

ISSUE 109 | APRIL 2020 | DHS15

# Mother Baby & Child

★ WIN ★  
PRIZES  
WORTH OVER  
DHS4,000

*Meha Pandey*

THE INDEPENDENT POP  
ARTIST DISCUSSES HER  
MOTHERHOOD JOURNEY

INDOOR  
ACTIVITIES  
FOR KIDS



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الجيليلة للأطفال  
المستشفى التخصصي

# FIGHT THE SPREAD

📞 800 2524



Stay at least 1 meter  
away to prevent  
infecting people  
around you



Stay home or keep your  
distance when you are  
ill or not feeling well



Avoid touching your eyes,  
nose or mouth. Germs on  
your hands can transfer  
into your body



Wash your hands,  
especially after using  
tissues. Throw away used  
tissues immediately



Cover your mouth and nose  
with a tissue when you  
cough or sneeze, or cough  
into your elbow

[aljalilachildrens.ae/covid19](https://aljalilachildrens.ae/covid19)



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# EDITOR'S LETTER



It's been a strange month for all of us, but at an uncertain time like this, it's important to be hopeful. This pandemic has brought about global unity and now more so than ever, we need to support startups, food banks, the elderly, those in need, and healthcare workers. Natasha Hatherall-Shawe (@tashhatherall) and Samantha Wood (@foodiva) are two notable individuals who deserve credit for connecting the public with local businesses. If you aren't already following them on social media, make sure you do so.

I'm using this time to reflect, connect with family and friends and appreciate everything that I've been blessed with. There's nothing more important than health, loved ones, food on the table, resources to keep little ones entertained, and a roof over our heads. This month, we hope to make your life easier with a selection of indoor activity ideas for children (page 18) and advice for first-time mums (from page 26). You can also find educational activity sheets to keep young minds busy (from page 32).

As usual, we have a selection of recipes (page 50); beauty finds to order online (page 42); at-home workout gear (page 20) and a fun staycation for when it's safe to head outdoors with your family. In the meantime, give yourself a pat on the back, for coming along as far as you have.

*Stay home, stay safe!*

Nicola Monteath

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Choose What's Real

“EVERYTHING  
CHANGES,  
EXCEPT MY BEAUTIFUL  
SKIN”



AVAILABLE  
IN  كارفور  
Carrefour



I love waking up to a great cup of coffee and can't wait to try this limited-edition Orang Utan batch from RAW Coffee Company. Ethically sourced, it's made from 100 per cent Arabica, single origin, single estate coffee; and provides earthy notes of hazelnuts, grapefruit and brown spices (turmeric and ginger). The destruction of tropical rainforests is threatening the existence of orangutans and farmers in Sumatra. RAW Coffee Company is on a mission to provide long-term support for the Sumatran Orangutan Conservation Programme (SOCP) – which protects orangutans, their rainforest habitat, and the coffee farmers in the Gayo Highlands region of Northern Sumatra.

Order online at [rawcoffeecompany.com](http://rawcoffeecompany.com)

This Swati Golyan haute couture dress - available only by pre-order - is incredibly gorgeous. The designer uses 100 per cent silk and natural fabrics and focuses heavily on embroidery to create every stunning piece.

From Dhs1,890 per piece. Visit [swatigolyan.com](http://swatigolyan.com)



I'll be lounging around at home in this comfy and cosy Rikwood shirt.

Dhs500 at [American Vintage](http://AmericanVintage.com)

## ON OUR EDITOR'S RADAR



I've started online shopping and these SS20 Freedom chains Havaianas are in my cart. Perfect for supermarket runs, trips to the beach and summer travels.

Dhs220 at [6thstreet.com](http://6thstreet.com)



Soak away the stress of the day with these Erbaviva Firming Salts. Infused with organic essential oils of grapefruit, rosemary and frankincense, it invigorates skin and promotes a firming, toning effect.

The salts – which can be used in a bath or as a scrub – deliver a natural thermal action that have anti-inflammatory and cell regenerating properties.

Dhs200 at [saffronsouk.com](http://saffronsouk.com)



Ramadan and Easter are around the corner, so I've started stocking up on treats from M&S. You can find everything from Halal ready meals to chocolate eggs, this caramel fudge sundae and adorable chocolate sloth.



Since children are spending more time indoors, it's time to teach them a new skill. Deliveroo has launched limited-edition home cooking kits, in partnership with Fuchsia Urban Thai, allowing parents to conduct their very own workshop at home. Each kit consists of fresh ingredients and child-friendly step-by-step instructions, so that kids can put together a simple, healthy meal.

Available from Dhs48 on the [Deliveroo](http://Deliveroo) app



If you're working out while the kids nap, you might want to get a pair of wireless headphones to listen to your favourite beats. The newly launched Momentum True Wireless 2 earbuds from Sennheiser boasts refined ergonomics and a seven-hour battery life that can be extended up to 28 hours by charging on the go – using the supplied case. You can also make phone calls and interact with smart devices using voice commands.

Dhs1,195 at leading electronic stores





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# WHAT'S HAPPENING IN APRIL?

*Make the most out of family time at home*



LAURA  
BUCKWELL

*Event MC*



I don't know about you but this has been without a doubt the strangest time ever. The emotional rollercoaster has been real. Moments of calm, anxiety, frustration, appreciation and a whole lot more. But at the end of the day, as parents, we need to be strong and calm for our kids. This time of uncertainty will pass.

In the meantime, we need to get through it. Firstly, how are you all coping with homeschooling? The first day was fiddly and a huge adjustment for us, trying to figure out how everything works and getting into the routine of this new normal. I've found that rewards and lots of breaks are incredibly helpful. Rewards at the moment are snacks (mostly mini eggs) and during break time, I let my six-year-old hop onto the iPad and do whatever he likes. As it's been such a huge adjustment, I feel it's important to let him go at his own pace and do whatever he likes during his free time. It also means I can have a nice cup of tea and reward myself as well. Ha!

For exercise, we whack on a YouTube family workout video for beginners, which only lasts 15 minutes - it's perfect time-wise. Loads come up if you put 'family workout' into the search bar. Other fun activities we are enjoying at the moment are board and card games such as scrabble and UNO, as well as treasure hunting. Marnix is into creating maps, so we have fun with clues around the house and terrace area.

Baking and cooking are always good indoor activity options too. Pizza and baking muffins are our favourite hobbies. I'm in absolute awe of Jeri Wilmott (@mywildtribe) who's known for her amazing creations that are healthy and truly Insta-worthy. @ieatmypeas is another brilliant page to follow for healthy and creative recipes. Another one of my go-to apps is Kidzapp, which has plenty of fun indoor activity ideas at the moment.

We will get through this, we might come out the other side differently, but I'm sure it will be stronger, more patient and very appreciative of the simple things in life. If you have any more fun indoor activity ideas to help us through this time, please reach me on Instagram (@laurabuckwell) and I'll share suggestions.

Hang on in there mamas. See you on the outside!



## Inclusion changes the world

Be part of World Autism Awareness Day on April 2<sup>nd</sup> along with the launch of our initiative to integrate individuals on the spectrum into the workforce.



## LEARN FRENCH



Alliance Française Abu Dhabi have launched language learning courses via BlueJeans (a cloud video conferencing network). The user-friendly BlueJeans platform offers students the flexibility to connect from anywhere, using a phone, tablet or computer, connected to Wi-Fi or 3G/4G internet. You can access the class through the provided link and meeting code, which will be sent over via email. You can view and hear your teacher and classmates in real-time, while being able to send and receive files, videos and links simultaneously.

*The intensive sessions are designed for adults only and take place three times per week. Contact 02 612 2999/900 or email*

*[info@afabudhabi.org](mailto:info@afabudhabi.org)*

## SHOP ONLINE

Greenheart Organic Farms is a great digital alternative for those who miss their local market. While the experience isn't entirely the same, Greenheart assures you that their produce is extremely fresh, almost like plucking fruit and vegetables from your backyard. Everything grown on the farm is harvested in the morning, boxed and delivered to homes within hours. On the website, you can also find a selection of superfoods, snacks, beverages, pantry items, meat, dairy, baked goods, and toiletries.

