

ISSUE 110 | MAY 2020 | DHS15

# Mother Baby & Child

★ WIN ★  
WIN PRIZES  
WORTH OVER  
DHS4,000

**BUDGETING  
FOR MUMS**  
Smart tips to get  
your finances  
in order

## The toddler special

KEEP LITTLE MINDS BUSY WITH THESE ENTERTAINING  
PODCASTS, EDUCATIONAL WORKSHEETS AND ACTIVITY LISTS



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FINALLY!  
A HOSPITAL  
STRICTLY FOR KIDS



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# EDITOR'S LETTER



How has this month been? It seems like mums have become the queens of multi-tasking, with distance learning and working remotely now added to schedules that were already packed with routine tasks such as cooking, cleaning and bedtime stories.

Given the current situation, this is a great time to get your funds in order - turn to page 14 for tips from a mum and financial expert. When you want to relax your mind, try these mindfulness techniques (page 20).

Me-time is critical for your mental health, now more than ever.

When it's time to enjoy your cup of tea, give your children fun worksheets (page 26); turn on an entertaining podcast for little ones (page 32) and let them check off fine motor skill activities from this list (page 27). Since the May issue focuses on toddlers, we spoke to a medical expert about Growth hormone therapy and when parents should seek this route (page 22).

If you are looking for Eid gifts; accessories to update your space; new items to freshen up your wardrobe, or nourishing recipes the family will love, turn to our *Good Living* and *Home & Soul* section. In the meantime, stay safe.

*Eid Mubarak!*

Nicola Monteath

# CONTENTS



**20** FIVE WAYS  
TO  
COPE WITH  
ANXIETY



**22** DOES MY  
CHILD  
NEED GROWTH  
HORMONE  
THERAPY?

**43** COOKING  
WITH KIDS



**37** STYLE  
FILES

Editor's letter	03	Ask the Principal	28
On our radar	06	Teacher's profile	30
Things to do	07	Podcasts for children	32
<b>PARENTING</b>		<b>GOOD LIVING</b>	
What to expect when you're expecting	10	The beauty edit	35
Organise your finances	14	Style files	36
<b>HEALTH</b>		Style files - kids	37
Five ways to cope with anxiety	20	Stay in, stay safe	38
Does my child need Growth Hormone Therapy?	22	What's in store?	40
Health trends	24	<b>HOME &amp; SOUL</b>	
<b>EDUCATION</b>		Décor	42
Activity sheets for kids	26	Cooking with kids	43
Fine motor skills	27	<b>COMPETITIONS</b>	<b>45</b>





SHIRT\_ 89 AED  
SHORT\_ 89 AED



TOP\_ 79 AED  
SKIRT\_ 99 AED



DRESS\_ 129 AED

RAMADAN  
*KAREEM*  
2020

**ZIPPY®**



Want to surprise a loved one this Ramadan? Send them this gorgeous Forever Rose cube. For more Ramadan gifts and sweet treats, turn to page 41.

*Visit [myforeverrose.com](http://myforeverrose.com)*



The Namshi Ramadan Initiative t-shirt in collaboration with Dubai Cares is a great way to give back. 100 per cent of profits, of the limited-edition unisex t-shirt, will be donated to the charity. Printed in gold, the text reads "life is beautiful" to re-instill a message of positivity, and emphasize finding joy and happiness.

*Dhs59 at [Namshi.com](http://Namshi.com)*



I know a few mums who will love this 100 per cent organic, breathable cotton Malabar Baby sleeping bag. It helps regulate your baby's temperature while they're asleep and comes in a gorgeous selection of prints. Each sleeping bag has a right shoulder snap for easy use - even with the wriggliest of babies - and the reversible zipper up the front helps with those night-time nappy changes.

*Available from Dhs185 at [ecosouk.me.com](http://ecosouk.me.com)*

This quarantine has changed my personal style. I'm sure this balloon pant trend will stick around for a while, as it's not only flattering but my comfortable and chic too. I love this Levi's take on the '80s classic, featuring a high-rise waist and subtle taper.

*From Dhs499 at Levi's stores*



## ON OUR EDITOR'S RADAR



To celebrate the spirit of the Holy Month, send a Sugargram Ramadan box to family and friends. Inspired by all-time Ramadan favourites, the treats feature household Iftar staples like saffron, dates, coffee, Vimto and karak chai flavoured cupcakes. Customers can also choose the Ramadan sleeve with regular Sugargram flavours like Oreana Grande, Basic Becky, Jelly Jennifer or Mrs. Weasley. Take your pick from the five boxes.

*Dhs30 for five bite-size cupcakes and Dhs125 for 25 pieces. Order via [ChatFood](http://ChatFood) and [Deliveroo](http://Deliveroo)*



I've just finished a tube of hand cream - don't think I've ever used one so quickly before. Since I love pretty packaging, I'm adding this Petite Maison hand nail cream to my shopping list.

*Available exclusively at [Glambeaute.com](http://Glambeaute.com)*

## SUPPORT LOCAL



BioBox.ae are offering 20 per cent discount on grocery orders and free next day delivery, for all frontline workers. The company delivers fresh produce, offering over 500 pantry and fridge essentials, including a wide selection of premium and organic fruits and vegetables carefully selected from more than 50 ecological farms and suppliers from the UAE, Middle East and Europe. To redeem the discount, "Real Life Heroes" must simply upload their professional ID on [biobox.ae/heroes](http://biobox.ae/heroes).

## HOST A VIRTUAL PARTY



Don't let this virus stand in the way of your child's birthday celebration. Call in the experts, Pebbles and BamBam Catering, and let your child enjoy their day, virtually. Kids can get a taste of event planning, and organise food boxes customized with a message, balloon and gifts, to be sent out to friends. Mums can then create a video call link so that friends and family can join in and celebrate together. At the time of the video call, your child can cut a cake as the rest of his/her friends cheer and sing. Afterwards, everyone can enjoy the treats together and dance to their favourite tunes.

*Boxes start from Dhs35, visit [basilandspice.ae](http://basilandspice.ae) for more information*



## TAKE AN ONLINE CLASS



Harvard University have launched over 60 free online courses, so that mums can learn a new skill or brush up on existing ones. A wide variety of classes are available on everything from art and design to business, programming and data science.

*Visit [online-learning.harvard.edu](https://online-learning.harvard.edu)*

## LOOKING FOR A SCHOOL OR NURSERY?



Our online directory will help you find the best educational institution for your child.

Visit **[motherbabychild.com/directory](https://motherbabychild.com/directory)**

to search from over 100 nurseries and schools across the UAE.



@mbcmagazine

**Mother** Baby & Child



# PARENTING



Personal experiences from mums. Our cover star discloses her motherhood journey, nifty tips, and how she manages work-life balance



# 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*

**Rossi Campbell**

*Founder of @mrs.wwdubai*

## JULY

My husband and I had the most amazing month in June, we had our wedding and honeymoon and had decided it was time to start thinking about starting a family. I had always wanted to start a family and it just felt like the right time, after all the madness of the month before had calmed down. I will never forget the day I found out I was pregnant, I had absolutely no signs of pregnancy nor did I feel any different, but something inside was telling me to take a test.

I took the test at work, as I had absolutely no intention of seeing a positive result and therefore did not think about sharing the moment with my husband. As soon as I took it and saw the words 'pregnant' I was in complete shock! I ran up to my friend at work and blurted out the news. We both cried.

