I am working on NFHS-4 (2015-16)

I want to have the following variables in one file

child health variables, sex, birth order, child age, wealth index, religion, caste, maternal/paternal education, maternal/paternal age, BMI, anaemia

I wish to share existing views in user forum

 1. KR file includes all relevant variables of the mother, so is it possible to merge KR directly to MR file that includes men's sample in which father are there?
OR

 2. First, merge IR to CR for adding women's characteristics, then merge MR to CR for adding men's characteristics and Finally merge the KR with already merged CR ?

*my regression equation be like

 child outcome = child_variables mother_variable   father_var

Thanks!!