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Mother & Baby & Child

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WORTH OVER
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Rawan Bin Hussain

LIFESTYLE INFLUENCER, FOUNDER OF HOUSE
OF RAWAN AND FIRST-TIME MUM DISCUSSES
HER JOURNEY TO MOTHERHOOD

It's
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Day
Special



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EDITOR'S LETTER



The month of March celebrates women, with International Women's Day (March 8) and Mother's Day (March 21) around the corner. Mums and women should obviously be celebrated year-round, but it is nice to have dedicated days where we get a little extra pampering, not just by family members, but at restaurants and spas too. You will find plenty of well-deserved experiences, deals and gifts for your mum friends (page 39) in this issue.

Cover star, lifestyle influencer and new mum, Rawan bin Hussain, discusses her journey to motherhood and the joys of welcoming baby Luna (page 18). Farah Sawaf, mum to three boys, spills the tea on ways to keep kids entertained over Spring break (page 36). You can also find two creative camps for your children (page 34).

For the latest in shopping finds, recipes the family will love, a spa treatment to indulge in, and holiday planning, turn to the *Good Living* and *Home & Soul* sections.

*Happy International Women's Day
and Mother's Day!*

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If I could buy a new pair of shades every month, I would. Currently crushing on this tortoise shell frame from Tom Ford.

Dhs1,315 at leading optical stores



My nephew is definitely getting one of these Olli Ella See Ya Suitcases for his birthday. How adorable are they? It has an extendable handle, elastic straps for their favourite toy and wheels for pulling along. Available in four colours.

Dhs370 at ecosouk.me



Arla Foods Middle East & North Africa have launched Baby&Me organic products for expecting mums, babies, and infants. The multi-grain porridge (for four months and above) looks incredibly enticing, we wish someone would make breakfast time as simple and convenient for adults too. The porridge is also available in fruit and vegetable pouches, for six months and above.

ON OUR EDITOR'S RADAR



Lush have introduced 25 locally curated Body Sprays including this sakura (cherry blossom) scent. Who doesn't love a floral aroma, especially as a midday refresher?

Dhs250 at Lush



I've always loved the combination of rose with oud. This Velvet Rose & Oud scented candle fills my home with a woody, subtle floral scent, that's especially great for this season. A great book, tea, and a candle, is the perfect way to spend a weekend in.

Dhs385 at Namshi.com

How retro are these newly launched Coach CitySole sneakers? I'm in love with the colour scheme. The innovative footwear collection merges the house's fashion authority with leading technology to increase comfort and flexibility and minimize impact and weight. The CitySole Court references classic basketball sneakers with a triangular toe box, pivot point on the outsole, and distinctive 3M seam taping. There are three styles to choose from, so take your pick between the Court, Runner (draws from the silhouettes of running shoes) and Lowline (an updated take on a classic low-top—a versatile, minimalist sneaker).

Dhs825 at Coach stores




If your skin looks dehydrated, dull and patchy, this Aesop Sublime Replenishing Night Masque is one to reach for before bedtime. It nourishes skin with vitamins, allowing you to wake up to soft, supple skin.

Dhs440 at Aesop Bloomingdales, The Dubai Mall, Aesop Store Perfumery & Co, Tryano, Yas Mall, Tryano.com and Ounass.com

Beleaf has opened its fifth store at The Springs Souk and you can find everything from natural, organic and eco-friendly products, to supplements, gluten-and allergen-free products, protein powder and these incredibly tasty gummy supplements for all ages.





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THINGS TO DO

WALK FOR A GOOD CAUSE!



The 2020 edition of We Walk is taking place on March 20th at Dubai Science Park, and aims to support UAE Rare Disease Society. As part of the community event, expect live entertainment, prize draws, culinary offerings, and a host of other fun-filled family activities, including a chance to win Emirates airline tickets.

Visit wewalk.ae for more information

CELEBRATE MOTHER'S DAY



Gather your friends and head to Caesars Bluewaters Dubai for their Spa + Pool Day + Afternoon tea promotion taking place this March. Relax back with a 30-minutes massage at the iconic Qua Spa, followed by a pool day at Neptune or Venus, where you can soak in the sun and indulge in a catch-up session with the ladies. Once the hunger pangs kick in, head to the Roman Lounge or The Piazza for afternoon tea.

Dhs350 per person, contact 04-556 6666



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HEAD TO FERRARI WORLD ABU DHABI



One of our favourite theme parks is launching its first state-of-the-art Family Zone. A spectacular adventure awaits them, with four miniature replicas of the theme park's record-breaking rides. Little ones are promised unmatched thrills aboard the Formula Rossa Junior, a behind-the-wheel adventure at the Speedway Race, and an escapade in the air aboard Flying Wings and Turbo Tower.

Visit ferrariworldabudhabi.com

MUM'S DAY OUT



IKEA are calling all mums to take a 'FIKA break.' Ikea Family mummies can escape their duties every Tuesday, at the Yas Island store. Head there with your sister, mum, and friends to hang out at the restaurant from 10-11am and enjoy unlimited coffee, tea, and complimentary cake. What a great way to spend hump day? If you are not an IKEA Family member yet, all you need to do is log on to family.IKEA.ae and register for free, to enjoy your FIKA break.

CELEBRATE WOMEN

The Ritz-Carlton, Dubai, JBR is ready to spoil mums and the women in your life, celebrating Mother's Day and International Women's Day with a plethora of well-deserved experiences



INDULGENCE AT THE RITZ-CARLTON SPA

Amid Dubai's thriving Marina District, The Ritz-Carlton Spa heals, relaxes, cleanses and energizes with a careful blend of Eastern traditions and European techniques. Offering the luxury of pampering and the ability to hold time at a standstill, the hotel spa features 12 treatments rooms (three private rooms each have their own terrace), ladies' and gentlemen's relaxation lounges, an outdoor lap pool, hot and cold plunge pools and a state-of-the-art fitness center. On March 8, 20 and 21, all women will receive a complimentary upgrade to 90 minutes on booking of any treatments of 60 minutes.



Rose Awakening Ritual

The ritual incorporates rose geranium infused products and the soothing and healing properties of rose quartz crystal, to create an undeniably unique experience, crafted just for you.

The journey starts with a soothing, rose petal foot bath, followed by a gentle back exfoliation designed to leave your skin beautifully soft and deeply moisturized. Unwind with a firm back massage incorporating Ritz-Carlton's exclusive Signature Relax and Sooth Oil to melt away any tension held in the upper body. The Rose Awakening Ritual is completed with a restoring and clarifying facial that instantly uplifts and firms the skin, giving you a healthy glow, as heated rose quartz crystals are lightly massaged across the face to stimulate detoxification.

Dhs700, however on March 8, 20 and 21, women who book this treatment can take advantage of the special rate at Dhs500 per person for a 75-minute ritual including rose footbath, back exfoliation and massage and facial. Plus, a small product gift to continue the pampering at home.



Spa-cation

Start your day of pampering with a 60-minute massage, followed by a choice between a two-course lunch at La Baie or the signature Afternoon Tea experience in The Lobby Lounge. This holistic journey is inclusive of day-access to all spa facilities including plunge pools, steam rooms and relaxation lounges, in addition to the resort's swimming pools and the only private beach along JBR, overlooking the Arabian Gulf.

Dhs580 per person on weekdays and Dhs680 per person on weekends, inclusive of a 60-minute massage, a choice of lunch or afternoon tea and pool and beach access.



AFTERNOON TEA AT THE RITZ-CARLTON, DUBAI

Relax in the luxurious surroundings over a quintessential afternoon tea experience at The Lobby Lounge. Dine in grandeur indoors, under the sparkling chandeliers for a classic ambience, or savor an al fresco afternoon on the terrace overlooking the luscious resort gardens. Treat yourselves to traditional scones accompanied by Devonshire clotted cream with strawberry jam and lemon curd; a selection of elegant sandwiches complemented with a sweet assortment of truffles; and macaroons and cakes, for the perfect ending to a refined affair.

On March 8, bring your lady friend along and she can dine with our compliments (only one lady dines with our compliments per table) and On March 20 and 21, mums dine with our compliments (only one mother is allowed complimentary dining per table).

March 8, 20 and 21 from 12.30 pm to 5 pm.

Dhs195 per person including afternoon tea and unlimited infusions and coffee selection. Dhs305 per person inclusive of a glass of bubbly.

BOOK NOW

For reservations and more information call +971 4 318 6520, email spa.dubai@ritzcarlton.com or visit ritzcarlton.com/dubai

**T&Cs apply. Above offers not valid in conjunction with each other or any other promotion or packages.*

WHAT'S HAPPENING IN MARCH?

Everything to look forward to in the city



LAURA
BUCKWELL

Event MC



March in Dubai...yet another blissful month of brilliant weather (if not the occasional cold snap if I remember from last year). An exciting adventure I'm looking forward to this month, as a family, and while it's still cool, is camping under the stars at (wait for it..) not in the desert but at Laguna Water Park. Yes, they have just launched a family overnight camping option at the water park where you stay in very sturdy, basic yet comfortable looking tents. I can't imagine the excitement as a kid, of actually being able to stay the night at the water park when I was little, so the kids are going to love it. They also have all-day inclusive bbq offers at really good rates.