I spent the day at work researching million and one things I should and shouldn't do when pregnant. I built the moment up in my head all day, as to how I would tell him and what his reaction would be, but as soon as I told him to sit down on the sofa he knew. He blurted out 'You're pregnant, aren't you?' and that was that. We had a huge cuddle and sat in complete shock for the rest of the evening. I will never ever forget that day.

## AUGUST

This was the month the dreaded morning sickness kicked in. I had my mum visiting from the UK and we had loads of plans for her holiday. Since I was never actually physically sick, I never put the way I felt down to morning sickness at the beginning. I just felt extremely

tired, strong headaches and a loss of appetite. My mum and I had a trip to the mall planned and I remember my mum looking at me and saying you're not well, are you? She explained how everything I was feeling was completely normal and that my body was working overtime to produce all the major organs for my baby. As strange as it sounded, it had never occurred to me before that all of my energy was being used to create a life.

## SEPTEMBER

It was finally time for our 12-week scan. As I found out I was pregnant from almost day one, the next 12 weeks felt like forever. We were beyond excited to finally see our little one on the screen.

The doctor had told us that she could very

clearly see the gender of the baby already and if we wanted to know she would tell us. As hard as it was, we had decided to not find out and keep the baby's gender as a surprise, so we politely declined. It took all of my strength to not just say 'Yes, please tell me!'.

## OCTOBER

We had two weddings to attend in Spain and Scotland. This was a completely different experience to what I had imagined. Whilst the day time events were lovely and we got to catch up with friends and family, the struggle of exhaustion and standing on my feet all day became difficult in the evenings. I found myself counting down the hours until I could get back into my bed again and curl up in a blanket. However, by this point, my bump was finally starting to show and the extra attention and care from other people had started to kick in. I loved being waited on hand and foot.

## NOVEMBER

It was time for our 20-week scan, this scan had both its ups and downs. We had finally got to see our little bundle of joy in detail, we counted all of our baby's fingers and toes and even got to see its little heart beating. This was the first time it really kicked in that a little person was actually inside me.

However, during the two-hour-long scan, the doctor had found extra fluid in the baby's kidneys. Although she advised this was not something I should panic about, she did inform us that she would monitor the situation again at our 32-week scan. She discussed the possibility of the baby needing an operation when born to fix the issue, however also advised that it could just as easily resolve itself whilst in my womb, so we just had to wait and see.

## DECEMBER

The news the month before was in both of our minds, as I don't think you ever truly expect to hear some negative news during a baby scan. But with the help of my step mum who is an NHS Midwife in the UK, she explained the situation in detail and put our minds at ease. It was now almost Christmas and we spent our time with family, back in the UK. It was so exciting to know this would be our last Christmas without our little one to share it with.



## JANUARY

This was when the final countdown began. We were no longer travelling anywhere, and it was time to get the babies nursery done and buy all of the cute little baby bits needed. This was such an exciting time, I enjoyed every last bit of getting the house ready for our baby.

## FEBRUARY

After the long wait since our 20-week scan, we had our second growth scan appointment to check on the baby's development and the fluid in baby's kidneys. I had dreaded this appointment for so long and during the days leading up to the scan I had slept with worry.

As I lay on the bed in the room, my husband held my hand tightly whilst she checked the baby's kidneys. She looked at me and said 'All fine.. baby's kidneys are back to normal and no longer a cause for concern' I had a huge sigh of relief and we could now sit back and watch the rest of the scan without a worry in the world. Baby even stuck its tongue out for us.

## MARCH

Due date month! Baby is nearly almost here. This month was full of excitement as it felt like the longest wait for our beautiful baby was almost over. The family were coming to visit, work had finally finished and our lives were about to change forever. What we did not expect were the terrible events that took place with the Coronavirus pandemic. All flights to Dubai had been cancelled, the country on lockdown and pregnant women at high risk.

This was an extremely sad time, we had never expected this to happen. All of our family had to cancel their trips and my husband and I had to face the reality of no one other than ourselves being able to meet the baby for the foreseeable future. It was a very scary time to be pregnant. Hospital visits were cut short and mine and babies' safety were all that mattered.

Despite all of the uncertainty in the world, one thing remained the glimmer of light in this situation. On March 31st, we welcomed our beautiful baby boy into the world. He is now safe at home with us, ready to meet the family once life returns to normal again.

# CARING FOR YOUR BABY DURING THE CORONAVIRUS PANDEMIC

*It's an uncertain time for the world at the moment. We'd normally seek support from loved ones, however current guidelines in the Middle East means we have to keep our distance. Here are a few helpful tips from WaterWipes*



Becoming a parent whether for the first or fourth time brings with it lots of natural concerns. And when you add the worry of Covid-19 on top, already heightened emotions could increase further still. The most important thing to remember is that you're not alone. Parents everywhere are going through exactly what you are and wondering how best to keep their loved ones safe. When cleaning your baby, there are also clear methods you can adopt to look after yourself and your child. Below we've listed the World Health Organisation's current measures against Covid-19 to help guide you through these uncharted times.

## 1. WASH YOUR HANDS REGULARLY AND YOUR BABY'S TOO

It sounds simple, but regularly and thoroughly washing your hands is incredibly important in

the fight against the virus. For good, effective handwashing, soap and water are best, but, if you're an adult (baby's skin is too delicate), you can also use hand gel, providing it has a minimum of 60% alcohol content – anything less is ineffective against the virus. The current advice is to keep washing your hands for around 20 seconds, or as long as it takes to sing 'Happy Birthday' twice. When cleaning your baby, a good technique is to have two clean cloths – one soaked in soapy water, the other just soaked in water. Wring out the soapy cloth and rub it all over your little one's hands, making sure to get in between their fingers. If they'll let you, do this for 20 seconds with each hand. Once you're finished, wipe away the soapy residue with the second cloth or a WaterWipes wipe, then dry their hands thoroughly with a clean towel. As a baby's skin is delicate, it's



important to also use a gentle baby moisturiser after drying. This technique can be used for older children as well, or alternatively, you can fill a bowl with soapy water, add some clean toys to distract them, then follow the same regime, making sure to really get in between their fingers. Wash off with clean water or a WaterWipes wipe, dry thoroughly with a fresh towel, then nourish skin with a gentle children's moisturiser.

## 2. MAINTAIN SOCIAL DISTANCING

Social distancing is a practice most of us never heard of until recently, but it's another vital measure to slow the spread of the virus. The current advice is to stay at home as much as possible, and if you do go out, to keep at least two metres (six feet) away from anyone who's not in your immediate household. Young kids, especially, might struggle with this so try to reframe it for them. Instead of "I can't see my friends/grandparents", get them to think along the lines of "I'm protecting my friends/grandparents". In this most unusual of battles, we can all be heroes – simply by following the correct advice.

## 3. AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

Try to avoid touching your face or the face of your baby/toddler unless you have washed your hands first. Depending on the type of surface, Covid-19 can linger for hours, even days. The ears, nose and mouth are where the virus enters your body, so if you touch a contaminated surface then touch your face, it increases your risk of infection.

## 4. PRACTICE RESPIRATORY HYGIENE

Just like colds and flu, Covid-19 is thought to spread through droplets of moisture that leave the body when you cough or sneeze. So, catching these droplets is absolutely vital. If you cough make sure it's into the crook of your elbow (not your hands) and if you sneeze, use a tissue and dispose of immediately.



WaterWipes are available at a variety of online and offline stores. Visit [waterwipes.com/me](https://waterwipes.com/me)

Encourage your toddler to do the same.

