

ISSUE 115 | DECEMBER 2020 | AED 15

# Mother Baby & Child

UNDERSTANDING  
MOODY  
TEENAGERS

NEW 'CARE  
NOW, PAY LATER'  
MEDICAL PLAN

THINGS TO DO  
THIS MONTH

REVAMPING  
YOUR HEALTH!

## MANAGING CHILDREN'S EXPECTATIONS THIS SEASON

SEASONAL HOME  
HYGIENE HAZARDS



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# EDITOR'S LETTER

## *Hello Mum!*

At last we're nearing the end of 2020 - a year that many people would like to see the back of because it has bought us the global pandemic. But hold on a sec! This year has also brought people closer together, showed us inner strength and resilience that we never realised we had - and we've seen this in our children too. We've found new ways of working and our kids have adapted to the most radical system changes ever seen in education - and they have coped admirably.

Somehow, we've managed to come this far through all the challenges of this year, including the financial impacts. Now, we have a bit more 2020 business to attend to together...the festive season that many families will celebrate, or otherwise enjoy in their own way.

So this issue has a lot of emphasis on Christmas. But how do we navigate the season when there have been job and salary cuts this year that have put people under financial pressure? On page 28, we look at how to deal with children's expectations for the Christmas season in the context of money being tighter this year. I've told my own anecdote about this - but please don't hate me for what I did!

Staying with the subject of tighter budgets, on page 26 we've announced a wonderful new initiative for medical care that lets families split the cost of treatment over four installments, for the first time in the UAE. Brilliant!

Elsewhere, on page 31, we discuss the thorny topic of moody teenagers - if you have one, you'll find some interesting insights on their brain and emotional development, as well as some tips for dealing with a mood-swinging teen.

You'll find lots of nice ideas for the festive season in this issue, including our pick of turkey takeaways, thawing out your own turkey safely if you're cooking at home, a guide to cosy pyjamas and lots of things to do over the coming month! I want you to stay safe and healthy over the season of goodwill, so our hygiene section on page 16 looks at the reasons why getting your home AC system cleaned is more of a family health issue than a maintenance one - it's a must-read!

You'll find much more in this issue, so enjoy it and my best wishes for a safe and healthy festive season to you and the family.

*Kay*

Editor

Mother, Baby & Child Magazine



## EDITOR'S —PICK—

The work from-home culture has breathed new life into the humble pyjama, and treating yourself to a smart, monogrammed set has a big psychological effect - it's a smarter and more elevated way of being comfortable at home that has a feel-good factor that you just won't get with your old PJs! This is my pick for you and can order your personalised PJs at [www.sleepPJs.com](http://www.sleepPJs.com) for less than AED 300!



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WE HOLIDAY TOGETHER

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## EDITOR'S PICK

On page 50 you'll see our tips for changing the top five unhealthy habits as inspiration for your New Year's Resolutions. I recommend the Umbro Exert Max as a trainer that makes walking your 10,000 daily steps to health an easy peasy, cushioned, cool breeze. It's my number one pick as a gift for yourself this festive season!





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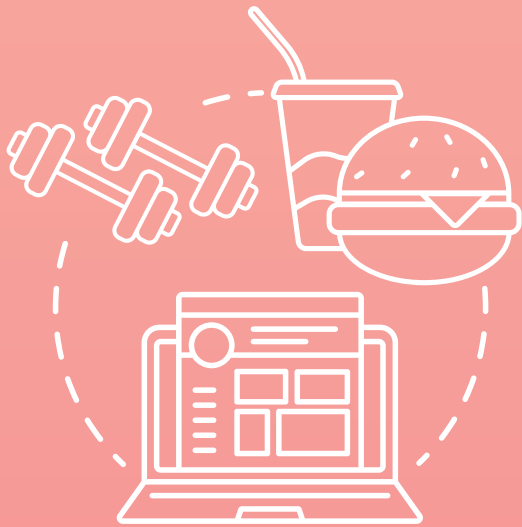
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# THINGS • TO DO •



December is a fantastic month to get out and about with the family and experience all things festive, as well as supporting local restaurants.

## PRETTY IN PINK, SAMPLE THIS THAI CLASSIC FOR A LIMITED TIME ONLY!

*Dubai's favourite Thai street food venue Café Isan offers limited edition, gluten-free pink noodles - and look at how pretty they look!*



Café Isan in JLT, Dubai's most authentic Thai street food and tea bar restaurant, brings a true taste of home to its well-loved menu with super tasty, gluten free rice vermicelli pink noodles, a nostalgic dish mostly found on carts at school gates across the country.

Partner and co-owner Chef New says: "Pink noodles are as old-fashioned as it gets. A truly well-loved dish, popular throughout the entire nation, I remember buying pink noodles for 2 baht (0.24 fils) from the cart outside the school gates. I loved them so much, as did all my friends and family. In those days, two baht would get you a plastic bag of plain pink noodles, with no veg or egg, just a pinch of spring onion on the top!"

*Open daily from midday to 10pm*

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cafeisan.co*

# LUIGIA'S AUTHENTIC ITALIAN BRUNCH & KIDS' PLAYROOM



Located at the Rixos Premium in JBR, award-winning Italian restaurant Luigia serves real, authentic Italian food exactly the way you'd have it in Italy. It's great news then that Luigia's brunch is back on the menu - it's an absolute must for lovers of Italian cuisine. Bursting with high quality, fresh Italian ingredients, this is a rare brunch that allows you to indulge in the finest of food, but without that heavy feeling that can ruin so many brunches now. Luigia provides a very intelligent brunch menu, with a light start of six dishes: Crispy calamari; Italian green olives, naturally sweet Datterini tomatoes and creamy dreamy Burrata; Hot, fresh potato croquettes, stuffed with cheese and served with a spicy mayo; A light and refreshing octopus salad; and a classic bruschetta with the sweetest of baby Italian tomatoes on

toasted crusty bread - adding a drizzle of olive oil and allowing the juices to soak into the bread is the kind of explosive simplicity that hallmarks Italian cuisine at its best. Home-made, fried pizza dough crostini takes care of mopping up all the lovely juices at the end! And that's just the start!

The main courses that continue your brunch will include a home-made burrata, fresh basil and fresh tomato pizza, made with skill, pride and love; Perfectly-cooked wagyu steak, simply accompanied by zingy fresh-shaved parmesan and rocket leaves; crispy-crumbed fish and a light tomato salad; and a light, pillowy dish of home-made gnocchi, cooked in a sauce of cheese and tomato.

Dessert is also a smart choice - a sharing platter of chocolate-coated mini cubes of

crispy dough bites, with crushed nuts and pistachios. It's the kind of dessert you can pick at over a coffee - all safe in the knowledge that your little ones are free to hang out in Luigia's play room in safety and comfort!

Brunch is priced at AED 220 per person (inclusive of soft drinks), or AED 320 per person (inclusive of house beverages). Children under the age of 7 receive a complimentary pizza or pasta!

Luigia is a true Italian restaurant, whose food would make any Italian grandmother proud. So of course, you'll also find all the classic antipasti, pasta and pizza dishes that have become favourites the world over.

*For reservations contact +971 (0) 4 349 6950 or visit [www.luigia.ae](http://www.luigia.ae)*





# EXPERIENCE THE WONDER OF LAPLAND RIGHT HERE IN DUBAI!

*Get ready for the most wonderful time of the year with the magical Winter Wonderland at JBR that will be open to all from 12th December 2020 until 7th January 2021.*

Looking for something festive to enjoy with the whole family? You can really get into the spirit with a visit to the Winter Wonderland at JBR, featuring an all-new digital pavilion, several street performances, a glice-skating rink, a visit from Santa, as well as all the traditional favourites.

Organised by Magic Innovations and Neuvo Design, and supported by Tiny Bean Events, the festive village will be open to all from 12th December 2020 until 7th January 2021, with gates remaining open between noon and 10pm on weekdays and midnight on weekends.

The immersive multimedia show creates a realm of wonder for children and adults alike, using 360 projections with holograms. The outdoor display of light and art installations has proven its place around the world as a must-see show in the holidays. Revellers can enjoy a magical 15-minute walk through

a narrative 'Journey to the North Pole', complete with twinkling palaces, lollipop trees and snow-capped forests.

Adding to the magical setting are the incredible decorations that include thousands of lights, Christmas trees and life-size toy soldiers. Winter Wonderland at JBR brings you a white Christmas just like you remember, and without having to jump on a plane, decked out with penguins, gingerbread men, candy canes and polar bears – and constant snowfall to add.

The festive village also includes a variety of fun activities for the little ones, including a glice-skating rink, bouncy castle and slide, and Build A Bear stations. There will be a variety of live entertainment throughout the month, like shows by Magic Phil and street performers, making no two days at the Winter Wonderland alike.

Food kiosks, set up along the walkway, offer festive favourites like non-alcoholic mulled grape, hot apple and cranberry pie, grilled raclette cheese and roast beef sandwiches, baked potatoes and turkey sausages, and hot chocolate with a selection of toppings.

Entry for a single activity starts at AED 27, while all activities can be accessed for prices starting at AED 117. Family packages with multi-passes for four persons start from AED 441, while the digital pavilion show can be accessed separately for AED 72 per person. All ticket prices vary on weekends. Tickets must be purchased online in advance as only a limited number of entries will be provided for each designated time slot throughout the village to keep to a strict capacity.

*For more information and bookings, please visit [BookMyShow](#) and follow [@WinterWonderlandDXB](#) on Instagram.*



# CREATE MEMORIES THIS FESTIVE SEASON AT ANANTARA AL JABAL AL AKHDAR RESORT



The elevated luxury resort, located at 2,000m above sea level, welcomes families to spend some quality time with their loved ones and spread the joy of the festive season. With an impressive line-up of restaurants and unparalleled service, Anantara Al Jabal Al Akhdar Resort invites you to create memories to last a lifetime.

#### Anantara kid's activities

Anantara youngsters are set to have their own share of fun with exciting events throughout the resort from 20th December 2020 to 2nd January 2021. With some joyous carolling, festive-themed craft workshop at Asfour Kids Club and gingerbread-decorated Al Baha café at the courtyard, children are in for a festive treat!

Additionally, on 25th December, young guests will be greeted by their friendly mountain Santa Claus as he comes bearing gifts to all those who are on his nice list.

Christmas Eve dinner, 24th December 2020  
- 6-10 pm

With traditional Christmas dishes such as winter squash, English steak and mushroom pie and the classic roasted turkey with cranberry sauce, alongside local and Asian delicacies, diners are in for a fantastic celebratory indulgence at the Al Maisan and Bella Vista.

The price is OMR 25 per person for a buffet at Al Maisan, or OMR 45 per person for a five-course set menu at Bella Vista.

#### Christmas Day brunch, 25th December 2020 - 12 noon-3:30 pm

A fabulous festive brunch with a live carving station featuring a delicious honey-glazed turkey alongside an assortment of mixed meats, classic Christmas dishes and the sweetest of desserts. The top-notch culinary offerings at Al Maisan, coupled with the time-honored tradition of Omani hospitality will elevate your joyful spirit and leave you absolutely satisfied. The price for this is OMR 35 per person for the buffet

#### 'Na Nuit Magique' New Year's Eve dinner, 31st December - 8-10:30 pm

To ensure your New Year's Eve is truly magical, the resort will be serving some incredible and scrumptious festive delights along with live music. The resort gives you the option to choose between Al Maisan and Bella Vista, both of which provide breathtaking panoramic views stretching across the canyon. OMR 85 per person for a buffet at Al Maisan or OMR 75 per person for a five-course set menu at Bella Vista.