*Minimum spend of Dhs130. Any order below Dhs130 is subject to a delivery fee of Dhs20. Visit [greenheartuae.com](http://greenheartuae.com) to shop*







@mbcmagazine

# Mother Baby & Child AWARDS 2020

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, worth Dhs18,000. The package also includes private sports classes of your choice and spa treatments.

## VOTE NOW!

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# PARENTING



Personal experiences from an expecting mum and a mumpreneur. Our cover star discloses her motherhood journey, nifty tips, and how she manages work-life balance



# WHAT TO EXPECT WHEN YOU'RE EXPECTING

*Here's an honest month-by-month experience from a gorgeous mum*

**Rhian Adams**

*Personal Trainer, Coach of Fitness Professionals and Founder of @rhian\_adams\_athlete*

## APRIL

I found out I was pregnant. Completely unexpected and a huge shock. We really weren't planning on expanding the family just yet, but we also knew exactly when conception would have happened. A little anxiety for hubby and I, to say the least, as we only just started properly sleeping through the night again.

## MAY

First thing on the agenda was to choose a nursery for our little girl, Seren. I fell in love

with Children's Oasis nursery even though it was a little further away from us than the others in the city.

## JUNE

We went on an unforgettable trip home to Wales to see our family and friends. Lots of walks, picnics and barbecues surrounded by beautiful mountains and the countryside. We got to be the bearer of great news to all our family and friends, especially the grandparents and siblings, and witness their excitement as we announced our little baby would be coming soon.

## JULY

Trimester two! Goodbye fatigue, hello more energy. I embraced the bodily changes and exercised regularly for all the mum and baby benefits, to keep as fit and strong as before the whirlwind of having a newborn.

Feeling my baby kick for the first time was nothing short of amazing and really made the pregnancy feel so much more real. I'm actually growing a human. We started planning ways to introduce the baby to our toddler Seren. We bought some books on a new baby arriving, and took her along to



one of the scans. The joy of seeing my little girl being able to see the baby on screen and gasp at the swish, swish, swish of the baby's heartbeat on the Doppler - this feeling is indescribable.

## AUGUST (HALF BAKED!)

My body was changing, my bump and breasts were getting bigger and heavier. I continued to wear my Lorna Jane active wear to accommodate my changing body. The style and fit kept me going through my pregnancy.

## SEPTEMBER

We took a big trip to Vegas and visited the Grand Canyon, flew to California to relax on the beautiful beaches and headed to New York to visit the Statue of Liberty. But, the highlight of the trip was when our hotel New York midtown, Hilton, decorated our room to reveal the gender of our baby. We were so happy when we found out.

## OCTOBER

We flew home to Wales for a celebratory few days. We had a wonderful baby shower with all my favourite ladies, Seren's second birthday party, and because we were sad to not fly home for Christmas this year, a very early family Christmas. Yes, we put our Christmas jumpers on, sang Christmas songs and put together a Christmas brunch. It was such a special time.

## NOVEMBER

We went on our last staycation as a family of three, to celebrate our four-year wedding anniversary, and also had a baby shower organised by ladies from my church group. I wore my husband's XL white buttoned shirt to my baby shower, paired with a navy skirt and a red headband. It's an unspoken rule that you can wear whatever feels comfortable or whatever fits during your pregnancy journey.

Starting to tie up loose ends and ready to finish work. I taught my last babyandme and Mums and Tots classes, and tutored my last pre-and post-natal exercise course.



## DECEMBER

This month was all about preparing for our baby's arrival and the amazing anticipation. Thinking of baby boy names, shopping for clothes, nursery furniture, and adorable blue room décor.

I loved the mystery of not knowing who I will bring into this world. Of course, I knew it was a boy, but the excitement of eye colour, hair colour, who he would look like, who he would follow in his little ways. And, how my little girl would be with him. Maternity leave also meant spending time with friends, enjoying coffee and breakfast, and my mum arriving, so lots of café stops for a tea and biscuits.

I was hoping the baby wouldn't come until after I judged the fitness bodybuilding show and after the Fit Awards - I won runner up "PT of the year." A healthy baby Samson arrived after a few days, on December 12th, and it was another beautiful water birth at Park View Mediclinic. My doula Nikki (@thefitmidwife) was by my side all along and I was so grateful, along with my husband, who stood by me again for the second birth.



Rhian will be back in action soon, launching classes at various locations. Visit her Instagram page for more information.





# THE *BUSY BUSY* LIFE

*Single mum and renowned pop artist/playback singer,  
Neha Pandey, opens up about her journey*



Hair and makeup by Tanya  
Gajria and wardrobe by  
Aeropostale (ClubApparel)



*It has been  
an extremely  
emotional  
journey so far.  
There have been  
many twists and  
turns*

Neha Pandey is no stranger to Dubai's media scene. The Indian singer and Founder of Bella Bee (an events consultancy) was born in Uttar Pradesh and spent her childhood between Mussorie, Dehradun, Delhi and Lucknow.

After travelling across the globe to collaborate with artists from Hong Kong, Australia, Sudan and the United States, Neha relocated to Dubai in 2005, to pursue her music career from the Middle East. In the year 2017, Neha's single *Na Roko*, aired on MTV Middle East, Africa, Europe, Americas and Australia. Her latest track, *Busy Busy*, reached over 33 million views on YouTube.

While music is an integral part of her life, so is being a mum to young Aren Benjamin. The eight-year-old, she tells me, is her life partner. "I take him everywhere. We love movies, go for walks together, travel, and dine out frequently." Being a single mum, Neha tells me that perseverance and resilience have been key factors for growth and success. "I never start my days without planning.

Planning is vital. I plan for 100 per cent and even if I achieve over 50 per cent, I am not hard on myself. I keep my notes and diaries and I value time."

Over the years, Neha has found herself facing quite a few speed bumps and roadblocks. "Not having a mother or any such figure in life made me turn into a Google mum. I remember working full time during my pregnancy and it was quite stressful. That had an impact on my health, and I ended up delivering a month earlier," she tells me.

Ever since, she has learned to multitask strategically. "It begins with prepping my son for school, followed by the gym, music practice, work, socialising, events, and finally home to spend time with my son. My daily schedule is never the same though," says Neha. As we talk about school, life in Dubai and her music career, she reveals that her responsibility has multiplied by the tenfold, ever since she became a single mum.

"It has been an extremely emotional journey





so far. There have been many twists and turns. At times I often feel, “Why me? Why is everything working against me?” she says pouring her heart out. Neha lost her parents when she was quite young and has not had any family support, but resilience and willpower keep her going. “I decided to shift my focus, not blame a person or anything at all and work on all my various talents - the biggest one being my music. Motherhood has made me a complete woman. One who is more empathetic and realistic.”

Aren agrees. He often leaves sticky notes around the house to cheer up mum. “His emotional quotient is strong and he is very caring and empathetic,” says Neha. “My mum is the strongest, most special, supportive and the best mum in the whole wide world,” he adds in.

Neha’s advice to new mums is to treasure every moment with your children. “I believe there is no formula to motherhood really, but every mum knows what is best for her child.”