## 5. SEEK MEDICAL ADVICE

The main symptoms of Covid-19 are a new, continuous cough, a high temperature and later on in the illness, breathing difficulties. If you are experiencing one or all of these, the current advice is to seek medical support. Please be reassured that current research shows that while babies and children aren't immune to Covid-19, they are much less affected than other age groups.

## 6. STAY INFORMED

The advice around Covid-19 is changing daily. It's therefore important to keep up with the recommendations of established authorities, such as the MOFAC website for official news sources. Your doctor, midwifery team and local GP will also be able to offer guidance, although please be aware that current Middle East government guidelines on social distancing and social isolation may mean these services aren't running as normal.

By following the above precautions, you can feel reassured that you are doing everything you can to keep your family safe – and everyone else, too. Life as we know it is on pause, but it won't be forever. We will get through this, and we will appreciate the little things so much more when we do. Visit our website for more helpful reading material for new parents, such as what you need to know about caring for your baby's skin.

## WHAT MAKES WATERWIPES DIFFERENT FROM OTHER BABY WIPES?

WaterWipes provide safe cleansing for the most delicate newborn skin and are so gentle they can also be used on premature babies. They have been specifically developed to be as mild and pure as cotton wool and water. WaterWipes contain only two ingredients and are manufactured using a unique and patented technology within cleanroom conditions, allowing it to produce a gentle and effective baby wipe without the addition of unnecessary ingredients.

## WATERWIPES ARE THE ONLY BABY WIPES AWARDED BY SEVERAL ASSOCIATIONS:



Powered by: **WaterWipes**

# ORGANISE YOUR FINANCES



*Budgeting and saving money don't come easily to many. This is the perfect moment to take control of your finances, so that life ahead is less stressful. Tania Vasconcelos dos Santos Silva, VP at Comm Victoria Consulting DIFC, shares creative strategies to implement*

Spending money on perks is easy, even if you're committed to a well-laid plan. But in times of uncertainty, it's best to put a budgeting plan in order. Here are a few tips to become a smart money manager



## CREATE A STANDARD BUDGET

Whenever the kids are asleep, put all your electronic bills, receipts, bank stats, and records of income and costs together. Work on a monthly budget worksheet – there are multiple templates online – and believe me, seeing all the numbers right there will give you a different perspective on where your money is going and where you could put it to better use. Include all your incomes and expenses; identify your expenses to fixed, variable and others (the latter being desires rather than necessities – the place where you'll find the most opportunity for saving).



## USE THE 50-20-30 METHOD

If you don't have time to do the standard budget, consider organising your plan according to the 50-20-30 rule, where 50 per cent of your income goes on housing, food, and other necessities; 20 per cent on paying debt or increasing savings and 30 per cent on whatever you want. Given the reality we're all in, you should be saving the 30 per cent for an emergency fund.



### NEGOTIATE NOW

This is a good time for you to discuss your rent (home and office space); credit card interest; loans, etc. Make sure you're paying 100% of your credit card because the interests are high. If you can, it's best to avoid using credit during times like this.



### SHOP SMART

Plan your meals ahead. Create weekly menus and a grocery list and try and shop only once a week. There are plenty of discount stores and supermarkets in Dubai. Certain mum and kid's websites also have massive reductions and offers.



### FIND SOURCES OF INCOME

If you're good with handcrafts, why not give it a shot? The world is in need of face masks. Make them at home and sell it online. Those with in-depth knowledge on a particular subject can give tutoring classes online or offer translations services. You just need to start somewhere and don't stop. Look at it as a new journey - who doesn't like an adventure?



### TRY VINTAGE (OR PRE-OWNED)

There are plenty of local websites and online retailers where you can buy second-hand items or even rent furniture and clothing if you don't want to buy. Support local businesses, they tend to be more affordable as well.



### SELL OR DONATE

Declutter is the word to keep in mind. Besides, your family will appreciate the extra space you'll have at home. If you sell old and unused items, you're always getting some money back, and if you donate, you're always helping someone who needs it more than you.





@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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[motherbabychild.com/awards](http://motherbabychild.com/awards)

#mbcawards



# HEALTH



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

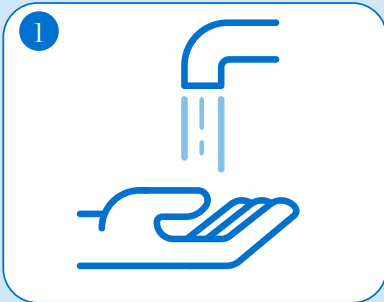
# HEALTHY HANDWASHING HABITS FOR LIFE

*Keep your family  
protected with this  
simple method*

Washing your hands properly with water and soap, or a gentle non-soap based cleanser, is one of the best ways to teach and encourage children to develop healthy skincare habits. Soap and non-soap based cleansers work by lifting dirt and contaminants from the skin. The key difference between both cleansers is the type of ingredient used. Soap is formed through a chemical process known as saponification, which is a reaction between strong bases. This reaction leaves the soap highly alkaline, which means that it usually has a pH of around 9 or 10. Skin has a natural pH of around 5, so an alkaline product like soap can alter the skin's composition and potentially lead to an irritation.

The mechanical action of handwashing also plays an integral role. The act of rubbing your hands together for 20 seconds, can help get rid of germs stuck on the skin. In fact, the action of washing your hands is a major reason why cleansing with water and soap, or a non-soap based cleanser, is a preferred method. Hand sanitisers can be effective against germs, but should only be used whenever a cleanser isn't immediately available.

## FOLLOW THIS METHOD



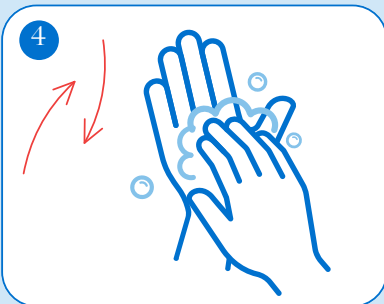
Wet hands with water.



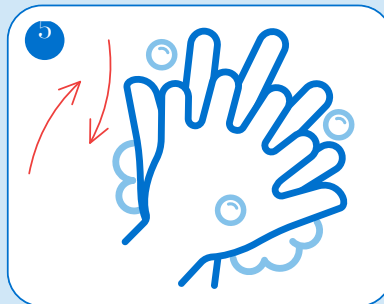
Apply enough to cover all hand surfaces.



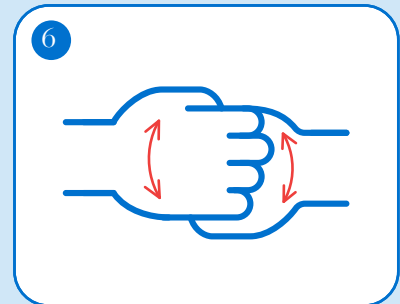
Rubs hands palm to palm.



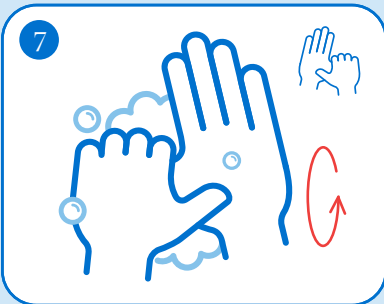
Right palm over back of left hand and vice versa.



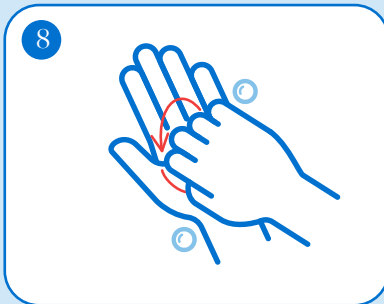
Palm to palm with interlaced fingers.



