

ISSUE 112 | AUG / SEPT 2020 | AED 15

Mother Baby & Child

ESSENTIAL
HEALTH CHECKS

KIDS' VISION
DEVELOPMENT

VARICOSE VEINS
IN PREGNANCY

INFECTION
CONTROL IN
THE HOME



SO FAR,
SO GOOD!

HELPING YOUR CHILD'S SCHOOL PERFORMANCE IN 'THE NEW NORMAL'



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EDITOR'S LETTER



Hello Mum!

After six months of a major change in our children's lives and routine, it's school time again, but this time with a whole new set of school rules that you'll have to stick to, as well as the kids.

Are you worried about how they'll cope with school under 'the new normal'? It's natural to have concerns, but it's also good to remember that children are far stronger and more adaptable than we sometimes give them credit for. On page 40, you'll find some guidelines on how to help and support your child as they transition back into school after the long absence.

Many families have found that their own rules and routines at home completely changed over the last six months, including how the family have been eating and the amount of screen time children have had. I've included an article on page 24 on how to tackle childhood obesity as a family, which talks about some interesting research on the role of parents in this.

The article on page 44 provides some refresher tips on how to keep children safe online, which is particularly relevant to all parents since children have much more exposure to the online world now.

We have to talk about Covid-19, as infection rates are creeping up again as people drop their guard on safety measures. I see people wandering around streets, shops and malls without observing social distancing. I also see people with their facemask hanging off one ear, or pulled down their chin to make it more comfortable for themselves. I don't see many people wearing gloves outside either.

Unfortunately, we can't afford to drop our attention to these factors, which is why I have made my biggest Editor's Picks in this issue the Fine Guard Protective Masks and Fine Guard Protective Gloves. Both of these products can play a huge role in keeping you and your family safe, as they are the only antiviral gloves and antiviral masks in the region that kill 99.99% of viruses on contact with their surfaces. When other people are not being careful, we have to up our game! That's why I have also highlighted more areas around the home where germs can remain hidden and provided some tips on how to control infection within the home.

With the extra pressure mums are under between the pandemic and the back to school period, it's important to keep an eye on your own wellbeing. Check out the essential health checks for women on page 22; our beauty picks on page 48.

Happy reading...and stay safe!

Kay

EDITOR'S —PICK—

Nothing feels nicer than freshly cleansed skin after you take off your make up...except when there is a hint of strawberry involved! Himalaya's Fresh Start Strawberry Oil-Clear Face Wash is an easy way to keep your skin feeling fresh and energised.

Retails at AED 18



C O N T E N T S

Editor's Letter 03

THINGS TO DO 08

Restaurant Quality Family Foods at Grocery Prices 08
Cooking at Home 10
Mommy & Me: Supporting First-time and New Mothers 11

HOME HYGIENE 14

Tips to Control Infection in the Home 14
Updated Advice on Reducing Virus Infection Risk 18

HEALTH 20

Why Mothers Should Include These Foods for Baby's Breakfast 20
Essential Health Check-ups for Women 22
World Class Healthcare on your Doorstep 23
Avoiding Obesity is a Family Issue 24
Varicose Veins in Pregnancy 28



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CONTENTS

How Does a Child's Vision Develop? 32

EDUCATION 34

Back to School Safety and Hygiene 34

Why Choose an IB Education for Your Child 38

Helping Your Child's School Performance in 'The New Normal' 40

Keeping Children Safe Online 44

GOOD LIVING 46

The World's Purest Facial Wipes 46

Editor's Picks 48

COMPETITIONS 49

EDITOR'S PICK

The Face Shop 'belif' Youth Creator-Age Knockdown range includes a bomb and a water-essence serum. Together, they are formulated with a unique blend of herbs to restore smoothness, firmness and elasticity to your skin, while fighting signs of ageing from the inside out!



ZIPPY



BACK TO SCHOOL 2020



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THINGS • TO DO •



With so much emphasis on home cooking for the start of school, we've highlighted ways you can eat well while supporting local brands.

RESTAURANT QUALITY FAMILY FOODS AT GROCERY PRICES

Chef2ChefOnline.com originally started as a home-grown, Dubai-based business supplying high quality ingredients to high quality restaurants all over the UAE. During the pandemic lockdown, and the massive shift in home cooking habits, Chef2ChefOnline.com started supplying families with restaurant quality produce and ingredients, but at ordinary grocery prices.





Chef2ChefOnline has since become one of the best-loved food suppliers to people who love to cook, and families who make the kitchen the heart of their home. With the back to school season leaving us less time, Chef2ChefOnline is a dream! Below is just a small selection of the rare and superb quality foods available:

ITALIAN

A huge variety of restaurant-quality, fresh Italian pasta, hand-made by a real Italian mamma! These include: Ravioli (Porcini Mushroom, Spinach & Ricotta, or 4-Cheese flavours); Freshly-made and quick frozen Beef Lasagnes; Ready-for-oven Cannelloni filled with Chicken, Cheese and Tomato; and a variety of lovingly-made pasta dishes for the oven, such as Mac & Cheese. You can also buy freshly-made pasta sauces, such as Creamy Mushroom; Tomato & Basil and Arrabiata to accompany fresh hand-made pastas like Penne, Spaghetti and Tagliatelle. **PIZZA:** You'll find authentic, hand-made

pizzas at surprisingly low prices. A popular choice with mums is buying the freshly-made pizza dough from Chef2ChefOnline so you can make pizza at home with the kids, with the toppings of your choice just the way the family likes it!

CHEESES

One of the most exciting range of English and Spanish artisanal cheeses available in the UAE. These include Spanish Goats' Cheese with Rosemary; a variety of Manchegos; zingy English Cheddars and soft cheeses such as Cornish Yarg; Welsh Caerphilly; smoked, cured and flavoured cheeses. You'll find real 'cheese treasure here!

ASIAN & DIM SUM

This is one of the few places you can buy authentic and hard-to-find Asian ingredients, such as Japanese Octopus and Unagi; authentic Tempura Flour; Mirin; Yuzu; Sushi Seaweed, Rice and Rolling Mats; a selection

of pre-made Japanese Sauces; and the best collection of Dim Sum, Dumplings, Asian appetisers, Sauces and more.

MEAL BOXES & READY MEALS

This is a perfect way to make restaurant quality food at home - made simple by all the ingredients measured and portioned, with full instructions. Alternatively, the experts have done it for you.

FRESH FRUIT & VEG

Fresh every day, professionally cut and prepared by a chef and ready to use. The ultimate time-saver!

Discover the full selections of beautiful quality Seafood; Meat & Poultry; Italian Artisan Meats; Superfoods; Sweets and Desserts; the Gourmet Pantry.

Chef2ChefOnline.com

COOKING AT HOME

KIDS LOVE MAGIC PHIL KIDS' COOKING KITS!

Just like they are naturally happy when drawing or painting, children absolutely love to help cook. Helping to cook is a nice way to help fussy eaters to learn to appreciate food. So it's great news that long standing Dubai favourite, Couquley French Bistro & Bar has expanded their range of highly popular DIY kits by launching Magic Phil Kids Cooking Kits. Each new kit consists of fresh ingredients and a link to a fun step-by-step instruction video created by Magic Phil, who will walk children through the journey of making their own favorites from Couquley's children's menu; Petit Couquley. You'll find a real sense of excitement and enthusiasm in your child when the Magic Phil Kids Cooking Kit arrives, which also comes with a chance to win a family dinner at Couquley French Bistro & Bar and a signed copy of Magic Phil's book.

All your children have to do is colour in the place mat that comes with the kit and then, with your help, share the completed place mat on Instagram, tagging @couquleyuae and @Imagicphil



SABA KOMBUCHA, THE NATURAL IMMUNE-BOOSTING DRINK

Saba Kombucha is the first all-natural brewed beverage in the UAE, designed to provide numerous health benefits to the body. The locally brewed fermented tea contains probiotics and enzymes that aid digestion, fight inflammation, promote healthy glowing skin and boost energy levels, while tasting delicious and refreshing at the same time. Unlike any other kombucha, Saba Kombucha uses 100% raw, organic, low sugar and unpasteurised ingredients. They also have a selection of different brew flavours made with aromatic organic herbs, but have recently launched the new Berry Booster Raspberry Kombucha flavour, which is filled with vitamins and minerals and antioxidants to boost the immune system. It is also sweetened with all-natural raspberry puree, free from additives and colourings.

For more information, visit sabakombucha.ae - the product is also available at kibsons.com

LOCAL ARTISANAL CHILLI SAUCE

Zafi Hot Sauce is a new local brand of, plant-based, gluten free artisanal hot sauce made from Scotch Bonnet peppers. Handcrafted in Dubai, using ginger, peppers, garlic, onion, ginger, vinegar, salt and scotch bonnet peppers, Zafi Hot Sauce contains the surprise ingredient of locust beans, which are commonly used for seasoning in African cuisine. The sauce is available in three flavours, named Demure, Sultry and Fiery, with different intensities of heat.

Try drizzling Zafi Hot Sauce onto some chicken wings and baking them in the oven until cooked; or adding a few drops to scrambled eggs just before serving. You can also create an easy marinade by mixing the sauce with a little natural yogurt, onion and fresh coriander before you barbecue fish or chicken.

Zafi Hot Sauce is available online at zafihotsauce.com





MOMMY & ME: SUPPORTING FIRST-TIME AND NEW MOTHERS

Mommy & Me is a health awareness centre that provides exceptional services and workshops to help you with your journey of motherhood. These services include Newborn Care, Lactation Consultancy, Pre & Post-Natal Care, and are provided by some of the best experts in the city.



The service primarily focuses on lactation, health development and the wellbeing of mothers and children. The Mommy & Me team are fully committed to providing exceptional services driven by their core values of comfort, respect, honesty and safety – to make your journey as enjoyable and healthy as possible.

MOMMY & ME SERVICES

Whether you are a first-time expectant mother or already have a baby, the team guides you through every step of motherhood.