#### New Year Countdown Party

Gather your near and dear ones and countdown to a new beginning and ring in 2021 with a smile on your face and a complimentary drink in your hand. Cheers to a wonderful year ahead at The Courtyard on 31st December 2020 at 10pm onwards!

*For more information or to book,  
call +968 2521 8000,  
visit us at [jabal-akhdar.anantara.com](http://jabal-akhdar.anantara.com) or  
email [aljabalalakhdar@anantara.com](mailto:aljabalalakhdar@anantara.com)*

## THINGS TO DO

# MAKE WAY FOR AWESOME FAMILY FUN AS LEGOLAND DUBAI REOPENS!



Families can now enjoy BRICK-tastic rides and attractions at LEGOLAND Dubai Theme Park, with enhanced safety measures in place across the theme park ensuring a safe and fun experience for all. LEGOLAND Dubai is welcoming families with children aged 2-12 to build awesome new memories together.

Maintaining visitor health and safety as a top priority, the team at LEGOLAND Dubai has been working hard to ensure hygiene and safety measures are enhanced throughout the Park, including temperature checks on arrival, enhanced cleaning, one-way systems, social distancing markers at ride queues, shops, restaurants and more. These measures, in line with government regulations and global standards, provide peace of mind for families as they continue having fun within a safe environment.

Families can at last once again enjoy the LEGO themed rides and attractions across 6 lands – whether it's conquering the exhilarating Dragon Coaster, recovering a Pharaoh's stolen treasure in Lost Kingdom Adventure, or letting their creativity run wild in IMAGINATION and LEGO CITY.

LEGO fans will love visiting MINILAND to see Dubai's iconic skyline and key iconic landmarks from around the Middle East and international destinations, all made up from over 20 million LEGO bricks.

You can also purchase your favourite LEGO themed souvenirs from the Park's retail stores, while stopping by the LEGO themed restaurants for a quick snack.

The opening times for LEGOLAND Dubai will be from 10am - 6pm from Saturday to Wednesday, and 10am - 8pm on Thursdays and Fridays.

The LEGOLAND Dubai Annual Pass can also be purchased with an awesome 3 months free when you buy online - 15 months for the price of 12 months.

For more information, visit: [LEGOLAND.ae](https://www.legoland.ae)

## WEEKEND BREAKFAST & KIDS' FUN PACKAGE!



After the challenges that 2020 has brought, the Park Inn by Radisson, Dubai Motor City brings a welcome return to normal for families with their new lazy weekend breakfast offer.

For only AED 65 you can choose any main dish (for example, a classic Eggs Benedict, a healthy Acai Bowl or maybe the Breakfast Brunch platter) and enjoy unlimited servings of fruits, pancakes, waffles and pastries, as well as unlimited coffee and tea. But that is not all - you'll also get all day access to the rooftop pool, which offers cool views over the Dubai Autodrome hotel - the only motor themed hotel in Dubai.

Kids up to 12 years old can enjoy a full day access to Fun Block for only AED 45, with their own kids menu, pool access and free entrance to Fun Block, located just next door to the hotel!

Add AED 25 for the 'Triple Block Package' which includes all day soft play, 30 minutes of climbing walls and 30 minutes of trampoline fun!

Email: [frontoffice.motorcity@parkinn.com](mailto:frontoffice.motorcity@parkinn.com)  
or Tel: +971 (4) 249 4100





## MADAR AT ALJADA REVAMPS ITS VISITOR EXPERIENCE WITH BIGGER AND BETTER ATTRACTIONS

Arada has revealed a revamped Madar at Aljada, the new family entertainment complex based in the heart of Sharjah's largest lifestyle megaproject, in time for the safe and socially distanced start of the winter events season.

The new attractions include an expanded drive-in cinema featuring a state-of-the-art screen and sound system, with musicals and movies celebrating the spirit of the union. The experience also includes the expansion of popular dining destination Zad to accommodate 24 outlets, becoming one of the UAE's largest food truck parks. Visitors will be able to enjoy the new drive-in cinema and the expanded Zad food district from this month.

As well as Zad and the drive-in cinema, Madar

also features the Aljada Discovery Centre, which has been designed by Zaha Hadid Associates, the Playscape kids adventure playground, a skatepark and an amphitheatre, all set within a lushly landscaped park.

### The largest outdoor screen in the Gulf

The new list of attractions at Aljada includes an expanded drive-in cinema, which now hosts the largest outdoor screen in the Gulf, measuring 18.4 metres in width and 13.2 metres in height. In addition to the giant new screen, Movie Nights at Aljada has also been fitted out with a state-of-the-art surround-sound system, meaning that visitors can appreciate a full, immersive cinematic experience simply by winding your car windows down.

Entry to Movie Nights at Aljada remains free of charge, and all parking spaces are socially distant, meaning that families can enjoy an evening out in a safe and secure manner. Blockbuster films are screened every night from 8pm, except for Friday nights when they kick off at 7.30pm.

### Expanded F&B offering at Zad

In addition to the cinema, popular dining destination Zad has also been expanded, with seven new food trucks offering an even bigger range of snacks and meals. With capacity for 24 outlets in total, Zad is now one of the largest food truck parks in the UAE.

## A NIGHT IN THE MALL - CAMPING WITH A TWIST!

Bring your pyjamas! Festival Plaza is hosting an unforgettable night of fun with their 'Camp in the Mall' event on 10th December. Dress comfy!

**MOVIE** **TROLLEY DASH** **TREASURE HUNT** **F&B** **MUSIC**

### CAMPING WITH A TWIST

Spend a night of camping fun for all the family at Festival Plaza, Jebel Ali from 11:00pm - 8:00am on the 10th of December, 2020.

Enjoy an action-packed night after hours with a treasure hunt inside IKEA, trolley dash missions inside Ace and Lulu hypermarket, movie, snacks, prizes and a lot more. Bring your A-game!

Parking: Entertainment Parking, Level 1  
Dress Code: Comfy

**#CampingatFestivalPlaza**

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# • HOME • HYGIENE



Two big topics this month! Thawing out your frozen festive turkey safely to avoid food poisoning and the compelling health reasons to get your AC cleaned!



## HOW TO THAW A FROZEN TURKEY SAFELY

*If you're buying a turkey for Christmas, this is just the first of many steps to putting that bird on the table. Often the most challenging part is if you buy a frozen turkey, as you'll have to figure out how to thaw it safely.*



Thawing a frozen turkey is a crucial part of the overall cooking process, because it needs to be done safely. Whenever you're dealing with raw meat, you need to take certain precautions to avoid your family becoming sick. Along with undercooking the bird, handling the raw turkey incorrectly is one of the most common factors that leads to foodborne disease linked to poultry, according to the Centers for Disease Control and Prevention (CDC) in the USA - arguably the home of the roast turkey dinner.

You're most at risk of contracting Salmonella, Staphylococcus and Campylobacter Listeria from mis-handled turkey. However, most raw poultry contains Campylobacter while some may contain E. Coli, Yersinia Enterocolitica and other bacteria that can make adults and especially children very sick. The symptoms of contracting each pathogen can vary, but they can all cause vomiting, stomach pain and diarrhea.

### How do you thaw a raw turkey correctly?

#### 1. Put your frozen turkey in the fridge

This is the best method, since it allows for

a slow, safe reduction in temperature. It can take a while: You'll need to allow about 24 hours for every five pounds of turkey. (So, if you're reading this the day before Christmas, you're probably too late for this method!)

When trying this method, you want to place the turkey in a pan to catch the juices, in case any spill out. We also suggest placing the pan on the lowest shelf possible to avoid any potential spills getting onto your other food.

#### 2. Put it in a cold bath

If you're looking for the speediest, safest way to defrost your turkey, the cold bath is really the way to go. Submerge your turkey in its original wrapping in cold water in your sink. You'll want to allow 30 minutes of thawing time per pound of turkey, and should change the water every 30 minutes to keep it cool.

#### 3. Can I use the microwave? No!

It is possible to use the microwave for a

small bird, or turkey crown, however, check the manufacturer's instructions since every microwave is slightly different. But while this is a technically possible method of defrosting a turkey, it is not the most efficient, as you'll likely end up with hot and cold parts of the turkey.

The most common question about defrosting a turkey is: "Is it safe to leave a frozen turkey out overnight or at room temperature?" The answer is 'no'. Frozen turkeys should never be thawed on the kitchen counter and should never be left out at room temperature for more than two hours. Not only this, the chances that a 'family Christmas' sized bird will fully defrost in two hours are slim to none.

When turkey is left out at room temperature for more than two hours, its temperature becomes unsafe. Bacteria can grow quickly in the 'danger zone,' which is between 40°F and 140°F. Of course, some of that bacteria can cook off, but not all of it. Alarmingly, the staphylococcus toxin is heat-resistant and will survive the heat of the oven. Plus, it's just not an effective means of defrosting your bird, as the outside of the turkey will seem like it's defrosted, but the inside will still be frozen.

### HANDLING RAW TURKEY SAFELY

Food safety experts have some very specific instructions for keeping safe when you handle your raw turkey:

1. Wash your hands thoroughly in warm, soapy water for 20 seconds before and after handling the turkey.
2. Don't wash the raw turkey. The act of washing it will cause turkey juices to splash and spread in the kitchen and contaminate other things.
3. Use a separate cutting board for the raw turkey.
4. Never place cooked food or fresh produce on a plate, cutting board, or other surface that previously held raw turkey.
5. Wash cutting boards, utensils, dishes and countertops with hot soapy water after preparing the turkey, before you prepare the next item.





# YOUR HOME AC: HAZARDS & HYGIENE

*With the pandemic forcing us to spend far more time at home this year, especially over the warmest months, we've had to rely on our home AC systems more than ever. However, Jamie Hunter, Managing Director of AC cleaning firm, Pro Clean AC explains why the humble home AC can often hide a multitude of health hazards.*





UK-born Jamie Hunter, Managing Director of Dubai-based AC home cleaning firm, Pro Clean AC, is passionate about indoor air quality in our homes. With the majority of his company's work carried out in Dubai homes, he has seen and experienced the silent health hazards that can lurk in the air breathed by families in their own homes. These most commonly include bacteria and mould growth in home AC systems where people neglect to schedule regular cleaning. Here, he tells us more:

### In this region, when should a home have the AC cleaned?

The short answer is every 6-12 months, depending on the system and usage. Given that we've spent the majority of the year indoors at home - and now we are about to enter the festive period when people will definitely be spending more time at home, I'd recommend that any family home that has not had its AC cleaned for 6 months or more should consider getting it cleaned. It's more as a health issue, rather than a maintenance matter.

### Does the whole AC system have to be cleaned, or just the filters?

Filters should be cleaned every 3-6 months. In the UAE, the air conditioning is used 80% of the year so it's very important to clean and maintain them for efficiency, and most importantly health reasons.

