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Mother Baby & Child



THE LIFE AFTER LOCKDOWN ISSUE

Safety, Hygiene & Boosting your Family's Immunity



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@jalilachildrens



MANAGEMENT

PUBLISHING DIRECTOR: Natasha Pendleton
Natasha.pendleton@cpimediagroup.com

EDITORIAL

EDITOR: Kay Marham
Kay.Marham@cpimediagroup.com

ADVERTISING & SPONSORSHIPS

Mathew Tharakan
mbc.sales@cpimediagroup.com

MARKETING

marketing@cpimediagroup.com

DISTRIBUTION & SUBSCRIPTIONS

info@cpimediagroup.com

DESIGN

Sarah Radwan

FOUNDER

Dominic De Sousa
(1959 - 2015)

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PLEASE VISIT:
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HEAD OFFICE:

Media City, Building 4, Office G-08
Dubai, United Arab Emirates,
P.O. Box 13700
Tel: +971 4 440 9100
Fax: +971 4 447 2409
Email: info@cpimediagroup.com

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EDITOR'S LETTER



Hello Mum!

Welcome to a very important special edition of the magazine - The Life After Lockdown Issue.

It's been a challenging few months, hasn't it? If I could create one of our Mother, Baby & Child Awards for every one of you, I would. I know you've had it tough recently - dealing with the lockdown restrictions, being under pressure to keep the children entertained all the time, having to come up with varied, nutritious meal ideas three times a day, and even taking on the role of school teacher. I think you're fantastic.

With the lockdown restrictions lifted and much more freedom to move around, it's tempting to think that we're getting back to 'normal.' While there is a lot of truth to this, our newly rediscovered freedom comes with a new set of rules and habits that we really need to adopt to help keep ourselves and our families safe from infection. These rules are about maintaining high vigilance with hygiene and taking measures to boost our immune systems. I feel lucky that we caught up with Amal Shabib, one of the region's very top strategic business minds, to share her advice on how to "Tackle Covid Like a Boss."

I have made some changes to this issue and you will find some brand new sections packed with important information. I hope you'll find this edition gives you lots of tips and pointers to help you and your family to navigate Life After Lockdown.

Stay safe!

Kay



READER —DRAW—

Enter Our Reader Draw

To be in with a chance to win a Marks & Spencer Hamper to celebrate World Chocolate Day on 7th July, simply drop me an email before 7th July and let me know what you think of the 'Life After Lockdown' special edition of the magazine. One lucky winner will be chosen at random!

Kay.Marham@CPIMediaGroup.com

EDITOR'S PICK

Dyson Pure Humidify + Cool™ Purifier

This is a humidifier that improves the air quality in hot weather, as having the AC on all the time dries out the air. What I particularly love about this machine is that it captures particles as small as allergens and viruses from the air you breathe.

Retails at AED 2,799.



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EDITOR'S PICK

Givenchy has launched a new range that I think is perfect for emerging and expressing yourself after lockdown. La Collection Particulière ('The Special Collection') is a series of 9 fragrances designed for layering. Feeling powerful or playful today? Simply choose the two fragrances that layer together to express both sides of you!



STILL WORKING FROM HOME?

Now is the perfect time to clean up the space on your phone

With social distancing still in full force, many of us are still working from home, but saving lots of the time usually taken to commute. Some of us are also working fewer hours because of the pandemic. Cleaning up the space on your phone is a great way to work on something productive that will make you very happy you did!

Being stuck indoors so much, many of us are turning to our smartphones to stay connected with friends and family and keep us entertained. That means more photos and videos are being made and uploaded to social media, and more games and apps are downloaded and installed. As a result, smartphone storage capacities quickly fill up, leading to the inability to add any more files as well as slower performance and frustrating lags.

Some well-known options to help free up capacity include:

- ▲ **Backing up to the Cloud:** This does the trick for the average user but with larger photographs and high quality videos, the amount of free storage offered can easily be used up, resulting in extra monthly subscription fees.
- ▲ **Remove unwanted email attachments:** Reviewing your storage to delete unused attachments or conversation trails always works as a quick fix for some additional space.
- ▲ **Save important files directly onto your computer:** Connect your smartphone directly to your other devices and take advantage of their available space.
- ▲ **Uninstall apps you no longer use:** This could contribute to storage issues, and removing them could free up space.
- ▲ **Take video in lower resolution:** By lowering the resolution of the videos you take on your smartphone from



4K to HD you will use far less storage capacity on your handset allowing you to store more. However, this sacrifices the quality of the content you capture.

The Simplest Approach is...

Use portable external storage to ensure you have a record of all your files, organized for future use as well. External drives that make copying files easy and allow for automatic backups work well in moving photos and videos back and forth between your different devices. Here are the options:

The iXpand™ Flash Drive Go for iPhone and iPad users

The iXpand™ Flash Drive Go is the ideal fit for iPhone and iPad users as it lets you free up space on your device by simply plugging in the drive to automatically

back up your photos and videos. Once files are on the iXpand Drive, you can use the high-speed USB 3.0 connector to quickly move them onto your computer. These password-protected drives help secure your most sensitive files and by selecting automatic back-up through the iXpand mobile app, it does the work for you whenever it is plugged in. The dual-purpose swivel protects connectors and features a keyring hole to take your drive on the go.

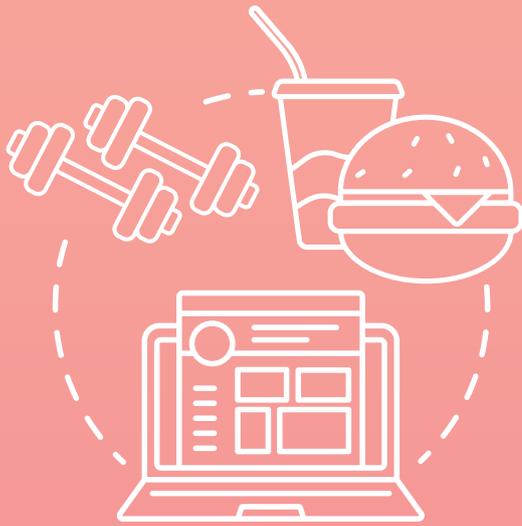
SanDisk Ultra® Dual Drive Go for Android™ users

Android smartphone users with USB Type-C™ devices can take advantage of this 2-in-1 flash drive to easily move files between your USB Type-C smartphone, tablets, and USB Type-A computers.

Designed for users who are on the move, it features a swivel design to protect connectors and can be easily secured with a keyring. The SanDisk Ultra® Dual Drive Go quickly moves files with high-end USB 3.1 Gen 1 performance with up to 150MB/s read speeds. You can also automatically back up files with the SanDisk Memory Zone app for easy file management.

Storage space in smartphones is quickly becoming as we increase our usage while indoors. By following these simple tips with Western Digital's storage solutions, you can record memories without worrying about losing important files. By regularly cleaning up unneeded data on phones you can also benefit from better performance from your devices and enjoy their apps to the fullest.

THINGS • TO DO •



As we do our best to get back to normal, it is so important that we support our local restaurants, who have been hard-hit recently. These are the places that help make our city vibrant, fun, atmospheric and such a wonderful place to live.

SUPPORTING YOUR LOCAL RESTAURANTS

The vacation vibe at Eat Greek Kouzina,
JBR The Beach



With the pandemic dashing many hopes of a summer vacation to Europe, the Eat Greek Kouzina restaurant at The Beach JBR is the next best thing to transporting you to the Mediterranean and making you feel like you took that vacation after all.

INSTRUCTIONS:

1. Get yourself and the family nice and ready for some fun beach time.
2. Come for a long lazy lunch at this beautiful beach-front location that just oozes that relaxed holiday vibe.
3. Choose from traditional Greek taverna favourites like grilled meats, salads, calamari and seafood favourites, Greek-style burgers (so much better the Greek way!), souvlaki skewers and so much more... including the best moussaka in JBR.

There is a large outdoor terrace and upstairs outdoor seating, in addition to the cozy and homely indoor seating. Alternatively if you're heading home after a long afternoon on the beach, there's a contact-less 'Curbside Pickup' service that means you can get all the classics to go, without getting out of your car!

eatgreekkouzina.com/dubai-the-beach-at-jbr

Brooklyn Creamery's Genius new Low-cal, Low Sugar Ice Cream

If you have indulged over lockdown and are cleaning up your act, Brooklyn Creamery has launched a creamy and delicious new range of low fat ice creams that will indulge that sweet tooth for less than 60 calories per serving. Or if you want to increase your intake of fresh fruits, try a scoop of the low fat Soho Berry or Sweet Cream Vanilla whizzed with some almond milk and fresh berries. But take it from me... don't let anyone mess with your Cookies n' Cream or Chocoholic flavours!



Order through Deliveroo and look for the Brooklyn Creamery Low Calorie Ice Cream

Award-winning Thai Food to suit all spice tastes



Multi-award winning Cafe Isan in JLT has gained a huge following of family foodies because of the fresh 'street food' vibe of its menu. With everything being made to order, you can control the chilli heat levels yourself. Kids love the chicken satay on skewers, little dim sum dumplings, spring rolls, minced chicken laab cakes and other freshly-made items. Parents can indulge in a selection of traditional curries such as massaman, penang and peanut chicken curry, all freshly prepared by the talented Chef and Co-Owner, Chef New.

The restaurant has a beautiful setting by the lake, easy parking, socially-distanced seating, and the most delicious menu of Thai favourites for dining in or home delivery. cafeisan.co

The Social Club is back again at Marina Social!

Marina Social holds a very special place in the hearts of anyone who has celebrated their wedding anniversary, birthday or special occasion here. It is also the brunch of choice for taking some time for yourselves or with your girlfriends, recharging your batteries and letting your hair down at the renowned 'Social Club' brunch. We think the sharing platter of their signature goats' cheese churros, burrata & tomato with aged balsamic, wood-fired garlic flatbread with piperade, hummus and confit garlic are a perfect and sophisticated prelude to a traditional English roast and absolutely the best way to connect and catch up with friends after the lockdown. Your long lazy lunch is perfectly capped off with a platter of three exquisitely light, intelligent and sumptuous desserts, prepared by the talented Chef Will Stanyer and his team.



You have the choice of dining in a vibe of indoor sophistication and watching one of Dubai's best chefs at work, or a breath-taking view of Dubai Marina from the terrace.

Call up your girlfriends and have the best catch up of the year so far at Marina Social's Social Club brunch - you deserve this! marinasocialdubai.com

Hello Chef... Yes, YOU!

Hello Chef delivers complete ingredients boxes for you to make easy, delicious, chef-quality dishes at home. Don't worry if you think you can't cook, the recipes come with full instructions and you're guaranteed gourmet success if you follow along. You can choose between Low-Carb, Family-Friendly, Vegetarian/Vegan and Gourmet options. Simply choose any recipe you like from up to 20 ever-changing recipes per week. The cost for a family of four works out to be much less than the average take-away meal, and you have the confidence of knowing exactly what goes into the dish. We're recommending Hello Chef as a great way to get confident in cooking - it's like getting lessons from a chef in your own kitchen. We also love that you can get older kids involved in fresh food preparation and cooking, as cooking really is a valuable life skill that you can give to them.



Check out the mouth-watering dishes you could be cooking on: hellochef.me/weekly-menu

‘PEACEFUL PARENTING’ 4 WEEK COURSE

BY THRIVE WELLBEING CENTRE

Peaceful Parenting is a four-week online course for parents who would like to receive some guidance on how to help their children adjust to online schooling and transition to summer while keeping their own peace of mind.

The course will be delivered in a form of a presentation followed by parenting tips, practical strategies and everyday activities to use with children. Every session will allow time for each parent to receive individual feedback and support with regards to their child.