LACTATION CONSULTATION

Breastfeeding is a gift that lasts a lifetime. But breastfeeding is not always easy and at times can be painful. Our highly experienced Lactation Consultants will teach mothers how to feed their babies and also help mothers experiencing difficulties such as poor latch, sore nipples and poor baby weight gain.

PSYCHOLOGY AND LIFE COACHING

Because a happy mother means a happy child, our in house psychology team guides you during your pregnancy and child nurturing journey.

WORKSHOPS & COURSES

A mother's education has a lasting effect on her child's development. Our workshops prepare mothers to experience a successful journey.

HOME VISITS

After delivery, mothers might find it difficult to leave home. For this reason, we provide home service to support breastfeeding mothers.

For more information:

Website: mommynme.ae **Tel:** (04) 222 7734 / 054 330 0545

Email: info@mommynme.ae

Address: Al Ferdous 4, First Floor, Office 101, Al Wasl Road, Dubai

EDITOR'S PICK FOR BACK TO SCHOOL



SCHOOL ESSENTIALS AT CENTREPOINT

Bringing four popular brands - Babyshop, Splash, SHOEMART and Lifestyle - together under one roof, Centrepont's range of school essentials includes everything from fun and functional lunch boxes and bags to exciting collection of water bottles.

Find your nearest store at: centrepontstores.com



CLEVER BACK TO SCHOOL SOLUTIONS FROM HOME CENTRE

The Home Centre Back to School 2020 catalogue has been cleverly put together knowing that school is a major part of every child's life. Inside, you'll find a wide range of affordable back to school solutions for toddlers, kids and teens, all designed for the new school year.

Being focused on learning at school depends on getting a good night's sleep, which Home Centre takes care of with their range of comfortable mattresses and cleverly designed beds. Because kids are now spending more time than ever before working in their bedrooms, you'll also find intelligently designed desk solutions that come loaded with clever features like USB ports, cable solutions and storage.



To keep their bedroom space both vibrant and fit for learning, you can pick up funky artwork, rugs and lighting in the catalogue, as well as the creative supplies and bookshelves they'll need. In the classroom, they can enjoy fun character backpacks, lunchboxes and the usual school essentials to help make learning

fun, wherever they are!

Home Centre has made sure that whether your child is classroom, home-based, or a mixture of both, the experience will be easy and inspiring for both kids and their parents.

#WhatAreYouLearningToday?

KOALA PICKS' HEALTHY LUNCHBOX SNACKS



Koala Picks offers a variety of tasty and nutritious snacks that are perfect for school lunch boxes. The snacks are all specially created or healthier versions of the snacks that children already love. The range includes both sweet and savoury snacks that contain no refined sugar, no preservatives, no artificial colours or flavours. Koala Picks offer both single boxes and a subscription service of their snack boxes, so you can plan ahead. The snack boxes are customisable and come in three different sizes to suit your family size. Subscriptions are flexible, commitment-free and you can pause or cancel at any time.

koalapicks.com to find out more.

FINE GUARD: THE MOST EFFECTIVE GLOVES AND MASKS FOR VIRUS PROTECTION

GLOVES:

Wearing disposable gloves is a sensible precaution during this Covid-19 risk period, but gloves can pick up bacteria from any surface they touch, which are then transferred onto the gloves. So, if you are then unzipping your bag, handling your phone, adjusting your sunglasses etc., the gloves will carry germs that can spread to these other surfaces.

Fine Guard Protective Gloves are not only the only antiviral gloves in the region that kill 99.99% of viruses on contact, but they are also reusable. In a study conducted by The Free University of Berlin and the Institute of Textile Technology at RWTH Aachen University, the research confirmed that technology in the materials used to manufacture the Fine Guard Protective Gloves (and also the Fine Guard Protective Mask) effectively neutralise the Covid-19 virus on contact. The gloves will kill any viruses they come into contact with both inside the gloves and on the outside.



MASKS:

The same technology has been used to produce the Fine Guard Protective Mask, which is also reusable. Ordinary disposable face masks have the same problem as disposable gloves - bacteria and viruses can live on the surfaces of the masks.

The most effective face masks are therefore disinfectant or self-sterilising face masks, such as the Fine Guard Protective Mask, which is specifically designed for infection prevention, as it is the only mask that kills germs on contact. (You will notice many restaurant service staff using the Fine Guard Protective Mask, specifically because it offers the highest level of protection against viruses.)

So, with the back to school period meaning you are out and about more than before, Fine Guard Protective Gloves and the Fine Guard Protective Mask are the safest choice available to you and your family.



HERE'S TO HAPPY SCHOOL DAYS AHEAD WITH KIBSONS!

Kibsons now have a brand new section on their website devoted to an extensive range of back to school goodies, from lunchboxes, healthy, nutritious snacks and arts and crafts. Kibsons is itself a family business and prides itself on making healthy food options conveniently available to UAE families at an affordable price. Their vision is to make 'healthy eating easy' and only sell products that they would happily feed their own family.

Kibsons believe that their point of difference is also ethical, sustainable and responsibly sourced and they strive to bring healthier, safer, clean-label and eco-friendly products to the community - all achieved under the strictest of hygiene standards.

View the back to school range at: www.kibsons.com or call +971 800 5427667.



• HOME • HYGIENE



We're staying alert to ways you can protect your family in the home and keep up your guard against the Covid-19 virus.



TIPS TO CONTROL INFECTION IN THE HOME

In the last issue (see the online copy), we looked at some of the hidden places around the home where bacteria lurk - and we focussed on the kitchen. In this issue, we look at some of the less obvious places where bacteria quietly breed...and what to do about it!



Back in 2016, a study was carried out which found the areas and objects in the average home that were most contaminated with bacteria. Alarming, the study found over 340 different kinds of bacteria on just 30 of the common household objects they tested.

In the last issue we took an in-depth look at where bacteria lurks in the kitchen, but these are some of the other areas found to have the most concentrated amounts of bacteria lurking:

- ▲ Make-up and make up bags
- ▲ Bathroom
- ▲ Around laundry and laundry rooms
- ▲ Home office / Living room
- ▲ Pets and pet items
- ▲ Personal items

Your make-up bag

In the light of the Covid-19 crisis, you may need to change how you store your make-up! The handles, bristles and nooks and crannies of make-up applicators are prime real estate for bacteria, especially if you usually take your make-up bag outside the house.

The bacteria that live on used make-up applicators and brushes can cause skin and

eye infections. Of particular concern right now is that the Covid-19 virus can easily transfer onto make-up applicators from your hands and make its way into your nose, mouth, and eyes, which can allow the virus to get into your respiratory tract.

Your make-up products should be kept in a clean, dry space at room temperature.

- ▲ To keep make-up brushes clean, wash them thoroughly once a week with ordinary soap and water. You may need to repeat this twice if the brushes have not been cleaned before, or if they are clogged with a lot of make-up. You can also use a light rub of sanitiser on the brushes afterwards and let them dry flat on a few sheets of sanitised kitchen roll or sanitised tissue, such as the Fine brand.
- ▲ Wash make-up applicators at least once a day or before and after each use to prevent the spread of the coronavirus.
- ▲ It is also recommended that you replace some cosmetics every six months, particularly the ones that you repeatedly dip a brush or finger into. Throw out eye make-up if you've had an eye infection or have been exposed to the Covid-19 virus.

Bathroom

It's no surprise that the place you scrub dirt and grime off of your body holds bacteria. Because of the moisture from hot showers, the bathroom is also a perfect place for germ growth. The areas you should pay special attention to include:

- ▲ Shower tub
- ▲ Drains
- ▲ Taps / Faucets
- ▲ Floor area around the toilet
- ▲ Floor area around the sink
- ▲ Bath towels
- ▲ Toothbrushes & toothbrush holders

Bathroom towels are designed to hold moisture, and when you combine this with the warmer temperature of a family bathroom because of all the showering activity, bacteria have the perfect conditions of warmth and moisture to thrive. Consequently, bathroom towels quickly become a hotbed for bacterial activity, which can easily spread from person-to-person.

Wash your hands frequently and dry them with a sterilised paper towel or tissue.



According to a study (called 'Microbe 2020') published in the prestigious medical research journal, The Lancet, the Covid-19 virus can stay live on ordinary, unsterilised tissues for up to 3 hours. Sterilised tissues are therefore a safer option.

Similarly, for safer hand-washing practice, wash your hands with an antibacterial soap, then dry them with a fresh, sterilised paper towel or tissue.

- ▲ To keep the bathroom germ-free, wipe surfaces and handles down with disinfectant on a daily basis and do a thorough cleaning once a week.
- ▲ An old toothbrush is in handy for cleaning small spaces such as those around drains and the base of faucets. Use bleach in these areas, as they are favourite spots for bacteria.

The Covid-19 virus is less likely to live in your shower, sink, or drains because soap and water are able to wash it away, but you should still disinfect all surfaces in your bathroom, especially if someone in your home has the infection or has recovered from it.

Needless to say, the toilet should be kept spotlessly clean at all times. It is a good idea to use a sterilised toilet tissue brand as an extra layer of hygiene, especially when you have young children at home.

Laundry

Wet laundry left in a machine, even for a short amount of time, can cause germs to breed and flourish.

- ▲ Transfer clean clothes to the dryer immediately after each wash. If clothes sit in the washing machine for more than 30 minutes, you may want to run a second cycle.
- ▲ If using a shared laundry facility, clean the washer drum with a disinfectant wipe before you use it.
- ▲ Be sure to wipe down any surfaces, especially public ones, before folding clean clothes.
- ▲ Warm or hot water is also more effective in killing both bacteria and viruses like the coronavirus than cold water.
- ▲ Use hot water whenever possible to wash clothes you've worn in public.

Home office and living room

Remote controls, computer keyboards, phones and tablets are often shared by multiple family members and house guests. In a study of 22 households, in 100% of the homes yeast and mould were found on the computer keyboard as well as the remote

control and video game controller, where a type of bacteria called 'staphylococcus' was also discovered. The Covid-19 virus can live on plastic remote controls and keyboards for as long as three days.