# INDOOR ACTIVITIES FOR CHILDREN

*If you're struggling to keep kids entertained at home and want to prevent tantrums and arguments, here are a few fun ideas to try*



Simon says

Dance and freeze

Balance a ball on the spoon race

Indoor bowling

Staring contest

Card/board games

Treasure hunt

I spy with my little eye  
(Spot an item and describe it)

Balloon water fight in the backyard

Puzzles

Obstacle course



## GET CREATIVE

Make a comic book and invent characters

Write a letter to the grandparents

Make slime and playdough from scratch

Put on a skit or a puppet show

Pancake art

Write a poem

Make a vision board with magazine cut-outs

Splatter paint by filling balloons  
with various colours

Arts and crafts with vegetable and fruit scraps

Build a fort

Create bird feeders for the balcony/garden



## LEARN

Cooking

Robotics or coding (from an online course)

Meditation

Plant anatomy

Colours, shapes and numbers

Repurposing and recycling paper,  
plastic and boxes

Towel-folding animals

Jewellery creation with old beads  
and stale pasta

Country flags

An instrument

Table setting for parties

# HEALTH



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



# WASH YOUR HANDS

## Guide Kidzi to her QV Kids Wash



### Keep your children entertained while staying home

QV Kids Wash is great for little ones, as it is soap-free, contains vitamins A and E, and boasts colourful microbeads that make washing up all the more fun. The product is ideal for children with dry and sensitive skin. To protect your child's natural skin barrier, apply the QV Kids Moisturising Cream soon after. The cream is free from irritants, packed with vitamins A and E and suitable for itchy, sensitive and dehydrated skin. Make sure your kids wash their hands as often as possible and bathe daily.

### FOLLOW US



# A SPECIAL RITUAL

*Emotional bonds are built from physical contact. Since you're spending more time at home, connect with your baby and strengthen the bond with these soothing massage techniques*

A baby massage should be gentle, with rhythmic stroking of your baby's body. Giving your baby a massage not only creates a beautiful connection between the both of you, but it also helps relax the baby, boosts circulation, and aid digestion. All you need is 10-15 minutes and a nourishing body lotion, to prevent skin irritation.

## MASSAGE TIPS AND TECHNIQUES

- 🐾 Warm a tiny amount of QV Baby Skin Lotion in your hands by rubbing it between your palms.
- 🐾 Begin by massaging your baby's legs and feet. Gently squeeze and roll each toe between your thumb and index finger. Using alternate thumbs, gently stroke the foot from toes to the ankle. Repeat several times.
- 🐾 Work your way up the legs, lightly squeezing the calves and thighs. Pay attention to your baby's reaction.
- 🐾 With your fingertips, massage gently in circular movements below your baby's belly button and proceed clockwise, following the natural path of digestion. Walk your fingers around the navel, clockwise.
- 🐾 Move towards the chest, flatten your hands and push out to the sides slowly - as though you're smoothing the pages of a book.
- 🐾 With one hand, hold your baby's wrist. Relax the upper arm by tapping it lightly. Gently stroke from the shoulder down to the wrist. Massage the palm by moving thumb over thumb, from the heel of the hand to the fingers. Stroke down the top of the hand from wrist to fingertips. Gently squeeze and pull each finger. Massage the wrist by moving your fingers in small circles. Finish by rolling the arm between both your hands.
- 🐾 Trace a heart shape on your baby's face, bringing your hands together at the chin. Place your thumbs between your baby's eyebrows, and stroke out. Stroke from the bridge of the nose out over the cheeks, as though you are creating a smile. Proceed to massage the jawline with circular movements. Massage the ears between your thumb and index finger.
- 🐾 Hold knees and feet together and gently press knees up toward the abdomen. Rotate the baby's hips around a few times to the right (This helps relieve gas.)
- 🐾 Carefully turn your baby onto his/her back, stroke from side to side and then gently up and down.

QV Baby Skin Lotion, with Vitamin B3, acts as a protective barrier for your baby's sensitive skin and helps seal in moisture. The low-irritant formulation is free from fragrance, colour, lanolin and propylene glycol, is vegan-friendly, and suitable for delicate skin. To use, apply on skin after a shower or bath, and follow the massage tips and techniques listed here.







# TALKING TO CHILDREN ABOUT DISABILITIES

*Amal Toba, Managing Director of Hope Abilitation Medical Centre, shares simple tips for an honest conversation about disabilities*

Your child might have a classmate, or a family member, who is on the spectrum. We all know that children can be quite curious and have plenty of questions regarding just about any topic. It's important to be prepared and to address your child's curiosity about disabilities as openly and honestly as you can.

Amal Hope, Managing Director of Hope (Pediatric and Medical Rehabilitation Centre) launched the Abilitation centre after her

youngest child was born with Cerebral palsy (CP), due to medical malpractice. Amal travelled the world in search of therapies and brought over the concept of abilitation to the UAE. "Abilitation empowers young individuals with disabilities and challenges them to reach their best unexplored potential, along the spectrum of their physical, occupational, speech, and cognitive needs," she says.

Amal shares points you need to keep in mind, to explain to children.

1

Children with a disability are children, and shouldn't be treated any different.



2

Those with special needs are talented in various subjects. They rely on some senses, more than others, to compensate the affected ones. For instance, if they cannot walk, they are very observant, as they pay attention to what's going around them.

3

Not all disabilities are visible. Some, like Autism, are hidden and we need to understand that.



4

Siblings of a special child are the best advocates about a disability. Children who assist, play with, and take care of a child who has a disability, are often rather empathetic.



6

Sensory overload can be mistaken for regular tantrums and bad behaviour. Special children's brains are wired differently and sometimes regular sounds or lights trigger a meltdown.

5

Children with disabilities can hear everything you say. Even non-verbal children understand what you are saying, so always be kind.

7

Many children with special needs have an above average IQ.

8

Some special needs are not related to mental or physical capabilities. For instance, Erythromelalgia, where children have skin that burns spontaneously.



9

Children with special needs love being included. Many children with disabilities get bullied everyday, so please teach your children kindness.



10

Not all disabilities are of a genetic origin. Some people acquire their disability later on in life.





# FROM ONE MUM TO ANOTHER

*Donna Van Vuuren, Director of the Amazing Mums Sensory Supplies, shares a personal letter on interacting with individuals who have autism*



*Dear mum,*

Ethan, who is almost 13 years old, is the love of my life. It has always been Ethan first, autism second. That is how we parents think of our children.

When people see my son, Ethan, he doesn't look like he has autism, because autism doesn't have a look. I cringe when I hear that! Ethan is a young boy who looks and experiences the world so differently to others. This is the autism part, but is by no means everything about it. Every single child and adult with Autism Spectrum Disorder is completely different. Ethan is one of about 50 children in his special needs school *Safe Center for Autism* and not a single student is like him. He has a speech delay but fully understands everything he hears and even more so, what he feels. Therefore, the way others react and talk to him is important. People talk about him, but not to him. He may not look at you when you talk, but he hears and feels everything, and most of the time he feels it ten times more intensely than you do.

Kindness goes so far. Be kind, talk to him, include him, and be interested in the things he loves, and he will share his world with you. It's so important to teach every single child that there are many people in this world that aren't the same as us. This doesn't mean they are any less, they are just different. The way children react to other children who are different is all learnt behaviour from their parents. I can also understand that it can be nerve-racking to ask questions if you don't know or understand things about autism. But please know, that most parents are more than happy if you ask questions and take an interest. It shows you care.

So, let's start with the youngest child and teach them kindness and acceptance for all. This will open a whole advanced world of loving the differences instead of excluding them.

With love,  
*Donna Van Vuuren*

# GET KIDS MOVING

*Let your children tune into these YouTube workouts*

## Cosmic Kids Yoga

Mindfulness, relaxation techniques and fun yoga sessions for children over three-years-old. This channel is used in schools and homes across the globe and features vibrant active screen sessions that take you through the sets of *Moana*, *Harry Potter* and *Frozen*, amongst others.



## Little Sports

Quick daily workouts for children. These animated videos are well-loved by toddlers and children below ten, as they are interactive and colourful. Each rep is displayed on the screen, making it easy for kids to follow, and for younger ones to learn numbers as well. The videos are mostly 15-minutes long, so children can get active in between their distance learning breaks.



## 20 Online

The channel title says it all. 20-minutes online fitness classes for the family. Mum, you can try some of the solo workouts while the children nap. When you want to take a break and enjoy a cup of tea, switch on the channel to keep children busy with the Plyos (Plyometrics) workout.



## POPSUGAR Fitness

The family fun cardio workout is great for those who want to get their heart rate up. It takes about 13-15 minutes to complete and a few videos feature children of all ages, so young ones can relate.