I'm also looking forward to Taste Dubai which is an absolute winner every year for family outings. There's something for everyone and lots of delicious food. Continuing with food, the Dubai Food Festival runs into March until the 14th and Mercato Mall is transforming into a culinary hotspot with lots of fun activities for kids. And, if you fancy a bite outdoors the Beach Canteen, also a part of Dubai Food Festival, is also running until the 14th with a mix of activities such as yoga, pop up shops, live music and loads of family-friendly fun.

Don't forget, Comic-Con is coming up the first week of March, which I've never been to but looks so much fun. My six-year-old might be at the right age now too and he can meet all his favourite superheroes and dress up himself.

March is going to be a delicious month!

PARENTING



Find out how these women manage work-life balance. Our cover star discloses her journey and tips



WHAT TO EXPECT WHEN YOU'RE EXPECTING

About to become a mother for the first time? Here's an honest month-by-month experience from a gorgeous mum-to-be

Ria T. West

@DubaiMaven

JULY

I work as a flight attendant and was clocking in 100 flying hours. Between take offs, landing, days off and doing social media, I missed monitoring my period. On one of my flights, I had noticed I was extremely sensitive to smells - which was a first for me in over 14 years. I would also get dizzy and nauseous for no particular reason. I was on a Manila layover when the thought of being pregnant struck me. I would never in a million years imagine being pregnant but still I texted my partner Ian and his reaction was a LOL emoji and a nonchalant reply - "come home let's do the test." I have a feeling he thought I was joking.

The next day, when I landed and rested, we went to the pharmacy and bought the pregnancy test.

It was a simple test. Pee and wait for the lines to appear. I realised I cried because I had never thought I was ever going to be pregnant, I had never felt so happy, so absolutely and joyously happy that I was going to be a mother! This time I was ready and prepared to do everything to be the best mom I could ever be. Ian's reaction was comical - he broke into a cold sweat and became really pale. If pale was even possible for a freckled red head, he was the best example.

AUGUST

My sister is an OB - GYN nurse so it was only right that she asked me to come in for a check-up. After checking my last menstrual period, and doing a transvaginal scan, her doctor told me it looked like it wasn't a growing

pregnancy. Meaning, the fetus wasn't growing. I cried again but this time from the horror and the sadness of potentially losing my baby. The doctor said to do another hormone blood test in three days and see if my hormones double up. I cried uncontrollably on my toilet seat beyond devastated knowing I was going to lose this baby. I told Ian I wanted closure and peace of mind. The results put me on a rollercoaster because this time, my hormones not only doubled but tripled. We went for a scan and I will never forget that day because we heard our baby's heartbeat for the first time. I am sure every mother can relate to this. In my vault of memories, nothing will ever replace hearing that tiny heartbeat for the first time. It was almost as if the baby was saying, "Here I am Mama! I am still here, and I can't wait to grow and meet you and Papa!"

SEPTEMBER

I entered my second trimester and took a break from flying. One morning, I woke up with a sharp pain deep in my pelvis. It was so painful I could barely get out of bed. We had just gotten back from visiting Ian's relatives in the UK so I don't know if it was because I wasn't drinking enough water during that trip, but we decided to go to a physiotherapist. Needless to say, no number of needles, acupuncture and massage helped with the pain. I finally went to an osteopath and was told I have SI Joint or PPP which meant Posterior Pelvic Pain.

OCTOBER

I have been very lucky in this pregnancy despite having pelvic pain, I wasn't throwing up since the beginning, I wasn't nauseous, and my energy was back. Hubby treated me for a nice birthday dinner and I felt really good. I continued my swimming exercises and even though it was still hot to walk outside, hubby and I would walk around indoors just to pack in some exercise. I don't know when it started but I started to feel a tingling sensation on my right upper thigh. I thought it was just the baby pressing on the wrong nerves as she was growing so I kind of just let it be. I told my sister and my OB and they both tell me it's normal. You know what I didn't count on though? Hormones. H-O-R-M-O-N-E-S. These damn hormones made me emotional, sensitive to literally anything.

NOVEMBER

On my 27th week, I failed my glucose test. I was so upset with myself because I was blaming my intake of mango and banana every day for breakfast. Also, that tingling on my upper right thigh? It was one of the symptoms of diabetes. To be fair, peeing a lot is one of the symptoms too, but you can't really isolate this as diabetes since it can be a symptom for pregnancy as well. I was instructed to take my blood sugar four times a day. The dietician basically said I couldn't have white rice - I'm Asian and this was like a death sentence for me.

DECEMBER

Christmas brunches, mince pies, pudding and the panettone. I couldn't have any of them as my blood sugar could spike up as fast as a space rocket. Since being diagnosed with GDM, I've had the random spikes here and the doctor told me I had no need to take insulin. We shopped for



major stuff like next-to-me crib, baby cots and bassinets. Ian is so excited he even has costumes for her to wear for Christmas, Paddy's day and Halloween.

JANUARY

Time to pack the hospital bag. I needed a suitcase and a makeup bag. Okay, I'd like to be able to wear light, fresh makeup when visitors are over. I started having Braxton Hicks last December, but it was just this week that I started to feel it more. My stomach hardens and I feel as if I want to poop but then it goes away.

We went for a 34th week scan. My placenta had moved up which was good news and our baby was fine. Unfortunately, we couldn't see her in 4D scan as it turned out the umbilical cord was in front of her face and no amount of adjustment was going to make her move out of the way to get a clear picture. The scan doctor also said something that scared me a lot. If I have even one sugar spike after my 36th week, it could be very "deadly" to the baby as in the baby's heart will just stop beating. I'm just praying she stays inside my tummy for at least two more and go up to 37

weeks. Wish me luck!

FEBRUARY

Hurray for due dates! I am about to embark on an adventure where I literally have no idea what is going to happen. No amount of books and google search will prepare me for what I am about to experience on D Day. We have prepared our hospital bag, stem cell cord blood collection kit, tens machine and snacks for the hubby.

I contracted the dreaded flu earlier this month - I had chills at night, body aches, headaches, colds, cough, you name it. Hubby had to rush me to the hospital emergency. And boy oh boy, everybody thought I had Corona virus. They finally took a nasal swab test and turns out I was negative with Influenza A and B as well as bacterial infection through blood test. My OB gyn doctor decided I was going to have to be induced as the fluid surrounding my baby has started decreasing. I just hope my baby is fine and for me, this is when I totally trust my doctor. She did a sweep on my cervix and told me my mucus plug is gone and my cervix is very soft. Therefore, labor is now imminent.



Fashion: Galeries Lafayette
Hair Stylist: Michael Sassine
Makeup Artist: Elizabeta
Photographer: Ekaterina Trofimova [@katro_photo](#)
Location: Palazzo Versace Dubai [@palazzoversacedubai](#)



WELCOMING BABY LUNA

Rawan bin Hussain, Instagram star and Founder of House of Rawan beauty brand, talks about her pregnancy journey, gap year, and preparation for her baby girl



When Kuwaiti-Palestinian Rawan Bin Hussain revealed she was pregnant in an Instagram video, we had to secure an exclusive with the glowing mum. If you aren't on Instagram and haven't been following this lifestyle influencer's journey, Rawan first broke the internet when she took to social media to publish poetry. "I used to write poetry on Instagram and shared pictures from my travels, until the biggest broadcasting channel in the Middle East, MBC, published it and called me the 'Kuwaiti writer that looked like Brooke Shields.' That was a trending topic for a couple of months because people thought that I looked a bit different to people from the region." While studying Law, her Instagram grew at a swift pace, and Rawan found herself collaborating with multiple brands, founded her own beauty label – House of Rawan – and even published a book. She plans to continue her Master's degree next fall, but in the meantime, Rawan is learning everything she can about raising her first child, baby Luna.

Rawan chose the UAE, specifically Dubai, to give birth to her baby girl, as "it's the center of the world and is a beautiful, cosmopolitan hub where opportunities are found and where dreams come true," she says. "I wanted to make the best out of my gap year by staying



here and working with the brands that I absolutely love.” Rawan also mentions that the medical system in Dubai is very good. “My doctor is very nice, and she is very understanding of my lifestyle and work. She makes sure that my pregnancy is as smooth as much as possible, with the hectic lifestyle that I lead.”

Raised with four siblings, Rawan says she’s ready for whatever comes her way. “I think that being a mum will change my life and not just my social media life. Being a mother is a big responsibility and it alters your whole world, your responsibilities, priorities, you start thinking very different and you look at the bigger picture, and my bigger picture always involves my baby and her future,” she tells me. “Of course, that is going to make it worse when it comes to my social media, because I will not only have to set a good example for my followers but also for my daughter who will look up to her mother.”

With her massive following and responsibility, also comes pressure. When questioned, Rawan replies, “There is a lot of pressure on me, because at the end of the day, I am an influencer. I influence people and that means a lot of people look up to me whether I want that or not.” She does feel a bit responsible for those people, for her actions, what she says, and is aware that it can modify people’s mentality and decisions. “I try to stay real, positive, and have a good message.”