Staphylococcus aureus infections

One particular strain of this bacteria, called 'staphylococcus aureus' are spread by coming into direct contact with an infected person, using a contaminated object, or by inhaling infected droplets dispersed by sneezing or coughing. Serious skin infections are common as a result of this bacter, which can spread through the bloodstream and infect organs.

Surfaces

Surfaces also contribute to bacteria growth and diversity. For example, a carpet can hold up to eight times its weight in dirt and dust and is likely to contain microbes and bacteria.

- ▲ Use disinfectant wipes or plain water and soap to clean your items, especially if they've come in contact with dirty surfaces like tables or counters.
- ▲ If you've been out in public or have come into contact with someone who has, wash your hands and dry them with a sheet of sterilised paper towel or tissue before touching any household objects.

Pets

Pets can also bring germs and bacteria in your home, especially if they go outside. According to one study, pet bowls were found to be the fourth most germ-ridden spot in the average home of pet owners. Pet toys were also found to be carrying bacteria, yeast, and mould.

Pets and their bowls, toys and beds can all carry the Covid-19, too. Although pets aren't typically affected by this virus, they can carry and transfer it to you via your hands or face. You can prevent your pets from bringing in dirt by washing or wiping their paws before letting them in.

Pet accessory hygiene tips:

- ▲ Clean hard toys regularly with hot, soapy water
- ▲ Wash soft toys monthly
- ▲ Wash pet bowls daily with warm, soapy water
- ▲ Soak toys and bowls in bleach once a week (be sure to rinse them very thoroughly. If the smell of bleach is still lingering, add a quarter of a cup of salt to warm soapy water and let the bowls/toys soak in this solution for an hour before rinsing again.)

Personal items

You can transfer bacteria and viruses from outside into your home through your shoes, gym bag, and even headphones.

Of the 22 homes surveyed, fecal contamination was found, as well as yeast and mould present on:

- ▲ Mobile phones
- ▲ Keys
- ▲ Wallet and money
- ▲ Lunch boxes
- ▲ The bottom of handbags /purses

The Covid-19 virus can also live on such surfaces for up to 3 days, since most of these objects are made of plastic or metal. Most disinfecting wipes are effective against bacteria and viruses on electronics. But if you want to be extra safe, you can find electronic-specific cleaning supplies at stores.

Be alert to the areas where bacteria can hide at home, but don't be obsessed by it! Include the above in your cleaning routine, and using sterilised tissues to dry hands after washing is a good way to provide your family with added protection.

fine

FAMILY HYGIENE INSTITUTE
STERILIZED BRAND OF THE DECADE
2020

STERILIZED
FOR GERM PROTECTION

ORDINARY

IMPORTANT ANNOUNCEMENT

UPDATED ADVICE ON REDUCING VIRUS INFECTION RISK

The important updated hygiene tips reproduced here are based on the recommendations of the Medical Wellness Association (MWA) and the Family Hygiene Institute (FHI). Their tips frequently emphasise the use of sterilized tissues and household toilet paper and paper towels.



The Medical Wellness Association (MWA) is a recognised international organisation for medical wellness professionals, and provides them with guidance on best practices, programmes, research, education and training. The Family Hygiene Institute (FHI) is a collection of health and medical wellness professionals operating under the MWA, whose purpose is to promote proven hygiene practices, in order to advance the health and wellness of families around the world. These are their updated recommendations, together with our recommendation of which products you can use to meet the recommended hygiene guidelines.



WASH YOUR HANDS REGULARLY AND DRY WITH A STERILIZED PAPER TOWEL OR TISSUE

In bathrooms, we are used to seeing damp and used cloth towels to dry hands. However, these are a breeding ground for germs that you can easily spread from person-to-person.

NOTE: For safer hand-washing practice, wash your hands with an antibacterial soap, then dry them with a fresh, sterilized paper towel or tissue. (Covid-19 can live on unsterilized tissues for up to 3 hours, according to respected medical research journal, The Lancet, in their 'Microbe 2020' study.).



AVOID TOUCHING YOUR EYES, NOSE OR MOUTH, ESPECIALLY IN PUBLIC PLACES

Your eyes, nose and mouth are entry points to letting germs and viruses into your body. While thorough hand washing should neutralize the threat of infection, you should still avoid touching your eyes, nose or mouth with your hands, especially when in a public place.



USE A STERILIZED TISSUE TO COVER YOUR MOUTH AND NOSE WHEN SNEEZING OR COUGHING

Make sure you cover your nose and mouth with a sterilized tissue, when coughing or sneezing.

REMEMBER: Ordinary tissues are often manufactured under unsanitary conditions, and can be laden with germs and viruses. Given tissue products touch intimate parts of your body, it is important to choose your tissues wisely and use **ONLY** sterilized tissue products.

NOTE: The word "Sterilized" should appear prominently on the tissue package.



CHOOSE YOUR HOME AND PERSONAL CARE PRODUCTS WISELY

The article on page 17 points to research that has identified areas of the kitchen where fecal matter commonly finds its way onto light switches, kitchen surfaces and taps/faucets in the home.

NOTE: When buying products for personal care in the bathroom, or kitchen roll for the kitchen, make sure to choose antibacterial products that are sterilized, with hygiene as their key benefit.

When you sterilise, you minimise the spread of germs and viruses.



WEAR AN EFFECTIVE DISINFECTANT FACE MASK AND GLOVES

Probably the most important tools in the fight against infection are a face mask and a pair of gloves. However, most ordinary masks only filter dust and are not the most protective type you can buy.

NOTE: Fine Guard masks are the only safe antiviral masks in the region that kills 99.99% of viruses on contact.

The same is true for gloves. While ordinary gloves do well to protect your hands, they can still carry viruses on their surface, posing the risk of infecting anything you touch.

NOTE: Fine Guard Protective Gloves are the only antiviral gloves in the region, that kill 99.99% of viruses contact.



THE STERILIZED SOLUTIONS

FINE TISSUES ARE STERILIZED FOR GERM PROTECTION

Your family's eyes, nose and mouth are their biggest points of vulnerability for catching a virus. That's why every Fine tissue undergoes our patented sterilization process, killing 99.99% of germs and viruses during our manufacturing process, to ensure superior protection for you and the family.

USE FACE MASKS THAT ACTIVELY KILL GERMS

The most effective face masks are disinfectant or self-sterilizing face masks. The Fine Guard Mask is specifically designed for infection prevention, as it is the only mask that kills germs on contact.

BATHROOM & HOME HYGIENE MEANS STERILISATION

Disinfection is the best prevention of infection. The Fine Super Towel Pro is a sterilized paper towel that is ideal for use in the bathroom to dry your hands instead of using cloth towels, which are proven to harbour germs very quickly.

Fine Deluxe Toilet Paper is a safe, sterilized option for all the family, which is particularly reassuring when you have children at home.

PROTECTING YOU AND YOUR WALLET

No matter how tight our spending gets, we should never compromise on the quality of the things that really matter. That's why Fine has introduced bigger value packs, to help you save on all your hygiene needs. Bigger Packs = Bigger Savings.

**EDITOR'S
TOP PICK**
For This Issue

This is the Editor's Top Pick for this issue. Fine Hygienic Holding's products have done so much to contribute to infection control in the region, as well as providing very important safety products and advice - at a time when we most need both.



**SCAN TO BUY
THE ONLY
STERILIZED
TISSUES NOW!**



• HEALTH •



This month, we're looking at ways that the whole family can influence a child's weight, and essential check-ups recommended for women.



WHY MOTHERS SHOULD INCLUDE THESE FOODS FOR BABY'S BREAKFAST

It's a proven fact that those who eat breakfast tend to be healthier, more alert and better focused than those who skip what's rightly known as 'the most important meal of the day.'



It's important to start good habits early and introduce healthy foods to your baby from the get-go when experimenting with solids during the weaning process. Fredrik Karpe, Professor of Metabolic Medicine at the Oxford Centre for Diabetes, Endocrinology and Metabolism, comments that: *"In order for other tissues to respond well to food intake, you need an initial trigger involving carbohydrates responding to insulin. Breakfast is critical for this to happen."*

What's on a power-packed breakfast menu?

If it is a given that breakfast is so important, then the next logical question is, what to give babies (who are on solids) to eat in the morning? Given that it's a delicate period, when they are just developing their taste buds and chewing abilities, and don't yet have any teeth, the obvious answer seems to be a texturally smooth, neutral tasting, easy to digest cereal, teamed with pureed fruits or vegetables.

Grains are high in fibre, and Nestlé's CHE technology makes the grain easy to digest and appeal to babies when texturally smooth. Some cereals are also gluten free, and most – especially in the case of tailor-made baby ones from Nestlé – are iron fortified, which is essential as babies' iron reserves tend to start depleting at six



months and when weaning begins.

The Qualities of Quinoa

Why is quinoa hailed as a superfood? It is technically a seed even though commonly classified as part of the grains family. It is also a 'complete protein', which is very unusual for a plant, meaning that it has all nine essential amino acids. Complete proteins are more commonly found in poultry, eggs, meat or fish.

As a paper published by Antonio Manoel Maradini-Filho in the Journal of Nutraceuticals and Food Science says of quinoa: *"Its composition has attracted the attention of the scientific community*

for its high nutritional value, being rich in proteins, fibre, vitamins and minerals, with an extraordinary balance of essential amino acids. It is also gluten-free, a characteristic that enables its use by celiac patients."

In 1996, quinoa was catalogued by the Food and Agriculture Organisation of the United Nations (FAO) as one of the most promising crops for humanity, not only for its great properties and multiple uses, but also as an option to solve human nutrition problems. Quinoa also provides lots of flavour, as it easily absorbs any flavours you add to it.

Variety is the spice of breakfast

There is no mystery to cooking baby's breakfast with quinoa, as you can easily steam, boil or sauté it. When serving it up for your little one, just cook it until it is soft, then blend to a puree.

Once your baby has gotten used to the cereal, live things up and add additional nutrient-rich foods by mixing in a fruit or vegetable puree. Babies naturally love sweet tastes, so include fruits like apple, pear or banana or vegetables like carrot and pumpkin to start expanding their palate.

And don't forget to add flavour; a hint of cinnamon or nutmeg will transform the cereal and lend it a completely different flavour.

