is a cerclage performed?

In general, cerclage is scheduled around the 16th or 17th week of amenorrhoea. This is known as preventive cerclage, as it prevents the cervix from opening for women who have been identified as being at risk of cervical herniation. Cerclage can also be performed as an emergency procedure when the cervix has begun to open too much or too early in the second trimester of pregnancy.

Read the rest of the article:

<https://medimall.gr/all-you-need-to-know-about-cervical-cerclage/>