## The Body Coach TV

You probably already know Joe Wicks from his quick healthy recipe videos and HIIT workouts. He uploads a new video weekly, so there's always something to keep your children entertained. A kid's beginner workout video is available, for little ones new to exercising at home.





# FIRST-TIME MUMS



Having your first child can be a daunting time for any new mum. Find tips, antenatal classes and essentials you will need

# A STRESS-FREE BIRTH

*The best antenatal classes for first-time parents*

Baby on board? The pregnancy journey can be quite overwhelming for some. Here's a roundup of the best antenatal offerings - some of which are now online - so you feel reassured and prepared for the labour room and beyond.

## DR SULAIMAN AL HABIB HOSPITAL

Experienced midwives and advanced life support instructors host antenatal classes every week. The course comprises four classes, split across four weeks, and covers everything from baby care (bathing, burping, changing nappies and swaddling) to breastfeeding; labour; pain relief; and safety (child accident prevention).

*Details: Free of charge. The classes take place at Dr Sulaiman Al Habib Hospital, Healthcare City (Building 57). For more information, call 04 429 7718 or visit [hmguae.com](http://hmguae.com).*

## MALAAK MAMA & BABY CARE

This two-part course prepares couples for birth. Led by leading maternity expert, Cecile de Scally, parents are informed about everything from hypnobirthing to a planned caesarean section.

The classes also cover a range of topics including breathing techniques; postnatal care; and feeding and sleep routines to suit your family. If you're expecting twins, you can also book a private session on what to expect during the first few days and the specifics of twin births.

*Details: Dhs1,050 per class. Workshops will be held as individual/private sessions either at their location in Times Square Center, or the comfort of your home. Contact 04 328 4019 or visit [malaak.me](http://malaak.me).*

## BABIES AND BEYOND

Mums are encouraged to sign up for these classes from 12 weeks' gestation, continuing on until the final trimester.



The prenatal/antenatal workshop touches upon healthy eating habits during pregnancy; massage skills and breathing techniques; coping with pain; breastfeeding positions and myths; baby care for the first few weeks; and delayed cord clamping, amongst other topics.

*Details: This course is now available online. Contact 04 430 8900 or visit [babiesandbeyond.ae](http://babiesandbeyond.ae)*

## HEALTHBAY POLYCLINIC

The course involves one class per week, for four weeks. Couples can learn about active labour and birth; relaxing strategies and possible changes of labour; and the usual newborn baby care needs. Private classes can be provided in one or two sessions and are tailored to the couple's needs. The sessions are conducted on a one-to-one basis at your home.


*Details: Contact 800 4272 or visit [healthbayclinic.com](http://healthbayclinic.com)*





# BABY-CARE ASSISTANCE AT HOME

*Szandra Akkach, CEO of Elite Babies & Tots discusses the benefits of hiring a baby-care assistant, especially if you're a first-time mum who needs an extra pair of hands at home*



For working mothers and stay-at-home-mums alike, there are numerous benefits to hiring a baby-care assistant; especially for newborn care. Here are five reasons why:

## **1. Enforcing sleep and other routines**

Babies take a significant amount of time settling into sleeping patterns, and this can easily take its toll on the mothers; especially first-time mums. It can be overwhelming for new parents to adjust to new patterns when a baby arrives and when both parents have jobs to attend to, there is often a limit on the time a new mother spends with a baby before returning to work; placing a time limit on developing healthy routines and sleeping patterns for the child. A baby-care assistant will ensure the baby settles into a routine smoothly and will watch the child throughout the night, to ensure their safety and peace; in turn allowing the parents to get a good night's sleep.

## **2. Delivering expert advice**

Professionals often work with numerous clients throughout their careers, and with children of a variety of ages. They also attend regular training through their employers, enhancing their childcare knowledge and skills over time. Baby-care assistants have a solid background and education in related fields. At Elite Babies & Tots, each of our baby-care team members holds a degree in Midwifery / a Bachelor of Science in Nursing. The extensive experience the professionals have helps new parents feel at ease and to work or sleep peacefully in a stress-free environment while knowing their little ones are in expert hands.

## **3. Offering hands-on guidance to overcome challenges**

Baby-care professionals offer guidance on how to handle different scenarios and challenges a new parent may face, including breastfeeding support, bottle feeding and formula if preferred, as well as guidance on meal preparation once the baby progresses to consuming solid foods. The professionals pass on hands-on skills, teaching

the baby and the mother to learn and grow throughout the process while offering support that will last long after the booking ends.

## **4. Tracking development and milestones**

Baby-care assistants serve as a solid support system for building a strong foundation for a baby's growth and social, personal, emotional and physical development. The bond they build with the newborn helps instil a sense of trust and security from an early age, building the child's confidence and character. An assistant can deliver constant attention and offer one-on-one personal teaching; similar to hiring a personal tutor. A newborn requires constant stimulation to develop their senses to see, smell, taste, hear and touch. As the child grows, learning is presented as a fun and casual task in the comfort of the child's own home, with constant entertainment and varying activities, from newborns to toddlers. The baby-care assistants can help your little ones reach developmental milestones with confidence while keeping the parents involved in the journey.

## **5. House-work and chores**

While a baby-care assistant's primary goal is to focus on a child's care and development, they also play a large role in assisting the parents. Besides handling bath-time and feeding time, while the child is busy napping, the baby-care assistant can help around the house with child-related tasks such as meal preparation, washing, ironing and organising the child's clothes, arranging the child's toys and cleaning their room. The baby-care assistant can set a schedule in place and ease a parent's workload; whether it's a new mother under recovery or a working mum requiring some relaxation after a long day at work. Of course, one must not forget the importance of parents liaising with baby-care assistants and properly communicating to ensure common goals for the child are set and met. Together, they will mould little newborns into confident toddlers.

*To book a baby-care assistant, contact 056 900 9118 or email [info@elitebabiesandtots.com](mailto:info@elitebabiesandtots.com)*





# NEWBORN BABY ESSENTIALS

*Must-have items to buy before your baby arrives*

1. Malabar baby blanket, Dhs225 at [ecosouk.me](http://ecosouk.me)
2. Babyzen Yoyo+ stroller bundle (Frame, newborn-and colour-pack), Dhs3,249 at [mumzworld.com](http://mumzworld.com)
3. Baby carrier and sling, available at [Artipoppe.com](http://Artipoppe.com)
4. Organic muslin swaddles twin pack, Dhs185 at [ecosouk.me](http://ecosouk.me)
5. Chloe bag, available at [Angels](http://Angels)
6. Evenflo Sutton 3-in-1 booster car seat, Dhs329 at [mumzworld.com](http://mumzworld.com)
7. Philips Avent ultra comfort single electric breast pump, Dhs592 at [firstcry.ae](http://firstcry.ae)
8. Tommee Tippee advanced newborn starter kit, Dhs187 at [sprii.ae](http://sprii.ae)