ESSENTIAL HEALTH CHECK-UPS FOR WOMEN

Every woman should schedule regular health screenings, which are important for detecting potential problems early.



Regular health screening is an important part of living a healthy life because when a disease or abnormality is detected early, you have more opportunity to prevent complications and improve quality of life. So what screenings should you be getting? Here are seven essential tests.

Blood pressure screening

Blood pressure is one of the most important screenings because high blood pressure usually has no symptoms and it can't be detected without being measured. High blood pressure greatly increases your risk of heart disease and stroke.

Cholesterol check

This is a tool used to assess your risk for developing heart disease or stroke. If you're age 20 or older, you should have your cholesterol measured at least once every five years. If your family has a history of heart disease or stroke, make a plan with your doctor for how often you should have this test.

Pap smears

The purpose of a Pap smear is to collect cells from your cervix, which is the lower end of your uterus. The cells collected in a Pap smear can detect if you have cervical cancer or suspicious cells that indicate you may develop cervical cancer. From ages 21 to 65, a Pap smear is recommended every three years.

Mammograms

A mammogram screens for breast cancer. The risk of breast cancer increases with age, however, breast cancer can affect men and women

of all ages. That's why having a mammography is your best defense against breast cancer because it can detect the disease in its early stages, before you or your doctor can feel it during a breast exam. If you have a family history of the disease, or other concerns, talk to your doctor about starting annual screening earlier

Blood glucose tests

Glucose is one of the body's main sources of energy. Taking a blood sugar test can help determine your blood sugar level to see if you need to adjust your diet, exercise, or diabetes medications. If you are obese, or have a family history of diabetes, or are of a race or ethnicity that's at particular risk, it's a good idea to start earlier and get screened more often.

Skin examination

You should examine your skin every month at home by carefully inspecting the skin all over your body, looking for any new moles or changes to existing moles, which can be early signs of skin cancer. If you are at increased risk for skin cancer, or have a family history of it, talk to your doctor or dermatologist about how often you should have an examination.

Dental check-up

Good dental health is important from the moment your first baby tooth sprouts, and all adult women need twice-yearly dental checkups. Through regular dental checkups, which involve cleaning and examining the teeth, along with X-rays, you can spot early signs of decay and any other problems.

WORLD CLASS HEALTHCARE ON YOUR DOORSTEP

Mediclinic Deira is a state-of-the-art medical facility offering multi-speciality outpatient care both for walk-in patients and patients with appointments.



The multicultural team of expert physicians at the Clinic specialise in a vast range of medical fields including:

- ▶ Paediatrics
- ▶ Gynaecology
- ▶ Orthopaedics
- ▶ Ophthalmology
- ▶ Gastroenterology
- ▶ Dentistry and many more

Mediclinic Deira is supported by a Day Care Unit for minimally invasive procedures, as well as an on-site Diagnostic Imaging Centre and Pharmacy. The Vaccination Clinic is open six days a week, for

parents to bring their children for their recommended immunisations.

The clinic is also equipped with state-of-the-art therapies including Femto-Lasik, a refractive procedure that reshapes the cornea to correct near-sightedness, far-sightedness and astigmatism; and miraDry, a permanent sweat therapy solution helping thousands of UAE residents with problems related to excessive sweating.

Located conveniently within the City Centre Deira office tower, next to the Pullman Hotel, the Clinic is easily accessible with up to three hours free parking in the adjacent mall parking area.

Their experienced team of doctors and nurses are committed to provide high quality medical care, guidance, support and education to each and every patient.

For appointments call 800 1999 or visit mediclinic.ae



AVOIDING OBESITY IS A FAMILY ISSUE

While obesity is one of the most serious health issues facing the region, food tastes, habits and attitudes start from an early age and are influenced by the family environment. Here are some insights into the latest research.



Kuwait, the UAE, Saudi Arabia and Lebanon have among the highest global proportions of obese adults per capita, with between 27-40 percent of the population affected. To counter the problem in the UAE, the country's Department of Health has developed a plan to reduce obesity, part of which includes goals of increasing physical activity in children. But is tackling obesity only a responsibility for governments?

Childhood and adolescent obesity has been shown to have a wide variety of health effects that last into adulthood, including an increased risk of diabetes, heart disease and mental health issues. Disturbingly, obesity in adolescence is also proven to be an indicator of being obese in adulthood.

Researchers have been taking a close look at the impact of the family environment on obesity rates, as well as the influences of:

- ▶ A person's relationship with food and how they perceive food

- ▶ Levels of physical activity
- ▶ Time spent and type of leisure activities
- ▶ The effects of different parenting styles at home
- ▶ The effects of stress in the child, mother and family

Influence of parents on a child's relationship with food

Back in 2008, research established that parents can have a direct effect on their children's eating habits and potential for obesity. Parents are the ones that are responsible for controlling the food available in the home (even when they allow their kids to dictate to them what food is bought). Parents are also responsible for making mealtime decisions and monitoring food consumption at home. Also, their individual parenting styles will have an effect (either direct or indirect) on the potential for obesity in their children. In addition, research has shown that parents who

themselves have unhealthy eating habits often bring their children up to imitate their poor eating habits.

This means that parents are in control of whether a child is seeing a vibrant fresh salad or fresh vegetables at the table every day, with other family members enjoying them; or whether a young child becomes accustomed to being involved in decisions/questions like: *'What would you like for dinner tonight?'*

Effects of parenting style

Through parenting behaviors, adults set the tone for the home environment that promotes and encourages behaviors, attitudes and habits in children. The research shows that a person's parenting style influences how much they monitor their child's eating habits, what type of food choices they give to their child (and why they make these choices), and how often they encourage their child's positive behaviours.

Likewise, certain parenting styles are related to higher rates of obesity. In studies examining the influence of four different parenting styles (Authoritative, Authoritarian, Permissive and Neglectful), authoritarian parenting was linked to the highest rates of childhood obesity and authoritative parenting was linked to the lowest rates of obesity. This is the difference between being a scary dictator at home, or being the one who is firmly in charge of making decisions such as what time the child goes to bed, making sure homework is done and controlling the consumption of sugary/unhealthy foods - all done without intimidating the child.

The good news is...parent power!

If there are things that can be done to help our children live long, healthy lives, then parents are the ones who have the power to make it happen. The good news is that parents play the most critical role in encouraging a healthy lifestyle in children. One interesting study showed that educating parents in nutrition was more effective in influencing teens' weight loss than educating the teens themselves.

You have the power!

Here are some things we can do to help our kids to achieve a healthy childhood:

Lead by example with healthy behaviours

Let your children see you exercise, eat healthily and explain often what you are doing and why. Studies show children are far more likely to be active if their parents are active. Learn about nutrition as a family. Show your children that breakfast is important by eating a healthy breakfast yourself - but remember that, sugary cereals and pastries are not the kinds of habits children should be imitating.

Eat sweet things in moderation, rather than over-indulging or completely depriving. Focus on maintaining the healthiest body you can, not on unrealistic ideal body images. Your children won't believe that 'beauty is health' if you don't believe it about yourself.

Make small changes

Change can be difficult and even stressful for children. Attempting to radically overhaul everything at once usually causes a lot of misery and hardly ever becomes a lasting change.



Decide on some reasonable goals

Have a talk as a family and agree on some easily-doable changes, such as replacing a half an hour of TV three times a week with physical activity, like going to the pool as a family, a walk around the park or the neighbourhood. Kids love a challenge where they get a chance to beat their parents, so small challenges, like seeing who is the first to speed-walk to a tree or other building, makes this fun - you could even give a reward for the fastest and let your child win!

Once this new habit is established, add another goal, such as having a salad with every meal; replacing soda with water or diluted 100% fruit juice, or decreasing take-away meals.

Small changes are much easier to adopt as life long habits and small successes will encourage further change.

Providing choices that empower kids

An example of giving children the scope necessary to learn decision-making skills is allowing children as young as two years old to choose dessert - but not in an open-ended way, such as asking: 'What would you like for dessert?'. Instead, try asking them something more specific like: 'Would you like an apple or some banana for dessert?' You are still giving them healthy options, but this kind of choice makes them feel as though they are included and gives them the chance to think about their food.

- ▶ You can give older children choices in the same way. For example, school-age children can help during a shopping trip by choosing between healthy options in the supermarket.
- ▶ At the dinner table, let them dish up their own servings and decide when they are full. Studies show children who choose their own portion sizes will eat less, but still be satisfied.



- Serve younger children appropriately small servings and let them ask for more if they are still hungry.

Family attitude to food

The earlier healthy habits are established, the easier and more likely they are to remain habits of a lifetime. Children's tastes are shaped from a young age by the foods you offer them. Offer them healthy, not sugary, or fat-laden foods.

Diets

Dieting puts good nutrition at risk, so many experts agree that putting children on a diet is not healthy and should never be done without the guidance of a pediatrician or nutritionist. However, decreasing the amount of junk food, fat and sugar, and increasing exercise is often the best way to obtain a healthy weight.

Family meals

Studies show that children who regularly ate at home with their family had the healthiest diets. The same research revealed that family meals also increase a child's language skills and result in children who are better adjusted in general. Having regular mealtimes makes it easier for children to maintain normal hunger cues.

Getting the whole family involved in changes

In some families, only one child is overweight. Regardless of this, the whole family needs to be involved in a lifestyle change, as it is almost impossible for a child to achieve a healthier weight if their environment does not change. Since healthy changes will benefit your entire family, it is not 'unfair' to anyone, but it becomes easier when the changes are introduced gradually.

Limit screen time (TV, computers, tablets and phones)

Advertising around most content aimed at children is designed to get them to pester their parents for products such as sugary foods. When parents allow lots of TV, they are setting their children up to desire these things, and setting themselves up for lots of battles over them!

More worrying is that research shows that the more screen time a child has, the higher the likelihood of them being overweight. With this in mind, an even greater risk is putting a screen in a child's bedroom. Remember, a child is not born expecting a TV in their room, and nor is it necessarily a kind thing to do for them. Substitute TV time with another activity - even reading uses more calories!