### What are the health side effects of having a dirty AC system in my home?

If you are persistently experiencing any of the following, my experience is that it could well be a result of a poorly maintained AC system:

- Coughing or chronic coughing
- Sneezing and hay fever-like symptoms
- Sore throat - one that keeps recurring
- Congested or runny nose
- Sinus problems
- Itchy eyes
- Regular headaches
- Skin rashes

If you already have asthma or other respiratory problems, then a poorly maintained AC system can have a very serious impact on your health.

### What are the signs my air conditioning needs cleaning?

- If you notice there is a weak air flow coming from your unit, or if you've turned your unit on and noticed that it isn't very powerful, this could mean your ducts, filters and blowers need to be cleaned. The less air being circulated through the room, means the longer it takes to cool the room down, therefore using a lot more energy. A clean AC system is much more efficient and therefore uses less energy.
- The air coming from your unit has a bad smell. If you can smell a musty odour coming from your unit when you turn it on, some of the reasons are that your unit has a build-up of dirt, mould and bacteria which circulates through the room each and every time you turn on your unit. As a professional in this field, it breaks my heart that people breathe this in - especially children.
- Your health is being affected. Clean air can help anyone who suffers from asthma, allergies, hayfever and ongoing sinus problems.
- If your AC grills look discoloured and dusty then it's very likely the ducts are in the same condition or worse.

### Why is it important to have my AC ducts and filters cleaned regularly?

It is very important to ensure your AC system is regularly cleaned because of the air quality and its impact on you and your family's health.

Failing to do so on a regular basis (every 6-12 months), could possibly result in diseases caused by the circulation of dust mites, fungal spores, mold spores, mildew, bacteria, viruses, tobacco smoke by-products and other unwanted particles in the air.

Poorly maintained home AC systems also can result in mould, mildew, fungi, damp and even flooding, which will also impact



your family's health.

### Tell me about Pro Clean AC's services.

Every one of our engineers is professional and highly-knowledgeable about the health hazards that can lurk within a home AC system. We use fully trained British engineers who come fully equipped and can service any home, work or office AC with our best-in-industry machines and equipment. Personally, I'm proud that we can help and support so many families with a prompt, professional and friendly service. Our service really is more about 'a necessary health measure' rather than just a maintenance issue.'

### WHAT OTHER REASONS CAUSE THE AC TO SMELL BAD?

#### Drainage line blockages

Once a central air conditioner has removed excess humidity from your house, it pushes the excess water down a drainage line. If

you notice a musty smell from your air conditioner, it may be caused by a blockage in the drain pipe. This issue will produce a build-up of moisture in your Ventilation/AC system. Since the water is stuck in the air conditioner, it will begin to produce a stale odour that will be pushed from the central system to the air ducts in your house. The best way to eliminate this air conditioner smell is by calling a certified AC technician to perform an inspection and cleaning.

#### Motor or circuit panel short

As the central air conditioner system ages, the probability of a motor or circuit panel short increases. If you notice an air conditioner smell that resembles fireworks or gun powder, we recommend calling a professional Ventilation/AC technician. This will help avoid internal damage to expensive components of your air conditioner.

#### Dead animals

When your air conditioner smells bad

at the beginning of the season, this can be an indicator of a dead animal in your ventilation system. During the warmer months of the year, birds, rats, mice and other rodents seek warm locations to take shelter and survive. However, most of these creatures will die and begin to disintegrate prior to the winter.

This will cause a smell to develop in your air ducts that closely resembles rotten eggs. To eliminate the smell, perform an inspection of the supply and return vents in your house. If you notice dead creatures in your air ducts, use a tool such as kitchen tongs or another instrument to remove it from your system. However, the likelihood of you finding dead animal remains in your air ducts is slim since you probably do not have the correct tools, so make an appointment with a professional AC cleaning contractor.

#### Contaminated evaporator coils

The evaporator coils from a central air conditioner are responsible for removing heat from the air. Once this process is





finished, the cold air is pushed into your house through your network of air ducts. If your air conditioner smells bad, this is a clear indicator of a build-up of dust and grime on the evaporator coils. To avoid the formation of mould, it's important to have a professional clean these coils.

#### **Smoke infiltration**

Most people are aware of the disadvantages of allowing people to smoke in the family home. Once you smoke indoors, it is hard to remove the odour from your house. This is because the excess smoke is absorbed by the drywalls, furniture and carpet in your house. However, a majority of homeowners are unaware of the devastating effects smoking indoors can have on an air conditioner.

When you choose to smoke a pack of cigarettes indoors, the smell of the excess smoke may be pushed into the evaporator coil of your system. This odour will penetrate the coil and cause the smell of cigarettes to be pushed into your home each time you use the air conditioner.



To eliminate this bad air conditioner smell, you will need to call a certified technician to sanitise the evaporator coil and other compartments of your air conditioning system.

#### **Refrigerant leaks**

If a central air conditioner or ductless system smells bad, the culprit may also be a refrigerant leak in your system. When a leak occurs, you will notice a smell that closely

resembles acetone. Do not leave this issue unresolved, as this issue may lead to health problems within your family. Additionally, the air conditioner will eventually become less efficient, which will cause the total cost of your AC bills to rise.

*To schedule an appointment to have your family AC system cleaned, you can call Jamie's Pro Clean AC team on +971 556 382 341 / 04 372 1198, or email them at: [info@proclean-ac.com](mailto:info@proclean-ac.com)*

# 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•



Time for a revamp  
after eight months  
of staying home;  
and news of an  
important new  
service that lets  
you spread your  
health costs over  
installments.



## REVAMPING YOUR HEALTH HABITS

*Many of us have grown up with  
poor health habits and as we  
head towards the new year,  
it's time to reverse those past  
mistakes!*





Over time, it's easy to develop a way of functioning that runs-down our health. It could be a poor diet, lack of exercise, smoking, stress, or in some cases, drinking excess alcohol. These lifestyle risks can silently increase our risk of developing serious health issues, impact on our overall function and the state of our health.

The more obvious signs of poor health habits are both seen and felt - a bulging waistline, poor focus, aches and pains, a shortness of breath or a lack of energy during the daytime. But it's what you don't see or feel that puts your long-term health and life at risk.

Lifestyle diseases and chronic conditions like diabetes, heart disease, stroke, cancer and dementia are on the increase but can mostly be prevented. In this region, there are large numbers of people with silent, undiagnosed Type 2 Diabetes which may be damaging their bodies as a result of a sweet tooth habit.

Our less than healthy habits can range from frequent snacks in coffee shops, lack

of physical activity or an overly-exhausting lifestyle trying to juggle work with family. But there is always a cost to your health. This is because chronic diseases emerge due to the combination of many adverse and subtle changes in the function of cells and tissues, with small and persistent changes in hormone levels and immune function. While scientists continue to study these chemical and cellular changes to uncover complex interconnections that are at the root of serious disease, it always comes back to the importance of lifestyle choices as the cause.

### **IT'S NEVER TOO LATE TO MAKE LIFESTYLE CHANGES**

Regardless of how long poor habits have been hanging around, it's never too late to intake a healthier diet and make other changes. And the good news is, some of the causes of bad health can even be undone with some lifestyle renovation. Changes in lifestyle habits can quickly improve complications and health risks related to poor food choices, physical

inactivity and constant stress. This can help ease pre-existing disease severity but even more importantly can prevent serious disease from developing in the first place. For example:

1. Blood glucose (sugar) levels fluctuate much less by eating low glycaemic index (GI) foods, and this can be experienced as quickly as eating one healthy meal.
2. Eating less saturated fat and more vegetables, fruits, legumes and other plant based foods can decrease cholesterol levels in just a few weeks.
3. High blood pressure can be remedied by adding in regular physical activity, reducing high salt foods and decreasing alcoholic beverages to one or less standard drinks per day.

When you think about it, our habits, creature comforts, vices and cravings have been around for over a decade or more and can be stubbornly difficult to budge. There's no



## HEALTH

surprise that with any healthy change there is some discomfort, new learnings and trial and error until you find what is workable to fit your lifestyle.

Each small change whether it be to food choices, lifestyle or emotional balance is beneficial to our health. Imagine climbing up a ladder – with each rung being a positive change so that the health benefits eventually add up with measurable and visible gains to your overall health and wellbeing. In this way, you can tackle lifestyle changes one bit at a time.

As with any change worth making, there are a myriad of reasons and benefits to make these changes, including a new physical and mental vibrancy, and a renewed zest for life. In true lifestyle revamp style, here are six ways to help you make successful and lasting healthy lifestyle decisions.



### TARGET THE MOST IMPORTANT AREAS

On every home renovation show, they say that kitchens and bathrooms sell houses. A few changes like updated appliances, new tiles and plenty of kitchen work space equate to a functional and pleasant house that becomes a home.

Pick your most obvious habits and behaviours to change, choosing just one or two at a time. If it is a lack of physical activity, you'll be amazed at how a 30 minute walk each day will have a profound impact on your health and quickly reduce shortness of breath. Or if you tend to skip breakfast, how having a healthy breakfast can improve your energy levels and metabolism to reduce tiredness and hunger later in the day.



### GET RID OF UNHELPFUL HABITS

Old unhelpful habits and feelings that have been part of a routine that has resulted in poor health need to go! These can obviously be difficult to shift and are sometimes the consequence of situations that trigger an unhealthy action. The trigger can be:

**Internal** - such as boredom, overwhelm with family life or stressful work demands

**Environmental** - such as the wafting smell of a fast food restaurant or being influenced by advertising

**Social** - such as the deluge of coffees with pastries and other tempting calorific foods when meeting friends socially; or office traditions like everyone banding together to order pizzas, or cakes every time it is someone's birthday.

The challenge is then to identify these triggers and set about either altering the trigger or making changes to the routine. We can change many things, like having a healthy, hearty breakfast and bringing your own lunch to avoid workplace temptations; avoiding meeting friends at coffee shops, incorporating meditation or going for a walk to reduce stress - we may even decide to change jobs. These changes can make a world of difference.

### LET GO OF PERFECTIONISM, YOU DON'T NEED 'A GRAND DESIGN'

Have you noticed how renovations are rarely about perfecting a house, but more about working within a budget? Changing a habit is rarely an instant and complete overhaul funded by every ounce of our willpower. Rather, it is more like a project we chip away at, evaluating our progress along with the highs and lows. For each low it's important to assess what the trigger has been, how to adapt or reduce the likelihood of this happening again, regroup and carry on.

It takes measured and consistent work rather than getting everything perfect and right straight away (we are more likely to give up if we are



expecting 100% perfection!) At the same time, it gets easier to change habits with mindful reflection, self-kindness and practice. Remember, while old habits take time to change, research shows that doing something consistently, every day for three weeks is long enough for your brain to adopt a new habit!

## DO A BIT OF DIY WITH THE RIGHT KNOWLEDGE

Even the best renovators call on experts for specific jobs. There is no point in being bombarded by every type of health expert (including your neighbour), each giving different and conflicting advice about what works best. Choose advice from qualified health experts, or evidenced based books and articles to combine your knowledge (often common sense) with application. This means you can choose what elements of a healthy lifestyle plan you are most likely to achieve (and maybe even like) and combine them into what works for you.

## MAKE A FLOOR PLAN FOR SUCCESS

*“Let’s throw out the floor plans and renovate this house from scratch”* said no expert renovator ever! You will need a plan to follow, and this plan is driven by **goals**, **values** and a **vision** of what your renovated lifestyle will look like.

