

ISSUE 115 | JANUARY 2021 | AED 15

Mother & Baby & Child

THE 4 PILLARS TO
BETTER HEALTH IN 2021

EDUCATION GOES
BACK TO NATURE

LOCAL RESTAURANTS
THAT TRANSPORT
YOU TO THEIR
COUNTRIES!

AMAZING
FACTS ABOUT
BREASTFEEDING

INSIDE THE MIND OF A FUTURE WORLD CHAMPION

Meet Mousa
Shana'ah, the
region's most
exciting golf
prodigy!

Mother & Baby & Child
20 AWARDS 20
in Association with
Barbie

WINNERS ANNOUNCED!



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EDITOR'S LETTER

Hello Mum!

My heartfelt wishes to you and your families for a happy, healthy and prosperous new year! Did you have a good festive season? Or at least survive it okay? Things can go a little haywire over the festive season at the best of times, but 2020 obviously added a new set of challenges. But you know what? We've come through it! So how about we resolve to try and put the worst behind us and look forward to a great year ahead?!

It's no exaggeration to use the word "great", and there are lots of small things we can do to achieve that. Implementing some simple detoxing skincare measures to help remove toxins and impurities, and tweaking your family's diet so it contains cleaner foods to help bolster our immune systems really are a great start to the new year.

We now know what we're dealing with and how to stay safe. We've seen companies working harder than ever to look after our needs. We've seen how magnificently our teachers and schools have adapted to new challenges and pushed the boundaries of how our children can learn and thrive in new ways. We've seen our local restaurants come up with deals and new measures to help us through a tough time. And for all these reasons and more, we are bursting with pride at the finalists and winners of our annual Mother Baby & Child Awards, as voted for by YOU!

This is the issue where we highlight the organisations, institutions, products and businesses that have helped you most throughout last year and reveal your Gold, Silver and Bronze award winners. I hope you'll take the time to read through the winners' pages and take a moment to realise how lucky we are to have so many organisations supporting our families and communities. But most of all, I want to thank you for voting, as your support and recognition means so much to the individuals who have worked so tirelessly to get us through our very own 'pandemic annus horribilis'.

Elsewhere in this issue, we're marking the start of the new school term with an interview with Mousa Shana'ah, an extremely gifted 13-year old who is taking the golf world by storm. This impressive local boy is a glowing example of what our kids can achieve by applying focus and determination to something they are passionate about. We discuss how his school supports him and still on the theme of education, we also look at how nature is now playing a bigger role in how young children can be educated here in the UAE.

As there's plenty to get stuck into in this issue, I'll leave you to enjoy the read, while just taking a moment to again wish you a very happy and healthy 2021 - we'll be with you all the way!.

Kay

Editor

Mother, Baby & Child Magazine



EDITOR'S —PICK—

Himalaya Detoxifying Charcoal Mask

I love the new Himalaya Detoxifying Charcoal Mask! It's all-natural and perfect to draw out the toxins our skin is trying to get rid of from the festive season! Charcoal, the main ingredient and a well known detoxifier, absorb impurities and toxins from the skin, helping my pores breathe and function properly again - perfect new year detox!

AED 27.50 from leading supermarkets in the UAE and online at: himalayawellness.ae



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EDITOR'S PICK

Safe, natural skincare from Sukin

Sukin, is one of Australia's leading natural skincare brands and is fast picking up a huge fan base here in the UAE too - me included! Rich with minerals and nourishing botanicals, Sukin products contain 98.8% natural ingredients bursting with antioxidants to bring out the very best in your skin. It is a great addition to my skincare regime this new year!

Instagram @SUKINSKINCARE



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“The big test for Bio-Oil was my first pregnancy. I used it throughout, applying it twice a day. Not only did Bio-Oil prevent new stretch marks, it also helped to lighten my old ones from years ago. I was so relieved because it’s not an appealing thing to have stretch marks, even if nobody sees them! Now that I’m pregnant again, it’s great because thanks to Bio-Oil I don’t even think about them. All I do is concentrate on the little wonder growing inside me. I am absolutely convinced by Bio-Oil. I call it my old faithful!”

Farzaanah with Hanaah



Bio-Oil® is a specialist skincare product formulated to help improve the appearance of skin. Its formulation contains the breakthrough ingredient PurCellin Oil™. It is also highly effective for dehydrated skin. Bio-Oil is available at pharmacies and selected retailers. Individual results will vary.

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THINGS • TO DO •



Who says we can't travel?! Check out this month's pick of local restaurants that grab your senses and transport you to another country!



SUPPORTING YOUR LOCAL RESTAURANTS

The last year has shown us that there are new ways of learning. When it comes to travelling and appreciating the culture, history and even music and language of other countries, there are some restaurants that do an absolutely amazing job of taking you to their country and immersing you in their culture...and they achieve it through much more than the food experience alone! These are my recommendations for the most outstanding 'travel experiences' you can have with a Travel Experience while supporting local restaurants right here at home!