Course Outline:

Week 1: Self-regulation

- ▲ Emotions: What are they?
- ▲ Peaceful parenting: Is it a dream?
- ▲ Navigating Conflicts
- ▲ Using Emotions for Effective Communication

Week 2: Online schooling and summer transitions

- ▲ Managing the Demands of Online Schooling
- ▲ Being a Parent or a Teacher?
- ▲ Setting Priorities
- ▲ Spending Summer Indoors: Options and Alternatives

Week 3: Children's Empowerment

- ▲ Rescuing Versus Helping
- ▲ Coaching Versus Controlling
- ▲ Parenting Style
- ▲ Discipline And Love

Week 4: Behaviour Management

- ▲ Research on Physical Punishment
- ▲ Ignoring or Addressing?
- ▲ Child Needs
- ▲ Limit Setting
- ▲ Power Struggle
- ▲ Win-win Solutions
- ▲ Alternatives to Punishment

WHEN

Saturday 27th June,
Starting at 09.00, for
4 weeks

WHO

Either parent, or
both, are welcome
to sign up

BY



The course is led by Dr
Ola Pykhtina, Thrive's
Children and Family
Specialist

COST

AED 1,600 for four
hours per family (up to
two parents / primary
caregivers)

For more information on the course, please visit: www.thrive.ae/events/peaceful-parenting



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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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WHAT HAPPENED WHEN COVID-19 CANCELLED JANNAH'S 3rd BIRTHDAY?



Adorable little Jannah Syed had been excitedly counting down the months before her 3rd birthday party, when she would have a party with all her friends and family around. Then the Covid-19 lockdown came into force. Jannah's mother Kauser tells us the heartwarming story of the little girl that had to party alone.

The lockdown forced Jannah's parents, Jannah's parents Kauser and Salman to abandon all thoughts of a beachside birthday, or a nice restaurant as the setting. The new plan was that the venue was home and there would be no guests. So how do you please an excited child on her birthday under these conditions?

Mom Kauser explains: "Jannah loves going to birthday parties with lots of kids her own age around and the thought of her own party was an absolute dream for her. When the lockdown was introduced, we felt very sad for her that she wouldn't be getting what she was expecting, but knew we had no choice but to manage the situation."

How did you feel knowing that you would have to celebrate under curfew and lockdown?

I think kids are more excited than anyone to celebrate their birthday, knowing that all the attention is focused on them and the birthday party atmosphere makes it a very special day. They know that the more people there are around, the more presents they will get, so

people make it more exciting for them.

We knew that much of this would be this missing this year, but we were determined to make sure she would enjoy lots more quality time playing with us and doing her favorite activities, so she would have lots of fun.

What were the actual challenges of celebrating her birthday under lockdown - and why were these things challenges?

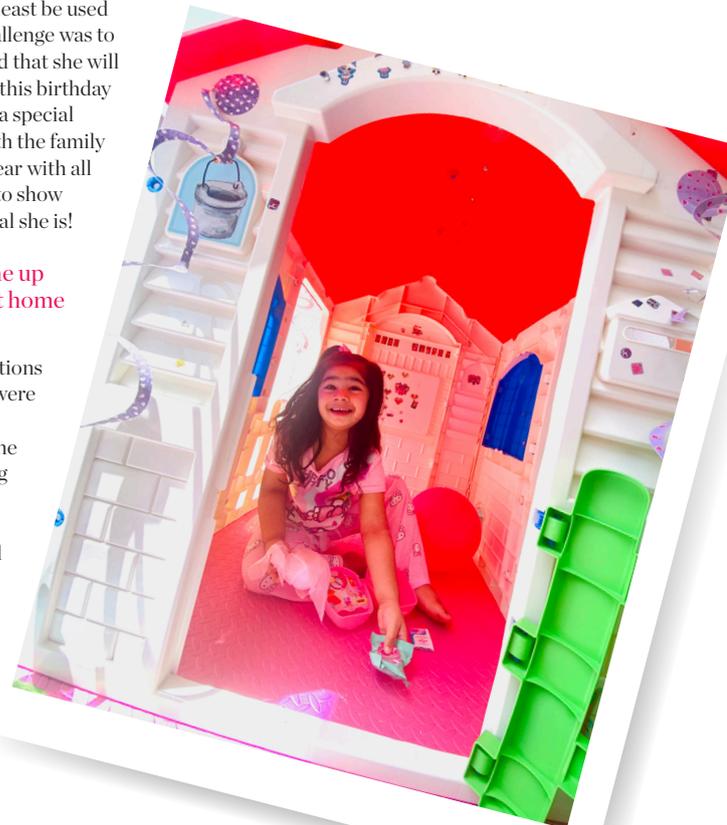
A big challenge was that there were no actual guests invited on her birthday because of social distancing. She would at least be used to seeing her cousins, so the challenge was to make our 3-year-old understand that she will not have her friends around for this birthday party. We told her that this was a special year, so she will have a party with the family and another party later in the year with all her friends. Two birthdays just to show the germs how strong and special she is!

What solutions did you come up with to make her birthday at home feel special?

We quickly realised that decorations and lots of excitement from us were going to be key to creating the birthday party vibe. So before she woke up, we decorated the living room with balloons, streamers and helium balloons, with the first of multiple surprise gifts all visible when she first woke up and she walked into the living room. She had the most beautiful smile on her face, which really set the tone.

How did you handle the issue of having no party guests - and how did she handle this?

In the absence of guests, we had lots of video calls throughout the day from friends and family wishing her a happy birthday and singing her the birthday anthem all day. Jannah was preoccupied for the whole day with lots of surprise gifts and attention, so in the end she didn't really notice the absence of guests.





CELEBRATION CAKES FOR EVERY OCCASION

Established for over 40 years, the UAE's iconic Mister Baker chain of cakes shops specialises in making 'wow factor' celebration cakes accessible for all budgets and occasions. Knowing how much children love themed cakes, the specialists at Mister Baker are always in tune with children's favourite characters and themes as well as the latest techniques in cake artistry. Amazingly, you can order a custom made cake with just 48 hours notice, or choose from a dazzling selection of cakes themed with children's best-loved characters. Unicorns, superheroes, princesses, cartoon characters and animal themes...if you can imagine it, Mister Baker can create it!

All cakes can be made with a choice of traditional ingredients, or tailor made for preferences such as eggless, vegan or chocolatarian and delivered anywhere in the UAE!

And don't forget Father's Day this year! Check out their website for ideas.

misterbaker.com



What did you do about the cake? How did you choose which cake company to use?

Of course, a child's birthday cake is the centrepiece of their birthday and therefore a very important part of the celebration. And everyone loves cake! Her cake was a LOL Dolls cake, which she adores and it was so rewarding for us as parents to see her face light up at the sight of the cake, as we were still feeling a little bad about not being able to give her the party we had planned, pre-Covid-19.

So what's the verdict on Jannah's 'lockdown birthday'?

Jannah's birthday was a fantastic day for her - full of smiles, laughter, excitement, treats, gifts, love and happiness. However, it was also a great reminder for us as parents that all you really need to do to make children feel secure, loved and happy is simply give them lots of your time, attention and energy in playing at their level. Nothing makes a child happier. Jannah's birthday really was special and memorable for her, but it was also a reminder for us of the importance of spending quality and fun time with children, which was the real gift of the day for us all as a family.



GUILT-FREE FAST FOOD FAVOURITES FOR KID'S PARTIES

Ordering food in for your child's birthday celebration with the family means you get to spend much more quality time focussing on your child, not pots and pans in the kitchen!

There's also a nice way to indulge your child in the universally favourite takeaway food - fried chicken.

However, we're recommending Chicken Cottage for some very special reasons. The chicken they use is only fresh, Grade A, hormone-free and antibiotic-free chicken, which shoots it to the top of our list of fast food options for children, in terms of avoiding unnecessary chemicals and additives.

In addition to the quality of chicken, there is a great range of options for grilled chicken instead with a choice of different marinades to suit all tastes in the family - kids and adults alike.

The menu also contains hearty fresh salads, an array of dipping sauces, arabic breads and lots more to choose from. If your kid wants crunchy chicken wraps or sandwiches for their birthday treat at home, this is the way to go.

chickencottageme.com

• HOME HYGIENE •



Behind the scenes of grocery delivery firms. What's in the air we breathe? Where are bacteria hiding in the kitchen? Tackling home hygiene like a corporate boss. It's all here!



Home Delivery Hygiene: **A LOOK BEHIND THE SCENES**

Home delivery for groceries has become a necessity to maintain social distancing in 'the new normal', but what hygiene measures do delivery firms take behind the scenes? We asked Halima Jumani, Operations Director at multi award-winning grocery delivery firm Kibsons about the hygiene and safety measures you should expect.



What food safety standards do food delivery companies need to adhere to?

It is important to point out that for years before the coronavirus pandemic, Kibsons has consistently achieved a 100% health certification and is HACCP approved.

'HACCP' stands for 'Hazard Analysis & Critical Control Points' and is a global system that addresses food safety standards. This system makes a detailed audit and assessment of how all food safety hazards are controlled. These include microbiological, chemical and physical hazards - from the production of raw material right the way through to consumption of the finished product. This includes manufacturing, our food procurement, all product handling, storage and distribution. So we have decades of experience in every tiny detail of hygiene control and safety. In our case, we refresh our training regularly to keep up-to-date with any new laws and procedures.

Can you give us a run-down of the hygiene safety protocols you have put in place since the Covid-19 outbreak?

Our hygiene systems and processes at Kibsons have always been at the core of what we do, because it's simply the right thing to do. I'm a consumer and a mum with a family, so I know what I want from food delivery to keep my kids safe. All families deserve this level of safety, so



these are the measures in place at Kibsons:

- We check the body temperature of all operations staff at the beginning of every shift
- All Kibsons operations staff are required to wear safety gloves and masks while at work
- All Kibsons delivery vehicles are thoroughly washed, and sanitised three times more frequently than before
- All Kibsons drivers understand the importance of frequently sanitizing their van interiors, being cautious during transit, and using safety gloves for delivery
- All frequently touched surfaces in any part of the Kibsons facilities have a protocol for

being wiped down and sanitised regularly throughout the day

- We are ensuring that Kibsons food delivery boxes are 100% clean, food-grade certified and brand new straight off the press
- All Kibsons staff are required to wash their hands frequently during the day
- All suppliers to Kibsons have been notified and briefed that they must follow the above hygiene precautions while delivering to our premises.

Is it okay for these extra safety measures to ease off a little as we move into life after lockdown and the population eventually develops immunity to Covid-19?

No. Absolutely not. The effects of this pandemic have been devastating to everyone, but in the middle of it, people have also found new ways of doing things and forged stronger family bonds and connections with people.

Kibsons is also a family business at heart and we all shared the same spirit and ethos for food safety measures. But the pandemic has given us the opportunity to not only significantly enhance our hygiene practices, but keep the dialogue about safety foremost in the work ethic and working day of our entire team. So for us, Covid-19 has raised the bar of food safety, and that's the 'new normal' at Kibsons.



WHAT'S IN THE AIR WE BREATHE?

Part of our 'new normal' is paying much more attention to bacteria and viruses. But what about the air that we breathe? Here are some fascinating tips from Jonathan McGaughey, Advanced Separation Systems Engineer at Dyson.

The air in your home can contain many substances that you can't see. These include particles like dust, pet dander and allergens that can trigger your allergies.

Also present in the air in your home are substances known as 'Volatile Organic Compounds' (VOCs), which are chemicals that are found in many products we use to build and maintain our homes. Once these chemicals are in our homes, they release or gasses into the indoor air we breathe. Sometimes you can smell them, but quite often you can't.

Sources of Volatile Organic Compounds (VOCs)

- Building Materials
- Home & personal care products
- Paint, varnishes, caulks, adhesives
- Carpet, vinyl flooring
- Composite wood products
- Upholstery and foam
- Air fresheners, cleaning products
- Cosmetics
- Fuel oil, gasoline
- Smoking
- Dry cleaning, photocopiers
- Cooking, hobbies
- Burning wood

Some of the VOCs found in our homes can come from the chemicals in cleaning products we use on kitchen surfaces, bathrooms and windows. 'Limonene' is one example of the compounds that make cleaning products smell like citrus, but it can react with naturally-occurring ozone in the home to create a substance called 'formaldehyde'. Using natural cleaning products can help lower the amount of VOCs in your indoor air.