This means that in building new healthier habits it’s realistic to start with foods (or habits) that are at least likeable and well tolerable. Choosing physical activity that you actually enjoy, whether it be dancing, walking, trampoline bouncing at BOUNCE, or taking a regular walk with your headphones or a friend. Once you decide what you like, remind yourself why these changes are valuable to you - perhaps it is

about self-care, having the energy it takes to support your family, or role modelling a healthy lifestyle for your children. These ‘floor plans’ will help to steer you in the right direction, even when the going gets tough.



## CELEBRATE THE MOVE INTO YOUR NEW HOME!

Pre-pandemic, every new house renovation was celebrated with a party or a house warming - marking the fact that you have worked hard for this moment. Likewise, celebrate each healthy lifestyle goal reached and each habit you have worked hard to change. Your new and improved habits for a healthier lifestyle deserve a reward that really speaks to you. How’s about a full body massage? Some new clothes or a local staycation?

It is never too late to renovate your lifestyle. The benefits of renewed health and wellbeing will serve you and your family both now and for years to come.





# WHAT EVERY PARENT NEEDS TO KNOW ABOUT MEDICAL COSTS

By Kay Marham

*Every parent's worst nightmare is a scenario whereby their child gets seriously hurt and needs medical attention. Given that the pandemic has affected so many families financially, every parent needs to know about the first major healthcare provider in the region to offer a 'Care Now, Pay Later' installment plan for making health and medical payments.*



Recently, a reader called Inayat phoned me in a high state of distress. His two-year old daughter had fallen from the bed she was bouncing on with her sisters (I know, I know!), hit her head on the corner of the bedside cabinet and landed on the stone floor. Head first. It all happened in an instant, but the poor little mite was left with a serious deep cut to the bone and swelling on her forehead that required immediate, urgent medical attention.

The father of the injured toddler raced to hospital with her, only to be told that the baby was not covered by health insurance and they would have to pay approximately AED 13,500 there and then, in order to receive the relevant treatment from a paediatrician. Shockingly, they were turned away when he told them he could not pay. This is when he called me to ask if I could recommend anywhere that would treat his baby urgently. My answer was a simple 'yes' - there is a new payment facility from Medcare that every parent in this situation should know about...

### **'CARE NOW, PAY LATER' PAYMENT PLANS**

Medcare has recently partnered with Spotii to offer convenient 'Care Now, Pay Later' payment plans for patients in need. This is important news for all parents, as Medcare has long been known in the UAE for its network of multi-speciality hospitals, medical centres and hundreds of specialised doctors that all work with one core passion in mind - yours and your family's well-being. In a medical emergency - especially one involving a child, it is reassuring to have this level of genuine care and medical expertise at your disposal. But knowing that there is now a payment plan available to help in cases of financial difficulty is fantastic news for families in the UAE, especially on foot of the pandemic this year and reduced salaries.

The new Medcare Hospitals & Medical Centres partnership with Spotii, means that they have now teamed up with an innovative UAE-based payment technology platform to make the payment process more convenient for patients. Through this tie-up, Medcare has made paying for all cash services at any of their facilities simpler, as you can now split the total cost of treatment over four instalments.

Not only are their standards at the highest regional level in all aspects of healthcare - which is exactly what every parent needs in a child emergency - their doctors, treatments, facilities and paramedical support that are on par with the best in the world.

Speaking about the 'Care Now, Pay Later' payment plan initiative, Karim Braka, Chief Operating Officer at Medcare Medical Centres, says: "At Medcare, we believe in offering our patients the benefits of comfort and effortless, and digital transformation is at the heart of all our services. The introduction of Spotii into our payment procedures has elevated our omnichannel patient experience, while helping reduce financial stress with the flexibility of splitting a bill into four instalments at no additional cost."

### **THE SIMPLE WAY TO MAKE PAYMENT IN 4 INSTALLMENTS**

The mechanism is simple: patients select to pay with Spotii using any debit or credit card and spread their bill over four instalments - with a 25% down payment and three equal, automatic payments in the future.

Approval is instant and there is no interest or additional fees to use the service.

Ziyaad Ahmed, Chief Operating Officer at Spotii comments: "At Spotii, we are constantly exploring ways to make our users feel better. Whether it be relieving the stress of tight cash flows or helping them achieve that special look, we exist to promote both emotional and physical wellbeing. We love that this landmark partnership with Medcare makes top quality healthcare more accessible and inclusive to our growing community."

As the first major healthcare provider in the region to offer 'Care Now, Pay Later', Medcare's partnership with Spotii demonstrates a commitment to innovation and caters to the huge patient demand for more pocket-friendly payment options.

### **"WE'LL TREAT YOU WELL"**

Medcare's stated promise, "We'll treat you well" - has traditionally referred to their coordinated manner in delivering a gold standard of health and medical services, with the latest in care for all medical conditions. Now, however, with the introduction of the 'Care Now, Pay Later' initiative, it adds a new depth of meaning, as summed up by Inayat, the father of the injured toddler that so desperately needed medical care after being turned away by another hospital because of his cash flow:

"The Medcare Women & Children Hospital team were amazing in the way they cared for my daughter, they gave her the best treatment any parent could ever wish for - she didn't even cry!" He added: "I have two other daughters under 10 years of age, so knowing that there is a payment plan in place to pay over four installments if I need it makes Medcare my 100% first and only preference for my family's health. I can get the best care in the world, and thankfully get it in a way that works with my circumstances."

*For more information or to book an appointment, visit: [Medcare.ae](https://www.medicare.ae) / Contact 800 MEDCARE / Or follow @Medcareae*



•PARENTING•



Advice on  
managing your  
kids' expectations  
if money is tight  
this season. We're  
also looking at the  
real reasons why  
teenagers can be  
moody.

# DEALING WITH CHILDREN'S XMAS EXPECTATIONS ON A BUDGET

*(And My Own  
Nightmare Before  
Christmas!)*

*For many expat parents, one of the joyous things about the festive season is seeing the faces of their children light up with delight and excitement at the thought of getting gifts. But, with the pandemic affecting families financially this year, how do you ensure the festive season is not full of guilt for you and disappointment for them?*

By Kay Marham



When children are very small they don't understand too much about Christmas - and the really tiny ones seem to even prefer playing with the wrapping paper, rather than the gift inside! However, by around age four, toddlers have a good handle on what to expect during the festive period - they know who Santa is, what job the reindeers do, they know they have to behave otherwise Santa might not come...with the all-important presents!

By the time a child is five years and over, they know the drill and egged-on by well-meaning parents and family friends, their expectations are firmly in place, complete with their wish-list of gifts. And let's face it, plenty of parents love to use the magic of this time of year to make unforgettable memories for their children of an idyllic family Christmas.

However, this year those same families have likely been hit hard by the pandemic, especially financially. So how do you cope with a young child's expectations when money is tight and you can't do what you'd like to create a memorable experience and happy children?

### **My Own Festive Guilt**

I remember one year as a not-so-proud of myself auntie, financially hit by the global recession in 2009. My nieces were aged six and ten, and my gifting philosophy for them up until that point was to give them each a main gift, but lots of smaller, little presents. These included things like cute candies, little notebooks and fancy coloured pens, stickers, etc. They were young enough to enjoy 'quantity over quality', and by wrapping each

little gift individually, they seemed happy enough with what looked like a horde of Christmas pressies.

The nieces, Ella (10) and Gina (6), had only ever known me to bring bags bulging with gifts, but in 2009 courtesy the global financial crisis, I was having a financial crisis of my own, which did not improve in the run up to Christmas. I remember the stress and guilt of simply not being able to meet their expectations and do what I had in previous years.

In the end, my budget for their gifts was tiny, so even though I felt very guilty, I had no choice but to somehow make it work. First I downloaded a certificate template for each niece, and hand-wrote in italic:



I signed and put each certificate in a frame. I made sure that the gifts were then suitably woeful and recall one was a potato print that I'd made, cutting each half of a potato and carving it out to print their names! Yes, it was that bad - interspersed with a small haul of sweets and candies. I'm lucky enough to have great nieces that saw the funny side and got a good laugh out of it, and increasingly so as they opened each deliberately awful pressie. We went on to have a delicious xmas dinner, lots of games, lots more laughs, watched the traditional Christmas showing of the movie 'Love, Actually' on TV and had a really happy day. The commemorative certificates still hang on the walls in their respective rooms to this day.

This story reminds me of an article we ran in the June issue about a little girl who got all dressed up and celebrated her 3rd birthday at a party where she was the only guest - no friends allowed, because of the restrictive Covid-19 lockdown measures in place at the time. She also had a great day, thanks to her parents explaining the situation to her and

still providing lots of fun, laughter and love for her special day.

### **Forget the Guilt and Focus on the Fun you can have Together**

The point is that children are remarkably accepting about circumstances and most of the parental guilt about not being able to provide what you want is totally lost on them. Children will usually respond to whatever expectations you set. So you could tell them that this year, Christmas has to be a smaller celebration all over the world, because the pandemic means that families can't all see each other like they could last year. You could also explain that many people will have a big celebration when it is safer.

Avoid making a big deal of it and get the kids involved early in helping to decide what games to play over the festive season and what movies they want to choose for family movie nights.

If your kids usually get you a present, then tell

them to remember that it has to be an extra small thing this year, so their expectations are managed early if things are tight in your household. It's good to remember that as a parent, you do not have to feel guilty about scaling down the cost of the festive season. Parents that go down the path of just getting their young children everything they want, will naturally experience ever greater pressure to go bigger and better every following year to meet their growing expectations. And where would that cycle end?!

As one parenting coach explains: "The problem is that parents often feel guilty for failing to meet those expectations, so they go overboard - and miss an opportunity to teach their children how to handle disappointment, a skill that they will need as they get older."

So, if your child has a demanding Christmas list, don't feel like you have to buy them everything. It's OK to say no and to start them on a path of expecting family togetherness and teaching them gratitude early.





# DEALING WITH MOODY OR DISRESPECTFUL TEENAGERS

*How do adorable babies and sweet children suddenly seem to turn into sullen, irritable teenagers?! Many parents notice mood swings when their children hit puberty, but what are the reasons behind it and how can you handle it?*

## PARENTING

Young adults between the ages of 13-19 undergo a variety of brain and hormonal changes that can affect their mood, often in a way that parents find difficult to understand. The truth is that these teenagers are equally confused about what is happening to them, as well as often being inwardly frustrated about why they feel and behave as they do.

The key to unravelling the mystery of the teenage mind is to apply understanding, support and patience.

### BRAIN CHANGES IN TEENAGERS

Before the routine use of the MRI (magnetic resonance imaging), it was difficult to see what changes were going on inside a teenager's brain. Now, this common scanning method proves that the brain of teenagers changes rapidly once puberty hits.

The prefrontal cortex of the brain is where complicated behaviors are regulated - more complex decision making, expressing individual personality and navigating social interactions, to name just a few. However, this area of the brain undergoes changes during adolescence, whereby connections between these brain cells occur at higher rates after being relatively stable throughout childhood.

Teen brains also grow more white matter in certain areas of the brain during this time, in areas called the frontal lobe and the parietal lobe. These areas of the brain deal with many different processes, including reasoning, judgment and impulse control.