# EDUCATION

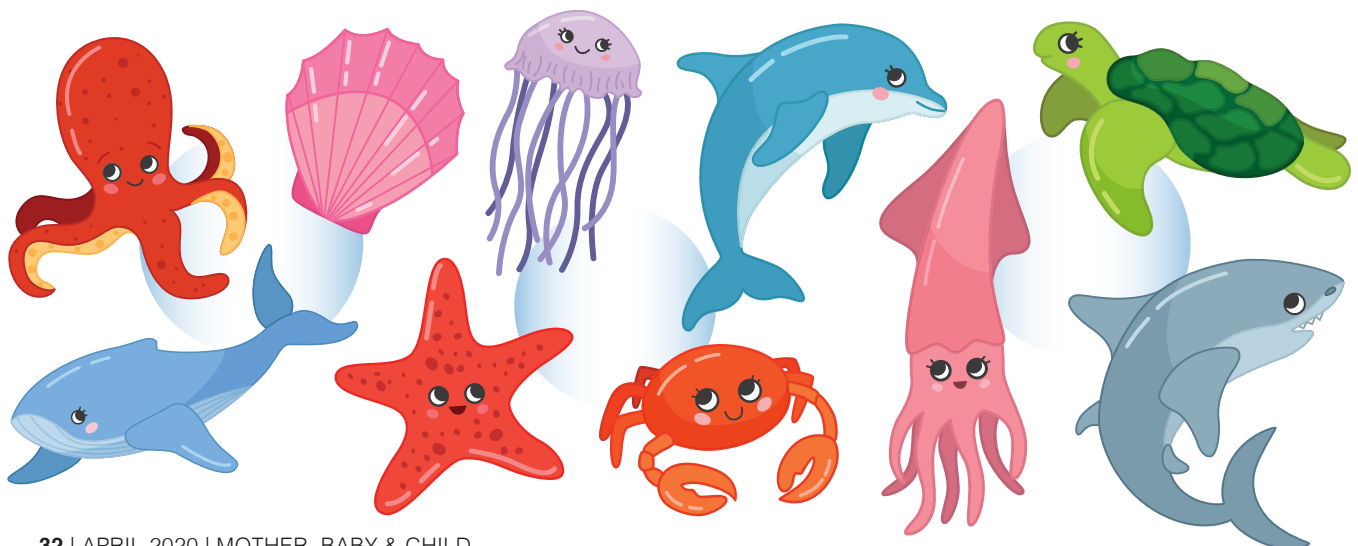
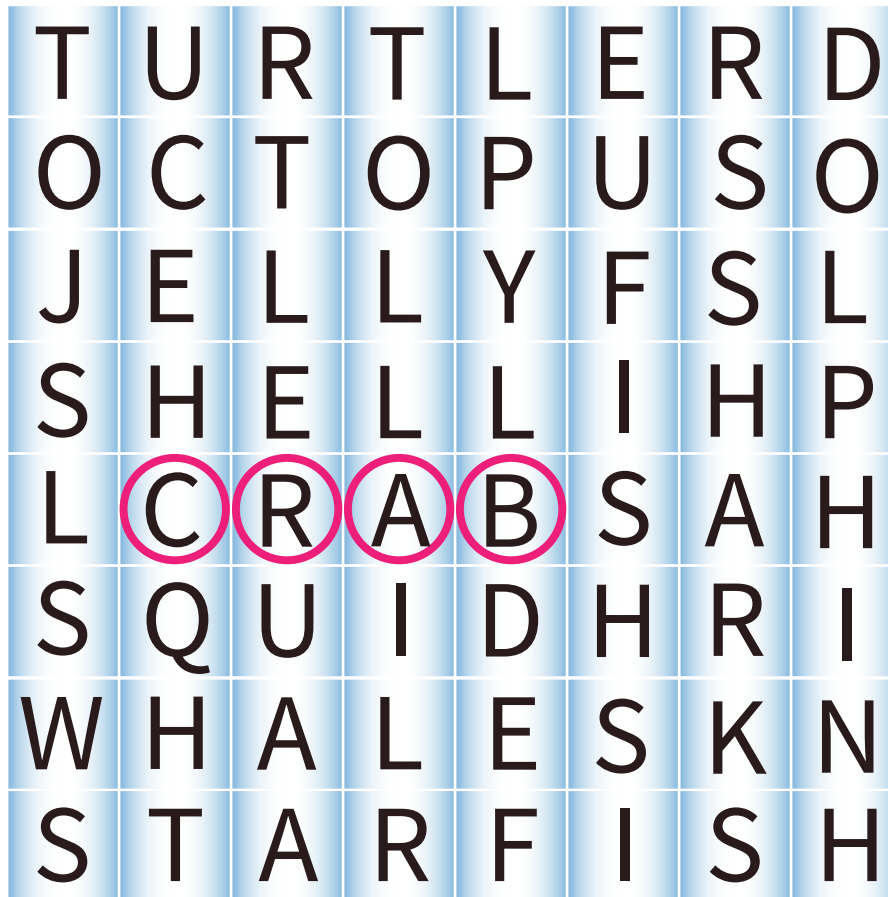


Keep your children busy with activity sheets.  
Turn over to find the right school for your child  
and learn more about academic professionals



# WORD SEARCH PUZZLE

Home  
Activity  
for kids



# Connect the dots, colour and complete the sentence below

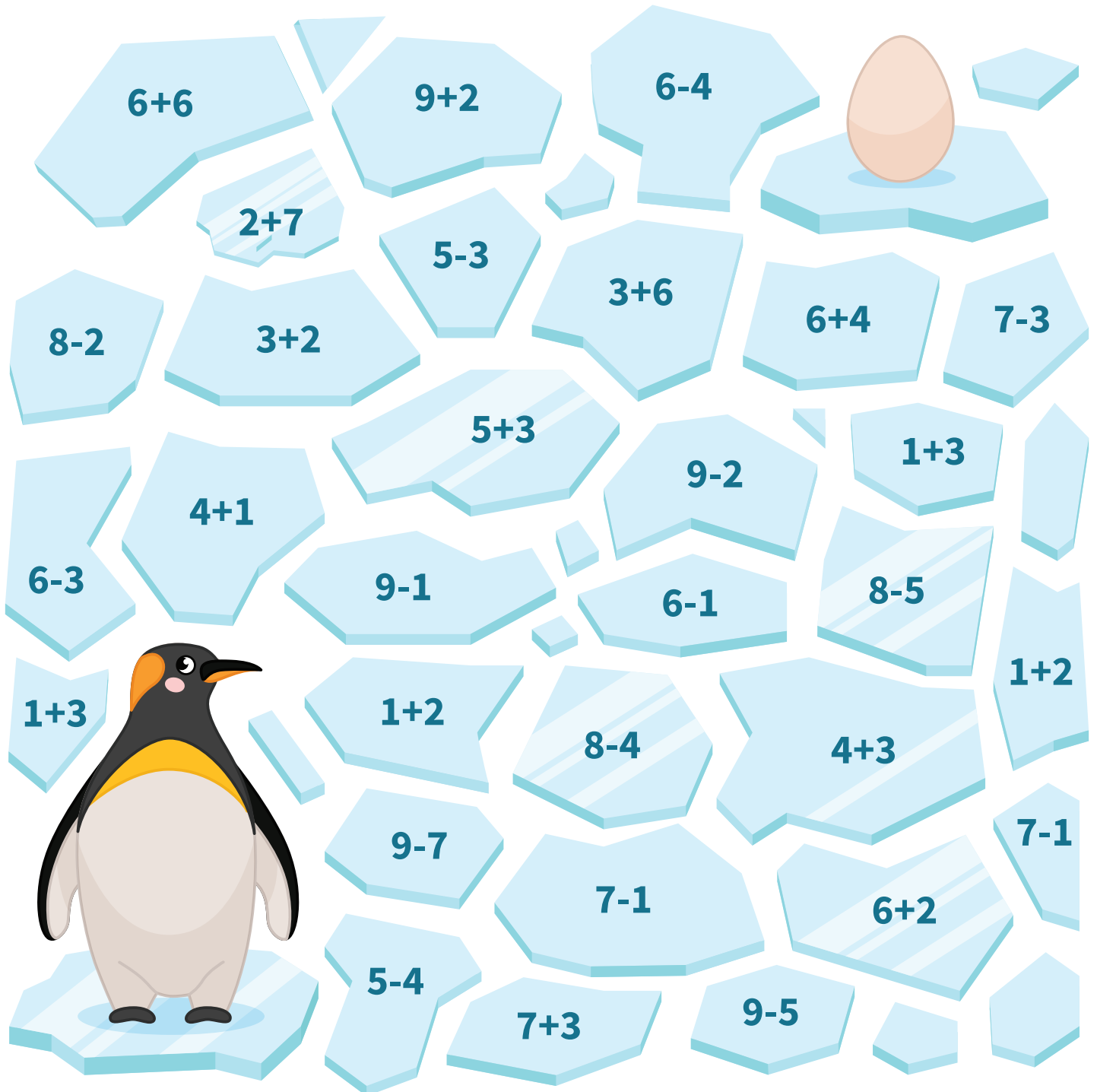
Home  
Activity  
for kids



# Help the penguin find the egg

Solve to find the steps from 1 to 10

Home  
Activity  
for kids





# ASK THE EXPERT

ZOE WOOLLEY

*Headmistress at Foremarke School Dubai*

## How did you begin your career in education?

From an early age, I could understand the importance of a positive educational experience. The impact of our schooling stays with us throughout our lives. I wanted to be part of the process that seeks to enable children to unlock their full potential and go on to have fulfilling lives.