Even with the lockdown restrictions eased off, many of us are still spending much more time indoors. Here are some simple steps to keep indoor pollution levels as low as possible.

Keep carpets, floors, upholstery & surfaces free of dust and pet hair

The most effective way of doing this in this region is by frequent vacuuming. When you sit on the sofa or plump up a cushion, you might notice a dust cloud. This dust will remain in the air and can be breathed in, but vacuuming regularly is an easy way to decrease pollution from dust particles at home.

Indoor air pollution

Some of the things we might enjoy at home like flowers or scented candles can also be sources of

indoor air pollution. Ensure that you ventilate the room, or use a purifier afterwards to help remove any remaining VOCs or particles from the air.

Be wary when letting in "fresh air"

If you live next to a busy road, opening the window can allow outdoor pollution into your home. Try not to leave the windows open for too long, or ideally go outside into the fresh air for a few minutes, rather than letting it into your home.

If you are looking at getting an air purifier for the home, look out for:

- **Fully-sealed filters:** These don't allow the airflow to bypass the filter, so you can be sure the machine is properly filtering out particles and gases from the air
- **Dual filters:** HEPA or other types of particle filter will remove polluting particles from the air, like dust, pollen and pet fluff. If you can, also look for a machine with an activated carbon filter that will absorb VOCs, NO2 and other gases.
- **Fan functionality:** It is more effective to project clean air across the room, not just in the corner where the machine is sitting!



WHERE DO BACTERIA LURK IN THE KITCHEN?

Regardless of how clean you think your kitchen looks, these are the common places that bacteria can lurk in the average family kitchen.

HOME HYGIENE

With the temperatures and humidity conditions in this region, some bacteria are able to divide every 20 minutes in the average home. Not all bacteria are harmful - your body contains plenty of bacteria that are essential for health, such as gut bacteria. But some can be found throughout your kitchen that can make you sick and weaken your immune system. If you think a wipe of the sponge or cleaning cloth keeps the kitchen clean, think again!

Over the coming issues and on the website, we'll explore these areas, but for now let's put the kitchen under the microscope.



Sponges and dish cloths

One study found that more than 75% of dish sponges and rags had salmonella, E.coli, and fecal matter (human waste) compared to 9% on bathroom tap handles. In the current virus climate, it is therefore a safe solution to use sheets of disposable sterilised kitchen roll to clean down surfaces before and after food preparation.



Kitchen Floor

A study from the Hygiene Council in the United States found that the kitchen floor just in front of the sink has more bacteria (830 per square inch) than the garbage bin (411 per square

inch). Other surprises included the fact that the average kitchen sponge held 60 times more bacteria than a pet's food bowl and that the kitchen counter was more bacteria-ridden than the average toilet seat.

Kitchen items that need frequent cleaning include:



Cutting boards

After washing, use a kettle full of boiling water to pour over cutting boards, particularly if you have been using them for poultry, meat or fish.



Coffee machine

These can be the perfect breeding ground for bacteria. One study swabbed 11 different brands of home coffee machines and found 11 different types of bacteria, including a bacteria that grows in standing water; and another strain of bacteria that is present in the human colon. So to clean inside the coffee machine, mix equal parts of white vinegar and water, then run the cycle. When this is done, brew again with just clean water once or twice to rinse any remaining vinegar solution away. Remove deep stains from the coffee pot with a soft sponge and some baking soda. Don't keep water sitting in the water compartment - only use the amount of water you need and wash this daily.



Fridge

Some bacteria, such as listeria monocytogenes, thrive at cold temperatures and will multiply in the refrigerator over time and could cause illness. To keep the fridge clean, spray the inside of the fridge with a solution of vinegar and water, concentrating on any visibly dirty areas and let it soak in. Then remove the shelves and drawers, and wash them separately with warm soapy water. Dry them with sterilised kitchen roll. Clean the inside of the fridge in the same way and wipe everything down with sheets of sterilised kitchen roll.



Kitchen sink

One study found that the kitchen sink is one of the most bacteria-ridden spots in the kitchen, and found that 45% of the sinks they examined tested positive for coliform bacteria; with 27% containing mould growths. Sinks should be thoroughly cleaned 2-3 times a week. Wearing rubber gloves, wipe bleach over the entire surface of the sink - the tap arm and handle, the bottom, sides and around the plughole and sink strainer. Leave it to soak for 30 minutes, then rinse the bleach off and clean with a scouring sponge and cream cleaning fluid.



Counter tops

Areas where food is stored or prepared tend to have more bacteria and, alarmingly, fecal contamination (from inadequate hand-washing) than other places in the home.



Here are some tips for keeping these kitchen areas sanitised:

- Use sanitised paper kitchen roll sheets and disinfectant to wipe the tap, refrigerator surfaces, and countertops - and throw them away immediately after use
- Heat any damp sponges in the microwave for a minute to kill bacteria (be careful, they will be very hot after)
- Soak any sponges in a litre of warm water with a teaspoon of concentrated bleach last thing at night
- Change dish towels one a day, or more frequently if they are getting lots of daily use
- Wash your hands after you unpack groceries, before and after touching or handling food - and especially after touching raw meat or unprepared food
- Using bleach and rubbing alcohol, or disinfectant wipes with over 60% ethanol

or 70% isopropanol are all effective against the Covid-19 virus on these surfaces in the kitchen.



Kitchen light & plug switches

Kitchen light switches are not so obvious places for bacteria to gather, but researchers that have studied this find that light switches are one of the filthiest surfaces in the home and pose a high risk of bacterial infection. In fact, one particular study found that the average light switch is crawling with 217 bacteria per square inch; and another found that light switches tested positive for coliform bacteria (fecal matter) and contained 112.7 bacterial colony forming units (CFUs) per square centimetre, as well as 122.7 CFU's of aerobic bacteria (such as E.Coli), scoring them higher on the 'crawling with germs' scale than the average toilet seat. Don't forget the plug and socket switches when you clean!

To clean light switches, plugs and plug sockets, never spray any liquid directly onto them. Instead, spray some disinfectant spray onto a sanitised kitchen towel, but make sure the kitchen towel is only slightly damp, not wet. (Sponges are not recommended for cleaning light switches, because there is too much danger of getting liquid under the switch, which can be extremely dangerous.)

Handles that are often overlooked

- Fridge & freezer: inside handles for compartments and the outside door handle
- Microwave: the 'On' button, door release and temperature dials
- Kettle: where you touch the lid to refill it and the handle itself
- Cupboard doors: frequently touched in food prep, don't overlook them!
- Appliances & equipment: toaster, blender,

electric beater or whisk, and pan handles

- Oven/stove knobs: including the overhead light and fan

Clean these handles and knobs frequently and use a new wipe for every spot instead of reusing the same one, otherwise you risk transferring bacteria from one spot to another.

The cleaning products themselves!

Have you ever prepared a meal by cutting meat or poultry, then taken the cutting board straight to the sink to wash it, in order to maintain good hygiene? Notice how you usually pick up the dish-washing detergent bottle in the middle. If you are using a disinfectant spray to clean something dirty, then notice how you grip the top of the bottle and place your fingers on the trigger to squeeze it.

It's a good idea to spray some disinfectant onto a sanitised paper towel and also wipe the cleaning product bottles themselves.



Essential hygiene products

- Soap and water
- Bleach and water
- Sterilized kitchen roll (use with disinfectant sprays to wipe down all surfaces)
- Disinfecting wipes with at least 60% ethanol or 70% isopropanol
- Hand sanitizers with at least 60% ethanol
- Rubber gloves



TACKLING COVID LIKE A BOSS!

I was honoured to have caught some time with Amal Shabib, one of the best-respected Senior Executives at the highest levels of the region's corporate world. This is a fascinating insight from one of the top business minds into using a strategic business-like approach to tackle the threat of Covid-19 at home.

With a formidable reputation in the region for understanding every angle of a challenge, then applying innovation, logic and strategy to deliver solutions, it is no surprise that Amal Shabib has been the brains behind deals worth hundreds of millions of dollars. When it comes to getting large corporations running like a finely-tuned efficient machine, Amal is the woman with the structured and strategic mindset that has made it happen.

In a rare interview, Amal, herself a mother and proud young grandmother, answers our questions on how ordinary mothers can quite literally 'tackle Covid like a boss', using the strategies that she applies in the corporate world.

What is the main challenge or problem that mothers face in the home as they try to keep it a virus-free environment?

There are obviously several challenges to keeping your home virus-free, but fundamentally I think the biggest challenge for mothers is monitoring all movements in and out of the house. Because of the nature of the virus, and how easily it can spread, mothers need to have their eyes in 10 places at the same time so they are aware of what is being brought into the home from outside. (Not that it was any different before, it's just with a new dimension this time!)

How can busy modern mothers get control of all these challenges?

I think the best approach to get control of these challenges, is to create a control system and communicate. Creating an easy step-by-step 'guide' for your family to follow is crucial. Getting everyone on board is also just as important. It's the same principle as a business plan - without the key people executing their responsibilities, a plan will only ever be merely 'great on paper.' Applying some discipline under these current conditions will make things more controllable, and at times when you are not around, having a proper step-by-step process in place will ensure the safety precautions and measures for your home are followed, because everyone knows what they have to do.

“

In the commercial world, I always say remember the 20/80 rule – focus on 20% of the work that will lead to 80% of the results.”

As someone known for applying innovation in business, can you suggest any ways that we can apply some innovation to keeping our homes safe and hygienic?

I will share a few of my tips that play a key role in making my own home virus-free. One of the solutions we use at our house is a home-made shoe disinfecting station. There are solutions out there to disinfect shoes, but some of these can be expensive or fiddly for children to use. So what I have done at home is used a plastic tray, a microfiber mat soaked in some Clorox, diluted in water - and voila, I created my own shoe disinfecting station. I have placed it at the door so that whoever is walking in has to step in it and thoroughly wipe the soles of their shoes in it. They then step onto a dry mat I placed beside it and it ensures that nobody is bringing germs in from their shoes. Doing some research into a problem always pays off, so Google, Pinterest and moms groups are a great source of ideas.

How can parents explain the virus threat to young children - and how do we get the kids to listen?!

What is crucial is education, because once kids understand the problem, they will listen. We all underestimate the agility of children - if you can explain the reason for doing certain things to them, they will be your biggest supporters in anything. I believe the key to educating our children is keeping it simple and not scary, which can be overwhelming for a child. Make sure they know this is something they can do things to fight off, not something that is out of their control.

You can tell young children that there are some bad germs out there called 'a virus' that can make people sick, so we want to make sure the virus doesn't come to hang around the house. Tell them that it is easy to fight the virus, because it does not like cleanliness, it can't stay in clean places or on clean people. So what we need to do is to wash our hands more often, make sure our clothes are not dirty and keep our house clean. And we also need to stay 'this far away' away from people outside the house, so we don't give the virus the chance to jump from one person to another. (You should show them what 2 metres distance looks like, or describe it as the length of a car, or their bed.) Do also tell them that the doctors are finding the medicine to kill the virus so it doesn't make people sick anymore.

I walked through the importance of washing hands with my grandchild in a fun activity, by placing some water and black pepper in a bowl and then dipping his hand into the water twice - once without soap on it so he could see the black particles on his hand, and then again using the soap. Doing such an interactive activity it made it easy for him to understand why he should use soap every time, because he saw it for himself. But in short, and the same as in business, what is important with our kids is to educate and empower them.

How do you 'tackle Covid' like a boss in your own home, Amal?

We have established a basic framework and process for family member to carry out, which we broke down into a few steps that are easy to remember:

- Disinfect your shoes in our amazing shoe station, every time you come in the house.
- Always avoid putting your hands on your face for any reason and any time, even if you are just out of the shower. It is a habit that we should always be training ourselves to do - we can all help remind each other.



- For any family member that has been out and brought anything from outside the home, there is a station at the house in the kitchen that they must go directly to. The item(s) from outside are placed there until they are disinfected. The person who went out needs to drop anything they have at this station, and head straight to the bathroom to shower and place their clothes in the laundry bin. (We have a separate procedure for disinfecting these laundry items.)