If you have ever had a run-in with someone and had to suppress your emotions, you can probably control your emotional impulses. However, a teen's brain is not always sufficiently developed to allow them to do the same thing.

Some teen moodiness can probably be linked to the brain growth and change your teen is experiencing. Because they have poor impulse control due to their brain changes, teenagers may express an emotion before being able to think about it, or know how to deal with it.

### THE ROLE OF HORMONES

Hormones have a role to play in mood. It is thought that the sex hormones (estrogen and testosterone), have an effect on a teenager's brain, possibly leading to problems in regulating mood. Any woman who has had significant premenstrual



syndrome (PMS) knows that hormones can affect mood. But, it isn't just these sex hormones that are linked to a teen's moodiness.

A hormone called THP (or allopregnanolone) that typically calms adults down actually makes teens feel anxious. During moments of stress, THP is released in our bodies. For adults, this hormone has a calming effect, but in teens it has the opposite effect. This reaction to the hormone THP tends to go away as teens approach adulthood, possibly contributing to fewer episodes of moodiness during stressful times.

Anyone who has been around an anxious teen, or even an anxious adult, can tell you that anxiety can increase moodiness. If your teen seems a little stressed, (s)he might be more likely to be cranky or irritable than the average adult.

### IS IT MOODINESS OR DEPRESSION?

Parents often have questions about what is normal moody teen behavior and what is something that is more of a concern. If the moodiness doesn't last long, it's probably normal. So if your teen has a bad night and is irritable but is good most of the week, it might be just temporary moodiness.

Additionally, depression and other psychiatric disturbances have other signs other than just crankiness or moodiness. For example, teen depression may be accompanied by weight loss or weight gain, sleep disturbances, withdrawal from friends

and family, or talk of suicide.

If you are concerned about your teen's behaviour, speak to your pediatrician, a specially trained professional counsellor at a family health clinic or your family doctor. The right medical professional can help you to sort out what is normal and what is a problem, and then help you find solutions for your teenager.

### DEALING WITH DISRESPECTFUL TEENAGE BEHAVIOUR

One reason that teenagers can be challenging for parents is that their moodiness can often manifest as disrespectful behaviour. For example, an interaction with a teenager might go a bit like this:

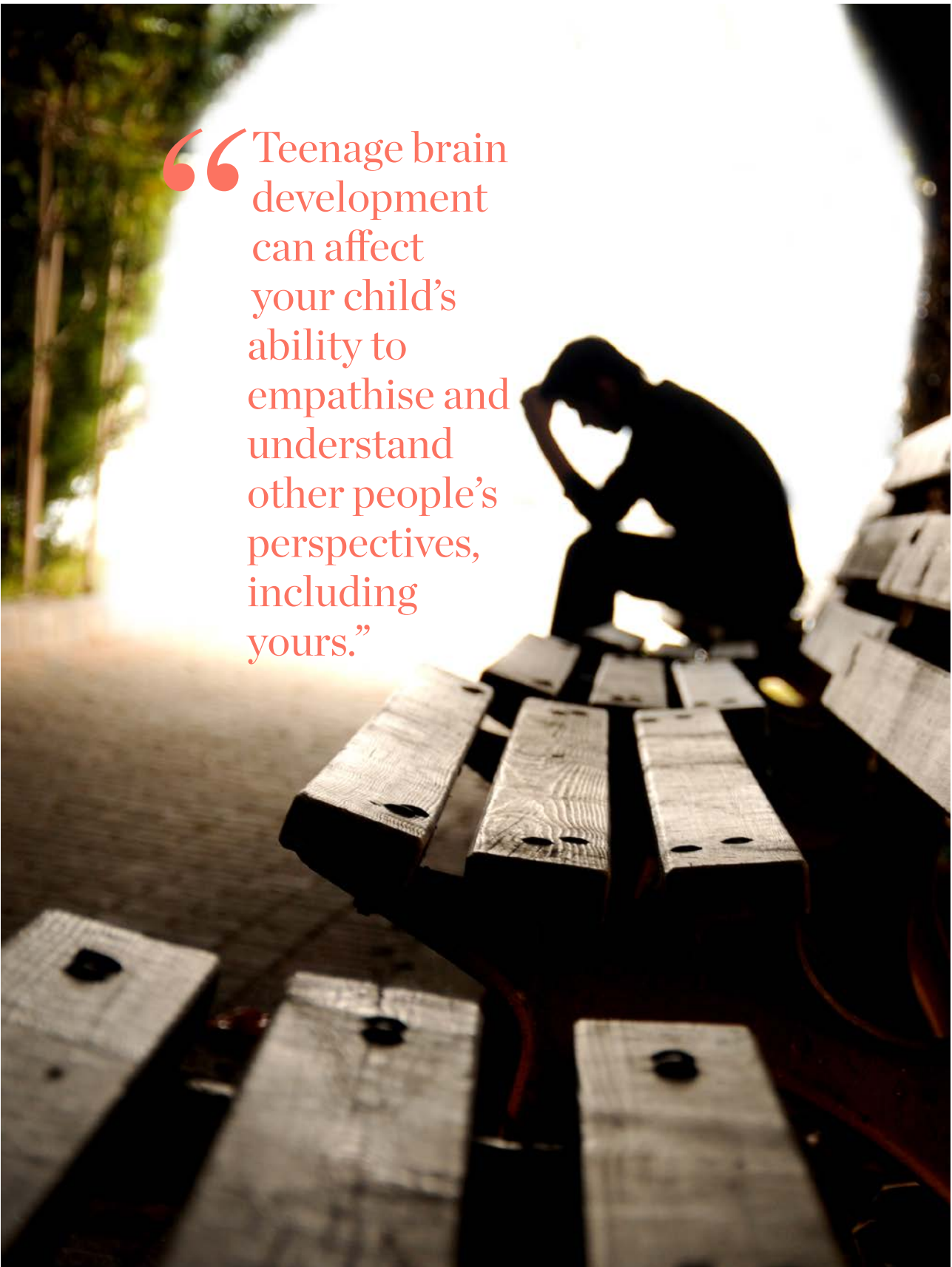
**PARENT:** 'How's going with your homework?'

**TEENAGER:** 'Why are you checking up on me? Don't you trust me?'

**PARENT:** 'I was only asking. I just wanted to know if you're going okay with it.'

**TEENAGER:** 'Sure you were ... you never trust anything I do. You're always on at me.'

As a parent, you might feel hurt, worried and unsure about what's happened when you have conversations like this. Your child used to value your interest or input, but now it seems that even simple conversations turn into arguments. There



“Teenage brain development can affect your child’s ability to empathise and understand other people’s perspectives, including yours.”



## PARENTING

are reasons for your child's behaviour. And there's also good news: this phase will usually pass.

### Where does the disrespect come from?

Not all teenagers are rude or disrespectful, but disrespect is a common part of teenage growth and development. This is partly because your child is expressing and testing independent ideas, so there'll be times when you disagree. Developing independence is a key part of growing up. It's a good sign that your child is trying to take more responsibility. But your teenager is also still learning how to handle disagreement and differing opinions appropriately.

Also, your child is trying to balance their need for privacy with your need to stay connected and show you care. So sometimes you might get a rude or disrespectful response because your child feels you're taking too much interest in what they're doing or invading their space.

As discussed earlier, your teenager's moods can change quickly too. Because of the way teenage brains develop, they can't always handle changing feelings and reactions to everyday or unexpected things. And this can sometimes lead to over-sensitivity, which can lead in turn to grumpiness or rudeness. Teenage brain development can also affect your child's ability to empathise and understand other people's perspectives, including yours.

Sometimes however, disrespectful behaviour might be a sign that your teenager is feeling particularly stressed or worried. Teenagers are also starting to think more deeply about things, meaning they can have thoughts and feelings they've never had before. Some young people seem to have a conflicting and radical view on everything, and might question previously held beliefs. This shift to deeper thinking is also a normal part of their development.

And sometimes teenagers are disrespectful because they think it might be a way to impress others, or because they've seen their friends behave this way.

No matter how grumpy or cross your teenager gets, your child still values time talking and connecting with you. You just might need to be a little more understanding if your teen is short-tempered or changeable. It can help to

remember that this phase will usually pass.

### Handling disrespectful behaviour in teenagers

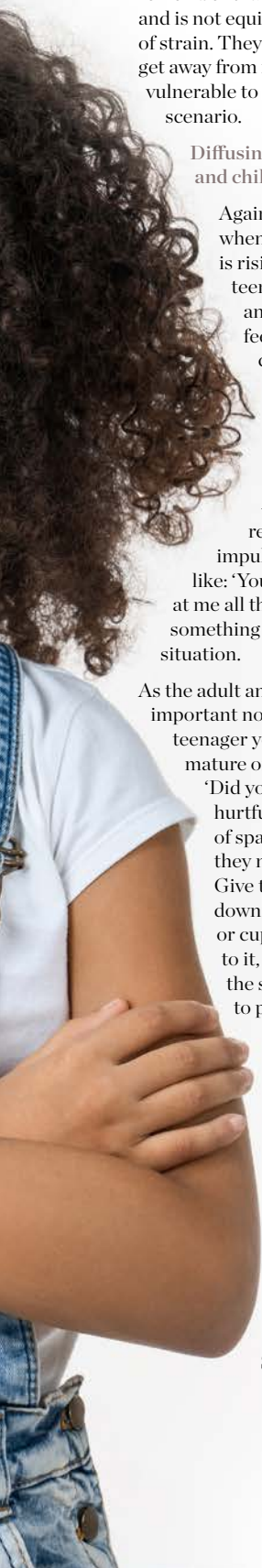
- ✓ The biggest tip for communication with a disrespectful teen is to stay calm. This is important if your child reacts with 'attitude' to a discussion. Stop, take a deep breath, and continue calmly with what you wanted to say.
- ✓ Use humour. A shared laugh can break a stalemate, bring a new perspective, lighten the tone and take the heat out of a situation. Just avoid mocking or ridiculing your child, or being sarcastic.
- ✓ Ignore shrugs, eyerolls and bored looks if your child is generally behaving the way you want.
- ✓ Check your understanding. Sometimes teenagers are disrespectful without meaning to be rude. You could say something like, 'That comment came across like you wanted to be rude to me - is that what you meant to do, sweetie?'
- ✓ Give descriptive praise when your child communicates in a positive way. For example: 'I'm so impressed that you asked so nicely - thank you!'

### STRENGTHENING YOUR RELATIONSHIP WITH YOUR TEENAGER

Be a role model. When you're with your child, try to speak and act the way you want your child to speak and act towards you. For example, if you shout a lot, your child might find it difficult to understand why it's not okay for them to also shout.

If there's a lot of tension between you and your child, another trusted





adult might be able to support your child, which can ease the strain. As the adult in this situation, you should ALWAYS remember that your teenager is still a child and is not equipped to deal with this level of strain. They cannot simply leave home to get away from it, and they are emotionally vulnerable to this kind of upsetting scenario.

#### Diffusing tension between parent and child

Again, as the adult and the parent, when you feel that the tension is rising between you and your teenager, stop it right there and ask your child: 'Can you feel the tension rising in this conversation?' If they say 'yes', you could ask: 'What do you think needs to happen to take the heat out of the conversation?' The chances are your teenager - who is not fully able to regulate their emotions or impulses - might say something like: 'You need to stop picking on at me all the time' - in other words, something that blames you for the situation.