To keep calm, Rawan often books herself for a yoga session. “A lot of days, when I don’t have work, I just stay in bed and that’s not really good. At the end of the pregnancy, I kept moving to keep the blood flow and circulation going.” It’s been a wonderful journey, according to Rawan, to see how she has improved from her first yoga class where she could not even focus. “I used to end up crying and pouring my heart out to my yoga instructor because of various reasons, like moving to a new city, not having to go to university anymore – that was the biggest gap of my life this year. For the past 22 years, I have been studying all the time and that took a huge part of my life, an enormous routinely part of my life,” she says. Not having that anymore, Rawan turned to prenatal yoga to fill the void in some way and is thoroughly



I don't want to be the woman who relies on her husband. I respect the role of a man and I also have so much respect for the role of a woman in helping the family financially”

enjoying her journey.

Even though Rawan gave birth just a few weeks ago, her schedule has changed. But, she was aware it wasn't going to be the same. "I will still be working but I need to be not only responsible as a mother, emotionally and socially, but also responsible financially. I don't want to be the kind of woman who relies on her husband. I respect the role of a man and I also have so much respect for the role of a woman in helping the family financially. So, of course my work will still be there, however I will try my best to manage between work and my family life and I won't compromise one or the other," says Rawan.

At Mother Baby and Child magazine, we applaud women who are able to do it all. Becoming a mum is a huge step, with all the responsibility and learning that comes along with it. Rawan seems to have a great support system – her husband and family – which she mentions is crucial during this period.

Her advice for other pregnant mums, is to enjoy the beautiful experience. "It's crazy how time flies. You will remember the first month, the first kick, the gender reveal scan, and all the worries you have. I think it was the most beautiful experience I have gone through. Just take it easy, whatever is going to happen, is going to happen and it is meant to be." As we chat, she speaks of how our bodies are meant to have kids, meant to change for a child, so it really isn't something to worry about. "To all the pregnant mums, enjoy it and get as much sleep as possible, because I am sure when the baby arrives, you won't have any time for sleep," she laughs.

As for whether or not her baby girl will make an appearance on social media. "I am not sure if my child will be on social media, it's a decision that I have to make with her father. So, let's say for now that I don't think so, I would want to keep it private for a couple of months," she tells me, which is understandable, given her family life is private.

For now, she's relishing every moment with baby Luna, and we can't wait to see mini Rawan bin Hussain grow right before our eyes – even if it's just through a few pictures of her stunning outfits.

HEALTH



Everything mums need to know about healthy eating and current trends. Turn over for wellbeing advice

WELLBEING TALK

The latest in health and fitness



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This new fitness platform offers qualified personal trainers right to your doorstep. Through a mobile app on iOS or website, you get access to over 30 disciplines and 50 qualified trainers. With the aim of building an easier bridge between personal trainers and customers, whilst offering a customer centric service to complement this, FITLOV is there to help anyone reach their fitness goals. You can also create a tailor-made fitness plan based on your goals. Take your pick from the multiple packages designed around your level; a starter pack for those who want to stay fit and workout once a week, an active pack for those who are serious about their training and are looking for two to three sessions a week, or a full transformation pack with four to five sessions a week. They cover all the main fitness disciplines including weightlifting, kickboxing, yoga, pilates, dancing, swimming, boxing, HIIT and more within the pool of qualified trainers.

Subscription plans start from as little as Dhs190 per session, with free trial sessions available before committing to a package. Visit FITLOV.com for more information

GEAR UP



Reebok, in partnership with Warner Bros. Consumer Products, have debuted a collaboration with Tom & Jerry. The result: a footwear and apparel collection for adults, kids and toddlers that unites Reebok's iconic styles and Tom & Jerry's classic cartoon heritage.

Available online and at select stores



PLANT-BASED MEAL PLAN



ProLon, the world's first five-day Fasting Mimicking Diet (FMD) has launched in the UAE. Scientifically proven and clinically tested, this plant-based meal program tricks the body into thinking it's fasting but with less discomfort and risk than a true water-only fast. The fasting pushes the body to burn fat, rejuvenate cells and promotes anti-aging by lowering risk factors of a host of diseases including cholesterol, inflammation, fasting blood glucose, diabetes and obesity.

ProLon meals come in five convenient grab-and-go boxes that include energy bars, soups, a variety of snacks, drinks and supplements with ingredients like fresh olives, vegetables, nuts, seeds, dark chocolate and herbal teas. Comprised of low-protein, low-carbs, and high good fat, the meals range from 770 to 1,100 calories per day. The first and only meal program of its kind, it has gone through clinical trials at the University of South California Longevity Institute and has been patented for its anti-aging effects.

For more information, visit prolon.ae

INFANT SWIM TIME

*Gemma Altarriba,
Founder of Swimming
Wonders (Baby and Kiddie
Swimming Specialists)
discusses the significance of
nurturing water confidence
in little ones*



Your baby was in the water for nine months, since conception, and is therefore much more comfortable being in a swimming pool, than you may think. Besides being a life skill that is sometimes overlooked, swimming can have significant health benefits, especially when you introduce your children to the sport at a young age. Gemma Altarriba, Founder of Swimming Wonders (Baby and Kiddie Swimming Specialists) explains further.

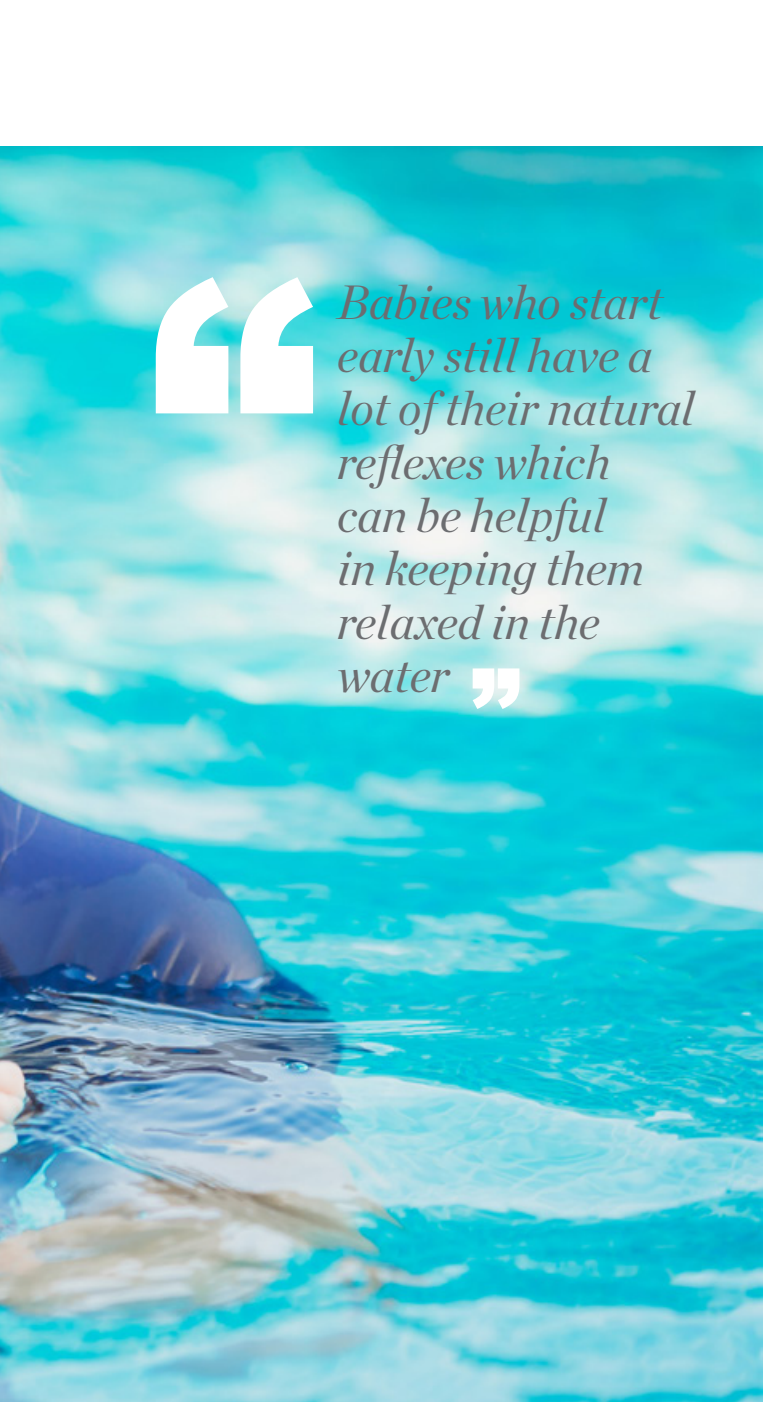
Why is it important to introduce babies to the pool within the first few months?

Why wait?! We recommend to keep them used to being in the water. You can start at home, from day one, with bath time. Pour warm water over their bodies with a soothing voice, make sure they feel safe and

relaxed. Babies that have been used to bath time at home transition well to the pool.

For lessons, we recommend starting your babies as soon as possible. Babies who start early still have a lot of their natural reflexes which can be helpful in keeping them relaxed in the water. It has been proven that babies that start early become more confident and water aware. They can begin lessons once they have reached 4kgs and their belly button has healed. Mums need to wait six weeks after vaginal delivery and 12 weeks after C-Section until they can enter the pool. If you wish to get your baby started before this, it's an ideal time for your partner to experience the magic of the water.