I began my career at a Junior School in Barking, East London, where I taught for three years before moving to Riyadh in the Kingdom of Saudi Arabia, to teach at The British School. I returned to the UK to teach at Dunhurst School, a Bedales Prep School, recognised as one of the top tier public schools in England. I was subsequently appointed as the Head of Junior School at Lavant House School in West Sussex. During my tenure at Lavant, I furthered my education and enhanced leadership skills, which led me to receive my MSc in Educational Management and Curriculum.

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

I decided to move to the UAE on the prospect of positively impacting the education landscape in Dubai. Since I previously lived in KSA for three years, relocating to the Middle East was a familiar feeling to me and upon moving to Dubai, it instantly felt like home. In 2013, I was appointed Head of Mathematics for the Junior School and Head of the Infant



Department at Repton School Dubai. After two incredible years at Repton Dubai, I began my tenure at Foremarke as the Deputy Head of the school, which eventually led to my subsequent promotion to lead Foremarke as Headmistress, in 2018.

## Tell us about the school's curriculum?

Foremarke is a Repton Prep School established in Dubai since 2013 that offers the UK National Curriculum and EYFS, this is enhanced by the Independent Schools Examination Board (ISEB) Curriculum.

As a co-curricular school rated 'Very Good' by the KHDA, Foremarke caters to all pupils from Foundation Stage 1 through to Year 8. Recently Foremarke reached a milestone by announcing that it will be expanding to provide education to students up to Year 13, subject to KHDA approval. Currently operating classes up until Year 8, Foremarke will introduce Year 9 at the start of the 2020-21 academic year, and will continue to grow organically year on year. It will provide the IGCSE curriculum up until Year 11, followed by A-levels for Year 12 and 13.

## What sets your school apart from others in the city?

Foremarke is built upon two strong pillars of academic attainment and pastoral care. The school has very clear aims as to how we develop these, to meet the needs of each pupil. Careful tracking of pupil progress allows teachers to tailor teaching according to academic data. The pastoral team takes the time to get to know our pupils and is able to intervene at just the right time, when necessary.

As an Apple Distinguished School, Foremarke takes pride in offering its students an educational experience guided by technology and innovation. Foremarke is cultivated on 'Learning by Connecting' and offers all students an education through an innovative digital learning experience. All Foremarke teachers are Apple trained educators, equipped with features such as Apple Classroom, that enables them to create a personalised learning environment for each student.

Digital literacy is incorporated into the curriculum right from the EYFS stage, empowering technologically innovative



students of the future. The school is equipped with one to one iPad learning, which is introduced to students from Year 1. The Foundation Stage pupils have access to iPads in class, with teacher supervision. Our unique curriculum caters to a diverse populous of students. As a fully inclusive school, specially trained staff are able to support pupils who have a barrier to learning. Individual Education Plans (IEP) are then designed to include accurate provisions to support individual students' needs, empowering them to receive an impactful learning experience. Foremarke has speech and language therapists, occupational therapists, trained and experienced learning support assistants to ensure children of determination receive the optimal pastoral care and support in the classroom and outside.

## Any specific activities?

The school offers numerous teacher-led and externally provided activities before, during and after the school day. We encourage pupils to take these opportunities and try new things, while also developing their interests in greater depth.

Education is not just limited to the

classroom and as part of our digital literacy programme, students are encouraged to collaborate with experts in various fields across the world to create innovative new concepts and best practices. Our pupils have applied their learning experience into various renowned collaborations, most recently with Expo 2020; with UK based scientists to learn about digestion; and with Dubai Cares to raise funds to build a school in Nepal.

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

Foremarke offers a comprehensive and innovative learning experience and teachers at our school are trained specialists in their fields. All specialist teachers have particular qualifications to teach that subject, guaranteeing students receive an enhanced and in-depth understanding of the course materials. The specialist teaching approach nurtures confidence and independence in children, therefore encouraging exceptional achievement and attainment in all their endeavours. We equip students with the right skillset required for a successful career path, while developing confident and creative innovators of the future.

# TEACHER'S PROFILE



## SANDRA CARDEN

*Garden Coordinator, Office of Service Learning  
at American School of Dubai*

### How did you get into this career?

I double-majored in Education and International Studies at Gonzaga University. Honestly speaking, being a teacher was my back-up plan. I wanted to work with an NGO and make the world a better place. I worked for five years at a homeless shelter for pregnant and parenting teens - as a transitional living coordinator - teaching girls the skills they needed to be a parent. I then joined the Peace Corps Cameroon and taught adults and children English, which was one of the most challenging jobs I've ever had. The class sizes were large, with nearly 120 students per class, and the only "resource" was a box of chalk. It was the first time in my life that I was faced with such a large scale of inequity in education, and it felt hopeless. It was also during this time that I stumbled upon the phenomena of international schools.

After two years of service, I was hired as a middle school and high school Humanities teacher at the American School of Yaounde. I quickly realised that I was most effective as a change-maker, when I was in the classroom inspiring students to act. I continue to call students to action in my current role as a garden coordinator at the American School of Dubai, where I oversee our Edible Education program which focuses on global issues, with food at its core.

### What excites you about your role?

I have such a unique and interesting role within the educational world. Five years ago, I was offered the opportunity to be American School of Dubai's organic garden coordinator and it was a dream come true. I had been closely following Alice Water's Edible Schoolyard program in Berkeley, California, for years, and with this new role I was given the opportunity to recreate an Edible Education program in Dubai. Currently, there is K-12 student engagement with cooking, growing food, composting and beekeeping. By design, Edible Education is integrated into curricular lessons of all types and focuses on concepts of organic principles, circular economy, systems thinking and sustainable choices. Every grade level either visits the garden, kitchen or bee garden throughout the year - often multiple times. I am never bored!

### What challenges do you face?

I use food to cultivate change with students and this extends into our wider community. Changing mindsets is not easy and it takes time. The lifestyle in Dubai is very commercially driven, and my job is the opposite. As someone who is an innovator, I find it difficult to find the balance between pushing boundaries, building





community, and supporting long lasting structures that will ensure the longevity of my program. These challenges only make me a better person, because it forces me to slow down and be more thoughtful with my approach.

### Your great achievement over the course of your career?

My biggest achievement is yet to come. A recent highlight was when the American School of Dubai won the EXPO Zayed Sustainability Prize; an award that recognizes schools that are creating impactful, innovative and sustainable solutions in their communities. With the support of this prize, our school was able to purchase an industrial composter and build our apiary with the purchase of three hives.

### How do you get your students interested in what you teach?

It's not hard to get students interested in my classes because it's interactive and hands-on. Students are digging soil, preparing food, and pulling out frames loaded with buzzing bees. It's engaging by nature and for most students, it's completely new, uncharted territory.

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

I often become frustrated with the focus on students being "innovators" and "entrepreneurs". I feel in our age of unimaginable environmental challenges, the last thing we need are more businesses who put profit over the planet. Instead, we need to focus that energy into cultivating our students as changemakers and community builders.