Our procedure for delivery items:

- The delivery man has to put the bag on the floor - as no one is allowed to take the delivery hand-to-hand
- Place all items on one particular side of the sink (this is our disinfection station)
- Disinfect all of the items, get rid of any unnecessary packaging. (If we have ordered food, we transfer the food into our own plates)
- Make sure to place all the disinfected products away from where they were original placed
- Throw out all the bags and any packaging immediately
- Disinfect the counter space

Every act that involves contact with the outside environment has "a procedure what to do when..." and everyone in the house knows the system. Generally this is the framework that we use at home. As we return to our offices and resume a bit of normality, we still need to remember we should protect ourselves in order not to harm others. As mothers, it is in our nature to relate to others about how we protect ourselves and our families, so I would also advise open communication and sharing of ideas.

*As the only Manufacturer of
Sterilized Tissue*

FINE HYGIENIC HOLDING AWARDED “STERILIZED BRAND OF THE DECADE 2020”

Fine Hygienic Holding (FHH), one of the world's leading Wellness Groups and manufacturer of hygienic paper products, has been awarded the prestigious and highly coveted “Sterilized Brand of the Decade Award” in 2020, by the Family Hygiene Institute (FHI). FHI operates under the auspices of the Medical Wellness Association (MWA), which is a globally recognized collection of the finest doctors and wellness professionals with the express purpose to promote proven global hygiene practices, especially for families.

The prestigious Sterilized Brand of the Decade Award was presented to Fine Hygienic Holding in recognition of their unique, sterilization technology through which they manufacture the only sterilized tissue in the world. Fine's patented SteriPro technology ensures a fully

sterile and hygienic production environment, guaranteeing that the first hand to touch the product is the consumer's and reducing the risk of exposure to germs and viruses which cause sickness. The patented technology utilizes ultraviolet light in the form of vertical waves to destroy bacteria, viruses and other micro-organisms, producing a 99% sanitized product. This precision and consistency is what has made Fine such a trusted brand throughout all its markets, and vindicates the FHI's decision to present them with this award.

The award is especially notable in light of the growing coronavirus epidemic, which has spread throughout East Asia, Western Europe, The US and Australia, as the use of Fine sterilized tissues actively helps against the spread of the virus from person to person. The sterilization method used for Fine tissues not only ensures that customers receive



— STE
FOR GERM



STERILIZED M PROTECTION



a fully sterile product, but also provides the benefit of killing germs, bacteria and viruses, including the Coronavirus, effectively limiting the spread of sickness throughout the region. Noting that the three key entry points for germs into the human body is eyes, nose, and mouth and that tissue products touch intimately all three.

Fine Hygienic Holding CEO, James Michael Lafferty, commented on the award, "It's an incredible honor for FHH to be selected from among the leading hygienic products across the globe. Fine has always been a visionary group, from the beginning we have sought to continuously stay ahead of the curve through innovation, improvement and the desire to create superior products that provide not only good value to consumers, but also improve their lives.

"Health and wellness are woven into the fabric of who we are at Fine; we believe that if you don't have your health you don't have anything. For the last decade we have employed our sterilization process, producing a sterilized tissue that provides customers with a reliable first line of defense against germs, bacteria and viruses, which is more important than ever as the world struggles with the Coronavirus outbreak."

The MWA's strategy is based on collaborating and partnering with quality providers and organizations in order to provide dozens of expertise services in professional leadership and education for medical and wellness industries. This helps in enhancing and developing the standards, guidelines and credentialing programs to aid the general public and developing improved wellness.

The FHI is a fully-integrated part of the MWA, which was founded over two decades ago by Dr. Christopher Breuleux, a global pioneer and visionary in the broad field of wellness. The FHI was created for the specific need of bringing special attention to hygiene and sterilization as an integral part of overall wellness. As Dr. Breuleux explains, "The word 'wellness' is so broad, and often connoted to the nutrition and fitness elements, when it means much more. Hygiene is a critical part of wellness, avoiding infection and spread of disease. So to help rectify this challenge, we created FHI as a means to bring more dedicated attention to hygiene best practices."

He added that it was nothing short of astounding that so few tissue companies take the effort to sterilize their products. The intuitive conclusion being that nearly all tissues could potentially represent a hazard to family health, which is why it is so remarkable that Fine, a regional company, has been doing such sterilization for the past decade; this factor made the group the easy choice for the award.

Dr. Nabil Fawzy, advisor and representative of FHI with over 40 years of experience in the field of Pediatrics said of the selection process, "The FHI takes into account the leading Hygiene brands regionally as well as globally, and subjects their products and processes to intense analysis according to top-level criterion set down by experts in the field. We're looking for brands who excel in attention to detail and commitment to delivering the highest possible hygienic standards, thereby providing consumers with products that actively enhance their quality of life."

FHI wellness experts took into account the leading Hygiene products from around the world and analysed each according to global hygienic standards. Recipients of the awards receive a certified seal for packaging, which helps customers identify every day products that are of the highest hygienic standards.

FHH has built a renowned reputation for providing consumers with trusted hygienic products made with the highest possible standards. The highly coveted award serves as a testament to Fine's dedication to delivering only the finest quality hygienic products, and to the meticulous attention to detail that characterizes its manufacturing process.

THE IMMUNE SYSTEM



So what is the immune system anyway? Great ways to boost immunity. Can a chiropractor help to protect kids against infection? This section is a must-read!

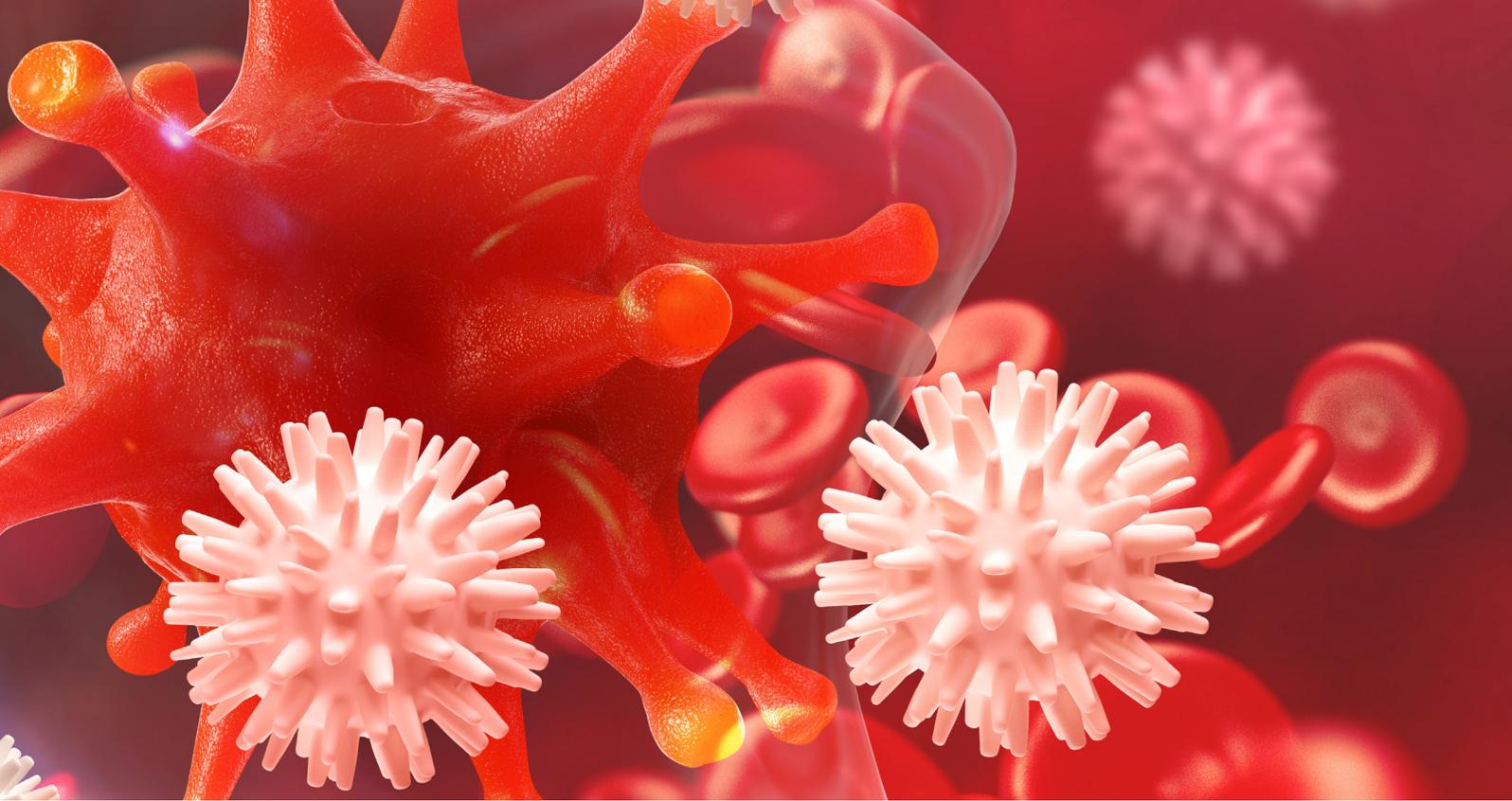


WHAT IS THE IMMUNE SYSTEM?

The immune system is our body's defence against infection and disease, helping to keep us strong and healthy. The stronger the immune system, the better we can fight. Here's a quick look at how it works.

A healthy immune system means that when the body is attacked by a disease or virus, it can usually manufacture substances (antibodies) called immunoglobulins that can target a virus and defeat it. Amazingly, the antibodies we make remain in our system and 'remember' the virus that has attacked us, giving us the ability to fight off the same virus in future. This explains why we can catch a viral infection like measles, but we only catch it once.

Signs of a weak immune system can include digestive problems, loss of appetite, diarrhea and abdominal cramping. A weak immune system can also be responsible for some growth and developmental delays in infants and children, so it is important to do as much as you can through nutrition and other means to help build defences and to keep your children healthy.



Children's Immune Systems

The immune system consists of a team of cells, proteins, tissues and organs that fight off illness, viruses and other invaders, but children do not have fully developed immune systems until they are around 7-8 years old. Because the immune system helps the body fight against diseases and infections, children have an increased risk of developing conditions such as infections and food allergies, compared to adults.

Environmental Factors That Affect Children's Immunity

Children do not have immune systems that are as efficient as that of adults, as their central nervous, reproductive, digestive and immune systems are still in development. During this vulnerable stage, certain environmental toxins can cause damage. Small children crawl or play on the ground outside and on floors, put things in their mouths and share toys indiscriminately with other children and pets. Pesticides, other chemicals present in the home (see page 16), dust and waste can contaminate the soil in your garden and be transferred into your home. Children are also more susceptible to airborne pollution and second hand smoke. Chemicals and hormones in some of the food that children eat, especially "children's meals" that are based on processed foods like hot dogs and deli meats can also have an impact on their ability to fight off infections.

The Immune System in the Under 5's

Babies

Research suggests that babies who are breastfed are less likely to develop infections during their first year of life, compared to babies who are fed formulas. This is because the mother's breast milk contains important antibodies, enzymes, fats and proteins that help boost the baby's immune system.

Toddlers

As your child comes into contact with others, the opportunities of

getting colds and viruses increase. Some studies say that this helps to build your child's immune system but at the same time, the pandemic period is probably not the right time to test the theory! Leading by example and showing them good hygiene at home may lessen the severity and the amount of time your child is sick. When your child reaches the age of 7 or 8, most of his/her immune system development is complete.

The Role of Antioxidants

In the feature on 'Immune-Boosting Foods' over the page, you'll see the word 'antioxidant' cropping up a lot. Antioxidants (including vitamins A, C & E) are important natural compounds found in plant-based foods that can prevent or slow down the damage to the body's cells, caused by something called 'free radicals.' These are harmful molecules that the body produces from its cells as a reaction to interference to its environment. This is why highly processed foods that contain lots of chemicals are considered so bad for us, as they play a part in breaking up healthy cells, which in turn contributes to disease and low immunity against infections.