A BRAZILIAN CARNIVAL OF FOOD & MUSIC AT FOGO DE CHAO!

You only need to think about the unique celebratory way the crowd of Brazilian football fans cheer their at a World Cup soccer match, or the explosion of colour, joy, celebration, music, life and pure happiness at the Carnival in Rio de Janeiro to get a feel for Brazil's reputation for living life to the full.

Fogo de Chao in DIFC does a spectacular job of providing you with a Brazilian cultural and dining experience that grabs every one of your five senses and makes them do a samba!

Whether for an intimate date night for just mum and dad, a ladies' night out, or a family brunch, Fogo de Chao really takes you to Brazil with its style of eating, and live Brazilian music that combine together to transport you to the heart and soul of the country itself.

A CARNIVAL OF FOOD

A common way to eat in Brazil is to enjoy a traditional Churrasco barbecue. This style of cooking and eating is where the best cuts of a variety of juicy steaks and cuts of beef, veal, lamb and chicken are seasoned and barbecued on big skewers and grilled over wood fire on high heat. It achieves a lovely sear and crust to the outside, and keeps the meat juicy, tender and delicious inside. As the meats cook, slices are sheared off and served to guests. At Fogo de Chao, you can choose as many salads as you like from a selection of dozens of options - and they are very imaginative ones that are a carnival of flavours, colours and perfect compliments to the churrasco, which is also served with traditional chimichurri sauce, which accompanies the meat with a delightful fresh burst of herbs, olive oil and lemon juice. You'll also be served hot accompaniments, such as crunchy polenta sticks and mashed potatoes.

As with any good Brazilian feast, the grilled meats just keep on coming and you can really take your time and go at your own pace.

CELEBRATORY, FUN ATMOSPHERE

If you are going for an evening dinner, the lights of the spectacular close-up view of global architectural icon, the Burj Khalifa is the only thing that reminds you that you are in Dubai - that is until the live music starts, usually around 8pm! Cuban-born musician and vocalist, Jamie provides a spectacular live Latin soundtrack, to capture the last of your five senses and deliver you to the full Brazilian churrascaria experience. Brazilian drum beats, smooth and seductive vocals and a level of musicianship that takes you all the way...to Brazil!

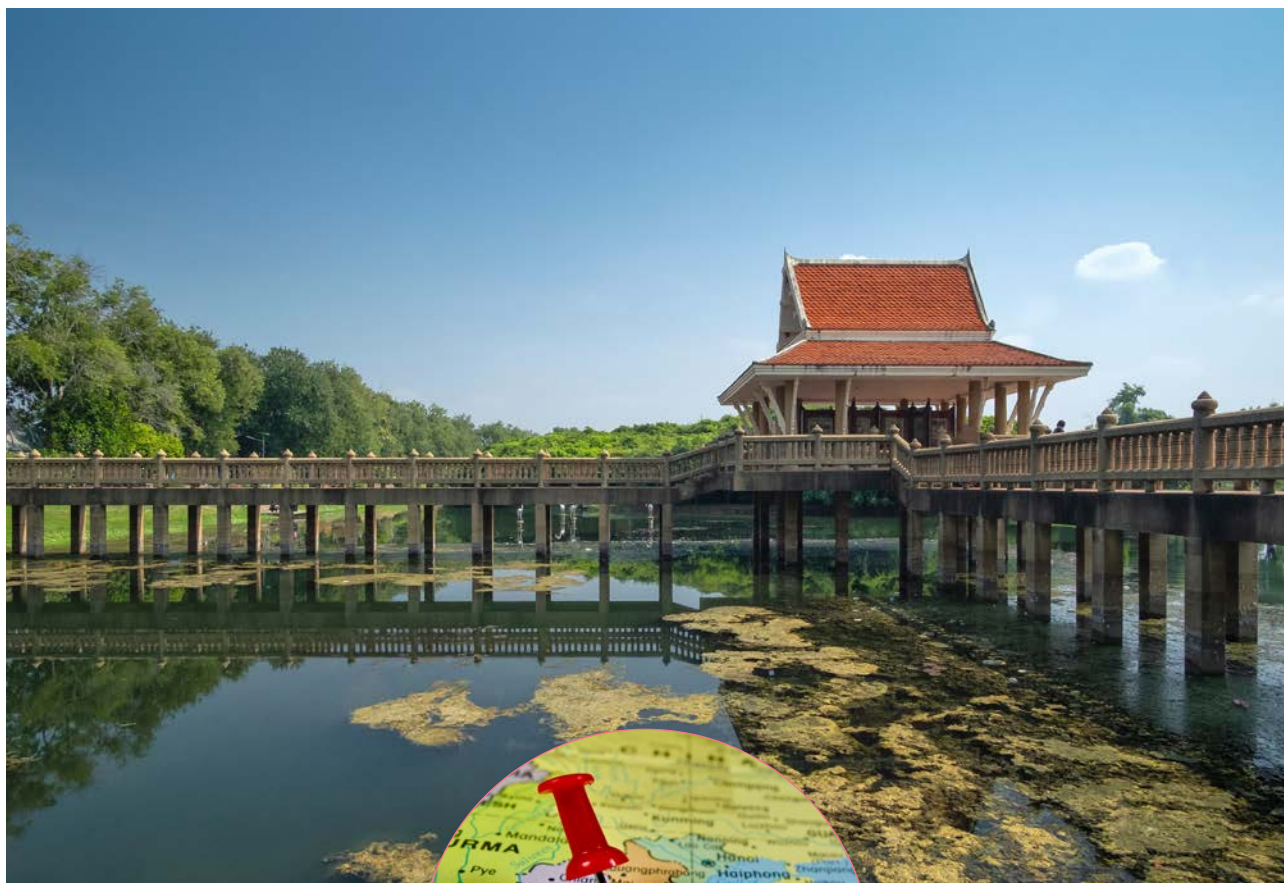
Fogo de Chao is located in Central Park Towers, DIFC, Dubai.