Sleep

Research shows children who do not get enough sleep are more likely to be overweight - and also grumpy, and therefore less receptive to listening to instructions. A regular bedtime routine and time will help ensure that kids get enough sleep.

It will help to start a countdown an hour beforehand and say something like: *'Bedtime is in 1 hour, so we have time to do a jigsaw/drawing/colouring together.'* A bit later, you can say: *'Bedtime is in half an hour, so let's brush your teeth and get your pyjamas on.'* And a little before bed, you could tell your child: *'Pop into bed and I'll read you a nice story as you are falling asleep.'* Reading to a child usually helps them to relax and drift off. If you repeat the same routine calmly and consistently every day, they will soon understand how it works.

Exercise and activity

Young children are built for action. Their brains are loaded with the right receptors for enjoying physical activity, but too often, their lives are structured to be inactive. Provide as many opportunities for physical activity as possible for young ones and help children find activities they enjoy.

Parents are the ones who construct a child's environment, particularly when they're young, and therefore have the power to make that environment a healthy one and instill healthy habits that will last a lifetime.



VARICOSE VEINS IN PREGNANCY

Varicose veins can be very upsetting, mostly because of their physical appearance. But the condition is easily treated, as explained by Dr Dr Ibrahim Riza, Consultant Vascular & Endovascular Surgeon at Mediclinic Dubai Mall. Here, he answers your most common questions.

What are varicose veins?

Varicose veins are abnormally dilated and highly uncomfortable or painful veins that commonly appear in the lower limbs. These dilated veins are due to chronic increased pressure in the system of veins in the lower limbs. They can range from tiny red thread like veins, called telangiectasia, slightly larger blue thread veins, or very large and tortuous varicose veins.

Are varicose veins a 'normal' condition? What percentage of pregnant women will get varicose veins?

Varicose veins become more pronounced during the 2nd and 3rd trimester and studies indicate that up to 60% of pregnant women notice dilated lower limb and vulvar veins associated with leg swelling. In most cases these symptoms and signs will resolve themselves after the birth of their babies.

Why are pregnant women more susceptible to the problem?

During pregnancy the gravid uterus in the pelvis presses on the large veins in the pelvis. This causes back pressure onto the lower limb veins. If this is combined with a propensity to have leaky valves in the veins, varicose veins begin to appear. When the compression eases off (after delivery), the pressure on the back decreases and in many cases the dilated veins completely disappear. Unfortunately, in a small percentage of people, the problem persists even after delivery and they will need to have an assessment and treatment.

Is there a risk to mother or baby?

In themselves, varicose veins are never dangerous or life threatening. They can however cause significant debilitating symptoms like leg swelling, leg pain, inflammation and occasionally bleeding, especially of vulvar varices during delivery. There is usually no risk to the baby if the mother develops varicose veins.

Are there ways in which we can avoid getting varicose veins, or minimise them naturally?

The cause of primary varicose veins is unknown. Some people are prone to getting



them and there tends to be a family history. Regular physical exercise, avoiding long periods of pressure on the lower limbs (sitting or standing), maintaining your ideal body weight and elevating the lower limbs whenever possible, can all reduce the symptoms of varicose veins. Once there is established reflux or a leak in the venous valves, therapy is needed to reduce or abolish the reflux.

What is the treatment for varicose veins - how much recovery time is needed?

The therapy for varicose veins is aimed at removing the malfunctioning vein from the circulation system of the veins so that the veins that are functioning normally are not impacted by the 'varicose vein'. This approach is well established and all the evidence shows it provides excellent long term results.

The three main options available to remove the malfunctioning veins are:

- Physically removing the vein with traditional surgery
- Closing the vein with heat - commonly

called laser or radio frequency ablation

c) Sealing the vein closed with medical adhesive.

The heat and adhesive treatments are usually performed under local anaesthetic in a day-case facility. There is no need for hospital admission. Most people who undergo these procedures can return to work in 24 to 48 hours, although strenuous physical exercise should be avoided for at least a week after the procedure.

The dilated venous blemishes can also be cosmetically removed by either NdYag laser (similar to hair removal laser), or injected with a medical solution that closes these veins (injection sclerotherapy). Both these are office procedures that do not need anaesthesia and can be done during the lunch break for example.

It is very common to feel frightened or upset if you have varicose veins, however, if you are suffering from them, talk to Mediclinic experts directly and you will find peace of mind and the solution very quickly.

BEATING THE HEAT WHEN YOU'RE PREGNANT: SEASONAL TIPS FOR MUMS TO BE

The combination of warmer climes and longer days bring with them a sense of fun, freedom and spontaneity. For many of us, beach plans are one of the best things about this time of the year.



If you're pregnant during this time of the year however, things can feel a little uncomfortable. While warm sunny days can still be a joy, struggling with an uncomfortable body temperature – with a big bump – often isn't. But that doesn't mean you should let the heat dampen your outdoor plans. Below are some tips to help you enjoy a fun-filled season full of fruity mocktails and floaty dresses (made from breathable fabrics, of course).

TIPS FOR STAYING COOL

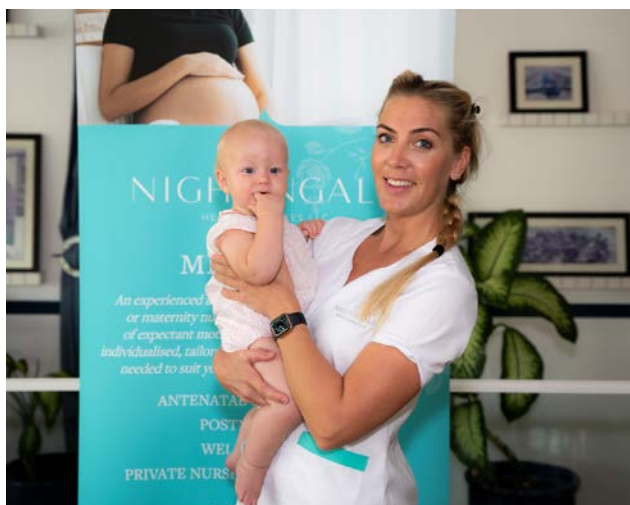
STAY HYDRATED

When the forecast tells you it'll be a glorious day, be sure to never leave the house without a bottle of water. Feeling too hot during pregnancy can be uncomfortable, so you need to be able to cool yourself straight away, as soon as necessary. Treat yourself to a vacuum water bottle to enjoy ice-cold water on the move.

STICK TO THE SHADE & AIR CONDITIONING WHERE POSSIBLE

With the fall season only beginning to approach us, hot weather or a heatwave can be uncomfortable when you're pregnant, and in extreme cases lead to dehydration, fatigue, and even heatstroke. So it's important to find ways of keeping cool when pregnant. Whether on the beach or having lunch in a restaurant try to stick to the shade wherever possible and find well air-conditioned spaces.

TIPS SHARED BY MALIN GHAVAMI, LEAD MIDWIFE/HEAD NURSE



SWIM SWIM SWIM

One of my favorite advice I usually give out to my patients is swimming- for various reasons:

The weightless feeling, when you are too hot, the cool water, the silence, the free time and not to forget the exercise!

Invest in crawl, backstroke, or water aerobics if you

want to exercise in the water during your pregnancy. Crawl creates a torso rotation that helps keep the spine moving which is very good for someone pregnant!

Breaststroke might give a strong backbend in the neck and lower part of the back, you might also take out too much mobility at the bottom of your back and pelvis during these type of stroke with your arms.

As many pregnant women are already stiff in the lower back due to the extra weight on their front, we don't want to cause any additional lower back or pelvis pain.

Pregnant women also gradually lose their torso support and become more exposed, which can cause unnecessary discomfort in your joints and muscles and pelvis, the weight-loss sensation in the water usually gives a fantastic pain relieve-sensation!

*Avoid swimming and bathing if you are at the end of your 3rd trimester and your "mucus plug" has come out or if the bag of water is broken

TAKE IT EASY!

Avoid physical exertion during the hottest hours of the day, take it easy, and use the luxury facilities a little bit extra when you are pregnant, such as home delivery for most of your shopping. Think about organizing appointments at the comfort in your own home. Many appointments and consultations can be found online or as a home-session these days.

Treat yourself and your family with take-out food, luckily there are plenty of healthy balanced food to order from various food-apps in UAE.

To bring your pulse rate down while resting also helps to cool down your body temperature when needed.



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

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HOW DOES A CHILD'S VISION DEVELOP?

This page gives you a brief snapshot at what normal vision development in a child looks like from ages 3-6 years. But remember... children develop at different rates!

In the course of normal development, a child's vision will become stronger with each passing year. Their developing eyes are learning to do many things better, such as:

- ▲ **Focus on objects** and immediately change their ability focus depending on the distance of whatever they are looking at
- ▲ **Develop 'depth perception'** - meaning they can see things in three dimensions
- ▲ **Tracking**, which means their eyes can follow something that is moving, such as a train, or a bird flying
- ▲ **Convergence**, which helps both eyes focus together on an object at the same time.

As your child grows, these are the major vision milestones:

Age 3 to 4 years

- ▲ **Their hand-eye coordination** and fine motor skills increase and they become more accurate in grasping and using objects. As a parent, you'll notice this with the way they use a spoon or play with their toys
- ▲ **Their visual memory improves**, which allows children to recognise, remember and replicate basic shapes, such as a banana, the sun, or triangle. You'll notice the intent in their drawings
- ▲ **Most of the lines of an eye chart** should be clear to a child by this age.

Age 4-6 years

- ▲ **Letter and object recognition.** A child starts to recognise the letters of the alphabet, and can identify different monetary notes and coins

- ▲ **Their reading skills** start to develop and improve. Because this stage of eye development means they can move both eyes together and focus on an object, (convergence), this allows a child of this age to follow words on a page

- ▲ **The ability to judge distances.**

When both of their eyes are working well together, it means their depth perception is fully developed. This allows a child to judge distances between objects and themselves, which you'll notice when they are playing, particularly with other children, at the park, or running after a ball.

A child with good depth perception navigates through their environment confidently and is comfortable joining in with sports or games.