Tips to Boost your Family's Immunity

Good Nutrition: A diet rich in fruits and vegetables with a healthy balance of protein and fats is recommended to maintain a strong immune system.

Vitamins and Minerals: Vitamins that support the immune system include: vitamins A, C, E and essential fatty acids should be included in your child's diet. Also, dietary intake of minerals such as manganese, selenium, zinc, copper, iron, sulfur, magnesium and germanium should be considered as part of a healthy nutrition plan. (See next page.)

Chiropractic Care: There is compelling scientific research supporting the link between chiropractic care and the immune system. (See page 30 for more information on how Chiropractic Care can benefit your children's health - as well as your own!)

COMMON IMMUNE-BOOSTING FOODS

There are no 'food cures' for the Covid-19 virus, but certain foods can help strengthen the immune system for all your family.

The list of fruit and vegetables here is by no means a complete list - we've chosen some examples that give you a well-rounded idea of the immune benefits you and your children can enjoy from daily

consumption of fresh fruit and vegetables, herbs, spices, teas, pantry items, meats and fish. Keep these in mind when organising meals and snacks for the kids!

PANTRY FOODS



DARK CHOCOLATE

Good news! Dark chocolate can be very beneficial in seeing off a cold. It contains a large amount of a substance called 'theobromine,' which is an antioxidant that has been proven to ease coughs and is also thought to help fight off the symptoms of bronchitis.



MISO

Miso is made from soy, which contains antioxidants that help boost the immune system.

TIP: You can marinade salmon in miso for a delicious flavour when pan-fried; or add miso to Asian soups or broths.



NUTS

Most nuts contain vitamin E, another vitamin that's crucial to fighting off sickness. A study published in the Journal of the American College of Nutrition indicates that taking 50 milligrams of vitamin E daily could help reduce the risk of catching a cold by 28%.



GARLIC

Garlic is one of the best cold-fighting foods, for good reason. Eating garlic can boost the number of virus-fighting 'T Cells' in your bloodstream. T Cells (also called 'T Lymphocytes') are one of the major components of the immune system. Their role includes killing infected host cells, activating other immune cells, producing the proteins that fight off viruses and regulating the immune response to them. This is important because colds and flu are caused by viruses.



EXTRA VIRGIN OLIVE OIL

This has been shown to help build up the body's immunity. The high content of polyunsaturated fatty acids in extra virgin olive oil act as an anti-inflammatory agent in the body. These fatty acids also help to boost the immune system and guard against infection.



RAW HONEY

Natural raw honey not only tastes delicious but can act as an antibacterial, killing germs in the body that can cause you to get sick, particularly with throat infections.



WATER

When you're feeling unwell, staying hydrated can help loosen trapped mucus. Try drinking at least the recommended eight glasses of water a day, (which is recommended in the summer temperatures anyway) to keep yourself fully hydrated, as we tend to lose more fluids when we're sick.



WHOLEGRAIN BREAD

Wholegrains contain anti-inflammatory properties, which helps to increase the production of healthy bacteria, according to a study published by The American Journal of Clinical Nutrition. Seventy percent of your immune system lives in your gut, so it's important to keep it healthy if you want to fend off any bugs and viruses.

FRUIT & VEGETABLES



APPLES

Apples are rich in antioxidants and are great for kids.

TIP: Rather than giving young kids an apple, cut it into segments, arrange the slices in a fan shape and garnish with some berries, or slices of banana or orange. If it looks great, they will happily tuck into it!



CAPSICUMS

(Red, Green, Yellow & Orange Peppers)

Capsicums (peppers) are rich in vitamin C, which is essential in helping to prevent and combat viruses and colds, as well as healing the body more quickly.



BLUEBERRIES

Blueberries are considered a superfood and are packed with antioxidants that can help prevent and minimise coughs and colds.



MUSHROOMS

Mushrooms are great immuno-boosters. Shiitake mushrooms are particularly powerful and are classed as a superfood. This mushroom variety contains a host of vitamins, minerals and enzymes that are necessary to help all our bodily functions to operate at their fullest. Shiitake is known to boost the immune system due to its high content of B vitamins, vitamin D, selenium, niacin and 7 of the 8 essential amino acids.



TOMATOES

Tomatoes have a high concentration of vitamin C. Just one medium tomato contains more than 16 milligrams of vitamin C, which is proven to positively affect your body's immune system.

Researchers in Germany noted in a study that a deficiency in vitamin C can lead to a weaker immune system and lower your resistance to certain pathogens that can lead to illness.



ORANGES

Oranges are another food superhero that is full of vitamin C, an essential nutrient for bolstering the immune system. According to a review conducted by the National Center for Epidemiology and Population Health at the Australian National University, vitamin C is helpful in preventing the common cold for people exposed to sickness-inducing environments, such as the climate we're in right now. It can also help lower the duration and severity of colds and flu.



SPINACH

Spinach is a cheap and widely-available, vitamin

C-packed superfood that is great for your general health. It is also packed with fibre, which is great for your digestion and rich in iron, which is particularly good for young teenage girls. Bear this in mind though, the iron in spinach can only be used by the body if the spinach is consumed together with vitamin C, so do squeeze a little lemon juice over the spinach before serving.



BROCCOLI

Broccoli is a 'cruciferous vegetable.' (Others in the same veg family include: cauliflower, Brussels sprouts, cabbage, kale, bok choy, arugula, collards, watercress and radishes.) Broccoli and other cruciferous veggies help boost immunity and prevent colds and infections.

TIP: For fussy eaters, grate some broccoli stems into sauces, into fresh, home-made burger mixes (including salmon, turkey, chicken and veggie burgers), and puree them into smoothies. Kids won't notice! Better still, explain to them why these things are so good in helping to fight off sickness - they need to know!

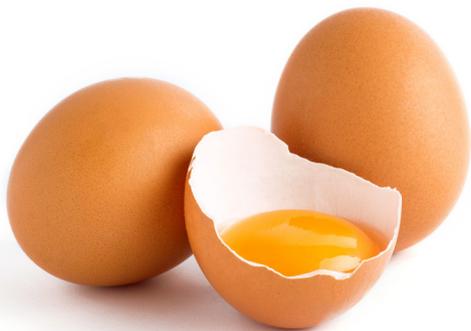
NON-VEG, FISH & MEATS

CHICKEN SOUP

Animal-based bone broths could be the key reason as to why soups feel good for you when you're suffering from a cold or flu. According to a study by the American College of Chest Physicians, the broth from chicken soup could be the reason for its anti-inflammatory effect on the body, which leads to relief from cold symptoms. This soup calms down the inflammation in the upper respiratory tract that takes place when you develop a cold. Chicken soup also helps to relieve nasal congestion.



TIP: To make this delicious soup for the family, take a large cooking pot and simply saute a medium onion, 2 diced carrots and 2 sticks of diced celery in extra virgin olive oil on a low heat until the onions are soft. Add 1kg of skinless chicken (with bone), cut into pieces (supermarkets sell it pre-cut). Brown the chicken pieces lightly, add a chicken stock cube, half a teaspoon of salt and pepper and stir in. Add 2 litres of water, bring to the boil, then reduce the heat to simmer for 30 minutes, with the lid of the pot mostly covering it to keep the liquid in. Then add a diced capsicum, 200g of diced zucchini, 200g chopped broccoli, 200g chopped green beans, 200g of diced potato and simmer it all on a low heat for another 25 minutes, until the potatoes are cooked. Remove all the chicken pieces, remove all the meat from the bones and return the meat to the pot. Delicious!



EGGS

Eggs, and especially the yolks, are packed with immunity-boosting nutrients. Eggs contain a high amount of vitamin D, which is vital in regulating and strengthening immunity. According to a study published in the journal JAMA, participants who took a daily serving of vitamin D were less likely to catch a cold or any other upper respiratory tract infection, compared to those who did not.



OYSTERS

Oysters, like other types of seafood, are high in zinc. And they're one of the highest recommended seafoods to eat for incorporating zinc into your diet.



LIGHT WHITE TUNA

Like salmon, light white tuna is abundant in zinc. This nutrient has a big impact on your immune system and helps reduce symptoms of the common cold.

WILD SALMON

Wild salmon is rich in the mineral zinc, which has been proven to help reduce cold symptoms. If you want your family, and especially your children, to avoid catching colds and flu, then give them zinc-rich foods. The Journal of Family Practice published a study examining the effects of zinc on the common cold in children ages one to 10 years old. Researchers noted that in a trial involving children aged 6 to 10 years, zinc proved to be a helpful component in preventing a cold. The children that took 15 milligrams of zinc daily for seven months were significantly less likely to catch a cold during flu season compared to children in the control group tested.



HERBS, SPICES & TEAS

TURMERIC

This spice contains a powerful anti-inflammatory compound called curcumin. (This compound is also what gives turmeric its vibrant yellow color.) According to a study published in the *Journal of Clinical Immunology*, curcumin activates the production of T-cells, which are the main cells fighting for your health in your immune system.



FENNEL

Fennel has a variety of soothing effects that can help relieve you of cold and flu symptoms. A study published in *BioMed Research International* noted that fennel acts as a soothing mechanism for those suffering from conjunctivitis, diarrhea, fevers and stomach aches, due to its abundance of phytochemicals that act as antioxidants. The research also notes that fennel contains flavonoids that act as anti-inflammatory agents.



GINGER TEA

When it comes to treating a common cold, ginger is one of the best foods for relief. In a review published in the *International Journal of Preventative Medicine*, researchers summarised that ginger's potent anti-inflammatory properties were key in the root's powers to combat a cold or flu. Because inflammation can affect your body's immune response, anti-inflammatory ginger can play a key role in boosting your immunity.



GREEN TEA

Green tea has a reputation as one of the best sources for fighting off a cold. It contains flavonoids, an antioxidant that boosts immunity, and it has anti-inflammatory properties, according to studies. The antioxidant catechin, which is prominent in green tea, is a powerful antibacterial and antiviral, and can help kill off cold-starting bacteria and the flu virus.



ROSEMARY

Rosemary is a powerful anti-inflammatory and is a rich source of antioxidants. *Critical Reviews in Food Science and Nutrition* noted that most herbs, such as rosemary, contain antioxidants that serve as anti-inflammatory properties in the body. This anti-inflammatory effect allows for better digestive and gut health, leading to a boost in your immune system to keep you healthy.

TIP: *Chopped rosemary sprinkled over roasted vegetables are a delicious flavour match, as well as helping to enjoy the health benefits of both.*



ANISE TEA

Anise acts as an antibacterial and antifungal, according to an in-depth review of the plant published in the *International Scholarly Research Notices: Pharmacology*. The study also noted that anise acts as an antiviral and contains antioxidants that can help boost your immunity.

TIP: *Add a teaspoon of fennel seeds to the teapot and let them brew either with tea or on their own for a delicious, soothing and immune-boosting infusion.*



CHILDREN'S HEALTH



Insights on how a 12-year old perceives the pandemic. Helping to sooth baby's skin conditions. Childhood vaccination answers. Tips to reduce tears at bath time. Read on!

A CHILD'S PERSPECTIVE OF COVID-19

Have you ever wondered how the pandemic experience has been for a child? Twelve-year old Soha ("I'm turning 13!") talks to us about her perspective, including her advice on how schools and parents could help kids more.

When did the coronavirus situation first come to your attention?

The coronavirus first came to my attention when the schools all started closing and events started being cancelled. Of course I knew it was 'a thing' before that, but I really didn't think it would get this serious and I thought it would pass in a few weeks.

What do you understand about the "Covid-19" virus?

I understand that it's a respiratory illness that they say started in China but nobody really knows for sure how it spread. It's now become a global pandemic and it's resulted in several lockdowns...and just a lot of chaos.

Does it scare you? Why?

It doesn't really scare me because I think the illness is really only for the very elderly with already existing illnesses, or really young people.