While it is never too late to start your swimming journey, starting early reduces fear, stress and anxiety of the water that can develop



“Babies who start early still have a lot of their natural reflexes which can be helpful in keeping them relaxed in the water”

as they get older. It gives your child every opportunity to enjoy their swimming journey. It is an activity you can enjoy together with your baby and one of the only sports that can be enjoyed from 0 to 100 years old.

What are some of the benefits of infant swim time?

Teaching your baby to swim is a life skill that will stay with them forever. There are lots of benefits and reasons why, and research shows baby swimming is very beneficial for the little ones inside and outside the water. It allows you to have a really precious bonding time with your little one. Whilst you are in the pool, there are no distractions like phone calls or emails. You and your baby will have 30 minutes of uninterrupted quality time. Babies do have a

short learning span hence the classes should not be longer than 30 minutes.

The group classes help babies to become more confident and relaxed. This allows them to develop their social skills at an early age. Children interact with one another and with the parent/teacher, begin to learn to work in groups and feel more comfortable when in the water surrounded with other people. This, plus the fun of learning a new skill boosts the baby's self-esteem and develops their curiosity and willingness to explore. Whilst working in groups, your baby can also learn from other babies in class. Sometimes a baby may feel more reserved towards an exercise or an environment but by seeing other peers performing an exercise, they often decide to give it a try and end up developing a new skill.

Swimming is the only exercise you can perform from only few days old. It is a gentle exercise that works the whole body encouraging your baby's muscle, lung and heart development. It helps build your babies strength as well as gets the joints moving. It also improves their coordination and balance, as lessons teach the baby how to control their breathing, how to kick and move the arms one after the other and how to put it all together as they get older, to develop the strokes in swimming. This will prove to be highly beneficial in the future.

As this is the only exercise you can do from such a young age, it also helps improve the cognitive abilities of babies assisting in stimulating the brain development. A study by Griffith University in Australia led by Robyn Jorgensen, concluded that children who started swimming at an early age score significantly better than the normal population on a number of measures that are important for their transition in school - mainly those of cognitive, language and mental development.

Does swimming improve a child's appetite and sleep routine as well?

Being in the pool uses a lot of energy for babies as they are in a new environment, with new sounds and different stimuli, along with a lot of free movement. Even if the class appears gentle and relaxing, the baby is very tired after a 30-minutes class and usually takes a long nap right after. It may not make them sleep through the night, every night (we wish right?), but the extra exercise will help to make your baby sleepier and rested afterwards.

For the tiny ones, you may even see that after 20 minutes lesson they start to show signs of tiredness. We have had several babies falling asleep during class.

As we adults feel hungrier after going to the pool or beach, so do babies. The movements created in warm water stimulates a baby's appetite. All the energy they use in the pool to keep warm, move their little legs and arms, burns lots of calories and they feel hungrier and eat better after class.

What should mums be aware of when taking their babies swimming?

Make sure your coach is specialised in baby swimming so that the right level of stimulation is provided at the right age group. Babies aged 0-3 months are highly sensitive to sensory stimulation and inappropriate stimulation can be damaging in the short or long term. Gentle and very basic exercise at the beginning will ensure a good start of your pool journey.

The pool temperature has to be no colder than 30-32 degrees and not hotter than 35-37 degrees as babies under 2-years-old cannot regulate their body temperature and they can get cold or overheated easily. If the children are swimming outdoors, take a sun hat, sunscreen SPF 50+ and a UV 50+ swimsuit for protection from the sun. Babies who are not potty trained need to wear a swimming nappy and seal it with a swimsuit over, to avoid any leaks in the pool.

They can have fun at the seaside from an early age too, however it is important that you are aware of a few key points to ensure you do this safely. Babies under 12 months old should never be submerged in saltwater, their kidneys are not developed enough to handle the salt intake from reflexive swallowing. Always supervise your child and be aware of currents and sea conditions before getting in.

Any safety tips for swimming at home?

Never ever leave a child unsupervised around any source with water (pool, bathtub, fountain, paddling pool, watering can...). A child can drown in just a couple of fingers of water. Early swimming lessons can teach your child to respect the water and be more aware of the dangers that this environment poses, if you do not know how to swim. For children under 4 years of age, it's best to do "touch supervision." That means that an adult should be close enough to touch them at all times. Even if your child has had swim lessons, they should still be supervised at all times while in the water. If you do have a pool, ensure you have all the layers of protection available. Have someone to regularly check your pool system, tiles, drains, have fences installed around the pool high enough for toddlers not to be able to climb. Enrol your little one into swimming lessons, take a first aid and CPR course to make sure you know how to react in case of an emergency.

NEED TO KNOW

Swimming Wonders are baby and toddler swimming specialists in Dubai. The courses run over a six-week period at various hotels including Sofitel the Palm, Hilton Al Habtoor City, Palazzo Versace Hotel and indoors at Victory Heights Primary School. The lesson objectives are to create a love of the water, instil the importance of water safety for parents and babies, and prepare babies and toddlers to learn how to swim. Swimming Wonders have also launched two new programs for mums – AQUABUMPS; a prenatal fitness program to prepare mums for birth and AQUAFIT, for women of all ages to challenge themselves in the water.

Visit swimmingwonders.com





@mbcmagazine

Mother Baby & Child 20 AWARDS 20

The Mother, Baby & Child Awards acknowledge the contribution that brands, educational establishments, healthcare providers and other entities make towards shaping the future for families in the UAE, through their role in helping parents and nurturing children.

Now in our 9th year, we will be awarding products, services and people that excel at serving both families and the community in the UAE – as voted for by YOU!

Vote and be in with the chance of winning an amazing three night stay for a family of four at The Anantara Villa Padierna Palace, Marbella – including private sport classes of your choice and spa treatments worth AED 18,000!

VOTE NOW!

OFFICIAL PUBLICATION

Mother Baby & Child

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motherbabychild.com/awards

#mbcawards

EDUCATION



Take your child's education in your hands with
advice from these professionals

ASK THE PRINCIPAL

BRENDON FULTON

Executive Principal, Dubai British School group

How did you begin your career in education?

With a background in IT, I was contracted into a school over 20-years ago to support with the integration of technology in learning. During this time, I developed a love and passion for teaching and so completed a teacher training course to support a change in career to full-time education.

How long have you been at this school and where were you prior to this?

I am currently Principal at Dubai British School Jumeirah Park and Executive Principal of the Dubai British School group. I have been in this role for just under a year, having previously served as Head of Secondary and Principal of Dubai British School Emirates Hills for four years. My previous roles have included academic and pastoral leadership roles in the Middle East, UK and South Africa.

Please tell us about your school curriculum.

We offer the full UK National Curriculum





for students from FS1 to Year 13 (ages 3 to 18), culminating in GCSEs, A-Levels and BTEC qualifications. Running parallel to this curriculum, we offer Social Studies, Moral Education, Arabic and Islamic, and a full student wellbeing programme.

What sets your school apart from others in the city?

The Dubai British School group has an excellent reputation for providing high-quality education in a warm, caring and nurturing environment. Many parents comment on the strong community spirit in the schools. We have excellent facilities and highly qualified teachers. However, our most distinctive feature is that we are proudly inclusive – we warmly welcome students from all backgrounds and of all abilities to our schools and invest significantly in ensuring that everyone has an opportunity

to experience success and fulfilment in a way that is meaningful to them.

Any specific activities?

Dubai British School Jumeirah Park is a specialist Expressive Arts School. We have a proud partnership with our resident Performing Arts specialists, DPA (Dubai Performing Arts), who provide our students with enriching industry-linked experiences across the expressive arts. With outstanding facilities in our 500-seater theatre, three dance studios, black-box room and many music classrooms and private training rooms, students at DBSJP truly receive an immersive and exciting experience in the expressive arts.

Any notable achievements from the students in the past?

GCSE and A-Level results at the Dubai


British School group are excellent, considerably exceeding UK national averages and amongst the best when compared with international premium school averages. Our alumni include students who have gone on to study Law at Cambridge, Engineering at Oxford and the Performing Arts at the Guildford School of Acting.

What should parents keep in mind when enrolling their children at your school?

Our school vision of Enjoy, Aspire, Achieve, are values that we live and breathe everyday within our schools. Our fundamental belief is that your child deserves to enjoy their time at school, in an environment where they will be challenged to have high aspirations, and ultimately will experience success in a way that is meaningful to their own personal circumstances.

yalla baby
BOX

HAPPY MOTHER'S DAY OUR GIFT?

- 
- A baby with dark hair and a white long-sleeved shirt is peeking out from inside a large cardboard box. The box is decorated with various baby-related icons like a stroller, rattle, and baby bottle. A yellow sticky note is pinned to the box with a red pushpin. The sticky note lists benefits of the subscription. The box also features a package of 'Eco' brand baby wipes with a picture of a baby and the number '5' in a blue circle.
- convenience
 - time
 - expert advice
 - MONEY (15% off when you subscribe)

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FIRST BOX USE CODE "MOTHERYBB25"**

www.yallababy.com

TEACHER'S PROFILE



MR. RICKY PRINCE

Head of Computer Science at Dunecrest American School

Ricky, what do you teach?

I deliver a robust Computing curriculum for students in Grade 5-10 that aligns with American CSTA standards, with the objective of preparing students to undertake IBDP Computer Science in Grades 11 and 12. At Dunecrest, technology learners are taught the fundamentals of Computer Science and to identify how the subject relates to everyday life. They are taught to problem solve and be innovative by producing computational solutions for given tasks. Within the department we have great robotics resources which enables students to grasp coding concepts quickly as they can see a practical live example of the algorithms they write.