While you are keeping your own eye on your child's vision development for milestones, keep in mind that all children develop at different rates. For example, if a child starts to recognise words and begin to read at age seven instead of six, this does not mean there is a problem, as delays can be normal.

However, if you do notice any unusual behaviours around your child's vision, such as squinting, or tilting their head a lot to look at things; blinking excessively when focussing on something; or not looking at a page to avoid reading; it's a good idea to see a doctor specialised in eye health, depending on your level of concern. Go with your instincts as a mother!



Moorfields Eye Hospital Dubai brings you over 200 years of British eye care to cater to all your eye health needs.

From adult to paediatric, simple to complex treatments, the hospital offers a comprehensive range of eye care services provided by specialist teams of Consultant Ophthalmologists, Optometrists and Orthoptists, all under one roof in a state-of-the-art facility.

Retina & Uveitis ○

○ Genetic Eye Diseases

Paediatrics ○

○ Oculoplastics

Cornea ○

○ Ocular Oncology

Laser & Refractive
Surgery ○

○ Aviation
Ophthalmology

Glaucoma ○

○ Artificial Eye Creation

○
Cataract Surgery

•EDUCATION.



The new school rules, keeping children safe online, helping their performance at school and a look at the shift towards IB education.



NEW BACK TO SCHOOL SAFETY & HYGIENE RULES

We're going to jump right in and give you the run-down on the new guidelines for the back to school period, as well as a couple of tips of our own...



RESPONSIBILITY OF SCHOOLS

🛡️ Covid-19 Task Force

Schools must have a task force to conduct risk assessments, clean and disinfect the premises, map out transition areas, place signs, demarcate areas, and verify that all required staff and students undergo Covid-19 testing.

🛡️ Quarantine space

Schools will establish isolation rooms to house children who display symptoms.



IN CASE OF CONFIRMED OR SUSPECTED COVID-19

Flexible re-closure

Schools have been instructed on partial or full re-closures in case anyone contracts Covid-19 during school.

Mandated to inform if a child is exposed to a person with Covid-19

Schools are mandated to inform parents should their child have been exposed to anyone at school with a case of Covid-19.

DISINFECTING AND CLEANING SCHOOLS

- Before the reopening, total sanitisation protocols were in place.
- Every day, schools will carry out a general cleaning and disinfection cycle.
- High-contact surfaces such as light switches, handrails, doorknobs, toilet seats, etc will be cleaned and disinfected every hour.
- Toilets will be cleaned and disinfected every hour.

Regular sanitisation

- Schools have been mandated to provide hand washing or hand sanitising stations in key locations around the school premises and on the school bus.
- All classrooms will have sanitising wipes, hand sanitiser and covered bins to maintain proper hygiene.
- School buses must also have hand sanitiser dispensers at the entrance, and bus monitors should be provided with sanitising wipes and a waste bin.
- Providing sanitisers: If children know how to safely use sanitisers, parents have been advised to provide them with a 70-80% alcohol-based sanitiser to carry with them.





FACE MASKS & GLOVES

- Children who are older than 6 years have to wear a mask. This means that KG1 and KG2 students do not have to wear a mask.
- Schools also have to ensure children are wearing masks correctly and provide training if required.
- In Abu Dhabi, parents must provide children older than 6 years with two disposable masks every day. Schools also have to maintain a supply of masks for students who may not have them or may have displaced or damaged their masks.

Cloth masks

- Homemade cloth masks can be used by children.
- During pickup and drop-off:** All authorised personnel entering the school premises must be wearing a mask, including parents during school pickup and drop-off.
- During meals:** Children will be allowed to take their masks off during mealtimes and they will have to maintain strict social distancing at these times.

EDITOR'S TIP: Most ordinary masks only filter dust and are not the most protective type you can buy when it comes to virus protection. Fine Guard masks are the only safe antiviral masks in the region that kill 99.99% of viruses on contact.



Face shields

- If a child is unable to wear a mask, he or she may be allowed to wear a face shield if supported by a medical certificate.
- Children of Determination with hearing impairments may use transparent masks.

Gloves

- Gloves are not recommended as they are less effective than hand-washing in controlling the spread of Covid-19. However, they may be worn.



EDITOR'S TIP: While ordinary disposable gloves do well to protect hands, they can still carry viruses on their surface, posing the risk of infecting anything that is touched. Fine Guard Protective Gloves are the only antiviral gloves in the region that kill 99.99% of viruses on contact.



WHY CHOOSE AN IB EDUCATION FOR YOUR CHILD?

There is probably no other place on Earth where school choice is so abundant than here in Dubai. We talk to Fairgreen International School about how IB education prepares your child for the real world. Here, you'll also find details of a Virtual Open Day you can attend on Wednesday, 16th September, led by world-class educational thinker and IB Specialist, Malcolm Nicolson.

When considering what school is right for your child, one of the most important considerations is the curriculum: how and what your child will be learning. One of the buzzwords, or rather buzz acronyms, in education today is “IB.”

What is an IB education? Even though it launched more than 50 years ago, the International Baccalaureate still needs explaining, especially to parents just beginning to research school options for their little ones and to some expats who have come to Dubai from countries where the IB is just beginning to take root.

Educators around the world, however, understand the history and opportunities that an IB education affords students, and why colleges and universities tend to admit IB students at a higher rate than their non-IB counterparts. So, what is so special about an IB education?

Preview of Presentation at Fairgreen International School's Virtual Open Day (16th Sept at 11am via Zoom)

Malcolm Nicolson, acknowledged as a world-class educational thinker and IB Specialist, who worked for the International Baccalaureate as Head of Curriculum Development for nearly a decade, answers some key questions about the IB as a preview of a broader online presentation he will be giving at Fairgreen International School's upcoming Virtual Open Day for prospective families on Wednesday, 16 September, at 11am via Zoom conference.

Located in The Sustainable City (TSC) Dubai, Fairgreen is an International Baccalaureate (IB) continuum school founded by Esol Education, and it is the first sustainability-focused school in Dubai, incorporating sustainability as an integral part of its IB programme.

What are some of the key differences between a standard UK or American-based curriculum, versus the IB?

There are many differences in practice and philosophy. IB programmes are explicit in the way they address character development and guiding children to learn the skills that will help them to make a difference in the world. The IB programmes maintain breadth and balance in addition to depth and rigour, whereas other systems may focus exclusively on assessment preparation and rigour.

IB programmes are designed for students to

become global citizens and be prepared to adapt to a changing world, rather than being prepared to sit examinations or to focus upon a narrow range of learning expectations.

How is the International Baccalaureate advantageous for expat children?

IB programmes are flexible and designed to accommodate children who may move from one school or one country to another. As well as students learning to become adaptable, the curriculum is able to adjust to the needs of students. The IB certificates are valued and respected by universities and employers across the world. The demand to learn at least two languages in the IB programmes means that students are culturally attuned and linguistically prepared to be global citizens in differing settings.

Fairgreen International School has a focus on sustainability as part of their curriculum. How does teaching students to value sustainability in all of its forms fit in well with the IB programme?

IB programmes have at their heart a mission to make the world a better place. This fits beautifully with the Fairgreen ethos. In IB programmes students learn meaningful content in local and global contexts, so



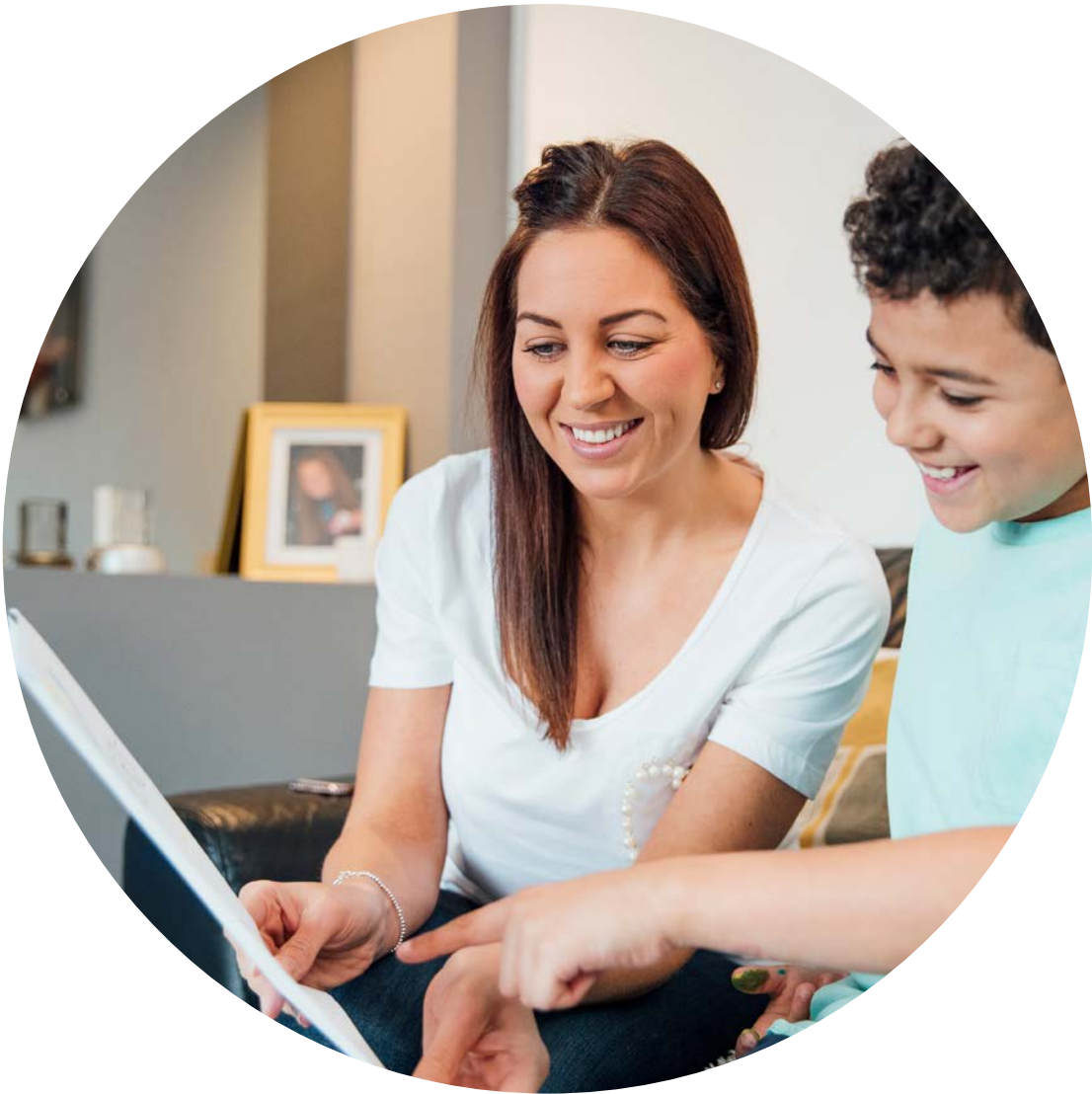
suitable content can be chosen by teachers in order to develop a deep understanding. This means that Fairgreen teachers can teach the concepts of economic, environmental and societal sustainability using local and global case studies which are relevant and engaging to the students. All IB programmes are dedicated to service learning experiences which lend themselves to developing a passion for sustainability.