As the adult and the parent, it is so important not to start acting like the teenager yourself! You need to be the mature one and say something like: 'Did you mean to come across as hurtful, or do you just need a bit of space?' If your teenager says they need space, give it to them. Give them half an hour to calm down and take them a cold drink, or cup of tea, but then leave them to it, without trying to re-raise the same points. They need time to process what happened, including the fact that you care about them.

Check in with your child at a later point to make sure there's nothing that's making your them feel particularly stressed or worried. Getting to know your child's friends is also important.

#### Tips for discipline

Set clear family rules about

behaviour and communication - and it's a good idea to involve your child in discussions about the rules, especially if they have younger siblings. For example, you could say, 'We must speak to each other respectfully in our family. This means we don't call people names.' Make sure you apply the rules to yourself too!

Focus on your child's behaviour and how you feel about it. Avoid any comments about your child's personality or character. Instead of saying, 'You're rude', try something like, 'I feel hurt when you speak like that to me.'

Set and use consequences, but try not to set too many. At times, it might be appropriate to use consequences for things like rudeness or name-calling.

#### Things to avoid with teenage disrespect

- ✓ Arguing rarely works for parents or teenagers. When we get angry, we can say things we don't mean. A more effective approach is to give yourself and your child some time to calm down.
- ✓ If you're angry or in the middle of an argument, it will be hard to calmly discuss what you expect of your child. A more effective approach is to tell your child that you want to talk, and ask them to tell you a time that you can agree on.
- ✓ Being defensive is very rarely useful! Try not to take things personally. It might help to remind yourself that your child is trying to assert their independence. Remember...you're the adult and the parent - so never hold a grudge against your child for their behaviours. It is good to remember that they don't fully understand the behaviours themselves.
- ✓ Even though you have more life experience, lecturing your child about how to behave is likely to turn them off listening. If you want your child to listen to you, you might need to spend time actively listening to your child.
- ✓ Nagging isn't likely to have much effect. It might increase your frustration, and your child will probably just switch off.
- ✓ Sarcasm will almost certainly create resentment and increase the distance between you and your teen.

#### When to be concerned about teenage disrespect

If your child's attitude towards you and your family doesn't respond to any of the strategies suggested here, it might be a warning sign that there's a deeper problem, such as bullying, depression or anxiety due to the restrictive effects of the pandemic.

#### You might also be worried if:

- ✓ There are changes in your child's attitude or mood
- ✓ Your child withdraws from family, friends or usual activities
- ✓ Your child runs away from home or regularly avoids school

If you're concerned about your child's behaviour, here are some things you can do:

- ✓ Consider seeking professional support - good people to talk to include school counsellors, teachers and your doctor
- ✓ Discuss the issue as a family, and try to work out ways of supporting each other
- ✓ Talk to other parents and find out what they do

#### Finally...

If your children are very young it is a good idea to talk openly to them about emotions and make them feel safe about talking to you about their feelings. Family mealtimes at the dinner table are a great place for this! As you are discussing things, make a point to ask them how they feel about it - whether it is something that happened on a TV show, at the mall, or while playing with their friends. You can even make a game of it with your children at mealtimes, or during long car journeys - for example:

- ✓ Name three things that make you happy
- ✓ Name two things that make you sad
- ✓ Name two things that make you angry

If you can normalise talking about feelings with your children from a young age, they are more likely to feel natural talking about them when they are older - which will help you both to get through the tough teenage years!

# GOOD LIVING.



A bumper beauty section, lots of Xmas ideas, our best picks for turkey takeaways and the most amazing staycation to end the year!

## WINTER SKIN BEAUTY PICKS!

*In this issue, we're carrying a bumper beauty section for the winter season - a time of year when your skin needs all the help it can get!*



### 001 SKINCARE LONDON – CRYOPRESS

Inspired by clinical cryotherapy, the 001 Skincare London Cryopress (AED 495) is a game-changing home treatment to re-ignite skin and drain toxins for immediate and long-term improvement of skin health. This tool needs to be kept in the freezer at all times and can be used for 5-15 minutes for a brightening and lifting effect. Simply use the roller back and forth, up and down and out to the side, working around the facial contours for an uplifting massage. Applying more pressure will also lift the muscles; and rolling downwards helps to send the toxins built up in the face towards the centre of the body where they can be eliminated.

*These products are available from Ounass.com, Bloomingdales.com, Beautysolutions-me.com and in-store at Bloomingdales. Instagram - @beautysolutionsme*



## REJUVENATED SKIN WITH FILORGA'S ANTI-AGEING SKINCARE REGIMEN

Filorga's treatment program treats all issues of devitalised skin with supreme core formulas such as Intensive Repairing Factors, an all-inclusive formula in the Global-Repair range. This treats all signs of ageing, including wrinkles, saggy skin, pigmentation, dull complexion for nourished and rejuvenated skin, and Plasmatic Lifting Factors in the Lift-Range that visibly tightens the features, plumps the skin and sculpts the face.

These complexes combine the best cosmetic nutrients with ultra-specialised ingredients to mimic the effects of aesthetic medicine for a spectacular rejuvenating action.

Available at leading pharmacies including Bin Sina Pharmacies, Boots Pharmacies, Planet Pharmacies, Health First Pharmacies and Community Pharmacies.



## NATURAL, HAND-MADE PRODUCTS BY AN EXCITING LOCAL BRAND!



### LIMITED-EDITION FENTY GLOW TRIO FACE, LIP & BODY SET

Sparkle this festive season from head to toe with the Fenty Glow face, lip & body set (AED 150), featuring the iconic universal rose nude shade. This trio includes the bestselling Gloss Bomb Universal Lip Luminizer, and for the first time, Cheeks Out Freestyle Cream Blush, and Diamond Bomb All-Over Diamond Veil in Fenty Glow.

Diamond Bomb takes glitter to a whole new extreme in a shimmering 3D formula that'll leave your body crystal-coated. For an effortless wash of color, Cheeks Out Cream Blush instantly melts into cheeks for a no-fuss flush, giving life to all skin tones with a light-as-air, non-greasy formula. Complete your festive look with Gloss Bomb Universal Lip Luminizer, the ultimate must-have lip gloss with shine that's brilliantly non-sticky!

Available at Sephora.ae



### Lemongrass Loofa Baladi Soap (AED 70)

The loofa baladi soap is made with a vegetal formula moulded into a skin-softening loofa, rich in nourishing olive oil and zesty lemongrass.

Bayt Al Saboun Al Loubnani has stores in the UAE and is available online on Amazon.ae and Noon.com

Bayt Al Saboun Al Loubnani is a nature-driven cosmetics brand based in Lebanon. The brand sources the finest materials and ingredients from around the region and its homeland, from soaps to tanning oils and unique treatments. They carry a wide range of natural and hand-made products inspired by long-standing Lebanese tradition and heritage. My favourite picks are:

### Passion Fruit Scrubbing Soap Paste (AED 140)

A soap paste with olive, coconut and almond oils, in addition to a natural sugar exfoliant, a passion fruit extract sweeps a sweet and fruity scent onto the skin.



## SECRET SKIN: THE SECRET TO CLEAN BEAUTY

Launched in 2020 and based in Dubai, UAE, Secret Skin is a platform that connects consumers to socially and environmentally conscious beauty brands from around the world. All their brands are responsibly-curated with products that are safe for people and the planet, without harmful chemicals. From face polishes and face balms to hair care, beard and body oils, one of my favourite picks for the season is the AMLY Deep Reveal Cleansing Balm & Mask, available at:

[TheSecretSkin.com](https://thesecretskin.com)



## MARKS AND SPENCER'S NEW ONLINE FESTIVE HAMPERS

Marks & Spencer's brand new online hamper service for the festive season is their best yet. Indulge your friends and yourself in affordably luxurious hampers this year - there are over 20 new ones for the festive season, so do check out their hamper site!

[marksandspencermena.com](https://marksandspencermena.com)



## BEAUTY TOOLS TO SCULPT SKIN & BANISH BLOCKAGES

Navigating the world of skincare tools can seem a little daunting with a plethora of new gadgets daily promising to be the next big thing. However, incorporating a facial tool or two into your beauty arsenal is a sure-fire way to achieve flawless skin. Even better you can enjoy these products from the comfort of your home, offering both visible results and a little well-deserved self-care along the way:

### SALT BY HENDRIX - AMETHYST ROLLER

Calm your mind and enhance the effectiveness of your beauty routine with the SALT BY HENDRIX Amethyst Face Roller (AED 220). Designed to be used as a tool to promote circulation and encourage skin cell rejuvenation, this face roller also works to stimulate the lymphatic system, helping to combat puffiness and water retention. Amethyst is also said to instill a sense of calm promote healing and balance.

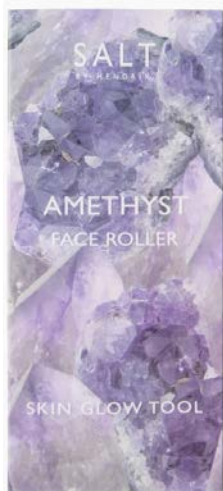
### SALT BY HENDRIX - MAGIC MUSHROOMS

This Rose Quartz Magic Mushroom Soother Set (AED 245) is designed to assist with puffiness and tired skin around the under-eye area. Also, to provide you with the self-care time that you deserve! Simply apply a face oil or serum to your clean, dry face, neck and décolletage and using the large, smooth, curved end of the beauty tool, gently press under the eye area,

pressing gently outwards with minimal pressure.



and



## HIMALAYA GIFT BOX FOR SEASONAL PAMPERING

No matter who's on your gift list, anyone would welcome some extra pampering for their skin and hair. Himalaya has the perfect pampering seasonal mix of natural skin and hair care products that nourish, moisturise and hydrate. Put together your favourite picks from a variety of face washes, scrubs, lotions and shampoos, and create the perfect gift to give away - or keep it all to yourself, you deserve it!

[himalayawellness.ae](https://himalayawellness.ae)

## KAYA SKIN CLINIC'S WINTER SKIN SOLUTIONS

Your skin is a reflection of your diet, lifestyle and environmental inputs - and all three are often under threat with the advent of the winter months and festive season! A rare treat is a dermatology clinic releasing its own brand of skincare that has a special purpose in mind. This is the range that one of the UAE's top dermatology and skin care clinics, Kaya, has released for to protect, revitalise and give your skin the glow it deserves this season:



### Antox Vit-C Formula + (AED385)

Antox Vit-C Formula is a non-oily and easily absorbed antioxidant gel based on Vitamin C. Antioxidants play a major role in anti-ageing by helping to regenerate skin cells and tissues. Vitamin C is known to counteract free radicals responsible for premature skin ageing and the result of this product is it helps to reduce the appearance of dark spots, fine lines and wrinkles.



### Skin Rejuvenating Serum (AED 450)

Supporting the production of collagen and working to overall rejuvenate the skin, Kaya's Skin Rejuvenating Serum is a single, simple solution for blurring out age spots, smoothing wrinkles and fine lines, and reducing sagging.



### Kaya Sensitive Cleanser (AED 150)

Especially formulated for sensitive facial skin that needs special attention, this is a mild, soap-free, perfume-free formula that cleanses gently without dryness or irritation to maintain the normal pH of skin.