# GOOD LIVING



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

Zalxndra Chiara x Soraya,  
available at @BeYouboutique,  
Dar Al Wasl Mall



# RAMADAN EDIT

Gorgeous pieces for your Iftar and Suhoor gatherings

Silk top with scarf,  
Dhs895 at COS



Haya's Closet lace sleeve  
handwork detail abaya,  
Dhs217 at Namshi



Diyona Ivory dress,  
available at Ted Baker



Chase openwork maxi dress,  
Dhs440 at Namshi



Earrings, Dhs395  
at Kate Spade



Purse sage metal corner,  
Dhs89 at River Island



Sandals,  
Dhs199  
at Stradivarius





DKNY SS20



Pattern dress,  
Dhs195 at COS



Fendi shirt and  
trouser set, available  
at Angels



Bow prom smart  
dress, Dhs199  
at River Island



Alviero Martini  
Blue & White  
Geo Map Shirt,  
Dhs549, available  
at ChildreSalon

# SEMI-FORMAL CLASSICS

Comfortable, stylish pieces your children will love



SS20 Chloe sandals  
for girls, available  
at Angels



Block bomber jacket,  
Dhs139 at River Island



Zimmermann Heathers  
long sleeve top and skirt  
(sold separately),  
available at Harvey Nichols

# THE BEAUTY EDIT

*Vanity essentials and our top picks of the month*

## SOFT AND SAFE

French brand, Kidles, has finally launched in the UAE. The range features natural, paraben-free, safe and hypoallergenic products such as baby massage oil, cleansing water, moisturizing cream, repairing cream and cradle cap. Based on scientific research, the products boast key ingredients such as shea butter - which contains natural properties - glycerin, to help maintain your

baby's natural skin moisture levels; and BioEcolia, which protects and strengthens the skin's natural defences.

*The range is priced between Dhs50-70 and available at Aster Pharmacy*



## THIS JUST IN...



*Deborah Milano BB cream, Dhs70 at lifestyle stores*

*Rodial Instaglam magic pen corrector and concealer pencil, Dhs155 at beautysolutions-me.com*

## A SUSTAINABLE ALTERNATIVE

Women use between 11,000 – 16,000 disposable sanitary pads and tampons in their lifetime. Pads take more than 500 years to decompose while tampons decompose in approximately six months. However, the plastic applicators take up to 25 years.

Enter ModiBodi. The brand that uses tech-savvy fabrics (like bamboo, merino perform wool and microfibre) to create breathable, anti-microbial fibres with Australian patented Modifier Technology. The result? A slim (only 3mm) stain-resistant lining for underwear, that prevents leaks. The technology also has moisture-wicking and odour-fighting properties. Choose from various cuts, colours and abswoorbency rates

*Visit modibodi.ae to order*



*Guerlain Bloom of Rose eau De parfum (a fruity floral fragrance), available at leading perfume retailers*



*Dearpacker Home Remedy sheet masks, Dh49 at The Face Shop*



# STAY HOME, STAY SAFE

*Delivery options to sate your cravings*

## 99 SUSHI BAR & RESTAURANT

You can now enjoy your favourite creations from this much-loved Japanese restaurant. Simply place your order in advance, and your favourite dishes will be ready for you to collect from the main entrance at Four Seasons Abu Dhabi.

Contact 02 672 3333



## THE DELISSERIE, FIVE PALM JUMEIRAH

Movie time at home just got even better. Order a freshly made Neapolitan pizza from The Delisserie. The authentic pizza menu created by the maestro of gourmet pizza, Chef Salvatore from Napoli, uses only natural ingredients including the smoothest mineral water from Italy, Acqua Panna. Pizza options range from the classic margherita to delicious ricotta-stuffed crust pizza.

Dhs70 per pizza. Contact 04 455 9989

## MAIZ TACOS



Order the Taqueria Box and get children interested in cooking dinner. The DIY taco box includes ten tacos and all the fresh ingredients required. All you have to do is follow the simple recipe instructions and put together your tacos.

Dhs200 per box. Order through Deliveroo or contact 04 514 4712

## NOOK RESTAURANT, ALOFT DUBAI SOUTH



Celebrate Suhoor with a set menu takeaway option (available from 12am). Break your fast with traditional Arabic fare, Ramadan juices and desserts.

Dhs80 per person for the set menu. Contact 04 823 8888





## ANGELINA PARIS

This café, located at The Dubai Mall and Zero6 Mall in Sharjah, is known for its renowned L'African hot chocolate, a beautiful blend of three carefully selected African cocoas from Niger, Ghana and Ivory Coast. You can now enjoy this and the Angelina high-tea experience from the comfort of your home – a great way to enjoy an indoor celebration with the family. The package features an assortment of canapes, finger sandwiches, mini pastries, selection of beverages, coffee and tea. Choose from three set menu packages: Gold, Diamond or Platinum, with an option of two, three or five each of pastries, canapés, finger sandwiches and beverages. Some of the treats included are Burrata mousse and tomato caviar, halloumi and grilled vegetable sandwiches, and their decadent mini Mont Blanc eclairs.

Contact 052 104 2841 or email [info.events@aaent.me](mailto:info.events@aaent.me)



## COMPTOIR 102

Missing your trips to this café for their special buckwheat pancakes and chia seed puddings? You can now order the classics, as well as their soulful salads, juices and smoothies.

Place your order via Deliveroo and Talabat

## ZAHRA'S KITCHEN

Culinary guru, Zahra Abdullah, brings comfort food to your home, so you can tuck into wholesome meals. The menu features everything from wraps, hearty bowls and salads to desserts and juices, straight from her home to your doorstep.

Order through Zomato, Deliveroo, Uber Eats & Talabat



A night photograph of a water park. In the background, a large, multi-colored water slide structure is illuminated with bright blue and white lights. The slide has several loops and turns. In the foreground, there is a pool of water that reflects the lights from the slide and the surrounding area. To the right, there are several palm trees, some of which are illuminated with warm yellow lights. A sign that says "Lazy River" is visible on the right side. The overall atmosphere is vibrant and festive.

# CAMP UNDER THE STARS

*If you take elements of family camping, throw in a couple of modern twists and place it inside the urban Laguna Waterpark, you've got yourself a unique and wholesome experience. Plan your next staycation in advance.*

*By Kate Gammelgard*





Nestled at the beachfront hotspot, La Mer, Laguna Waterpark by Meraas offers campers a Miami beach-esque vibe in the form of tall palm trees, vintage-style wooden signs and colourful beach shacks.

#### ACCOMMODATION

A friendly staff member guided us through the water park and led us to the closed-off campsite where ten teepee tents were arranged in a semicircle, overlooking a picturesque view of the ocean along La Mer North Beach. Of the two types of tents on offer, we stayed in a two-person tent that comfortably fits a family of three - if your child is on the younger side. For larger families, you can opt for the

spacious four-person tent.

The tent comes equipped with a mattress, pillows, soft throws, towels and a bag of useful bathroom amenities. There's no storage space around the tent for luggage, so you'll either need to keep it outside, or inside the tent with you - which we recommend as the humidity overnight may dampen your belongings.

Just a few steps from the camping site is a self-service station where guests can grab complimentary water, coffee, tea and hot chocolate. We enjoyed these refreshments right outside our tent, where a small plastic table and two beach chairs were conveniently set up.



## DINING & ENTERTAINMENT

We checked in at 5pm and were quick to settle in, so headed for the waterparks' rides and features until 6pm. As the sun started to set, we strolled towards the camp's entertainment area, grabbed a plush bean bag and watched a family-friendly screening. The hunger pangs started to kick in and we were treated to a bowl of marshmallows that my hubby, son and I roasted by the bonfire.

Around 7:30pm, the BBQ buffet is served and the spread features family-favourites such as roasted potatoes, ribs, shish tawook, corn on the cob, and carrot cake. After walking around to digest our meal, we played a board game and tuned into the entertaining musician who adds to the atmosphere with radio hits and sing-alongs.

The next morning, we woke up to a gorgeous sunrise. Campers can even head to the La Mer beachfront through the park's private access and enjoy a walk or swim. Embodying old-school family camping, breakfast is a picnic basket delivered to your tent, filled with sausages, eggs, tomatoes, fresh Arabic bread, labneh and cheese, that the family can cook together at one of the cooking stations. For the little ones, a selection of toys and blocks are included to keep them entertained, while the older ones can head to the park's Wave Oz ride that opens at 8am. Check out is at 10am, however, campers can leave their belongings in the guest storage and spend the entire day at Laguna Waterpark – inclusive of unlimited food and beverages all day long.