Back of fingers to opposing palms with fingers interlocked.



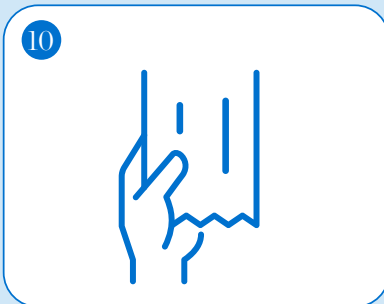
Rotational rubbing of left thumb clasped in right palm and vice versa.



Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water.



Dry hands with a single use towel and use the towel to turn off the tap. Dispose the towel.

## CHOOSE QV KIDS WASH

This lightly foaming cleanser boasts vitamins A and E, as well as glycerin, to moisturize skin. Colourful microbeads make handwashing and bath time a fun experience, without damaging the natural pH of children's delicate skin. The wash is ideal for skin that is dry, sensitive and prone to skin conditions.





# FIVE WAYS TO COPE WITH ANXIETY



*To manage anxiety, Emma Carbery,  
Founder of Mindfulness Dubai, shares  
steps to help ourselves while housebound*





## 1. MAKE TIME FOR YOURSELF

It doesn't have to be a long period of time. Take 15 minutes to relax over a cup of tea, or perhaps to meditate. This can create a greater sense of calm and enable you to cope with whatever the day has in store for you.

## 2. EXERCISE REGULARLY

Exercise has been shown to have a significant positive impact in reducing feelings of stress and anxiety, so make this a priority. If you have children, get them involved in exercising too. Try online exercise classes and free sessions, to get you moving.



## 3. SET BOUNDARIES

If you're working from home, it's important to feel you are in control of something. If you are new to working from home, create a regular workspace and make sure the rest of the family know where it is. If you can't set yourself up in a separate room, even just creating some fun signage to let the kids and family know that it is your workspace, can help you manage your boundaries so that others will respect them.

## 4. CREATE A HEALTHY ROUTINE

Without a routine, life is going to feel very chaotic. Sit down as a family and draw up a family routine, for weekdays and weekends, that everyone agrees to. This should include time for work, rest and play for everyone.



## 5. BE KIND

If you find yourself losing your temper more often with your family, remember that we are living in challenging circumstances and that this has been a huge change for everyone. We all manage change in different ways. No matter how much we love each other, there are going to be times when we aren't going to enjoy sharing the same space. So during those times, remember that it's okay to feel this way, it's natural and understandable, and that these feelings will pass, as everything does.

# DOES MY CHILD NEED GROWTH HORMONE THERAPY?

*Dr. Riham Ammar, Paediatrician at Mediclinic Dubai Mall, discusses GH and whether or not your child needs it*



As parents, you're always monitoring your child's growth, be it physically or academically. Certain social and medical concerns can sometimes make parents wonder whether their child has a physical growth deficiency. The growth rate naturally differs for each child, but if you are concerned, Dr. Riham Ammar, Paediatrician at Mediclinic Dubai Mall discusses a therapy that may be suitable for your little ones.

"For a child to grow, a gland deep inside the brain, called the pituitary, must release enough growth hormone (GH). The growth hormone is a physiological hormone that has multiple physical functions to the human body.

Natural growth hormone is released during deep sleep and many factors influence the release of GH, including nutrition, sleep, exercise, stress, medication, blood sugar levels, and other hormones present in the body," says Dr. Ammar.

A human recombinant, GH has been manufactured and can be used as replacement therapy to normalise adult height and avoid extreme shortness in children and adolescents with growth hormone deficiency. When a child's body does not produce or release enough growth hormone - whatever the medical reason behind that - he or she may have several symptoms, the most noticeable being slow or no growth or facial features, which make the child look a lot younger than his or her peers. "Although being small does not affect a child's intelligence, it may cause self-esteem issues and interfere with the development of mature social skills. For that reason, GH treatment may be prescribed to help a child reach his or her fullest growth potential, both in height and in personal development," she says.

According to The American Academy of Pediatrics (AAP), growth hormone is medically and ethically acceptable for children who have a classic growth hormone deficiency; are awaiting kidney transplantation; who have chronic renal insufficiency; currently have Turner syndrome (females); syndromes with short stature like Prader Willi syndrome and Noonan syndrome; and for those whose extreme short stature

prohibits their participation in everyday activities.

Once a child has been diagnosed with GH deficiency or other conditions treatable with GH therapy, the pediatric endocrinologist will discuss the pros and cons of, and usually recommend GH therapy. In addition to its use in children with classic GHD, recombinant human GH therapy is FDA-approved for numerous disorders of growth failure or short stature. "The current practice is a subcutaneous injection of growth hormone and daily administration is now commonly used. Long-acting agents are still in the investigative phases. Although growth hormone is normally secreted in multiple peaks during the day and mostly at night, a single daily injection of recombinant growth hormone can provide a physiologic replacement," she says. For growth hormone replacement to be effective, other pituitary deficiencies should be treated. "Response to growth hormone therapy is measured every three to six months, by sequential height determinations and occasional bone age determinations."

Before you consider this therapy, keep in mind that it may take several years for your child to reach his or her adult height and you should be aware that GH treatment is often a long-term commitment. "Routine visits with the pediatric endocrinologist will be needed, as will periodic blood tests and x-rays to monitor a child's progress on the treatment. Although the length of treatment varies, the child probably will have to stay on GH treatment until he/she has reached his/her full adult height; reached full bone maturity, and has grown less than 2cm in the last year."

Although infrequent, there are some possible side effects to this therapy that parents should be aware of. Children can experience an allergic reaction, including swelling at the injection site, rash, or hives; hip, knee, or other joint pain; headaches; progression of spine curvature in patients with scoliosis; and temporary alterations in blood sugar levels, which stops when the GH treatment stops.



# WELLBEING TALK

*The latest in health and fitness*

## HOME ESSENTIAL

Maintain a clean, sterile home with this newly launched disinfectant, SterilOx.

The brand has received the Certificate from the laboratory in the United Kingdom, confirming its 99.99% efficacy against the strains of Covid-19 (CoronaVirus). Use it to wipe down your children's toys, wash and sanitize your bathroom, clean A/C ducts, disinfect and deodorize rooms, pipes, surfaces, tables, furniture and anything else you can think of. The solution is non-irritating, non-staining, eco-friendly, and non-damaging on any surface - perfect for everyday use.

*Dhs35 for the 0.5 litre spray bottle and Dhs250 for 5 litres, at noon.com, amazon.ae and arabianorganics.com*



## WHOLESOME TAKEOUT



Tired of cooking or rather leave dinner prep to the experts? Right Bite's Supper Club takes the stress out of this daily task. You no longer have to head to the supermarket for essentials, as the newly launched Supper Club menu features nutritious meals including their all-time favourite dishes and bakery treats. Plan your dinners ahead and place your orders before 4pm, at least 24 hours in advance to guarantee delivery.

*Visit [thesupperclubbyrightbite.com](https://thesupperclubbyrightbite.com) for more information*

## STAY FIT



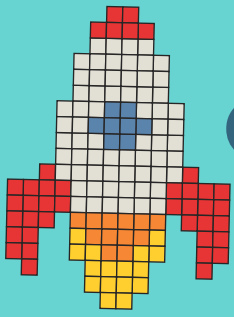
Take your home workouts to the next level with this Portable Maki Gym set. Comprising of 20 multifunctional fitness aids, the kit's unique roll-up design means you can simply unroll and begin, saving you time. It also comes with a range of tutorials from body conditioning to high-intensity workouts.