How did you get into this career?

I was mentoring younger peers during sixth form in Year 12 and 13. My teacher at the time suggested that this is a career I should pursue, however I was interested in being in film and content creation, so at university I studied for a degree in Film, Video and Interactive Arts, with the aspirations of

going into a career in media. After graduating, I worked for companies like the BBC, Channel 4 and ITV for four years, making program content for different shows. Working my way up the ladder, I worked on a variety of roles on various projects, throughout working with younger people, helping them realize their potential and mentoring them.

In the TV industry, however, the stability and self-reward didn't feel enough compared to the hours of work that went into it and I didn't like how so many people around me lacked authenticity. As I was looking for a change, I made a huge career change decision to move back home to Bedford from London to become a Teaching Assistant. I obtained my PGCE (Post Graduate Certificate in Education) in Computer Science with ICT. In the last semester of the course, I had a job lined up to teach in an academy.

What excites you about your role?

Unlocking untapped potential in my students. Also the subject I teach is always evolving, and one has to keep pace with the new things that come out each day, so you're constantly learning, whether its reading up on developments,



or even hearing about something new from the kids. Everyone's a teacher in this particular subject! You have to be open and realize that since Technology is such a broad area, the kids are sometimes going to know more than you do.

What challenges do you face?

The primary challenge is in terms of changing students' mindsets. Whether it's due to their previous schools or the way they have been taught, I find that children are terrified to fail. In Technology, the way that innovation comes about, is by learning from failure, and problem solving. In computer science, you're not always going to get things right straightaway. Students need to think outside the box, I always tell them that their imagination is their limitation. As a teacher, I am constantly encouraging students to realize that in order to know success you have to know failure.

How do you get students interested in what you teach?

With our students here, I have a very good rapport, and

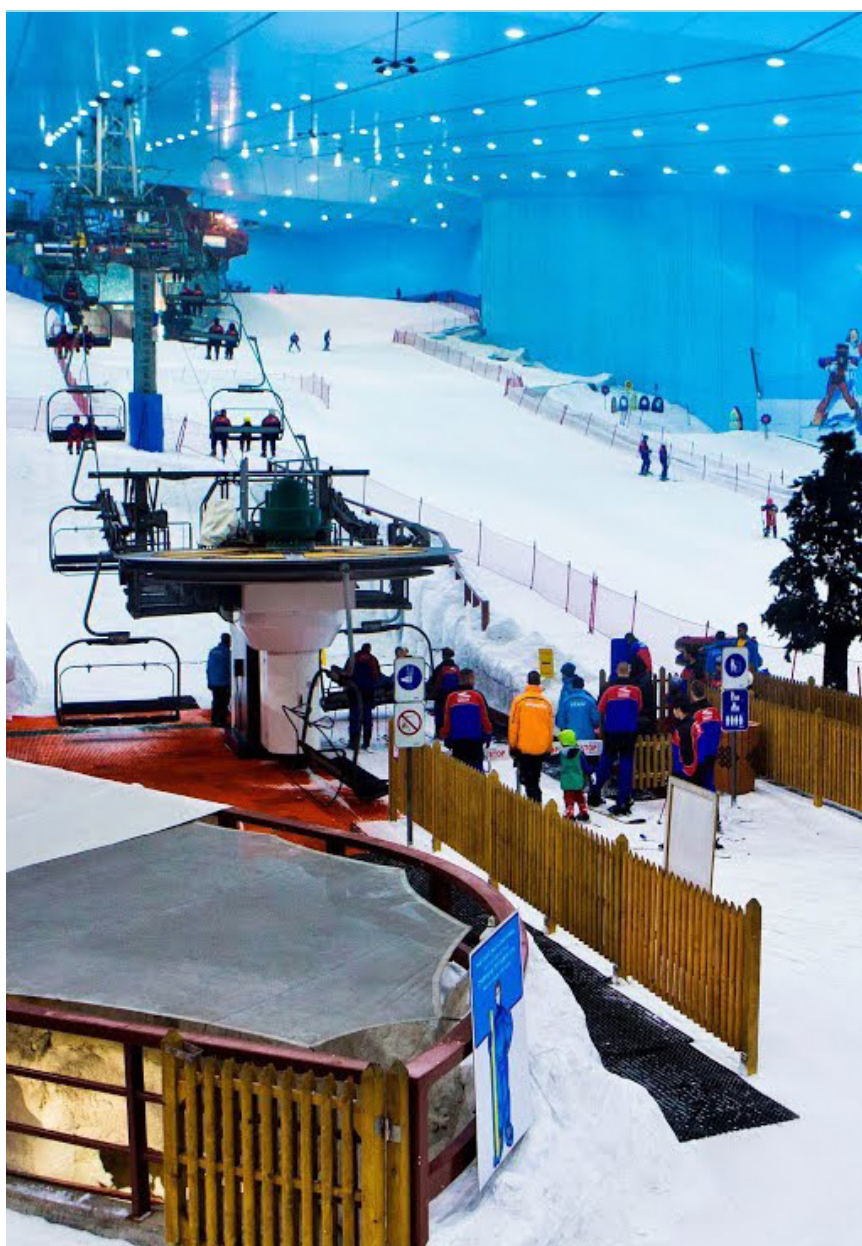
that is one of my strongest traits. I get to know them as individuals. I also make an effort to make sure that everything they are taught is in correlation to their lives, show them how knowledge is transferrable and teach them life skills – the biggest being problem-solving and adaptability, creative thinking skills and the design cycle – how do you think about a problem, break it down, and correlate it to something they do in their everyday life. The biggest innovators like Elon Musk, are looking at making everyday lives better, improving life for humans. More than just learning how to code, students need to have a purpose behind what they are learning, so that they can really engage with the subject matter.

One thing you would like to change about the academic system in the UAE?

Students are GPA driven, which of course, reflects on them when they go to university. However, we need to work into the system room for students to experiment and grow and include life/work experiences for students here in the UAE.

KEEP THE KIDS ENTERTAINED

Farah Sawaf, mum to three boys and Founder of Soul Communications, shares her favourite ways to keep children occupied over spring break



It is often expressed that our children seem to be off school more than we can handle. I think it's a factor of time flying by. Therefore, a break always seems to be around the corner, which means we have to keep them busy! In the Sawaf household, we have to give days off a proper think as my work doesn't properly allow me to set a full-out agenda but we certainly make-do. My theory? You have to mix it up with a fair share of activities and, you may not be familiar with this concept, just let them be a bit bored. I have fond memories from when I was five, creating "delicious" mud pies alongside my imaginary friend Annika. Granted, I was a bit of an odd child but I would like to think now, that gave me character as I stretched my mind and used my imagination.

The hours I cannot fill with camp or playdates, I assign my three boys tasks around the house, not necessarily their version of mud pie. They rather make a tent of blankets and pillows, build a stadium with their magnatiles, and basically figure it out to entertain themselves for a short pocket of the day. The risk of this could indeed drive us crazy, but you will be pleasantly surprised how they tend to get creative. Certainly, with adult supervision, or you risk your kitchen becoming completely slippery - my six-year-old



thought it would be fun to turn it into an ice rink with butter spray.

On a more serious modern day note, when I find my schedule clear I love taking the boys for nice walks along kite beach to grab an ice cream and let them run free (in circles most of the time). We are not short on options for our children and I find the UAE almost confusing with all the choices. If there is a good deal, I love taking them to the aquarium, for a boat ride, or even the underwater zoo at the mall where we can spend hours looking at everything at our own pace. Ski Dubai has weekday resident offers that are amazing, and you will feel like you traveled for a few hours.

The boys and I recently went to Emirates Bio Farm, where the kids could see how farms operated and they even rode on tractors. We also like to visit the Jameel Arts Center, where there is plenty of outdoor space and you can book a tour to explore all the amazing exhibitions they carry. All this at a minimum cost. While the weather is nice, we go to smaller parks scattered around town and end it with ordering a pizza, while winding down outdoors.

In conclusion I admit, entertaining children whether it may be “allowing them to get creative” or gearing up towards a third



party, takes proper effort. Sometimes it means dropping the iPad (oh, how we love it so much), kicking-off your shoes, and

teaching them the traditional game of tag. Go ahead, try something new this break... tag you're it!

SPRING CAMPS

Let your children cultivate creative skills

Art, Science, Technology And Mindfulness Kids Camp At Life'n One

This one-of-a-kind camp runs from March 29 to April 9, and each day begins with a mindfulness session and yoga. The topic differs each day, encouraging children to discuss their opinions freely while working in teams. Kids will get hands-on experience on projects such as 3D Art; Navigating through basic astronomy (March 30); Green Energy – where they can learn how to power a clock with potatoes, and make a dynamo lantern and wind turbine (March 31); Crystals (April 1); Earth Science (April 2); Sound and Energy Healing (April 5); Technology and Robotics (April 6); Engineering (April 7); Astronomy (April 8) and Healthy Eating (April 9).