### Kaya's Anytime Moisturizing Cream (AED 250)

A light textured cream with a unique moisture-lock formula that keeps your skin moisturised all day long, keeping it hydrated and in turn making your skin firmer.



### Kaya Revitalising Tonic (AED 150)

This specially formulated Alcohol-free toner contains soothing botanicals like Cucumber and Witch Hazel extract, as well as Niacinamide, which helps tone the skin. It gently removes impurities and leaves your skin feeling refreshed, refined and comfortable.



Available from Kaya Skin Clinics and online at: [kayaskinproducts.com](http://kayaskinproducts.com)



# DOUBLETREE BY HILTON RESORT & SPA MARJAN ISLAND

*Mum of two teenagers, Smitha Joseph tells us about the recent family staycation that her son describes as: “the best place I’ve ever been to in my life!” Here, we discover what makes the DoubleTree by Hilton Resort & Spa Marjan Island such a special place to make unforgettable family memories.*

My husband and I have two teenagers and it’s been a tough year for us all. For this reason, I’ve made sure we take advantage of the staycation deals available to us in the UAE - and we’ve just had the best one yet! At the DoubleTree by Hilton Resort & Spa Marjan Island, in Ras Al Khaimah. This resort delivered absolutely everything and more that we could have hoped for, it felt like we were staying in a far-away tropical island paradise and our children loved every minute - as did we.

The further we drove out of Dubai and on the way to RAK, the more excited we all were. Just like a true vacation, the children even fell asleep on the journey there! Arriving at the Hilton Resort on Marjan Island it feels luxurious and tropical. We arrived at the start of the sunset, with a huge orange sun beginning to set into the calm waters of the Arabian Gulf. I wish you could have heard the gasps of sheer awe from our children - it was a stunning start to our staycation.

Our greeting upon arrival could not have been warmer or more friendly - check-in was so swift and easy. We booked a 2-night staycation package on a Wednesday and Thursday, so we could come home and still enjoy the extra weekend time. But I wish we’d ‘stay-cated’ longer instead!

## THE ROOMS

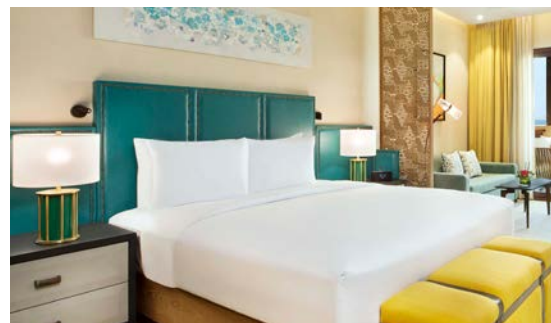
We had two interconnecting rooms - one for our boys, and one for us. When we walked into each room, we were hit with the sight of a beautiful turquoise sea from the full-length windows. I can’t even describe how breathtaking this was! A refreshing fruit platter awaited us, which we enjoyed on the big comfy chairs of the balcony while letting the holiday vibe of this view wash over all of us.

## THE RESORT & SURROUNDINGS

The Marjan Island Resort is so beautiful - we were totally surrounded by lovely aquamarine, crystal-clear seascapes from all sides and we also enjoyed the purpose-built walking and cycle tracks to take it all in, in the most relaxing ways. There were times when we availed of the resort buggies to get around, which was a fun, breezy, light and easy way to get around. There are a myriad of watersports to choose from, bicycles for hire and so much fun to be had on the beach diving facilities and resort pools!

## THE FOOD & RESTAURANTS

Hands-down, the quality, flavours and choice of the food we had at the DoubleTree by Hilton Resort & Spa Marjan Island was the best of any family vacation we’ve ever had. We experienced these restaurants:





### Vespa Italian

Colourful lights on the table created a soft and relaxed atmosphere and we opted to dine outside, surrounded by palm trees, with the view from our table overlooking the beach and the lights of Marjan Island. The temperature was pleasantly cool in the evening for dinner. My husband and I had cocktails to start and we all enjoyed the highest quality of classic Italian pizzas and pasta.

### Meze Turkish & Lebanese

This authentic Turkish and Lebanese restaurant is an absolute delight for all the senses. We all enjoyed the very finest of fresh, flavoursome and authentic Turkish food served here. We were told that Meze draws in local people who live in the area as well as staycationers, making the atmosphere buzz. It was very noticeable how happy everyone looked to be there, which is something one of my boys remarked upon! The views of the Arabian Gulf from the restaurant terrace were a stunning backdrop to a very special experience in the Meze restaurant, enhanced by waiting staff that were really sweet to my boys, helping them navigate the dishes and try new things!

### OVERALL EXPERIENCE

I asked my eldest son Joe what he thought of the DoubleTree by Hilton Resort & Spa Marjan Island staycation experience. I was expecting him to tell me that his highlights were getting onto a high diving board and jumping directly into the warm sea. Or that the whole beach could probably hear him whooping with delight as he tried his hand at jet-skiing, whizzing through a crystal-perfect blue sea feeling the adrenaline of the speed. Or that he was able to chill, enjoy cool music, cold drinks, a huge refreshing pool and beat his brother at swimming lengths...

But no - he surprised me when he said: "It was nice that we had all our meals together, we can't do that at home because of school and dad's work. So it was nice to do everything together for a change, and it gave us lots to talk about at the meals. I really liked that." My heart melted hearing him say this!

And then he paused and added: "Mum, can we come here again?! It's the best place I've ever been to in my life." If this is the effect that this staycation has on my children, and it has helped them to appreciate us more as a family, all having fun and creating amazing memories together in the most beautiful location and resort...then the answer is a very emphatic 'YES! We'll definitely be back!'

*For reservations: +971 (0)7 203 0000 / Email: [reservations\\_dtmarjan@hilton.com](mailto:reservations_dtmarjan@hilton.com)*

*For festive season information: contact the F&B team on +971 (0)7 203 0104*

*Email: [F&BReservations.Marjan@hilton.com](mailto:F&BReservations.Marjan@hilton.com)*

*See the Mother, Baby & Child website for full details of festive activities at the Resort!*



# TURKEY TAKEAWAY TIME!

*Why not spend your time this year creating a perfect cosy atmosphere at home and let the experts provide the festive fayre?! Set the table, decorate with the kids and enjoy more quality family time together while you wait for the main event - a traditional turkey dinner! These are our top turkey takeaway picks.*

## PASCAL TEPPER FRENCH BAKERY

The charming French restaurant, Pascal Tepper French Bakery, located at Four Points by Sheraton Sheikh Zayed Road, has put together a special catering and turkey take away offer for families looking to set up a gorgeous festive dinner at home.

Sit back, enjoy the family and the ease of having a meal catered and delivered right at your doorstep for the holiday season. Available for AED 650, order one of the delicious 5-6 kg roast turkeys served with all the trimmings, along with chestnut stuffing, roasted new potatoes, brussels sprouts, carrots, parsnips, giblet gravy and cranberry sauce. Add a Christmas Log Cake to end the meal on the sweetest of notes for an additional AED 130 for the 1kg cake and AED 260 for the 2kg cake.

*Until 26th December. Orders must be placed a minimum of 3 days in advance.*





## TREAT YOURSELF WITH A TURKEY THIS FESTIVE SEASON FROM IKEA!

For the many people, the UAE will be home for this year's festive celebration. And who doesn't fancy a turkey during this season that fits the budget and gives you the same flavour as if it was homemade?

Head to any IKEA restaurant to order the Whole Roast Turkey and enjoy a scrumptious meal with your family in the comfort of your home. The turkey weighs approximately 6 to 7kg, infused with thyme and garlic and comes with a roasting pan. It is served with potato, baby carrots, brussels sprouts and bread stuffing, with cranberry sauce. The regular price is AED 345, but 'IKEA Family Members' can order it for a special price of Dhs 275.

*The offer is valid until 2nd January.*

*Orders need to be made 48 hours in advance.*

*To become a IKEA Family member, go to: [family.ikea.ae/join-us/profile](https://family.ikea.ae/join-us/profile)*

*For more information, contact 800 IKEA (800 4532)*



## MELIÀ DESERT PALM DUBAI - TURKEY TAKEAWAY & FESTIVE CALENDAR OF EVENTS

This holiday season, Melià Desert Palm Dubai invites you to enjoy a magical Christmas at their luxurious and peaceful retreat. The polo resort's December calendar is packed with plenty of activities for both children and adults, including a Christmas tree lighting, turkey roast dinner, Argentine festive dinner, gingerbread house workshop, Christmas Day brunch, Boxing Day roast dinner and much more.

### Turkey Takeaway:

Stay out of the kitchen and relish a delicious turkey with the family, in the comfort of your home. Foodies can order a traditional 6 kg turkey, complete with all the trimmings including roast potatoes, carrots, Brussels sprouts, Yorkshire pudding, homemade gravy, cranberry sauce and tasty stuffing - all expertly prepared by the hotel's brasserie, Epicure. Each turkey is ideal for 6-8 people and is priced at AED 550.

*Between Tuesday, 15th to Sunday, 27th December.*

*Order needs to be placed 48 hours in advance.*

### Boxing Day Roast Dinner - 26th December:

Melià Desert Palm Dubai's traditional Boxing Day special roast dinner will include a spread of turkey sandwiches, turkey curry and much more. Dinner will be served from 4pm to 9pm on the Portico Terrace, with views of the live polo matches. Prices start from AED 180 per guest; AED 90 per child (5 to 11 years old).

*For restaurant bookings, call 04 602 9323*

*or Email [eat.dp@melia.com](mailto:eat.dp@melia.com)*



## FESTIVE MEALS MADE EASY WITH CLINTON ST. BAKING COMPANY



Christmas is just around the corner and given Dubai's exciting fast-paced lifestyle, not everyone has the chance to put together their dream feast. With that in mind, Clinton St. Baking Company is providing a set of extra hands to ensure the Christmas Eve and Day spread and merriment of Dubai's residents are well taken care of. The New York specialist bakery and restaurant will be offering a traditional Christmas menu which comprises succulent whole roasted turkey and a variety of sides, baked items and desserts to choose from.

With such wide choices of food, customers will definitely be spoilt for choice, for Clinton St. Baking Company simply knows how Christmas is done!

All the way to the New Year's Eve, the entire

selection on the menu will be available for delivery and takeaway.

Below are all the offerings that Clinton St. Baking company is preparing for customers this year.

#### **Whole Turkey Takeaway AED 625**

Whole roasted or Cajun fried turkey (5-6 Kg) on a bed of kale and red currant garnish served with homemade gravy. Suitable for 8-10 people.

#### **Choose your stuffing on the side:**

Sage and thyme stuffing (500g) - AED 50;  
Bacon sage stuffing (500g) - AED 60;  
Cranberry sage stuffing (500g) - AED 60.

#### **Sides:**

Sweet potato with candied pecans (700g)

- AED 60; Mashed potato (1200g) - AED 70; Truffle drizzled brussels sprouts (800g) - AED 120; Maple glazed carrots (700g) - AED 60; Cranberry sauce (200g) AED 25; Homemade gravy (400g) - AED 20

#### **Baked items:**

Whole loaf of jalapeño corn bread AED 80;  
Mini jalapeño corn bread (12 pcs) AED 72;  
Large buttermilk biscuits (12 pcs) AED 72;  
Mini buttermilk biscuits (12 pcs) AED 48;  
Mini Yorkshire pudding (12 pcs) AED 90.