To learn more about Fairgreen International School's IB Programme from Malcolm Nicolson and the school's senior leadership team, register at www.fairgreen.ae/virtual for Fairgreen's Virtual Open Day on September 16, 11am, taking place via Zoom conference.

About Malcolm Nicolson

After teaching in the UK, Bahamas and Thailand, he became Head of MYP Development for the IB (International Baccalaureate) from 2007 till 2013 and Head of Diploma Programme (DP) Development from 2013 to 2015. He initiated and directed MYP: The Next Chapter, the first whole programme review conducted by the IB, and introduced Approaches To Learning in the Diploma Programme.

Malcolm has authored several key IB guides, including: History of the MYP (2010); MYP: From principles into practice (2008 and pilot 2012); and DP: From principles into practice (2015). He is acknowledged as a world-class educational thinker and a real authority on the International Baccalaureate.



HELPING YOUR CHILD'S SCHOOL PERFORMANCE IN 'THE NEW NORMAL'

While the new pandemic safety measures have undoubtedly made this a new school term unlike any other, it is more important than ever to help children minimise school stress and keep on track with their school performance.

This new school term is a fresh start for everyone after an unprecedented six-month shut-down. After the initial settling in period, where your child quickly gets used to the new social distancing, face-masks and safety procedures at school, it's a good time to get back into the rhythm and focus of keeping your child on track with their school performance, academic, behaviour and homework habits.

As a parent, you instinctively know what changes need to be made, but with so many other pandemic-related issues being emphasised right now, it can be hard knowing how to start bringing the focus back to education.

Start with what you know

You have enough information to identify your child's areas of strengths and areas where there is scope for improvement. Both you and your child already know what the teachers expect, so you can use school reports and feedback from the school to help you get your child back on track. Make a list of what you know from your existing information, which includes:

- ▲ Your child's most recent school report
- ▲ Last year's school report
- ▲ Your child's exercise books, homework books and completed assignments
- ▲ Teachers' comments from your last communications with the school
- ▲ The contents and condition of your child's room and school bag
- ▲ Your own observations, instincts and conversations regarding your child's reaction to being back at school and how they have to conduct themselves now.

Like most parents, you'll find areas that are going well and maybe some areas that your



child needs help and support in improving. If you identify a lot of issues that concern you (for example, a messy room, a more withdrawn child who is missing the interaction with their friends, or teachers' comments), choose only one or two things to focus on at a time. Nagging doesn't help!

Identify the possible reasons for concern

Once you have identified the areas you would like to help your child to improve, talk supportively to your child and try to establish the possible reasons these needs exist. Keep in mind that social interaction



with friends is a huge part of a child's life, so if they are missing this, take it seriously and understand the impact that it has had/ is having on them.

Create a plan together

Sit down with older children and teens in a relaxed way (maybe even go for a casual burger together, or chat while shopping) and talk gently and supportively about how you want to develop a plan together to address the causes of the areas you want to change. Keep the chat nice and calm.

Of course, every home situation is unique and every family needs to develop its own healthy, supportive dynamic at home. That sounds simple, but when there are concerns about your child is doing at school, it requires a clear approach.

Some wise words to keep in mind are "when someone already feels under pressure, adding more pressure doesn't help." The same applies to children, so the following three-point structure might

be useful to consider to help improve any issues related to school performance, behaviour and homework habits:

- ▲ Communication
- ▲ Modeling
- ▲ Organisation

Communication

You will achieve more and help your child more when you are not in frustration, anger or crisis mode, so maintaining calm communication with your child (and the school) is crucial. There are ways to keep communication open and healthy at home, such as family mealtimes, which are one of the most valuable opportunities for the overall health of your family.

Make family mealtimes an important priority, by sitting together with no TV, phones or screens to interrupt you. The power in having regular meals together

this way is that you all communicate in a relaxed situation. The more you make family dinner together a priority, the more it benefits your children.

Communication with the school: If you have any concerns about a particular aspect of your child's development, work with the right department in the school to help you. This could be teachers, the school nurse or counsellor.

Make sure you get all your information and recommendations about your child from the professionals instead of well-meaning friends, colleagues, or family members that don't see your child regularly. Your child will benefit hugely from the ongoing, positive communication with the people who know and work with your child.

Lead by example

Be a role model for your child by conducting yourself in the way that will influence them to behave the same.



Children absorb and imitate your behaviors, language and mannerisms. They will also copy your opinions and methods for interacting with others. Only demonstrate what you want them to copy, both for now, and for their later lives.

Organisation

All children, from babyhood to teenage, appreciate a structure at home, so pay attention to how your own home is organised. It helps to create a healthy family atmosphere to develop a simple daily routine. Here are some examples of what you can do:

Keep a designated place at home where all school bags, books, completed homework, etc. should be placed every day. Be strict about this, as this is where any school paperwork that you need to sign should be found, as well as homework you can check. It also helps to have things in one designated place so all necessary items can be disinfected at the end of the school day.

Because it is still the start of the new school year, remind your child of the spot where all school items need to be placed. Be diligent about addressing all the items that are in the designated place each day.

This may seem like an additional chore, but you will find it will ultimately save you time. Be consistent; eventually, it will become a natural routine to you and your children.

Give plenty of compliments to your child for sticking to the plan, give them gentle reminders when they need it and remember to keep your emotion out of the situation!

Every day, go over your child's homework, upcoming assignments, folders and books with your child. Have a daily conversation about what you see and ask them how they are getting on, how they feel about handling the homework and assignments. Together with your child, sort out any loose papers in their school bag daily and get it ready for the next day.

Based upon your child's needs, performance and maturity, you may need to adjust your plan following the initial implementation, but do stick with this daily plan to help your child get into a productive routine where they know you are supporting them.

Start small...and stick with it!

Once you have identified areas where your child needs guidance and support, choose just a few points to address - not a whole list of gripes!

If you remain calm and consistent your child will show improvements, but this will likely be gradual. Bear in mind that you might encounter a bit of resistance at the beginning of introducing changes, but this is only because change can be difficult for a child. Stay consistent, even if you don't see immediately positive results.

Parenting is a massive responsibility and in daily life coping with the changes brought about by the pandemic can be complicated. However, creating a home environment where your children can feel safe and sheltered from the external pressures and stresses, means that the rewards for making some changes are priceless.



KEEPING CHILDREN SAFE ONLINE

An area that has become noticeably more complicated than usual during the ongoing pandemic is online safety. Ashley Michelle Curd, School Counselor at iCademy Middle East explains.

As you might imagine, students are now spending unprecedented amounts of time online. This is due to most classes now being carried out on a variety of platforms and a seemingly endless amount of downtime to fill. When you are no longer as free to go outside or visit your friends like you used to, of course you'll turn to the Internet to get your fix of social interaction. Like everyone else, I am incredibly grateful to be able to rely on the Internet to keep in touch with friends and family,

but as a school counselor, I can also see the negative effects slowly creeping up.

Parents often want to know what specifically they can do to keep their children safe online. While it's a reasonable request, there isn't just one action to take. Children need to develop a cautious attitude when browsing the Internet and to do that, they need to have an age-appropriate understanding of why they should feel this way. Below are

some of the most important and effective ways to communicate with your child about the importance of Internet safety.

Encourage open conversation

Parents often want to protect their children by simply blocking all the bad things on the Internet or restricting screen time. While website blockers can certainly help, they can't filter everything. Frankly, the language of technology and the Internet often moves much faster than the older generations can keep up with, and parents are bound to miss things. But blocks also offer no explanation to children on why they can't visit these sites. And if you've ever had a child, or been a child, you know that the mystery of a hidden thing just makes you want to see it more. It's important for children to understand that there is a serious reason for this.

Help your children understand the difference between online and in-person relationships

Friendships are developmentally significant at all stages of childhood, but are increasingly used as a means of emotional support as children get older. It's how kids learn what is socially appropriate and how they develop coping mechanisms. Not so long ago, friendships were almost exclusively formed out of in-person interactions. However, now that the Internet is completely ingrained in everyday life and, indeed, essential to function, friendships are more often being formed without those involved knowing any real information about each other. This situation has the potential to be just as scary as it sounds.

Older students often put a lot of stock in friendships and relationships that form online. While chatting to people online is not inherently bad, becoming emotionally invested in virtual relationships is a real problem. When students spend a lot of time online, it becomes more difficult for them to separate real relationships from ones existing solely on social media. These virtual relationships may be a fun way to "meet" interesting people, but they are not real and it is important for children to be grounded enough in their real life to understand the difference.



Remind children that anyone could be anything online

As there is so little accountability on the Internet, there are no consequences for lying. It's easier for children and teenagers to assume truthfulness, especially if they are used to it in their personal lives. This is, again, not inherently bad, but can make students less cautious online. Help your children think critically about the information they come across and to take everything with a grain of salt.