The Details

Ages	5 to 12 years old
Duration	3 hours per day (9AM - 12PM)
Price	Dhs250 per day, Dhs950 (five days a week), and Dhs1,750 for the entire camp
Location	Life'n One WellBeing Center, Villa 5/1B, Street 27B, Jumeirah 1, Jumeirah Beach Road (behind Magrudy's Bookstore & Jumeirah Centre)
Contact	+971 56 534 2899

Tashkeel Spring Camp

This camp in Nad Al Sheba will take place from March 29 to April 2, and includes three-hour sessions where young adults can learn about various art and design disciplines through age-specific making tutorials and group discussions. They can discover disciplines such as printmaking, papercrafts and clay, among others. The classes are taught by practicing artists, designers and makers in the UAE. Breaktime snacks and all materials included. Book your child's seat quick, as limited places are available to ensure small groups for 1:1 guidance.



The Details

Ages	8-14 years old
Duration	10am-1pm/ 2-5pm
Price	Dhs276 per child per session, or Dhs1,238 for the entire week
Location	Tashkeel Nad Al Sheba
Register	tashkeel.org

MOBILE STORAGE SOLUTIONS

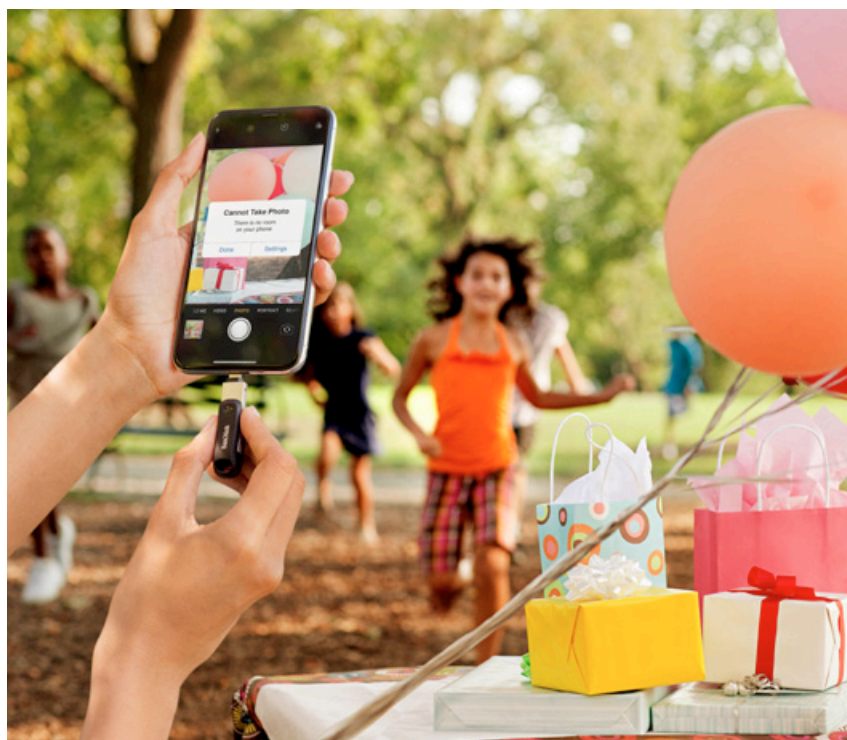
When life goes by in the blink of an eye, the role photography plays is so significant in capturing memorable moments in the lives of our children



There is no substitute for the feeling of looking through all the big moments of childhood - births, the many adorable expressions and outfits, first steps, first days of school, gap-toothed elementary-school smiles, and high-school graduations, to name a few. In today's digital world, it has never been easier to take pictures of your children

with the great camera your smartphone comes with. Parents today have to wrestle with what to do with all the photos they have taken where there is no more storage on their smart device and no guarantee that the sites and programs they are currently using to store images will still exist in the long term. This raises the question of how parents can ensure that all the photos they've taken will actually be around long enough for them to take a walk down memory lane in the future or for their kids to truly appreciate them.

Designed to be the perfect companion for your iPhone or Type-C Android device, the iXpand Flash Drive Go and Ultra Dual Drive USB Type-C by SanDisk offer an easy way to free up space on your smartphone or tablet, backs up your camera roll to provide



for plenty of room to move yesterday's videos off your phone so you have room to capture what's happening today.

iXpand Flash Drive Go from SanDisk

The iXpand Flash Drive Go presents an easy way to free up memory on your iPhone or iPad by conveniently moving photos, videos and other files off your device and onto the drive. By simply plugging in the drive to automatically back up your photos, videos and contacts, you can use the high-speed USB 3.0 connector to transfer them over to your computer. The iXpand Flash Drive Go has a swivel design that protects its connectors when it's tossed in your bag or pocket and a keyring hole makes it easy to attach to your keyring making it easier to

keep it handy when you're out and about.

Ultra Dual Drive USB Type-C from SanDisk

With a reversible USB Type-C™ connector and a traditional USB connector, the SanDisk Ultra Dual USB Drive Type-C quickly and easily transfers your files between your smartphones, tablets, and computers. The reversible connector has a symmetric design, so that it's always right-side up, making it easy and fast to plug in. With high-speed USB 3.1 performance of up to 150MB/s, it also makes sure you spend less time waiting to transfer your photos, videos, songs, and other files between devices. In addition to the drive, the SanDisk Memory Zone app for Android (available on Google Play) lets you view, access, and back up all the files from your phone's memory in one location.

GOOD LIVING



Read through for the latest in dining, spa, beauty and fashion. This section is all about catering to families, so we've highlighted only the best



Milk, Dark & White Selection Box, Dhs39 at Marks & Spencer



Quay - Reina Black, Dhs185 at Tutus Kurniati



Inglot x Swarovski Lipstick, Dhs99 at Inglot



Guess Asher Convertible Bucket Crossbody, Dhs395 at Namshi



Love Stripe Graphic Sweatshirt, Dhs79 at Next Online

TO MUM WITH LOVE

Mother's Day gifts that every woman will cherish



Silsal Candle, Dhs158 at Saffron Souq



Ashdene Parisienne Pink cup and saucer, Dhs105 at Jashanmal



Rose Summer Set, Dhs119 at L'Occitane

GOOD LIVING



*Estie Grey Skirt,
Dhs520 at Ted Baker*



*Polka dot top,
Dhs169 at Zara*



*Rhinestone heels,
Dhs399 at Steve Madden*



Ritu Kumar SS20

MOTHER'S DAY OUT!

*Put on your best outfit for an afternoon
out with your loved ones*



*RE/DONE sneakers,
available exclusively
at NET-A-PORTER*



*Earrings, Dhs70
at Springfield*

*Cotton Palazzo
Trousers, Dhs269
at Mango*



No.1 selling
scar & stretch
mark product in
25 countries.
Full details at bio-oil.com

“The big test for Bio-Oil was my first pregnancy. I used it throughout, applying it twice a day. Not only did Bio-Oil prevent new stretch marks, it also helped to lighten my old ones from years ago. I was so relieved because it’s not an appealing thing to have stretch marks, even if nobody sees them! Now that I’m pregnant again, it’s great because thanks to Bio-Oil I don’t even think about them. All I do is concentrate on the little wonder growing inside me. I am absolutely convinced by Bio-Oil. I call it my old faithful!”

Farzaanah with Hanaah



Bio-Oil® is a specialist skincare product formulated to help improve the appearance of skin. Its formulation contains the breakthrough ingredient PurCellin Oil™. It is also highly effective for dehydrated skin. Bio-Oil is available at pharmacies and selected retailers. Individual results will vary.

Bio-oil is a cosmetic product and does not carry any medical or therapeutic claims.



New Packaging Same Formulation

Knitted Dungarees,
Dhs195 at COS



Printed Blitzing Cap,
Dhs79 at Under Armour



Boy's Shirt, Dhs79
at Mango Kids



Kenzo Kids

Tommy Hilfiger Blue Canvas
Slip-On Trainers, Dhs219
at Childrengalson.com



KEEP IT COOL

Casual, comfortable pieces
for your children



Cotton Dress, Dhs29
at Babyshop



Grey Colour Block Co-ord
Jumper and Jogger Set
(0mths-2yrs), Dhs65 -73
at Next Online



Jumpsuit, Dhs169
at Mango Kids



NAUTICA Short Sleeve
Round Neck Midi Dress,
Dhs119 at 6thstreet.com



Inclusion changes the world

Let's celebrate World Autism Awareness Day on April 2nd along with the launch of our initiative to integrate individuals on the spectrum into the workforce.

Space courtesy

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رعاية وإيواء ذوي الإحتياجات الخاصة
SENSES
Residential and Day Care for Special Needs



THE BEAUTY EDIT

This month's must-haves & lust-worthy buys

BEAUTY ELIXIR



The Giza Nutrient Rich Oil Elixir is one of those products you will not only keep on your vanity, but also carry along in your bag. The ultra-nourishing blend of natural oils and essences brings back vitality to the driest, roughest skin. Macadamia and avocado oils instantly relieve dry patches, while restoring natural elasticity and smoothness. The elixir also contains almond oil to calm irritation and regenerate damaged skin areas. You can also use this oil as a scent, as the rose petals lend a floral aroma.