If you have a high immune system, it shouldn't really be a big problem and as long as we just stay quarantined in our own houses, it should be alright. So, no it doesn't scare me.



What were the first signs that you were directly affected?

It was when school was going to be cancelled for two weeks, and after this, they announced 'online school' and I knew that we weren't going to be coming back to school for a very long time. I realised if they have to close schools for this long - the entire rest of the school year, then it was going to be extremely serious.

How did the situation affect your school work, education and home life?

I'm a very social person and being with my friends is something that I do all the time and this really affected it greatly. Online school was extremely difficult because the amount of work had almost doubled and there was just a lot to be done. Getting used to things was also very difficult - life in general and not being able to go out. And if you do go out, you have to wear a mask and gloves, which is extremely strange for me. Eventually I got used to it, but in the beginning it was quite difficult... and boring. I remember it was making me very sad and very angry that I could not see anyone.

How did you feel when the lockdown measures were introduced and you were no longer allowed to go outside?

I felt like the measures were quite extreme, but also necessary. We weren't allowed to go outside, or without passes, which was also quite strange for me because I didn't think it was that much of an issue as long as you were far away from everyone else.

How did you use all the time you suddenly had?

I used this time to reflect on what I wanted to do when I go back to school and what I really want to do with my own sports and my own life. When I go back, I'm super-motivated and ready for anything to come. I have been working out at home and doing lots of art and working on myself and my studies.

How are you feeling now that lots of the restrictions are removed?

My friends do come to my house now and it's relieving to know things are calming down because restrictions are being removed and everything is trying to calm down now.

What should schools do to keep the kids safe?

I think they should keep more hand sanitisers around the school and generally just educate us more about this subject. It's really important that we do know the precautions that need to be taken to benefit our own safety.

What rule would you make for parents to follow now?!

I suggest you just give us time and educate us as much as possible, because as much as this is strange for you, it's strange for us as well not being able to see our friends because friends are a big part of our life. I think all parents should just understand that if we're mad and acting out, it's probably because we don't see our friends and it's quite frustrating at times.

TIPS TO AVOID CONTACT DERMATITIS AND DIAPER RASH

Here, leading baby wipes brand, WaterWipes, talks to us about how contact dermatitis diaper rash can cause anxiety in parents, in addition to stress and discomfort for your baby. The brand also tells us about the benefit of using pure products on your baby's skin to help reduce diaper rash...and stress levels.



Being hit with a global pandemic disrupted everything we know as normal. Even our children have been affected and had to get used to distance learning and new ways of schooling. Many parents were deeply affected by the circumstances and implications of Covid-19 and felt the strain on their mental and physical health. It is well known that stress has a detrimental effect on our physical well-being, so it is important to take advantage of all the solutions available to you to minimise your stress levels. Making sure your baby is happy, healthy and comfortable is a great way to get things in

perspective for a calmer, happier mother and baby.

For parents, there is nothing more upsetting than seeing your baby in discomfort. Seeing your child experiencing the irritation and uneasiness associated with skin and diaper rash is awful for the parents as well as their baby. Contact Dermatitis is one such common diaper rash, which can make even the happiest of infants very uncomfortable and cranky. This rash causes babies' skin to be red, itchy, blotchy and irritated, making them extremely vulnerable and over sensitive.

CAUSES OF CONTACT DERMATITIS

This skin condition can arise when your baby's skin gets irritated due to contact with chemicals found in products such soaps, detergents, bleach, dyes, solvents - and even some bathing products. Certain emollients in products can also act in a detrimental way on an infant's delicate skin.

Diaper rash is actually one form of contact dermatitis, caused due to the acidic nature of urine and faeces combining with heat that is generated within the diaper area. One of the most common products used to support a baby's skin routine and care is baby wipes. While you may find many baby wipe options at your local supermarket, it is always important to check the number of ingredients in the product before purchasing the wipes - the fewer and more natural the ingredients, the better.

AVOIDING CONTACT DERMATITIS / DIAPER RASH

The most effective way to avoid contact dermatitis diaper rash is to ensure your baby's diapers are changed frequently. It's not unusual for their skin to get easily irritated and a regular diaper change is imperative in protecting delicate skin and keeping your baby happy. Another important aspect to consider is the use of pure products. Because these products focus on the use of natural ingredients, they are very much suited to a baby's delicate skin and the chances of skin irritation decreases when you are not exposing their skin to harsh chemicals.

PRODUCT RECOMMENDATION

WaterWipes, the world's purest baby wipes, contain 99.9% water and a drop of fruit extract, making them the PUREST choice for infants. While skin conditions can often turn out to be seriously uncomfortable and even painful for a baby, this



can be avoided by changing the diaper regularly and thoroughly cleansing the skin with a gentle wipe, free of harsh chemicals. Following these two steps helps ensure that your baby will be more comfortable, better rested and happier. And this reduces mum's stress levels too!

WHAT MAKES WATERWIPES DIFFERENT FROM OTHER BABY WIPES?

Clinical studies overseen by dermatologists show that WaterWipes have good skin compatibility, are non-irritating and non-sensitizing. 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 developed through a 7-step purification process, making them purer than cotton wool and water.

WaterWipes contain minimal ingredients and are manufactured using a unique and patented technology within cleanroom conditions, allowing us to produce a gentle and effective baby wipe without the addition of unnecessary ingredients.



WaterWipes are available at a variety of online and offline stores. Visit waterwipes.com/me

WATERWIPES ARE THE ONLY BABY WIPES AWARDED BY SEVERAL ASSOCIATIONS:



Powered by: **WaterWipes**
THE WORLD'S PUREST BABY WIPES

CHILDHOOD VACCINATION EXPLAINED



The current pandemic has put into sharp focus the value that immunisation can have in protecting us against diseases. We interviewed Consultant Paediatrician Dr Shahid Ali from Mediclinic Dubai Mall for his views on the implications and recommendations for vaccination in childhood.

What does 'vaccination' mean?

Vaccination means giving a product that stimulates a person's immune system to produce immunity to a specific disease, thereby protecting the person from that disease. Vaccines are usually administered through needle injections, but some can also be administered by mouth or sprayed into the nose.

What diseases do the most common vaccines protect against?

Under the basic vaccination schedule in the UAE, the following diseases are covered by giving vaccination to infants and children: Tuberculosis, Rotavirus, Pneumococcal Infection, Hepatitis B, Polio, Tetanus, Pertussis (Whooping Cough), Diphtheria, Haemophilus Influenzae Type B, Measles, Mumps, Rubella and Varicella (Chicken Pox). In addition, there are other vaccines available for diseases such as Meningococcal Meningitis, Hepatitis A, Typhoid Fever, Influenza and Human Papilloma Virus (to prevent cervical cancer in women.)

How do vaccinations work?

A vaccine stimulates your immune system to produce antibodies, exactly as it would if you were exposed to the disease. After getting vaccinated, you develop immunity to that disease without having to get the disease first. This is what makes vaccines such a powerful medicine.

Why is it important for children to have vaccines?

We all believe in the phrase 'prevention is better than cure'. Babies are born with immune systems that can fight most germs, but there are some deadly diseases they can't handle. That's why they need vaccines to strengthen their immune system. Before the development of vaccines, infections used to kill millions of children and adults worldwide. Now with very comprehensive vaccination programs available in most countries, we hardly see those killer diseases.

At what ages should children be immunized?

The immunization schedule begins at birth in most countries and then continues until babies are a year old. Following that, there are booster vaccinations in later childhood. The timing of these booster vaccinations can vary from country to country and hence it's important to at least follow the full schedule of the country you live in.

Can vaccines be dangerous?

Any vaccine can cause side effects. Usually, these side effects are minor - a low-grade fever, fussiness and soreness at the injection site. Some vaccines cause a temporary headache, fatigue or loss of appetite. In rare circumstances, a child might experience a severe allergic reaction. Although these rare side effects are a concern, the risk of a vaccine causing serious harm is extremely small. The benefits of getting a vaccine are much greater than the possible side effects for almost all children.

What considerations should parents weigh up when making the decision to vaccinate their child?

Research shows that parents want clear, consistent information from multiple sources they consider credible. Many of today's parents do not know very much about vaccine-preventable diseases, and therefore do not understand the disease-protection benefits of vaccines. They often cite the Internet as the source of vaccine information.

However, some of the information available online is not accurate and is conflicting. It can be difficult for a parent to know which sites to believe. Therefore, parents can turn to their most trusted information source of health information - their child's doctor or nurse. Healthcare professionals are ready to provide parents with up-to-date and transparent information about a vaccine, its benefits and risks.

Immunization providers may be asked about many topics, including vaccine-preventable diseases, specific vaccines, the immunization schedule and vaccine safety issues. Establishing an open dialogue promotes a safe, trust-building environment in which individuals can freely evaluate information, discuss vaccine concerns and make informed decisions regarding immunizations.



Not all parents want the same level of medical or scientific information about vaccines. Healthcare professionals in the UAE are encouraged to assess the level of detail that each parent wants and provide clear and transparent information. Research shows that a provider's recommendation for vaccination is usually a powerful motivator for immunizing their child.

How do you make the vaccination process easier and less stressful for both parent and child?

Parents and children should consider for the child's age and stage of development when preparing for vaccination. Parents/guardians and children should be encouraged to take an active role before, during and after the administration of vaccines.

Good healthcare providers will display confidence and establish an environment that promotes a sense of security and trust. Everyone involved should work together to provide immunizations in the safest and least stressful way possible.

Simple strategies that can be used by both parents and providers to make receiving vaccines easier include:

- 👉 Displaying a positive attitude through facial expressions, body language and comments
- 👉 Using a soft and calm tone of voice
- 👉 Making eye contact, even with small children
- 👉 Explaining why vaccines are needed (e.g., "this medicine will protect you from getting sick" or "this shot is a shield to protect your body against infection")
- 👉 Being honest and explaining what to expect (e.g., do not say that "the injection won't hurt" - rather, you can tell your child they will feel a little pinch for a second and after it's over, you're going for an icecream for being so brave!)

Just in case some parents think they cannot bring children to medical clinics because of the current restrictions, I want to assure you that children under 12 years of age can actually come to MediClinic for appointments.



FROM TEARS TO LAUGHTER AT HAIR WASHING TIME

My little nephew Ethan went through a period of hating having his hair washed at bath time. This is the story of how introducing a great white shark to the bath and change of shampoo solved the problem. Yes...a great white shark!

By Kay Marham

Why Do Some Babies Hate Getting Their Hair Washed?

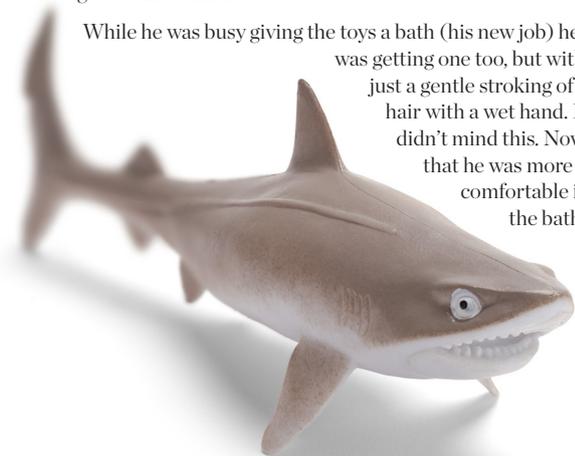
Try to imagine it from a baby's perspective: the pressure of the water on their heads, their eyes being forced closed with the water (or irritation from the shampoo or its smell) and their lack of experience in how to breathe comfortably when deluged with water. Couple all this stress on a baby with their inability to ask you for help and to rescue them and it's suddenly easy to see why hair washing can be extremely frightening for a baby. It explains why some babies and toddlers will scream, cry, cling onto you and become hysterical with fear at the suggestion of a hair wash.

When my nephew Ethan was a baby, I helped out sometimes, as I lived next door to the family. Hair washing was quickly identified as a pressure point for 20 month-old Ethan and the solution came by making bath time yet another opportunity for play, rather than something that felt functional or stressful.