*Dhs1,284 at [saffronsouk.com](https://saffronsouk.com)*

# EDUCATION

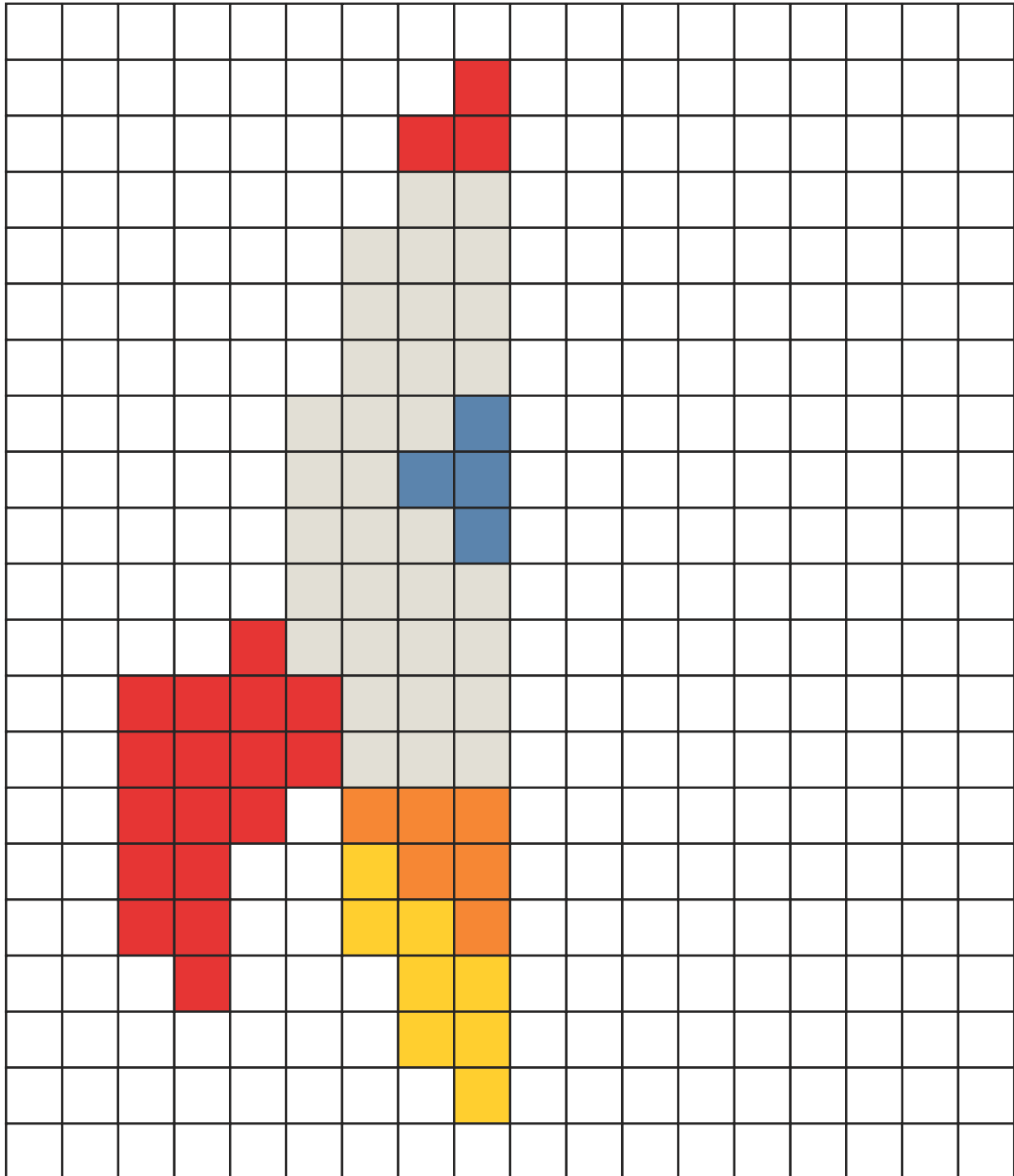


Take your child's education in your hands with  
advice from these professionals



# Complete the picture

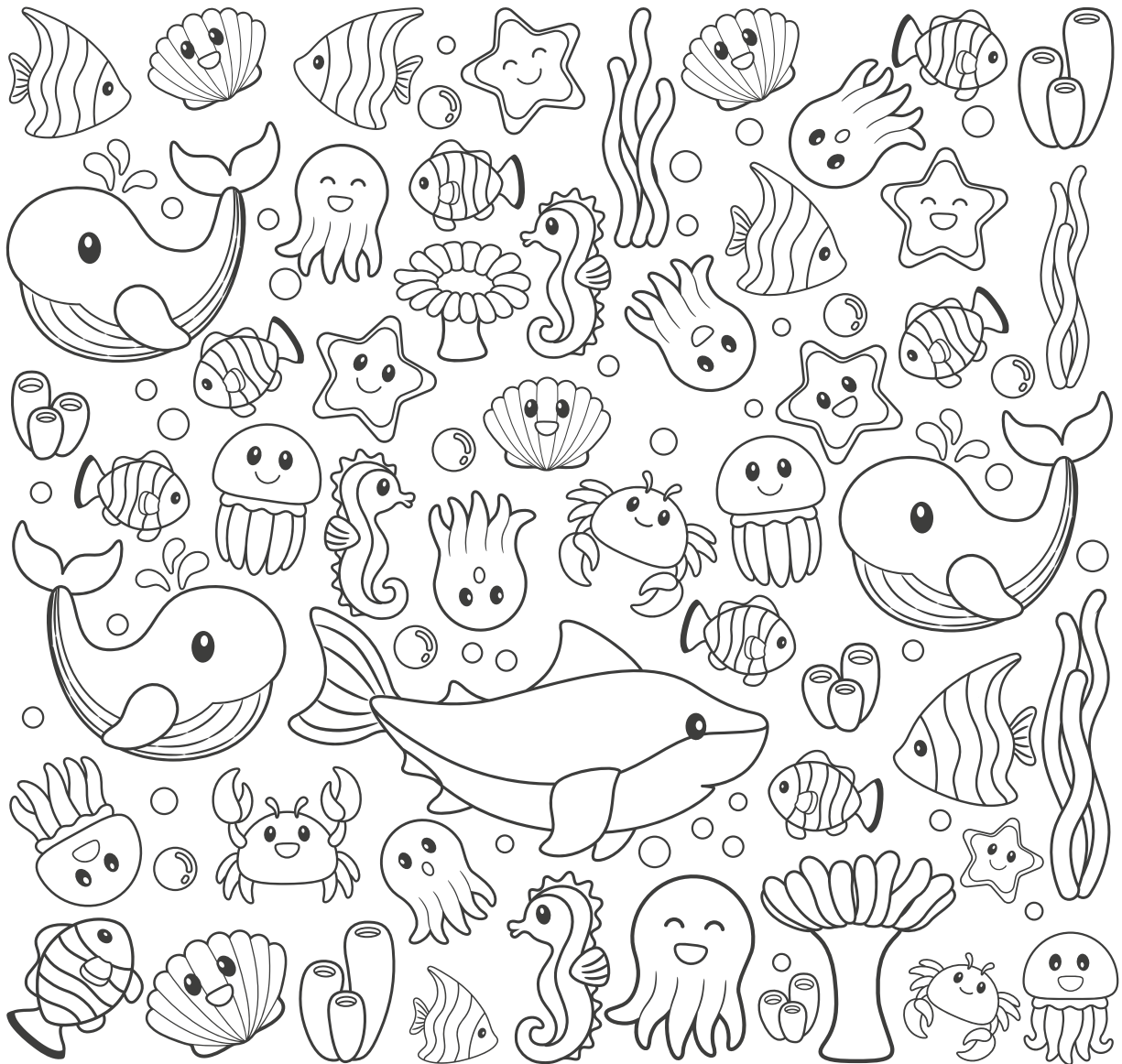
Home  
Activity  
for kids





# Count and Colour

Home  
Activity  
for kids

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# ASK THE PRINCIPAL

DAVID HICKS

*Founding Principal, Dubai International Academy (DIA) Al Barsha*

## How did you begin your career in education?

After graduating from university, I took up employment as an internal auditor. However, within two years, I realised it was not the career path I wanted. During my early years of employment, I was often asked to help the children of family friends with their studies. I also maintained my love for the beauty of mathematics. It became clear to me that I could combine the love of mathematics and the enjoyment of helping others by training as a Mathematics teacher.