#### **Desserts:**

Date cake - AED 260; Apple crumble pie - AED 130; Pumpkin pie - AED 140; Maple pecan pie - AED 28

*For more information;  
[clintonstreetbaking.ae](http://clintonstreetbaking.ae)*





## A VERY COUQLEY CHRISTMAS

With too much time spent worrying this year, it is time to unwind and put your energy into having a fantastic holiday. So, after the year we've all had, Couqley French Bistro & Bar is pulling out all the stops to provide families with the feast to end all feasts - a perfect Christmas stuffed turkey along with all the trimmings.

You have the option to dine-in at Couqley in JLT, Cluster A, daily from noon until 2:00am. Alternatively, you can enjoy a veritable feast from the comfort of your home and pick-up, with a 48-hour notice in advance required.

### Couqley Traditional Christmas Offerings this year:

#### Turkey with side dishes (Dine in/Takeaway prices):

5 - 6 Kg | AED 749 | AED 649  
6 - 7 Kg | AED 899 | AED 799  
7 - 8 Kg | AED 1,099 | AED 939

#### Turkey without side dishes (Dine in/Takeaway prices):

5 - 6 Kg | AED 449 | AED 359  
6 - 7 Kg | AED 575 | AED 459  
7 - 8 Kg | AED 699 | AED 599

#### Sides and prices for extra orders per Kg:

Roasted Mixed Vegetables (AED 55); Sautéed Beans in Butter (AED 99); Roasted Brussels Sprouts with Veal Bacon (AED 99); Mushroom Stuffing (AED 45); Sweet Potato Gratin (AED 85); Cranberry Sauce (AED 150); Traditional Turkey Gravy (AED 120). Optional extra orders include: Purée de Pommes de Terre (AED 65); Truffle-basted Turkey (AED 100).

Orders need to be made 48 hours in advance.

For more information call: 04 514 9339 or WhatsApp 055 491 0097





# CLASSIC XMAS PYJAMAS VS COSY HOME PJS - WHAT WILL YOU CHOOSE?!

*With these soft and luxurious fabrics, Christmas at home is set to be the coolest ever this year! New luxury Dubai-based nightwear brand, SleepJ's, wants you to get cosy this season with unique, quirky, chic prints and colours. And classic favourite retailer Marks & Spencer wishes you a merry start to the season by waking up in their classic seasonal pyjamas to get the big day underway in style. But making your choice this year is definitely not a decision to lose sleep over!*



[www.marksandspencerme.com](http://www.marksandspencerme.com)







[www.sleepjs.com](http://www.sleepjs.com)



# COMPETITIONS

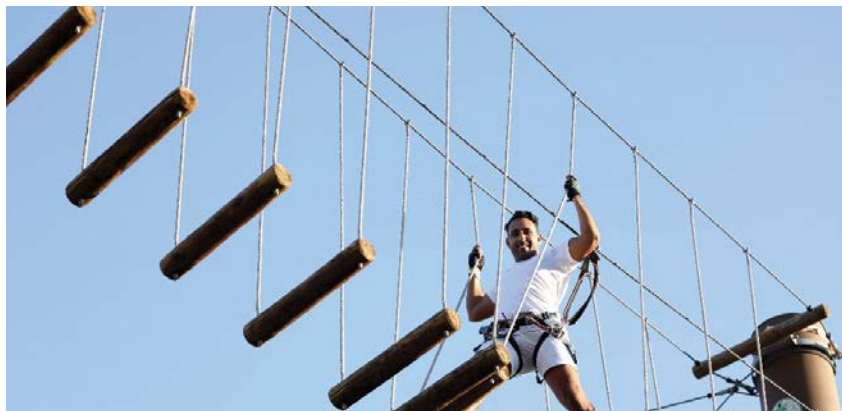
[motherbabychild.com/competitions](http://motherbabychild.com/competitions)

## WIN! FOUR ADVENTURE PARK PREMIUM PACKAGE TICKETS, VALUED AT OVER AED 700

Escape the ordinary with the Aventura Friends & Family Pass! Explore the beautiful Ghaf tree forest with the park's exciting circuits, the Nature Trail, Mini Kids play area and Bucket List activities. Aventura is a great place for friends and family fun. The Friends & Family Pass IS offering four Adventure Park Premium Package tickets as the competition prize, which is valued at over AED 700!

The Adventure Park Premium Package tickets include Adventure Park access, unlimited water, climbing gloves and an Aventura Earth Bag.

**Enter today for a chance to win!**



## WIN! A HAMPER OF NOIX DE SHEA GOODIES WORTH AED 680!



Sourced from the local villages of Benin, West Africa, Noix De Shea brings some of the finest unrefined Shea Butter to the UAE market. 100% natural, fresh and raw, Noix de Shea butter is a soft, smooth, multi-purpose beauty essential for the whole family. The Grade-A raw Shea Butter formula comes with the option to infuse with your choice of organic Lavender, Rose Musk, Peppermint, Jasmine and Lemongrass essential oils and make the perfect product to nourish your skin for the dry winter months.

**Enter today for a chance to win Noix de Shea's entire collection!**

## WIN! A WEEK'S VEGAN MEAL PLAN FROM ROOT'D, WORTH AED 600!



Plant-based food and super-flavoursome haven't always been used in the same sentence, but that was before Root'D. Brand new to the UAE market, Root'D is a genuinely delicious meal plan service, created to suit individual lifestyles. An expansion of the Freakin' Healthy brand, the vegan meal plans are packed with clean nutrients, are wholesome, plant-based and clean. Root'D keeps healthy eaters consciously satisfied, without compromising on deliciousness and great taste.

One lucky winner will be able to choose from three different plans available and over 45 meal options, specifically curated to help customers achieve overall health, improve digestion and positively impact their lives both physically and mentally!

**This competition prize is for a family group of three people - 2 adults and 1 child.**

*For a chance to win one of this month's prizes, visit [motherbabychild.com/competitions](http://motherbabychild.com/competitions)*



## WIN! A PAIR OF KENKOH SANDALS FOR YOURSELF AND YOUR LITTLE ONES, VALUED AT OVER AED 500!

Kenkoh uses the principles of reflexology to design their sandals, which are embedded with a soft, therapeutic footbed, which revitalises the feet and balances the body. This is especially helpful for mothers who have young children, or are pregnant, as it helps alleviate the stress that stays locked up in the feet. It also takes care of other medical issues such as foot fatigue, plantar fasciitis, flat feet and even diabetes. Check out Kenkoh's styles at [www.kenkoh.jp](http://www.kenkoh.jp)!



**The voucher is to be presented in-store at Dubai Mall to redeem the prize!**

## WIN! A VOUCHER WORTH AED 500 WITH FLIP19.COM



Flip19.com is a new e-commerce platform launched in Dubai that houses inventive, modern and environmentally-friendly products, including home and lifestyle, kids' and baby ranges, stationery, gadgets and toys. The retail concept, founded by Mariya Khilawala, serves as a curated platform for products that combine aesthetics with functionality to make daily tasks easier and more engaging. The website is home to unique brands sourced from all around the world. [www.flip19.com](http://www.flip19.com).

**Enter today for a chance to win a voucher worth AED 500!**

## WIN! A 2-MONTH SUPPLY OF RASCAL + FRIENDS NAPPIES WORTH AED 500!



After launching in New Zealand in 2016, Rascal + Friends now proudly offers their 'no nasties' baby products in 20 countries around the world. Designed by parents for parents, Rascal + Friends is focused on making premium baby products at affordable prices that don't compromise on quality or performance. What sets Rascal + Friends diapers apart from other brands? Pretty much everything! The superior features such as the 3D core for an increased absorbency area, custom-designed grip tabs, a unique deep pocket design, high back waistband, breathable back sheet and double leak guard. Rascal + Friends have set new standards in baby essentials!

**Enter today for a chance to win a 2-month supply and see the difference for yourself!**

## WIN! 2 X VOUCHERS WORTH AED 250 TO SPEND ON SLEEPJS.COM

Launched in 2019, SleepJs are certainly the perfect option for staying home this festive season, with an array of unique and quirky prints in the finest fabrics. Whether you are looking for a gift for a loved one or a treat for yourself, SleepJs offer beautiful collections for all that come in the form of classic pj's, boyfriend shirts, ruffle pj sets, tee and short sets and the most luxurious silk sets. If you like your loungewear to be extra-special, you can also take advantage of their personalised in-house monogramming service, delivered to your door in just 3 working days.

SleepJs also offers a unique sleep and wellness hamper which makes for an amazing gift option! It includes a sleepwear set of your choice along with some beautiful wellness related gifts curated just for you.

**Two lucky winners will win vouchers worth AED 250 each to luxuriate in SleepJs!**



*For a chance to win one of this month's prizes, visit [motherbabychild.com/competitions](http://motherbabychild.com/competitions)*

2020



2021

# NEW YEAR'S RESOLUTIONS TO TACKLE THE TOP 5 BAD HEALTH HABITS

*As this challenging year is drawing to a close, many of us might feel we've put on weight, or become more inactive during the pandemic. In other words, we've lost our healthy habits! Below are five common habits you might want to consider tackling as part of your New Year's Resolutions.*

## SMOKING

If you are a smoker, the chances are you want to quit anyway. Quitting smoking isn't going to magically reverse the effects of the habit, but quitting long-term can start to bring health benefits. The risk of heart disease reduces by 50% for a quitter one year on. After five years going without smoking the risk of a stroke is considered the same as a non-smoker, and after 15 years of abstaining the heart disease risk is considered the same as a non-smoker. The risk of cancer also decreases among quitters, and the effects of premature ageing will be slowed significantly.

## LACK OF EXERCISE

Years of inactivity can be a hard habit to break, but there is a price to pay if you don't get active. Long periods of inactivity are known to contribute towards heart disease and diabetes, but research suggests that moderate exercise can start to reverse the impact. If you are getting

back to exercise after a long period away from it, then start slowly and ease yourself back in. Maybe you need to get the go ahead from a health professional before getting started, but once you are clear to get started, then how about setting some short-term fitness goals, such as walking for half an hour. The cooler evenings are perfect for this!

## POOR DIET

Reduce your intake of saturated fats, which you'll find in foods such as processed meats and hard cheeses; trans fats, which are in fried foods, biscuits and cakes); salt and sugar. Substitute your previous poor choices for healthier options and try and increase your intake of fruit and vegetables, nuts, seeds and omega-3-rich oily fish.

## TOO MUCH SUNBATHING

Aside from the threat to your health from overexposure to the sun, there is also the

matter of lines and wrinkles to tackle if you've spent years sun worshipping. While you can't get your 20-year old complexion back, you can start to take steps to reverse the signs of sun damage. Using a hydrating moisturiser can help, as can eating certain wrinkle-busting foods such as strawberries, avocados, blackcurrants, cucumbers, tomatoes, salmon and spinach. It is also vital to wear sun protection every day, regardless of when some days look cloudy.

## BAD POSTURE

Years of slouching can catch up with you and left unchecked, it can lead to problems such as back pain and reduced mobility, especially if you continue the habit after you have your children. But it's not too late to start working on your posture and eliminating slouching from your bad habits. Working on your core and improving your flexibility can go a long way towards righting some long-term wrongs.



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