Dhs270 at amazon.ae or Ziteun.com

ON OUR WISHLIST



*Instagram compact
deluxe peach powder,
Dhs343 by Rodial*



*Deborah Milano
Fluid Velvet
Lipstick, Dhs60
at lifestyle stores*

GLOSSY LOCKS

If you are looking to add some sheen to your locks, Color Wow has launched Extra Mist-ical Shine Spray; a super-light finishing mist that instantly adds intense, glossy shine, making hair look healthy while enhancing your colour. With groundbreaking shine spray technology, the mist offers a non-greasy, non-drying and non-sticky look that will not collapse or weigh down your hairdo. It's the first super-light glossing mist to harness the light-producing power of Muellein, a flower phenom that captures invisible UV light, then converts it into full spectrum light, resulting in a brilliant show of radiance.

*Dhs150 at Bloomingdales Dubai Mall,
Harvey Nichols Mall of Emirates and
online at Beautysolutions-me.com*



*Tuscan
Sunshine
Eyeshadow
Palette,
Dhs115
at Kiko
Milano*



TRIED & TESTED

Enjoy a trip to this hotspot

PRETTY WOW HAIR & BEAUTY BAZAAR

Stepping inside this newly opened salon in JLT and being faced with the phrase, “you look pretty wow”, is certainly no bad way to kick off my evening (and that’s before the pampering begins). From the moment I enter, I’m instantly transported into a Willy Wonka-esque, pop-art inspired haven. Courtesy of British mural artist, Jazz Stan, the salon’s flashy interiors – from the mini unicorn carousel to the clashing zigzag tiling across the floor – are truly a sight to behold.

But there’s so much more to this pastel-hued hub than the splashes of colour that adorn the walls. Led by Liverpool-born Sophie Devine, the team at Pretty WOW can cater to your every beauty need. From hair styling, waxing, full-body massages and facials, to some of the most elaborate nail art we’ve seen (check out Fay’s Instagram account @nailgirl_fay.dxb for your next nail inspo) it’s a one-stop-shop for all things beauty. The girls also offer brow and lash treatments, in addition to FakeBake tanning and make-up services.

I’m booked in for a full body massage and a gel mani/pedi during my visit. My therapist, Helen, leads me through to the massage treatment room, which – despite the continuation of bright colours splashed on the walls – has a surprisingly relaxing feel to it once the lights are dimmed and there’s only the glow of candlelight in the corner. Helen discusses with me the various massage styles that are available, before we settle on the 60-minute, full-body Swedish treatment. With more than 17 years of experience in the beauty industry, I feel totally at ease with Helen from the get-go. She works at slowly releasing the tension from my neck and shoulders and kneads at the stubborn knots in my lower back. Paired with gentle stretching and joint circulation movements, I’m left feeling completely relaxed – and can’t recommend Helen enough to Mum’s who are feeling run-down



and in need of some TLC.

For my mani/pedi, the girls use Lola Lee polish – a hardwearing and long-lasting gel product that is classed as “10 free” in the beauty world, meaning it is free from all harmful ingredients, including formaldehyde, phthalates and animal ingredients. I opt for a subtle baby pink shade (037 – “Not my problem”) inspired by the salon’s pastel hues,

but there are ample colours to choose from to suit all tastes.

Details: Gel mani/pedi combo is priced at Dhs255, and a full-body massage is priced at Dhs300. Call 04-572 6437 for bookings. Open 9am-9pm Sunday to Thursday, 7am-4pm on Friday (for those pre-brunch needs!), and 9am-6pm on Saturday. Located at Cluster V, JLT.



Mother's DAY

SPECIAL OFFER

15% OFF

Quote promo code PrettyWOWMBC for bookings between March 15 – 23 and get 15% off treatments!

DINING IN THE CITY

Culinary offerings for all ages



SALERO, KEMPINSKI HOTEL MALL OF THE EMIRATES SHEIKH ZAYED ROAD

For your next date night, visit this Spanish eatery that serves up a great ambience and traditional dishes. Every Monday, you and your partner can enjoy paella and a special concoction served right to the table.

Dhs300 per couple, including the paella for 2 and one beverage jug. Contact 04-409 5999



CAFÉ 302, AL MAHA ARJAAN BY ROTANA

This renowned restaurant café has a special new menu for children including packages, cheeseburger sliders and creative sandwiches. While the adults tuck into the extensive menu, children can keep occupied with Sudoku, crosswords and various other activities.

Contact 02-610 6666

MAREA, DIFC

Marea invites mums to dine complimentary on March 21st. Indulge as a family, on a special set menu curated by Chef Michael White.

Dhs250 for the three-course set menu, for the family, while mums dine free. Contact 04 583 6366



CAFÉ BATEEL

Catch up with the ladies or treat your family to a three-course evening set menu featuring a range of wholesome and delicious dishes. Combining the rich tradition of Arabian hospitality with the renowned heritage of Italian cuisine, the new menu presents three courses of exquisite seasonal flavours. Highlights from the starters include the Halloumi & Avocado Bruschetta, for mains, and the Rigatoni All'Arrabiata or the Mushroom Risotto.

bateel.com



PAROS, TAJ JUMEIRAH LAKE TOWERS

This gram-worthy spot inspired by the Mediterranean, is a rooftop bar and restaurant with views of the Dubai skyline, Emirates Golf Course and the shimmering waters in the distance. Head there for dishes with influences from Southern Europe, Levant and the Middle East. Expect Smoked Eggplant Salad, Grilled Octopus with Rock salt and Mashed Chickpea and more hearty dishes including Moussaka and Greek-style Kefteades. A selection of flatbreads, skewers from the grill, sandwiches, burgers and Mezze platters also feature on the menu.

Contact 04-5741 111



MOREISH



Head to this hidden gem in Oud Metha for their all-new vegan and vegetarian menu. Try appetizers such as BBQ Tofu Popcorn (sesame-crusted tofu bites served with BBQ sauce) or a warm bowl of Cauliflower & Lemongrass Soup. Mentionable new mains include the Sweet Potato Gnocchi and the Roasted Tomato, Cashew and Mint Gravy Stew. A collaborative venture with local vegan ice-cream specialists, Artiserie Gelato, also features on the menu in the form of an anise-flavoured ice cream and chili fudge, served with a vegan dark chocolate brownie. How delish does that sound?

Contact +971 50679 1531

BVLGARI YACHT CLUB



Experience a brunch reminiscent of an Italian coastal harbor village, with its unique nautical theme, inside the Bvlgari's first-ever Marina and Yacht Club. The restaurant, adorned by vintage photos of celebrities at the seaside or aboard Riva yachts, overlooks the marina and Dubai skyline, proving the perfect venue for a timeless Italian dining experience. The menu showcases Italian seafood in a la carte-sharing style, with live music in the background.

Dhs350 per person inclusive of soft beverages, Dhs550 per person inclusive of selected house beverage and Dhs800 per person for the premium package. Children from four to eleven years old dine for half price and under the age of four dine on a complimentary basis. Contact 04-777 5433

WEEKEND GETAWAY: *Kempinski Hotel Muscat, Oman*

*For those looking to escape Dubai's hustle
and bustle for a weekend of beachside
tranquillity or outdoor pursuits...*





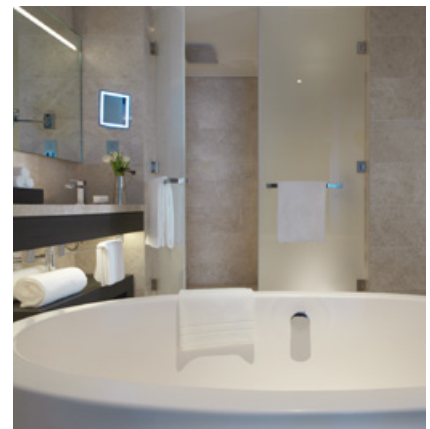
Jump onboard the short one-hour flight from Dubai and you'll soon arrive at this gorgeous beachfront property, just 10-minutes north of Muscat International Airport. Exuding grandeur from the get-go, the hotel welcomes guests with its modern, palace-like lobby design, which draws on inspiration from nature and ivory-coloured water lilies. From its all-exposing glass exteriors, we catch a glimpse of the hotel's infinity pool and a snippet of the 6km glimmering coastline from the check-in desk, before making our way to our home for the weekend.



ACCOMMODATION

There's certainly no shortage of rooms at the Kempinski Muscat. Of the 310 spacious rooms and suites available, we're staying in a Junior Suite over two nights. The room is

tastefully decorated with neutral tones and offers ample space for couples – with a large bedroom plus adjoining lounge, bathroom and separate dressing area. There's no balcony, but the floor-to-ceiling windows offer sea views and plenty of natural light into the room. There's complimentary soft drinks and snacks at the Executive Lounge for guests staying in a suite, plus use of the in-room Nespresso machine and fresh water that is replenished daily. For families looking to book a stay, the hotel offers interconnecting king and twin-bed rooms. Alternatively, two additional beds can be arranged for the Grand Deluxe Suite – a spacious (1496 sq.ft) option including a large entrance foyer, fully equipped pantry, powder room, and a lounge with a separate living and dining area.