I started my teaching at a successful and high-profile school in Cardiff – Ysgol Glantaf – the alma mater of many successful and high-profile individuals. From there, through promotion to the Extended SLT, I joined a nearby school, Ysgol Plasmawr. Throughout these times, I taught entirely through the medium of Welsh.

After nine years in Cardiff, I decided to venture overseas and arrived in Dubai in 2005, as part of the founding team of a British/IB school. Since then, I have been deeply involved with International Baccalaureate Schools here in Dubai as Head of School and Principal before landing the role I hold now, also spending several years as a member of the IB Regional Council and the founder of the UAE IB Association.





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

I have been with the school since its opening in August 2018. The school is part of the Innoventures Education group. Prior to this, I led two other IB schools in Dubai as well as being part of the founding team of a British/IB school, also in Dubai.

### Please tell us about your school curriculum.

The school is an IB World School having already secured authorisation to offer the IB Diploma Programme. Authorisation for the Primary Years and Middle Years programmes is imminent; meaning we will be an all-through continuum IB school within two years of opening, catering for students from Pre-K through to Grade 11. As an IB school, we place significant emphasis upon academic rigour as well as upon students' personal development.

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

Our philosophy is to empower students with a holistic, rigorous and international education for success in an ever-changing world. This is built upon two fundamental beliefs – that student wellbeing and happiness should

always be a priority. Effective pastoral care and guidance supported by rigorous tracking and monitoring of achievement ensures that all students fulfil their potential, both academically and beyond the classroom. Our commitment to providing leadership opportunities to students of all ages and our emphasis upon supporting and maintaining 'mother tongue' language development are key features which distinguish us from other schools. The school's facilities are world-class and include a fully equipped modern performing space, swimming pools, 400m athletics track and well-equipped learning spaces and classrooms.

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

Students at DIA Al Barsha are encouraged to become independent and responsible lifelong learners. The school presents students with numerous opportunities to take part in co-curricular activities, sports, debating, choral and musical performances, MUN, robotics, coding and much more. We also support the Innoventures Education GIVE Foundation, encouraging our students to be caring and philanthropic in their support of those less fortunate.

### How are you managing the rest

### of the academic year?

Students are very well engaged with the current distance learning programme. Through careful planning we have developed a blended model to include live instruction, recorded sessions and feedback opportunities along with flexible task timeframes, to allow students to suitably manage their workload.

We have also introduced novel ideas such as online sports and challenge days to provide respite from the daily curriculum. These have been very well received by students. We monitor and manage the wellbeing of students as well as teachers to ensure the current programme is sustainable, moving forward. Equally, we have established robust channels for student and parent feedback. Social sessions have been added to the online programme, whereby students, under the supervision of a teacher, can simply chat. This has been widely welcomed as an opportunity for students to socialise in a secure online environment.

So, while the current situation is not ideal, we have been presented with wonderful opportunities to rethink some of our traditional teaching and learning methods. I am confident that many of the skills and techniques being used now will develop to become quite the norm in future. I also suspect a Dubai 'rain-day' will never be the same again.



# TEACHER'S PROFILE



LYNN LOUISE MC GOVERN

*Individuals and Societies Teacher, Dubai  
International Academy – Al Barsha*

## How did you get into this career?

My own experiences at school influenced my choice of profession. When I reflect on school days, I am filled with happiness. I was lucky enough to attend a school that was ahead of its time. Although academics were a focus, holistic learning was the main priority. I was never the most academic but due to the positive relationships I formed there, the school was my happy place. I loved the sense community and always felt a real sense of belonging there.

I suppose another reason was my desire to make a change and have an impact on the world in some way. My teachers and peers were responsible for much of my personal growth during my teenage years and no doubt shaped who I am today. It is impossible to know the impact you have on others, but I pray the positive relationships I have with my students will impact their lives in a positive way too.

## What excites you about your role?

I love that it is dynamic. I would not enjoy a

monotonous job. As a teacher, you learn very quickly that no lesson is the same, no class is the same and no student is the same. You walk into work daily not knowing what is to come and I love that. It is a constant challenge in the best possible way.

Another aspect I adore about my job is the students themselves. They make me smile and laugh constantly and I learn new things from them every day. It really is the students who keep my passion for teaching alive. Listening to their views on the world and watching them collaborate is incredible. I am often still surprised at their creativity and problem-solving skills.

## How has your experience with distance learning been so far?

Distance learning has been a real learning curve for me. Although we had already used a lot of online platforms such as Managebac and iSAMs to teach and to communicate with parents and students, there has still been a lot of change and we have had to adapt quickly.



I miss the school community and being in the classroom interacting with my students directly every day. But what we are doing is best for everyone and I think we are all just trying to find a new normal during these trying times.

I have thoroughly enjoyed developing my IT skills during this process. I learned about multiple online learning platforms that I will continue to use to support and engage my students when we return to school.

### How do you get students interested in what you teach – especially via online learning?

I think bringing students own experiences into lessons is imperative especially in a subject like mine (individuals and societies). When students feel the lesson, content is relevant to them, I see the highest participation levels. Making content relative is easily done via online learning platforms such as Microsoft teams or Zoom, where students can share their ideas and participate in online discussions. They often learn more from each other, during a facilitated discussion, than they ever would from

just my perspective.

Another way I engage my students is by creating tasks that are of interest to them. It is very difficult to find one task that all students will enjoy. So, where possible, I offer multiple tasks that cater to different abilities and learning styles. For example, in my subject, I often offer writing, computer-based and art activity in the same lesson. This way students can choose how they would like to demonstrate their own learning in a creative way that is suited to them.

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

I think it is amazing that a small country can offer such a multitude of curriculums. The UAE is such a diverse country. But I feel as teachers, we don't reap all of the benefits of such a tolerant education system. I would love to see more collaboration across different curriculums. Diversity is all about celebrating difference and I feel it offers a huge opportunity for reflection and learning.

# PODCASTS FOR CHILDREN

*If you're looking for ways to limit screen time, switch on one of these edutaining podcasts*

Podcasts aren't just a great form of entertainment; they help children broaden their perspective; listening skills and attention span. Kid's podcasts can offer an imaginative experience, with sounds effects, multiple voices and music to keep them focused on the storyline. Here are a few podcasts your children will love:



## Stories Podcast

A new story is out every week, and you can expect retellings of classic fairytales, folklore, original stories, and myths from across the globe. Each episode is approximately 10-20 minutes, with content safe for all ages.