A Change of Strategy...and a Great White Shark

Ethan was asked to choose some toys that he thought should have a bath and he picked a toy jellyfish, a plastic cow, toy tea cups, lightweight plastic blocks and Sid the Shark, a little rubber great white shark.

While he was busy giving the toys a bath (his new job) he was getting one too, but with just a gentle stroking of his hair with a wet hand. He didn't mind this. Now that he was more comfortable in the bath,



'Operation Hair Wash' stepped up a gear by introducing a new combined baby shampoo and conditioner that he didn't recognise.

Ethan loved playing a bath game where he defeated Sid the Shark when he wanted to come and bite his toes. I put on a silly 'shark voice' saying: "I'm hungry and I'm looking for somebody's toes for lunch!" Ethan would have great fun using the little plastic cups to pour water on Sid the Shark, throw blocks at him, and joyfully kick and splash the shark away. I was doing the silly shark voice, saying things like: "Oh no! Ethan is scaring me away!" to his absolute delight.

While Ethan was happily occupied, I used a wet hand with a little of the new shampoo-conditioner on it, and gently slicked back his hair in a backwards motion. As I 'rinsed' in the same gentle way, while continuing my shark talking voice for the game, he continued not to notice, as no water was going in his eyes, nor did he feel any sensation of lots of water being poured onto his head.

When the hair washing was finished, with no mention made of it at all, Sid the Shark would announce: "Oh no, Ethan won the game and I'm not hungry anymore!" Ethan loved defeating the shark and in doing so, his stress over having his hair washed was also defeated.

Taking the stress completely out of hair washing is very important. Do try to imagine the process from the little one's point of view...and perhaps invest in a great white shark!

THE ULTIMATE IN GENTLE HAIR WASHING FOR BABIES

Washing your baby's hair is something that should be done in the gentlest way possible. In the summer months, with more frequent baths/showers making them feel fresh and comfortable in the heat, it's important to take some extra measures.

The active sweat glands of young babies are concentrated near their head area, where the temperature is usually higher than the rest of their body. This is the reason you will often notice sweat on your baby's head and will want to wash their hair more frequently in the summer months.

However, because a baby's hair produces very little oil, it's a good idea to use a very mild shampoo and mild conditioner that are specially formulated to be gentle for babies. We all know that some babies don't like getting their hair wet, so it makes even more sense to use a combined shampoo and conditioner, such as QV Baby 2 in 1 Shampoo and Conditioner.

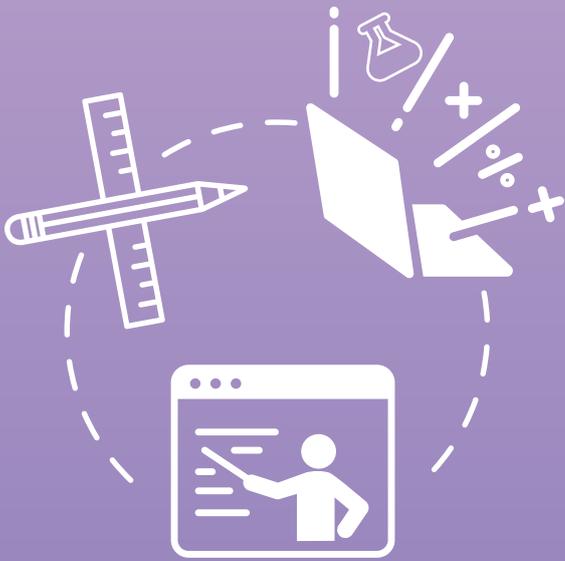
Washing Your Baby's Hair

If your baby is very young, position him/her comfortably in the crook of your elbow or the palm of your hand and gently bring their body back so their head comes in contact with the water in the bath. Put a few drops of shampoo on his/her head and massage it in very gently with your fingertips. Rinse the shampoo thoroughly by leaning the baby's head in the water and using only the pads of your fingers. This is where using the QV Baby 2 in 1 Shampoo and Conditioner is optimal, as you'll only need to do this once, instead of having to repeat the process for a separate conditioner. To dry their baby's hair, gently dab the head with a soft towel.



QV Baby 2 in 1 Shampoo and Conditioner is a gentle, tear-free foaming formulation that is free from fragrances and other common irritants. Because of this, it is ideal to use every day for your baby's hair - even those with sensitive skin - all through the summer when you want to keep your baby feeling fresh, clean and relaxed.

•EDUCATION.



What can we expect from schools once they re-open? What is cross-curricular learning and how does it prepare your child for the real world?



HOW WOULD SCHOOLS CHANGE WHEN THEY RE-OPEN?

While we wait to find out what the announcements will be regarding schools re-opening, one thing is for sure - both the schools themselves and the students will have to operate very differently going forward.



A recent article in The National referred to opinions from educational experts, with a summary of their comments outlined here.

Greater Hygiene Measures

When students walk into school, they will likely get their temperature checked and will have to wear face masks. Schools will encourage frequent hand-washing and discourage students from hugging their friends. Health and safety precautions are likely to be increased, with schools needing to provide fumigation, germicidal lamps and thermal scanners. According to the 'Re-opening Schools Post Covid-19' report, published by management consulting firm, Oliver Wyman, schools would need to implement increased temperature checks at the entrances, enhanced sterilisation and cleaning processes, and implement ways to limit interaction between students.

Maintaining Social Distancing in Class

In class, the desks will be much more spaced apart. According to Maya El Hachem, Managing Director and Partner at Boston Consulting Group, a global management consulting firm:

"Children won't be able to sit with 30 of their classmates and will not be sharing

food in the canteen. They will be interacting differently, playing differently, and will be asked to wash their hands very frequently."

Dr Leila Hoteit, Managing Director and Head of Education at BCG, added: "When schools reopen, we will have a very strong emphasis on preventive measures and social distancing."

All Sports Will Have to be Contactless

Tony Elzoghbi, Board Executive at Kent College in Dubai, said schools across the country are waiting for the official direction to plan activities for the next academic year, but told The National: "If pupils want to play contact sports, that may not be possible." Schools might instead favour sports where students can maintain distance, such as badminton, tennis and athletics instead of rugby, cricket, football, etc.

Wellbeing of Pupils Will be a Priority

Given that students have had to adjust to studying on their own at home, with no social interaction, their emotional and social health / wellbeing needs to be high on the list of priorities when schools re-open. "Having the children at home and asking them to wear masks is disturbing for them. They are used to playing together and sharing

- "so they will see their best friends but unfortunately will not even be able to hug them. This will have a big impact on them when they return," said Mr Elzoghbi.

Re-structuring the Education Experience

As students' emotional and social needs will be brought to the fore, more personalised education will take a stronger role in the future of education. Educators will also have to revise their schedules, and while parent-teacher meetings may be held virtually, it may be a while before children can engage in after-school activities.

"Everything in the school that goes beyond the classroom and teaching will have to be transformed digitally. The whole pupil journey will have to be re-imagined by the authorities," said BCG's El Hachem.

As Tony Elzoghbi from Kent College says: "We have to see what the authorities will allow. We will follow their policies. There is no clarity yet but we do expect to soon hear from the authorities."

The theme of the next edition of Mother Baby & Child will be 'Education' and a special continuation of Health, Hygiene and Immune-boosting topics.



HOW CROSS-CURRICULAR LEARNING DELIVERS REAL-WORLD VALUE TO YOUR CHILD

For some schools, the recent mode of e-Learning has been a very siloed environment for learning, with kids sitting at home in front of their computers, connecting to their courses and learning one subject at a time. However, the cross-curricular aspect of the International Baccalaureate (IB) programme has students at IB schools connecting their eLearning across disciplines, making learning at home more engaging, exciting and tangible. We reached out to Fairgreen International School to find out more about the benefits of this learning system for children.



At Fairgreen International School, which offers the IB programme, learning across disciplines is an integral aspect of the curriculum among all grade levels. Teachers coordinate themes and units so that students can learn topics from different angles and in more authentic contexts. This cross-curricular learning experience helps students take what they are learning and apply it in various aspects of their lives, helping them gain a broader understanding of a given topic and to find more unique solutions to challenges they are looking to solve. Explaining more about cross-curricular learning (also known as ‘transdisciplinary learning’) and why it’s vital to education, Fairgreen’s Curriculum Director David Gerber says:

“Cross-curricular learning is the way we learn in the real world. Oftentimes, we are presented with challenges requiring knowledge of multiple subject areas. Transdisciplinary learning teaches students to evaluate the skills they have, pull from this tool box of knowledge and then synthesise those skills with knowledge from other disciplines.”

Architects often use mathematics, trigonometry and geometry in addition to skills in video, arts and aesthetics. Many jobs require people to have knowledge of multiple subject areas in order to thrive and be successful. Even with jobs that seem very specialized, the employee that is able to understand their specialization in multiple contexts will have the advantage over those who think only within their discipline.

Our students are taught to apply an array of subject-specific skills in learning experiences offered in their Unit of Inquiry projects, STEM and specialised ‘Design, Engineer Construct’ courses, and through service learning projects, all requiring a variety of knowledge for planning, design and implementation.

IB schools implement unit topics, such as ‘Where We

Are in Place and Time’ or ‘How the World Works,’ and then students will study these topics using skills they are learning in different subjects. They will answer queries relating to the unit topic with solutions pulled from a breadth of knowledge. By learning across this vast spectrum, students are able to come up with their own unique generalizations based on wide-ranging evidence they have learned along their journey.

There are multiple ways of finding solutions to challenges and the most innovative ways are being solved by people that have a view of the big picture. If students are taught throughout their schooling that they need to learn through a transdisciplinary nature, then they will be much more equipped to think outside the box and innovate bigger and better solutions to the world’s problems.

Research on tertiary education reform reveals that the most important aspect of education is not the imparting of specific knowledge, but rather the learning of how to find knowledge when it is needed, how to assimilate that knowledge, how to integrate that knowledge, and how to synthesize new ideas and solve problems. It isn’t important that we teach kids the answer when they don’t know something - it is important that we teach and equip them with the tools to DO something when they don’t know. By teaching them to pull, or synthesize, from different disciplines, we are able to create a more ‘clear’ understanding of the world, which they can use to build on once they leave school.

The cross-curricular aspect of an IB education allows educators to recognise and foster the diverse capabilities of their students, to look beyond their intellectual capabilities to also their physical, social, artistic and cultural interests and understandings. By recognising the whole child in different aspects of their capabilities, we make learning relevant and engaging, enabling them to connect to different parts of the world.”

VIRTUAL OPEN DAY ON MONDAY, JUNE 15



For further information, join Fairgreen International School’s upcoming Virtual Open Day on Monday, June 15, at 11 a.m. Curriculum Director David Gerber, alongside Director Graeme Scott and Principals Seema Desai and Matt Greenwood, will be presenting on ‘Growing the Brightest Students.’

Learn how cross-curricular learning embedded into their IB programme helps best prepare your child for life-long learning and success in the real world.

GOOD LIVING



Gifts for dads aren't just for Father's Day, see what we think he'll love here. Not forgetting the little people, check out the Mini Style picks and important message from Elli Junior.



RACKING YOUR BRAIN ABOUT THE PERFECT GIFT FOR 'HIM'? How about perfect family photos every time!

As dads love gadgets, electronics and taking pictures to capture all the special family moments, we think this is the perfect gift for them!

The new HONOR 9 Pro is the perfect gift idea for dads, as it has one of the best smartphone cameras out there. Family time is always a fun time to take pics, and this smartphone gives plenty of options for that perfect photo to treasure those memories forever.

Camera Options:

- ✓ 48MP Triple Camera captures astonishing details
- ✓ AIS Super Night Mode 2.0 for crystal clear photography at night
- ✓ 120° Super wide angle camera for scenery
- ✓ Multi-dimensional photos with 2MP depth lens for studio-like close-ups and portraits
- ✓ Pop-up selfie camera

Extra Storage for All Those Family Shots and Videos

The HONOR 9X Pro provides 256GB internal storage, which is expandable to 512GB by inserting a 256GB microSD card. Don't worry about running out of storage space!