DINING

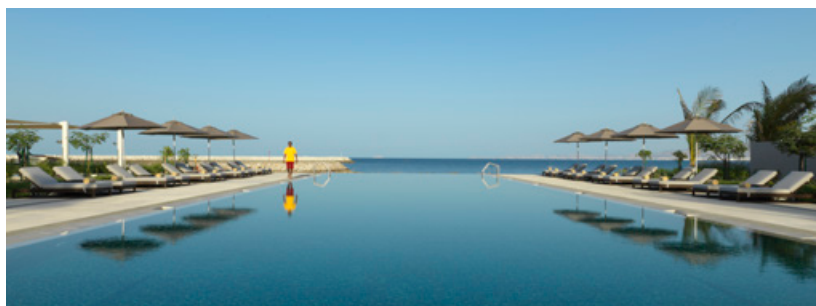


With a total of 10 dining outlets onsite, there's something to cater to every taste at Kempinski Muscat. We enjoy a beachside dinner at Zale Lounge on our first night, which means "power of the sea" in Greek. Offering guests a newly extended terrace to enjoy the cooler months, the restaurant's concept focuses around sharing-style platters. Don't miss the seared tuna for starters, which is served with a moreish miso sauce, plus the king crab tacos for fall-apart crab meat in a crunchy shell. For mains, the tenderloin beef is a must-try. Served the Italian way – "tagliata," meaning thinly sliced – it's dressed in subtle Asian flavours and topped with soy, chilli and sesame seeds.

Be sure to pay Bukhara a visit during your stay, too. This award-winning north Indian eatery boasts three tandoori ovens and serves an array of ultra-flavoursome dishes. The Kashmiri style lamb chops, to start, have real depth in flavour, scented with fennel and saffron, while the yoghurt croquettes serve as fried golden pockets of deliciousness. For mains, try the soya chaap masala and vegetable biryani, which is cooked encased in a bread topping to ensure maximum flavour – it doesn't disappoint!

Next door, you'll find Thai street food at Soi Soi. A more casual outlet, this colourful restaurant seems popular with both in-house guests and visitors alike – and for good reason. The menu features an array of authentic dishes that will soon transport you and your family to the bustling streets of Bangkok.

FACILITIES



Aside from the gorgeous infinity pool at the rear of the hotel, we're told that there is an adults-only pool for those looking for total serenity, plus a sports bar to enjoy the Six Nations rugby that would be screened during our stay. For the little ones, Dippy's Clubhouse is a fun and exciting space, equipped with entertainment, games, activities and childcare attendants. For the ultimate family outing, head to the hotel's in-house bowling alley on the lower-ground floor. It can be reserved for a special occasion (perhaps a family birthday?) or it makes for a great date night if it's just the two of you. The hotel has also just launched its ballet and rhythmic gymnastic classes for children aged 4-7 years. The sessions will

take place every Friday and need to be pre-booked in advance.

For those looking to soak up the Sultanate's natural beauty, Kempinski Muscat has partnered with Euro-Divers Oman to provide guests with expertly led excursions around the local waters. We take a morning boat from the nearby Marina Bandar Al Rowdha, and are lucky enough to spot lots of friendly dolphins during our trip. The hotel has also partnered with Twenty3 Extreme for the more adventurous traveller. From canyoning to caving and trekking to kayaking, there are so many exciting outdoor pursuits to enjoy in the surrounding areas. We can't wait to go back to explore some more!

BOOK NOW!

Room rates start at Dhsl,176 per night. GCC & Oman residents enjoy a 35% discount on rates until April 23 2020, inclusive of breakfast, health club and kids' club access. Call +968 24 98 5000 or email reservations.muscat@kempinski.com for more information.

HOME & SOUL



Everything you need for a happy home and family life. Read through for decor, pet care tips and child-friendly recipes

*S/2 Eiffel
Tower Book
Ends in
aluminium
and marble,
Dhs201 at 2XL
Furniture &
Home Décor*



*Postiano Two Seater,
Dhs1,950 at Home & Soul*



*3Moms boy's bed
at Bloomingdale's Home*

DÉCOR FINDS

Stylish upgrades for your home

*Amalia sofa,
available at Natuzzi*



*Padborg,
Dhs415
at Jysk*



*Interiors Cornelio
Cappallini Lisbona Sedia,
price upon request
at Interiors*



*Pink Kids Bed,
Dhs2,699 at Aura*



A NEW FAMILY MEMBER

*Is it time to introduce a puppy to your family?
Let The Petshop guide you on your adoption journey*



Before looking for a puppy online or in stores, consider adopting a pet from a shelter (#AdoptDontshop). Not sure where to begin? Visit the The Petshop, who host adoptions every weekend with a number of leading pet rescue organization in the UAE.

After adopting your puppy, it's time to introduce the pet to your home and family. Here are a few key things to keep in mind:

- Brief your family about welcoming the new pet, and make sure your home is as relaxed, and stress-free as possible.
- Individual introductions are highly recommended. Also, show the puppy around each and every corner of the house.
- Train your puppy to go to the backyard or outside when it's time for a potty break.
- Feed your pet. Consult The Petshop to know more about the food, care and accessories needed. The Petshop always guides customer on what food is best, as well as feeding times.
- Take your pet for a walk after each meal.



- Establish an area in your home for your puppy to sleep.
- During the first week, pay more attention to your puppy. Let him/her follow you around as you begin your relationship.
- Establish good habits for the future.

- Always remember - don't punish your puppy as this will create confusion and stress.

Consult The Petshop for any guidance or support and for all your puppy's needs - food, care and accessories.

#FortheLoveofpets #Thepetshop.

COOKING WITH KIDS

Jeri Willmott, Founder of My Wild Tribe (@my_wild_tribe) shares recipes your children can help you whip up in a jiffy

HEALTHY TOAST

- 4 slices French country bread
- Smoked salmon
- Half an avocado, sliced
- Boiled egg
- Sautéed spinach
- Sautéed beef
- Sautéed mushrooms
- Tomato, mozzarella, pesto mix
- French grainy mustard
- Cream cheese



STEP 1: Spread cream cheese on a slice of bread and top it with spinach and smoked salmon.



STEP 2: Add a layer of French mustard on the second slice of bread then top with the sautéed beef and mushrooms.



STEP 3: Carefully place the tomato, mozzarella and pesto mix on the third slice of bread



STEP 4: Top the last slice with sautéed mushrooms, avocado, smoked salmon and boiled egg.

SCONES

- 225g/2 cups self raising flour
- Pinch of salt
- 55g butter
- 25g caster sugar
- 150ml milk
- 1 free range egg, beaten, to glaze



STEP 1: Preheat the oven to 220C



STEP 2: Mix together the flour and salt and rub in the butter.



STEP 3: Add sugar and milk to make a soft dough.



STEP 4: On a floured surface, knead the dough very lightly and shape into scones.



STEP 5: Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden.



STEP 6: Cool on a wire rack and serve with butter, jam and clotted cream.

BANANA, MINT CHOCO RASPBERRY NICE CREAM

- 3 frozen bananas
- Raspberries
- Mint chocolate
- 1/4 cup coconut cream



STEP 1: Blend frozen bananas with coconut cream, until smooth.



STEP 2: Transfer to a freezer safe container.



STEP 3: Top with the raspberries, cacao nibs and mint chocolate.



STEP 4: Freeze for two hours. Serve in a pancake or eat on its own.

COMPETITIONS

motherbabychild.com/competitions

WIN! DANCE TUITION FEES AT TURNING POINTE, WORTH DHS1,200

Turning Pointe is a professional dance school in the UAE. An award-winning school with over 40 studios and breeds great dancers through its offering of eight different dance styles- RAD Ballet, ISTD Tap & Modern Dance, Ballet Fusion, Hip Hop, Contemporary Dance, Lyrical. The school has the largest faculty of professionally qualified teachers from the UK and South Africa. Turning Pointe offers classes to students between the ages 2.5 to 18 years.



WIN! A TEETH CLEANING VOUCHER AT VALIANT CLINIC, WORTH DHS1,000



Head down to Valiant Clinic at City Walk, for an upscale dental experience. The clinic is affiliated with Houston Methodist Global Health Care Services, the international arm of the world-renowned Houston Methodist Hospital, located in Houston, Texas, and brought to Dubai by Meraas. They provide ethical, evidence-based, highest standard care through their board certified, multispecialty clinicians.

For a chance to win one of these amazing prizes, visit motherbabychild.com/competitions

COMPETITIONS

WIN! A TWO PERSONAL TRAINING SESSIONS WITH FITLOV, WORTH DHS598



Kick-start your fitness regime with FITLOV, the new app that provides Personal Trainers at the touch of a button. One lucky winner can get two personal training sessions of their choice. Whether it's Yoga, Pilates, a HIIT workout class and more, FITLOV will find you the right trainer for your goals and lifestyle. Even better, your designated Personal Trainer will come to a location of your choice, whether it's your local gym or in the comfort of your home! Start your positive body transformation and transition to a healthier lifestyle in just a few weeks with FITLOV.

WIN! A GIFT VOUCHER FROM THE KIDDO APP, WORTH DHS500

Kiddo is an innovative and easy-to-use mobile app which helps parents discover the best development programs for their children and combines it with an option to make payments through the safe, secure and simple in-app KiddoPay function.

It also enables parents to read about other parents' experiences; see what friends are doing and connect with them; gift experiences through Kiddo card; and make direct payments in full or via kiddo instalments to the registered service providers.

Kiddo is giving one lucky winner the opportunity to win a Kiddocard (gift voucher) to spend on their app. Once the credit has been uploaded on to the app, the winner can use the amount to book any program or class that they desire.



For a chance to win one of these amazing prizes, visit motherbabychild.com/competitions

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