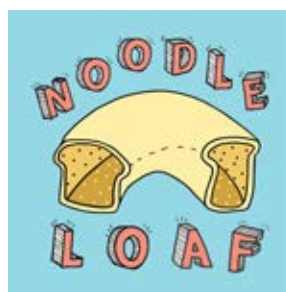
## Fierce Girls

Little ones will love this Australian podcast. You might want to tune into the first few to see if it's for your child's maturity level – we hear it's great for children over six. The podcast showcases real-life stories of women from the country, revealing athletes and spies with an adventurous side.



## Brains On

This educational science podcast reveals everything from how insects walk, to how the toilet system works. Adults might learn plenty from this podcast too.



## Noodle Loaf

Another science-focused podcast, but this one is more like a musical. Each story is about ten minutes long, making it great for toddlers. Your children will love the songs and learn more about each subject.



### Circle Round

Tales from around the world. This podcast, aged for children between four to ten, releases weekly and focuses on teaching your children values. Stories deliver messages about kindness, generosity and other morals.



### What If World

If you have a curious child, this storytelling podcast is perfect. It answers every question possible, from whether sharks have legs, to dragons and more. The topics are innovative, entertaining and educational. Your child can tune in with his/her question, which will then be crafted into an original story with funny voices.



### Peace Out

It's never too late to teach your child about mindfulness. These short stories help children calm down. Each episode takes listeners through visualizations on feelings such as anxiety and fear. They are paired with easy breathing exercises that your children will hopefully practice for years to come.



### Dream Big Podcast

Hosted by adorable little Eva Karpman, the seven-year-old and her mum touch upon fun topics such as celebrities, award-winning experts, and trailblazers from all walks of life. A great source of inspiration for young ones.



# GOOD LIVING



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

# THE BEAUTY EDIT

*Our top picks of the month*

## SPECIAL TREAT

Countdown to Eid with this Ramadan Calendar filled with skincare, bath and body products, fragrances, and handcare treatments from L'Occitane. Open all 30 doors and find a surprise hidden behind each one. The calendar features best-sellers from the brand and you also get a gift made from recycled plastic and a tin bottle, to be used for either hot or cold tea and coffee.

*Dhs399 at L'Occitane stores*



## MASKS TO TRY

*Three of our favourites*



*Himalaya Purifying Neem mask, Dhs24 at leading supermarkets and pharmacies*



*Skin Republic Prime + Refine 3-minute primer sheet, Dhs30 at leading pharmacies*



*Rodial super acids 3-step at-home peel, Dhs267 at beauty-solutions.me*

## HOME DELIVERY IN 30 MINUTES

Need to replenish your hand wash, sanitizer and skincare stock? The newly launched app, bgX, delivers your favourite beauty products within no time. The app boasts acclaimed hair and beauty brands including Anastasia Beverly Hills, eyeko, Kérastase and Davines, as well as fully stocked e-shops and salon outlets (Pastels Salon, Apothea and Sisters Beauty Lounge), where you can shop your essentials in just a few clicks.

Mums, you can pick up diapers and wipes from the bgX PureBorn e-store too.

*Visit [bgxme.com](http://bgxme.com) to find out more information*







*Pralin cardigan,  
available at  
American Vintage*

*Hoodie, available  
at Prettylittlething.com*



*Relaxed sleeve blouson  
blouse, Dhs235 at M&S*



*Victoria Beckham  
satin wrap top and  
pants (Dhs564)  
at The Outnet*



*Nardiah yellow dress,  
available at Ted Baker*



*Anotah floral  
embossed pants,  
Dhs315 at Namshi*

*Patbo tropical print button  
front maxi dress, available  
at Tutus Kurniati*







Junior basic dress, Dhs29  
at Babyshop



3 pack long-sleeve bicycle  
t-shirts (3mths-7yrs),  
Dhs56-69 at Next Online



Blue floral ponte dress  
(3-16yrs), Dhs56-82  
at Next Online

# TOUCH OF BLUE

Comfortable, stylish pieces your children will love



Printed top, Dhs105  
at COS



Mb brushstroke fade tee,  
Dhs69 at River Island



Lace frill top, Dhs89  
at River Island



Birkenstock Nautical  
Stripes Navy Sandals,  
Dhs299 at 6thstreet.com



# STAY HOME, STAY SAFE

*Delivery options to sate your cravings*

## RIGHT BITE

Order freshly prepared meals made with natural ingredients. Right Bite's Ramadan meals are perfectly balanced, calorie controlled and designed to optimise your daily intake of nutrients. Take your pick from the two options. Package one includes meals delivered daily, for 20 days, and comprises dried fruits, beverage, soup, side dish, main Iftar meal and dessert.



Package two features Iftar and Suhoor meals delivered to your door, for 20 days, and includes dried fruits, beverage, soup, side dish, main Iftar meal and dessert. The Suhoor meal includes a beverage, fruit and main course.

*Package one is priced at Dh\$1,964 and package two is Dh\$2,510. Visit [rightbite.com](http://rightbite.com) to order*

## TAJ DUBAI



You can now order a three-course iftar menu. Through the Indo-Emirati menu, diners will embark on a culinary journey, indulging in dishes such as Emirati-inspired Koftak Samak (fish cakes blended with Indian spices) and Tekat Deyay Emirati (tender chicken kebabs infused with mild Arabic spices and cooked in a traditional tandoor). Mains feature an assortment of classic savoury dishes such as Thareed Dyay (Emirati home style chicken curry) and Khudar Mashwi ma Baharat Hind (wholesome house-favourite vegetables tossed in Bombay Brasserie's signature Indian masala blend). These are accompanied by servings of chicken, lamb or vegetable biryani and breads. For dessert, Khameer bil Khabisah (stuffed sweet bread with nuts and dates) and the quintessential Luqaimat (Emirati dumplings in date syrup) are included. The Asian menu features Thai red curry, fish chili in basil sauce, chicken manchurian, mango and sago panna cotta and flourless chocolate cake, to name a few dishes.

*Dh\$125 per menu, available for delivery via Zomato, Talabat, Deliveroo and The Entertainer platforms.*



## COYA

Looking to switch up your Ramadan spread? Try Peruvian cuisine. The set menu includes an option of beans and truffle soup, and cream of pumpkin soup; accompanied by a selection of small sharing-style dishes for family members, including kale and cucumber salads, wild mushrooms ceviche, empanadas, stir-fried quinoa, and chicken and mushroom anticucho. For mains, choose from four delectable options, which include corn-fed chicken, beef ribs, Peruvian dried potato and cauliflower, and Chilean seabass. Completing the meal are Sukkari dates, edamame, and pistachio puff pastry.

Available via Deliveroo for Dhs230.  
Contact 04 316 9600.

## COUQLEY BISTRO

Craving burgers or steak? Order these special packages. The 'Grill Your Own Burgers' package comes with burger patties, potato buns, aged cheddar cheese, lettuce, sliced tomatoes, sliced onions, condiments & frozen fries. Choose from two, four, six or 12 patties, and add extra sides such as: potato gratin, potato purée, truffle potato purée and portobello mushroom and parmesan for an additional charge, as well as a selection of Couqley's signature sauces. The 'Grill your own Steaks' package includes prime beef so customers can recreate Couqley's signature steaks on their own BBQ or griddle. Don't forget the secret sauces, potatoes, and a green salad. You can also order the much-loved Steak Frites and Entrecote package. Ramadan favourites such as lentil soup and the restaurant's signature pain perdu are available to order as DIY kits.