Clear rules for what information should never be shared online

You might even consider posting these next to the computer if you feel like your kids need a reminder. Addresses, phone numbers, names of family members, photos, any kind of personal information should never be shared without express permission from a parent. Having these rules laid out clearly can help children independently make good decisions.

Consider website blockers, but don't rely on them completely

For younger children who are just starting to learn how to use the Internet appropriately, child blocks can certainly be beneficial. It's a great way to prevent any kind of inadvertent clicking on "bad" websites and unsavory pop-ups. However, older children often become quite savvy when finding ways around these blocks, often out of sheer curiosity. That's not to say that parents shouldn't still use these blocks, but that it's even more important to speak with their children about why being safe online matters.

Help your children understand what cyber-bullying means

This is an equally important facet of online safety and is one that should be continually discussed from an early age. Children should feel able to let an adult know when they are feeling bullied and conversely understand how their words can affect others. Help children understand that whatever they write on the Internet never goes away for good. That's a heavy concept for younger children to understand but older children need to be aware that their words now have the potential to follow them forever. The old wisdom rings true here: If you can't say something nice, don't say anything at all.

GOOD LIVING.



Enter our
competitions and
check out the skin
and beauty picks
we've made for you
this month.



THE WORLD'S PUREST FACIAL WIPES

The first rule of any beauty regimen is achieving clean, healthy skin before you do anything else. The idea of using harsh chemicals on your face doesn't feel right or natural, which is why there is great excitement around the recent UAE launch of the new WaterWipes Facial Wipes - the world's purest facial wipes.



Featuring three key ingredients, 99.9% water, fruit extract and Dead Sea minerals, the wipes are effective at removing impurities that collect on your skin from the region's climate, make-up and mascara. WaterWipes Facial Wipes are an effective, natural option for all skin types, especially sensitive skin, leaving it clean, hydrated and glowing after use.

Unlike other facial wipes on the market, the new wipe has strictly no fragrance, no alcohol and no sting. In a brand testing survey, 98% of women agreed the wipes were gentle on their skin, leaving it instantly refreshed and without any residue. The wipes are approved by Allergy UK and are proudly registered with the Vegan Society.

THE PUREST WAY TO PUT YOUR SKIN FIRST

Dr. Emer Gilligan from WaterWipes says: "Consumers are increasingly demanding products with minimal ingredients, with little or no fragrance or preservatives. However, it's

challenging to formulate a product with few ingredients that are still effective. Our unique water technology has enabled us to create a product that not only effectively removes make-up, but is pure enough to cleanse even the most delicate skin without feeling irritated."

ONLY THREE INGREDIENTS:

99.9% Water

WaterWipes natural spring water is sourced from an Irish spring deep underground. All WaterWipes water undergoes seven stages of purification resulting in an ultra-pure solution. This patented purifying technology results in a unique product that effectively cleanses the skin, without the need for additional cleansing ingredients.

Fruit Extract

Fruit seed extract is natural, rich in Vitamin C and has antioxidant properties. It helps maintain the integrity of the skin and acts as a protective barrier and natural conditioner for the skin.

Dead Sea Minerals

Dead Sea minerals have been shown to improve skin functionality by making it a better barrier and more elastic. These minerals have also long been used to improve the general health of skin, as well as having soothing effects and promoting skin barrier recovery.

Gone are the days of hard water leaving your face feeling dry and sensitive. Make-up, mascara and impurities are removed without leaving anything in their place, but fresh, natural, cleansed skin - the most important factor in any beauty routine!

The new WaterWipes Facial Wipes are available at Spinneys, Waitrose and Choithrams branches throughout the UAE. You can also find the product online on Amazon.ae, MumzWorld.com, and Sprii.com.

Join the conversation #WorldsPurestFacialWipes and follow WaterWipes Facial Wipes @WaterWipesBeauty_ME on Instagram.

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

GUERLAIN'S LATEST LINE FOR SPECTACULAR EYES



The new MAD EYES line from Guerlain is a four-step routine for creating spectacular eyes. First, frame your eyes with the Brow Framer, then give them beautiful colour with one of the Contrast Shadow Duos. Next, give them some boldness with either the Precise Liner or Intense Liner, before finally adding Mascara for the perfect finishing touch and plenty of sensational lash volume.

With its luxurious rose gold packaging and easy-to-apply formulas, MAD EYES is captivating from the first glance.

ULTIMATE BRIGHTENING SET FROM IZIL

Izil Beauty is a homegrown beauty brand that highlights the best of natural Moroccan beauty.

The Ultimate Brightening Set comprises an ANTIOXIDANT-RICH MASK containing trace minerals and vitamins, which draws out impurities, exfoliates the skin and stimulates microcirculation. The GREEN TEA WHITENING SCRUB gently removes dead skin cells and improves skin texture. The 100% PURE PRICKLY PEAR SEED OIL is high in vitamin E and K, amino acids and antioxidants, giving it extraordinary anti-ageing power. It stimulates cellular renewal and combats free radicals, reducing the depth of lines and wrinkles, as well as being an excellent healing treatment for scars, stretch marks and cracked skin. The PURE DAMASK ROSE WATER TONER gently removes any lingering traces of cleanser, dirt, oil or makeup and helps to prepare skin to tighten pores and maximise the benefits of your skincare products.



COMPETITIONS

motherbabychild.com/competitions

WIN! a Father and Son grooming package from CG Barbershop worth AED 575!

Founded in 2019, CG Barbershop is a classic Barbershop located in Dubai Media City. They focus on no-gimmick, quality hand-crafted cuts and styling. CG offers a range of services from technical cuts, skin fades, beard styling, restyling, classic cuts and Kiehls facials. The CG team are proud to encompass all things old-school barbery in an environment where you can relax and hang out with friendly, highly experienced staff, whilst enjoying a great cup of coffee as you sit back in the traditional Takara Belmont chairs and wait for the mastery to commence! CG Barbershop is the brainchild of Carlos Gamal; a fourth generation barber whose love and passion for hand-crafted barbery led him to take the plunge and open his own barber shop. His technical knowledge sets him apart from his competitors, with loyal clients making the journey from neighboring emirates, and even Saudi Arabia, for his exquisite proficiency. He and his hand-picked team, each chosen for their unique styling skills, aim to make each and every client leave CG Barbershop both looking and feeling better about themselves.

CG Barbershop is offering one lucky father and son a special CG package worth AED 575 that includes a men's cut, men's Kiehls facial and also a kids' cut.



WIN! A voucher to spend at THT hair and beauty salon worth AED 500

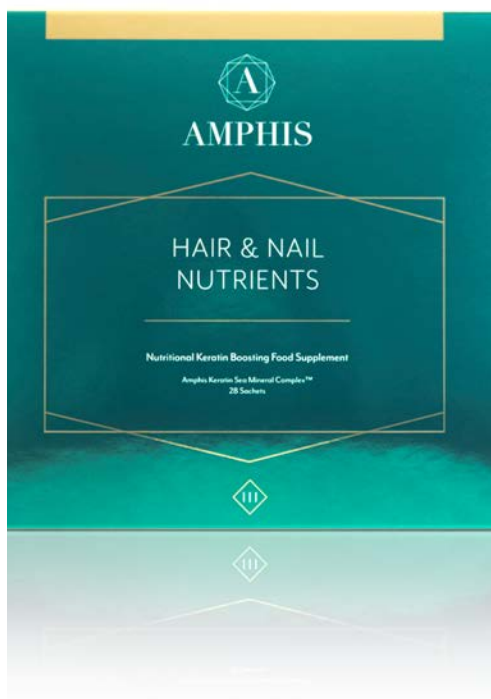


Founded by entrepreneur Kate Darling, That Hair Though is a brand-new hair and beauty salon located in The Dome Building, Cluster N, Basement Level, Jumeirah Lake Towers (JLT), Dubai. Focusing on hair, nails, lash and brow treatments, the salon features fun and quirky touches and offers a fashionable and welcoming space to enjoy a host of fully ethical treatments. Their wide range of tailor-made and exclusive treatments are all vegan, sustainable and gluten-free. Offering total hair transformations and colour corrections, the salon's team of experienced and knowledgeable staff are ready and waiting to give you the hair of your dreams. With a range of luxurious manicure, pedicure and nail art options, as well as eyelash extensions and brow treatments, THT is your one-stop-shop for the very best in ethical beauty.

The salon is giving one lucky winner a voucher worth AED 500 to spend on the treatments of their choice!

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

WIN! One of two prizes of a 1-month supply of Amphis Beauty supplements, worth AED 399!



Amphis Beauty Hair and Nail Nutrients are a premium beauty supplement that helps to beautify the body and fight the effects of ageing from within, using the finest nutrient-rich natural ingredients from the ocean. The first and only nutritional keratin boosting liquid on the market, these supplements contain a unique formula of Keratin Sea Mineral Complex (™) which accelerates the growth of strong, lustrous hair and strengthens nails. Amphis supplements are not tested on animals and are certified for halal-conscious consumers. One sachet daily and you are well on your way to healthy hair and nails!

We will select two lucky winners to receive a one-month supply of the supplements, worth AED 399.

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



PureBorn's plant-based nappies are carefully formulated to protect the environment and babies' 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 and 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 winner will receive a month's supply of both the organic bamboo nappies and pure grapefruit wipes.

WIN! A voucher to spend on the QiDZ family app worth AED 300

QiDZ, was founded by five busy mums to help other parents across the GCC share updates and information on the best child-friendly activities in town. The app offers activities happening in and around your city, to inspire the next family day out. Browse activities on the app, add them to your favourites and save to your calendar. With plenty of recommendations as well as reviews from like-minded parents and caregivers, QiDZ is a great way to find, share and update information on everything going on for little ones in your city. An AED 300 voucher goes to the lucky winner drawn.



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



@mbcmagazine

Mother Baby & Child 2020 AWARDS

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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RECOMMENDED

QVTM
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Gentle as a
mother's touch.

SOAP, COLOUR,
FRAGRANCE FREE*

QV every day.
Where *beautiful* skin begins.



MADE IN
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*Free from common irritants such as Propylene glycol & Formaldehyde