## FACILITIES

Packed with exciting attractions for everyone, Laguna Waterpark offers its guests a splash pad aimed at the younger kids, lazy river with surprises along the way, and an infinity pool overlooking the stunning La Mer view. For the lovers of thrill, you've got plenty of rides to choose from be it the Free Fall, The Loop, Mad Racer or the WaveOz 180 FlowRider - the first 180° wave in the region.

You can also book a cabana (at an extra charge), located along the edge of the peninsular overlooking the ocean, that comes with up to four luxury sun loungers, beach towels, private safe box and complimentary soda or water beverage for each guest. Food and beverage outlets are available throughout the park and there's also free WiFi, so you can share your experience with family and friends.



## BOOK YOUR STAY

*The Camp opens on Thursday and Friday afternoon. Dhs700 for the two-pax tent and Dhs1,200 for the four-pax tent. Visit [lagunawaterpark.com](http://lagunawaterpark.com) or contact 04 317 3999.*



# HOME & SOUL



Everything you need to make life indoors as enjoyable as possible. Read through for decor and child-friendly recipes





Tray with handle,  
Dhs89 at Ikea



Wallpapers, available at 2XL  
Furniture & Home Décor

# FRESH ADDITIONS

Spruce up your space with these gorgeous pieces



The Jenny Lind  
white twin bed,  
available at  
Crate and Barrel



Ljuv serving stand,  
Dhs99 at Ikea

Base candle  
holders,  
Dhs45  
at Aura



Urban vase,  
Dhs100 at Jysk





# COOKING WITH KIDS

*Jeri Willmott, Founder of My Wild Tribe (@my\_wild\_tribe)  
shares delectable Easter treats to make at home*

## BROWNIE STRAWBERRY PATCH

- Gluten-free brownie mixture (store-bought)
- 3 eggs
- 1/2 cup butter, melted
- Cookies, strawberries and cream (to decorate)



**STEP 1:** Preheat oven to 160C. Use a wide baking tray to make a flat patch.



**STEP 2:** Pour brownie mixture into a bowl. Add eggs and butter and mix well.



**STEP 3:** Add the batter into the pan and spread evenly with a spatula.



**STEP 4:** Bake until a toothpick inserted into the centre comes out clean, about 30 minutes.



**STEP 5:** Set aside to cool completely. Add crumbled cookies on top.



**STEP 6:** Dip the strawberries in cream and place over the brownie patch.

## BUNNY BISCUITS

- 1 stick butter, melted
- 2 eggs
- 1/2 cup sugar
- 1 tsp baking powder
- 2 cups flour
- 1 tsp vanilla



**STEP 1:** In a bowl, whisk together butter and sugar, using an electric mixer.



**STEP 2:** Add the eggs, milk, vanilla and mix again.



**STEP 3:** Follow this with flour and baking powder and mix until combined.



**STEP 4:** Flatten the dough into a disk and store it covered with cling wrap or a reusable wrap. Chill for one hour.



**STEP 5:** Transfer to a work surface, roll dough to 1/4 inch thick. Cut cookies with little gingerbread-man cookie cutters.



**STEP 6:** Flip the gingerbread upside down, folding the arms towards the middle.



**STEP 7:** Draw a little face by making three holes with a toothpick.



**STEP 8:** Bake for 15 mins or until it's light brown on top. Set aside to rest and add fondant carrots, jellybeans and other decoration.



## BIRD NESTS

- 1 tbsp butter
- 2 cups marshmallows
- 3 cups Rice Krispies
- Cacao powder (for the nest colour)



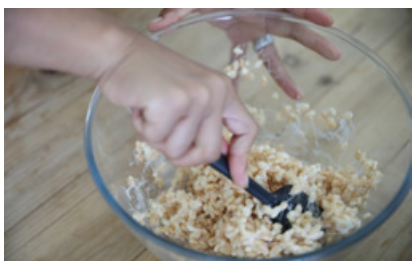
**STEP 1:** Grease a 12-cup muffin tray and set aside.



**STEP 2:** Heat butter and marshmallows over medium heat. Stir until melted.



**STEP 3:** Fold the marshmallow mixture into the Rice Krispies.



**STEP 4:** Separate the mixture, adding cacao powder to one mixture and keeping the other mixture as is.



**STEP 5:** Place the mixtures into the muffin cups carefully.



**STEP 6:** Wet your hands and press the mixtures to make a nest shape. Refrigerate.



**STEP 7:** Once set, fill with fake grass made of vermicelli noodles and green spirulina.



**STEP 8:** Add in candy or chocolate eggs and serve.



# COMPETITIONS

[motherbabychild.com/competitions](http://motherbabychild.com/competitions)

## WIN! A TWO-HOUR FAMILY PHOTOSHOOT WITH FISHFAYCE, WORTH DHS1,500



The region's first photo booth concept is launching fishfayce kids, their latest collection of services specially customised for your child's birthday party and events. To celebrate, they're giving away a two-hour family photoshoot session for one lucky winner.

## WIN! NOW WAY THROWS, WORTH DHS500

Two lucky winners can get their hands on one of these unique classic throws.

The brand offers a range of chic, versatile throws for a better outdoor experience. NOW WAY has reinvented the classic beach towel into a lightweight, ultra-thin and a multipurpose throw fit for any open-air activity. Ideal for the beach and a must-have for adventures, the wind-resistance throw is easy to clean and dries fast. It's packaged elegantly, and comes with reinforced buttonholes at each end of the square, with four pegs that can be secured to the ground or dug in the sand to prevent the throw from folding or flying away on windy days. Pegs can also be brought separately and are available in orange mechanic, black hole and forever green shades. Post use, NOW WAY can easily be rolled up, fastened with an elastic band and comfortably carried around.



*For a chance to win one of these amazing prizes, visit [motherbabychild.com/competitions](http://motherbabychild.com/competitions)*

## COMPETITIONS

### WIN! DHS500 TO SPEND ON THE QIDZ APP



QiDZ, founded by five busy mums to help parents across the GCC, share updates and information on the best child-friendly activities in town. The app offers activities happening in and around your city, to inspire parents for their next playdate or family day out. The QiDZ mobile app is incredibly easy to navigate and allows the user to search by area and share activities with friends. Browse activities, add them to your favourites and save to your calendar, QiDZ allows you to keep track of your kids' plans and never forget a playdate again. With plenty of recommendations as well as reviews from like-minded parents and caregivers' QiDZ is a great way to find, share and update information on everything going on for little ones.

### WIN! JEWELLERY FROM MY KIDS DOODLES, WORTH OVER DHS500

One lucky winner can turn their child's drawing into a rectangle silver key chain fitted with an Italian vegetable-tanned leather strap. My Kids Doodles is a Dubai-based family business that turns kids' drawings into timeless jewellery - pendants, cufflinks or key chains in silver, platinum, 18 or 24 karat gold, and diamonds. Based on the child's drawing, skilled craftsmen cut the jewellery to shape and engrave even the smallest details to it. A personalised jewel with a child's drawing is a unique gift to yourself, a mum, dad, grandparent and extended family members.



### WIN! FAMILY MEAL FOR FOUR, WORTH DHS500, AT MOHALLA RESTAURANT, DUBAI DESIGN DISTRICT



Mohalla, bearing a similar meaning in multiple languages (Hindi, Urdu, Arabic, Persian, Turkish, Uzbekistani) of "my neighbourhood" or "my community" is an exotic take on Indian street food. The soulful dining experience brings to the table genuine Indian food and the feeling of being in India. Located in the vibrant Dubai Design District, the homegrown family-friendly restaurant is ingrained with original Indian flavours and colours, and enhanced with signature attention to detail which provides the same authenticity known to traditional Indian cuisine. Try Mutton boti kebab (tandoor grilled smoky mutton chunks marinated in caramelised onion and malt vinegar) served with homemade mint chutney; Paneer butter masala (cottage cheese cooked in tomato butter gravy) and a cucumber curry cooked with fresh coconut and Mangalore masala.

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“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.



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\*Free from common irritants such as Propylene glycol & Formaldehyde