Contact 04 514 9339



## L'ETO

These internationally inspired boxes offer fusion Arabic cuisine, and serve vegetarian, chicken, beef and salmon options. Each box includes two starters, a soup, salad and main course. For dessert, you can feast on one of their signature treats including the saffron milk or classic milk cake, tiramisu and honey cake.

To order, visit [letocaffe.ae](http://letocaffe.ae)



# WHAT'S IN STORE?

## *Gift boxes for loved ones*

Bateel International have unveiled their gift box selection, that makes a perfect gift for Ramadan and Eid. Each box, tray and hamper is designed as a treasured piece of art, handcrafted with intricate details. We love the Mirage Collection of wooden chests and drawers that feature a unique design hand-painted onto mirrored glass by Peruvian artists; and the Safi Collection adorned with gold and blue arabesque motifs. If you're looking for a hamper, look no further than Chantel, designed in rich gold tones and filled with signature Bateel favourites including gourmet dates, decadent chocolates, assorted nuts, and premium biscuits.

*Available at Bateel Gourmet and [bateel.com](http://bateel.com)*



Forrey & Galland's inspiration behind this year's Ramadan collection stems from the Sheikh Zayed Grand Mosque in Abu Dhabi, reflected through the flower mosaic motif, infused with the brand's unique touch. Like every year during Ramadan, the brand has launched their limited-edition collection inclusive of Arabic chocolates, dates and sweets. Customizable corporate packages are available.

*Visit [forreyandgalland.com](http://forreyandgalland.com)*

# HOME & SOUL



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





*The Private Collection  
Precious amber range,  
available at Rituals*

*Hason cake tray and  
charger, Dhs249 and  
Dhs99 at aura living*



*Shaker Cushions, Dhs129  
each at aura living*

# FRESH ADDITIONS

*Accessories to spruce up your space*



*Gossamer Leaf lamp,  
available at Interiors*

*Green white palm-coconut  
frame, available at  
Chattels & More*



*Ramadan Kareem box,  
available at Kashida*



# COOKING WITH KIDS

*Jerri Willmott (Founder of @my\_wild\_tribe) shares simple recipes for your Iftar spread*

## STUFFED CHICKEN WITH CREAMY BROTH

- 8 boneless skinless chicken breasts
- 8 mozzarella slices
- 1 cup sun dried tomatoes
- 1 cup parmesan cheese, shredded
- 3 tbsp olive oil
- Salt and pepper, to taste
- 2 tsp Italian seasoning

### FOR THE SAUCE

- 3 tsp garlic, minced
- 2 cups chicken broth
- 1 cup mushrooms, sliced
- 1/2 cup heavy cream



### STEP 1:

Preheat oven to 200C. Make a pocket horizontally, along one side of a chicken breast, making sure not to cut all the way through the chicken.

### STEP 2:

Fill each pocket with a slice of mozzarella cheese, sun dried tomatoes and shredded parmesan cheese. Drizzle chicken with olive oil, then sprinkle with salt and pepper to taste, and Italian seasoning, rubbing in with your fingers.

### STEP 3:

Transfer chicken to a skillet and brown chicken over medium-high heat for 3-4 minutes on each side. Place chicken on a plate while preparing the broth sauce.

### STEP 4:

In the same pan (don't clean it) add chicken broth, garlic, mushrooms and heavy cream. Stir and bring to a boil and cook for 3-4 minutes. Return chicken to the pan and spoon some of the sauce over the chicken.

### STEP 5:

Place the chicken in an oven safe bowl or a baking tray and bake for 20-25 minutes until the chicken is cooked all the way through and cheese has melted. Spoon sauce over the chicken. Serve on top of asparagus.



## LABNEH CHEESECAKE

- 100g rolled oats
- 1 egg white
- Coconut flakes
- 2 tsp coconut butter (I made my own coconut butter using shredded coconut and coconut oil)
- 1 mango
- 380g labneh
- 140g coconut cream
- 2 large eggs
- Pistacio nuts

### STEP 1:

Preheat oven 160C

### STEP 2:

Spread oats on a baking tray and bake for 5 minutes. Add coconut flakes and cook for another 10 minutes.

### STEP 3:

Remove oats and coconut flakes from oven then mix with coconut butter.

### STEP 4:

Grease the inside of a chef's ring. Press the oats mixture into a small to medium size ring, pressing it firmly to make a compressed cheesecake base. Bake for 15 minutes.

### STEP 5:

Combine the mango, coconut cream, eggs, labneh and lime in a bowl, and whisk until combined.

### STEP 6:

Pour mango mixture into a chef's ring and cook for 60 mins, lowering the temperature down a notch.

### STEP 7:

Remove from oven and top with crushed pistachios.



# COMPETITIONS

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

## WIN! A ONE-YEAR SUBSCRIPTION TO OSN'S STREAMING SERVICE, WORTH DHS1,400



To celebrate OSN being announced as the exclusive distributor of Disney+ Originals in the Middle East region, they are offering four lucky readers a chance to win a free one-year subscription to its streaming platform. From movies and series, to documentaries, game and talk shows, and specials – the whole family will be spoilt for choice. Disney fans can watch *The Mandalorian*, the epic first-ever live-action Star Wars series; *Lady and the Tramp*, a timeless re-telling of the 1955 animated

classic; *High School Musical: The Musical: The Series*; Marvel's *Hero Project*, which celebrates extraordinary kids making a difference in their communities, and *The World According to Jeff Goldblum*, a docu-series from National Geographic, to name a few. Disney+ Originals is available to OSN TV subscribers, as well as on OSN's new streaming service. Available on [osn.com](http://osn.com), IOS and Android mobile apps, Apple TV, Android TV and Samsung and LG TVs.

## WIN! A BUMPA MAT FROM ECOSOUK, WORTH DHS950

Bumpa Mats are Australia's leading brand of non-toxic, reversible playmats. Educational, fun and easy-to-clean, the mats are certified safe from BPA, Phthalates or Formamide, while the activity track side has been designed by early years educators to help support your child's development. Suitable for newborns, the mats can be used both indoors and outside and are 100 per cent water resistant.



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



## COMPETITIONS



### WIN! AN INSTANT POT DUO 6 FROM TAVOLA, WORTH DHS499

The ultimate kitchen companion, this one-pot wonder is a game-changer, not only on busy nights but throughout the week. Set your dinner ahead of time and trust that you will come home to a perfectly cooked meal. Eating healthy has never been easier. Overwhelming and daunting tasks such as making yoghurt at home, is now made effortless with the Instant Pot. The 15 one-touch smart programs in Duo are Soup/Broth, Meat/Stew, Sauté, Rice, Porridge/Oatmeal, Steam, Slow Cook, Yoghurt, Keep Warm, Sterilizer, Egg, Pressure Cook, Sous Vide, Cake, and Bean/Grain.

### WIN! A SET OF NATURAL VOLUME LASH EXTENSIONS AT TWIINK STUDIO, WORTH DHS550

Get a stunning set of Natural Volume Lash Extensions courtesy of Abu Dhabi's premier Lash and Brow hotspot, Twiink Studio. The fusion application is where the talented team beautifully attach a handmade fan of two to three lashes to your natural lash, offering a look that combines the perfect mix of fullness and texture. Twiink Studio is nestled in the heart of Raha Beach, Al Muneera, Abu Dhabi. The expert team are truly passionate about lashes and brows and specialise in creating beautiful definition to complement the structure and natural features of your face.



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



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Realtime Conversation



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Notification

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