All-day Battery to Stay Connected

The all-day supercharged battery is good for listening to 100 hours of music, 10 hours of video streaming, 12 hours of real-time navigation or 10 hours of game playing.

This all-inclusive smartphone is the perfect gift for dynamic and perfectionist young dads, who love their tech and a 'serious contender' camera on their phone.

www.hihonor.com/ae-en/product/honor-9x-pro



Pestle & Mortar Box of Stars
(AED 510)

If the man in your life loves his skincare, this Pestle & Mortar gift box full of favourites including the Exfoliate, Pure Hyaluronic Acid, Recover eye cream and Hydrate moisturiser is guaranteed to delight and provide plenty of great skin days ahead for him.

beautysolutions-me.com and selected Faces Stores

The UVLight Sterilizer

(AED 479)

This clever little device allows you to sanitize personal belongings such as mobile phones via ultraviolet germicidal irradiation. This source of sterilisation can quickly kill over 99% of viruses, bacteria and fungi. It's a great gift for safety and hygiene in today's climate.

theuvlight.com



Grown Alchemist Detox Serum:
Avntioxidant + 3 Complex

(AED 238)

This lightweight, oil free, instantly absorbed serum is recommended for daily use to detoxify and protect the skin. The result is that his skin is noticeably detoxed from some of the effects of a poor diet week or environmental factors such as air pollution, or UVB/UVA rays from the sun.

ounass.ae

20% Off Themed Hampers for Budding Home Chefs...

(from AED 89.00)

Marks & Spencer has a range of themed hampers that make dinner a doddle. Our favourites are the Indian and Italian hampers that allow you to make delicious classic dishes in a fuss-free way. You'll find the hampers on the M&S Food app on Android and Apple. The Dubai home delivery service is free, and you get 20% off your first order. To place an e-catalogue order, just select the items you like by calling +971 56 682 2842, +971 58 837 9418 or +971 52 323 0868 and your order will be confirmed by WhatsApp.

marksandspencermena.com



Skin Republic Face Masks for Men

(From AED 30 each)

Indulge him in a little at-home self-care with these fabulous face masks for men. Choose the Energising Mask which offers hydration and delivers a long-lasting boost to dry and tired skin. Or, give eyes an energy boost with the Anti-Fatigue Charcoal Under Eye Patches that contain active ingredients including Caffeine, Volcanic Ash and Vitamin C to reduce the appearance of dark circles, under eye puffiness and wrinkles. Or go for the Facial Scrub and Charcoal Mask which gently exfoliates and removes dead skin for a softer, smoother complexion.

amazon.ae



BABYSHOP-ing!



Juniors 8 in 1 Activity Learning Cart AED185



Graphic T-shirt starting AED17



Disney Graphic T-shirt AED26



Juniors Car Shape AED129



Ferrari Teens Backpack AED189



Stella McCartney



Hugo Boss Junior



Bluemint

SHOP A LOT, SPEND A LITTLE

In this issue we're showcasing some of the stylish Summer looks you can get at the kid's department of Galeries Lafayette and benefit from discounts and offers from 30% up to 50% off from selected brands. Hurry though - the deals are valid until 30th June!

BRANDS ON SALE:

- | | | | |
|---------------------|------------------|------------------|--------------|
| Hackett London | Stella McCartney | Hugo Boss Junior | Givenchy |
| Chloe | Diesel | Bluemint | Ralph Lauren |
| Tartine et Chocolat | MSGM | Palmacea | KrioColor |
| Milonga | | | |



WHAT'S NEW IN ZIPPY



AED99



AED79

AED99



AED169



AED79



AED169

KEEPING BABY SAFE

The most common is to serve tea and scones and some small cake. But also classic sandwiches with a generous spread can be served at afternoon tea. So why not turn up and invite friends to this nice event. AED225.



On page 18, we looked at the hidden places that bacteria lurk. When you're juggling family and work, it can be really challenging to manage everything your baby comes into contact with, so sometimes it is safer to replace baby things.

Babies touch everything! They instinctively put everything in their mouths (including their hands!), all over their toys, then they touch everything again, and put their hands back in their mouths! Of course they can't yet master good hand hygiene on their own, so mums are always on high alert, constantly cleaning up, wiping down and doing whatever else they can to minimize their babies' chances of encountering infectious bacteria.

While it is good for babies to be exposed to some germs to help build their immune systems, there are some things that you might want to consider replacing just for your own piece of mind, especially if they were inherited from older siblings.

We've asked leading online baby product retailer, Elli Junior to show us their most popular purchases right now!

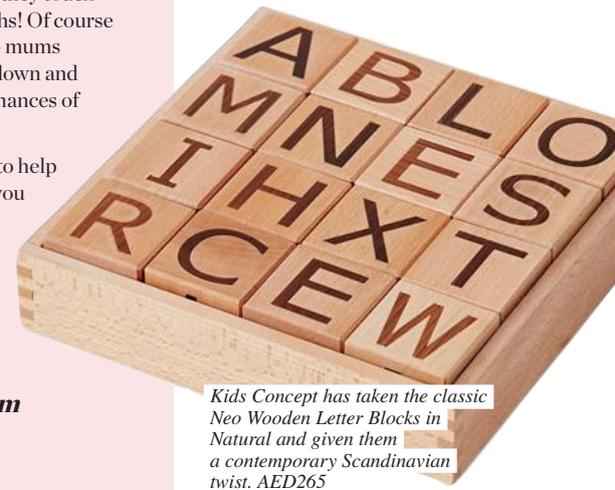
To see the full range: www.ElliJunior.com



The abacus is a timeless classic toy with educational qualities. This popular frame with beads actively helps your child learn how to count and see colour differences on the different balls. AED159



Wooden clock puzzle in light pastels. With this clock puzzle children can learn the clock in a new and fun way. The arms are movable and the numbers are made like puzzle pieces. AED145.



Kids Concept has taken the classic Neo Wooden Letter Blocks in Natural and given them a contemporary Scandinavian twist. AED265



Cute children's 5pcs dinner set. It is made of durable plastic, perfect for when your child wants to start learning to eat themselves. AED179



A gorgeous pastel tea set in tin, packed in a cute picnic basket. This set is perfect for serving tea both indoors and outdoors, so lets invite all your dolls and stuffed animals to a little party! AED129.



Double Sided Playmat provides a soft and safe place to play as you baby grows. It cushions and protects with a light foam padding. also it is hand washable only and made with an outer shell of 100% Oekotex- certified cotton. AED550



A tipi tent is a perfect place for hanging out, playing or just chilling. The tent is easy to assemble and to take apart again. To make the tent even cosier, match it with the quilted play mat made in the same fabric designed to fit seamlessly inside our new play tent. AED599

COMPETITIONS

motherbabychild.com/competitions

WIN! A ClevaFoam® Pocket Sprung Mattress from Clevamama, worth AED 535

One lucky mum will win a ClevaFoam® Pocket Sprung Mattress by Clevamama for their little one. Made with hypo-allergenic ClevaFoam® & durable pocket springs, the mattress adapts to the changing weight of your child during the different stages of their development. It's unique ClevaFoam® Technology is also scientifically proven to reduce the pressure on the back of your baby's head by 50% and increase support by 80%, thereby helping to prevent Plagiocephaly, known as Flat Head Syndrome. The mattress is also infused with baby-safe anti-fungal and anti-mite treatments while retaining the pressure-relieving and supporting properties of traditional foam. It is hypo-allergenic and pH balanced, making it ideal for babies and toddlers with asthma and allergies.



WIN! A week of fresh meals for your baby from Baby Eats, worth over AED 500



Baby Eats is a homemade quality baby meal delivery service catering to babies from 6 months old. Pediatrician approved, their food blends are created to match your baby's nutritional needs and delivered direct to your home. One lucky mum will win a 5 day 'Fresh Weekly' plan which includes breakfast, lunch and dinner for your little one, from their stage 3 or 4 plan which is suitable for babies from 7 to 18 months old.

For a chance to win one of this month's prizes, visit motherbabychild.com/competitions

WIN! A Pamper Hamper from Beauty Solutions worth over AED 500



Beauty Solutions is the leading marketer and distributor of globally recognized lifestyle and beauty brands to the Middle East. Actively researching international markets for the most innovative and pioneering products, Beauty Solutions is focused on bringing the most sought after and world-renowned brands that deliver on their promises to the region's discerning consumers.

The international brands Beauty Solutions represent in the Middle East market include Salt by Hendrix, Patchology, Rodial, Color WOW, Kocostar, SACHAJUAN, Pestle & Mortar, Grown Alchemist, PMD Beauty, Nuface and more.

Beauty Solutions are offering one lucky winner a Pamper Hamper with a range of items worth AED 500 including some of their best sellers including a Grown Alchemist Vanilla and Orange Peel Hand Cream, a Pestle & Mortar Hyaluronic Serum, a Salt by Hendrix Coco Soak Rose and Patchology Let It Glow and Wink and Kiss masks.

WIN! A hamper of dental care products from Maison Dentaire, worth AED 500



Located in the heart of Dubai, DIFC, Maison Dentaire is home to a range of global brands that provide luxury oral and health care products and services. Masters in oral-care, Maison Dentaire has dental health competences in a wide range of hygiene and healthcare needs such as; medical dental conditions, aesthetics and maintenance of general oral hygiene and general well-being. One lucky person will win a hamper of products worth AED500.

WIN! A one-month subscription snack box from Koala Picks worth AED 480

Koala Picks is a commitment-free, monthly snack box subscription for kids. Delivered straight to your door, each box is full of healthy snacks made under the guidance of a nutritional expert, ensuring the best quality, taste and nutritional balance for your kids. We're giving you the chance to win their large snack box containing 6 snacks, delivered to your home every week for one month!



For a chance to win one of this month's prizes, visit motherbabychild.com/competitions

WIN! A lunchbox bundle from Citron worth over AED 350



Citron is a family-owned brand specialising in mealtime products for kids. They stock everything from lunch bags and water bottles to eco-friendly lunchboxes, making snack times that little bit easier. We're giving you a chance to win the perfect snack bundle for your child comprising 2 water bottles, a lunchbox and some cute eye picks.

WIN! A 1-month supply of PureBorn Organic Nappies and Wipes, worth over AED 300

PureBorn's plant-based nappies are carefully formulated to protect the environment and children's sensitive skin. The brand uses sustainable materials and organic bamboo, which is eco-friendly and great for your baby too – bamboo is naturally hypoallergenic and antibacterial, and these properties help to protect your baby's skin against rashes, germs and infections. The PureBorn wet wipes are enriched with organic grapefruit extract, rich in antioxidants and vitamins, which stimulate cell growth and regeneration. They also contain lycopene which is known to reduce redness and inflammation of the skin. One lucky Mum will win a month's supply of both their organic bamboo nappies and pure grapefruit wipes.



WIN! A virtual fitting and bra of your choice from TKD Lingerie worth over AED 300



TKD Lingerie is a homegrown GCC retail brand that specialises in beautiful underwear, swimwear, and nightwear in sizes 28 – 46 D-K cup. The TKD boutiques are primarily located in Town Centre Jumeirah and Mushrif Mall in Abu Dhabi. The premium boutiques stock high quality brands such as Panache, Cake Maternity, Hotmilk, Cleo, Curvy Kate, Miss Mandalay and Cyberjammies.

The collections have been carefully selected to offer every woman the style she likes in the perfect fit, whether she is looking for every day, special occasion, maternity, sports or swim wear. TKD's specialist staff provide a complimentary bra fitting service to all customers, ensuring they get both the right size and the best bra shape to support, enhance and flatter their figure.

TKD offers a home fitting service, perfect for new mums and alongside their collection of award-winning nursing bras, this service gained TKD an award for Best Maternity Store. Virtual fittings are also available offering the utmost of privacy and safety. TKD will be offering one winner a virtual fitting session with their expert staff as well as a new bra worth AED 300.

For a chance to win one of this month's prizes, visit motherbabychild.com/competitions

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