For bookings, contact: +971 4 343 8867



AN AUTHENTIC RURAL THAILAND LOCAL CAFE...IN JLT!

This week, would you like to travel to Thailand, get away from the tourist trail and discover a small town or village that shows you how the local people really live?!



If you have ever gotten off the beaten track in Thailand, you may have travelled to the north of the country and ended up in Thailand's largest region - Isan. Isan is bordered by the Mekong River along the border with Laos to the north and east, by Cambodia to the southeast and the Sankamphaeng Range south of Nakhon Ratchasima. To the west it is separated from northern and central Thailand by the Phetchabun Mountains. With agriculture forming a large part of the Isan region, the local people are connected to their food and produce in a way that we are not, here in this region.

As with many agricultural and rural areas, the produce comes from people working together, eating together and living

informally in local communities. Can you imagine what a local cafe in Isan would look like?! Just a few tables and chairs, the food prepared by the local farmers themselves and local people always welcome to pull up a chair and eat the freshest, most fragrant

dishes - all influenced by the local provinces.

Well...this is exactly what you can find in Cafe Isan, in Dubai's JLT - a small...very small local Thai place that is not just inspired by the farming communities of rural Isan, but provides the same experience. This hidden gem has won multiple awards for its cuisine. The indoor seating comprises just four tables in a space that is exactly like the "back home" cafes of Chef New, whose background is as an Isan farmer.

The wall is decorated much as it would be in an informal little cafe in Thailand - a faded black and white picture of the King of Thailand, family photos, pics of well-loved Thai singers, and an assortment of colourful pictures that bring back happy memories of



home. It is authentic and from the heart - just like the food and the outdoor seating area. There are just a handful of tables, each with a serene and oh so relaxing view over the lake. The seating area is bordered by the plastic crates that the veg are delivered in, built into a little wall and creating its own 'little Isan' inside, which really feels like you've shut out Dubai and travelled to a little corner of Isan itself.

The crates on the top layer of the outside seating wall are planted with multiple herbs, plants and flowers, including the ones grown by Chef New back home in Northern Thailand. This means that your sense of smell is treated to the aromas of different varieties of Thai basil and it is a beautifully



fragrant environment in which to 'travel.'

The food? Well, what would you expect from an award-winning Chef who is so deeply connected to her ingredients, and from a culinary background where every single element of each dish is created from scratch,

in exactly the same way as she'd make it at home for her local community in Isan?!

This includes the pounding together of each individual type of Thai curry paste, the grinding of the hand-toasted rice to make her incredibly popular Thai Laab Cakes, which contain hand-minced chicken and as much or as little chilli as you prefer.

Each individual dish on the menu is nothing short of authentic, fresh, clean, fragrant and utterly stunning. So, if you have always wanted to go to Thailand, here it is on a plate, at Café Isan Thai Streetfood & Tea Bar Restaurant Dubai, on the Waterfront, Cluster B, in JLT.

Best call to reserve a table: +971 50 9132 611

• HOME • HYGIENE



In this issue, we look at teaching children about various hygiene practices and the hazards of damp in the home.



TEACHING CHILDREN ABOUT HYGIENE

It is more important now than ever before that children understand what hygiene means and why it is so necessary. Here we look at some of the key things children should know.



FOOD HYGIENE

When you are teaching your children about food hygiene, start with the basics and talk to them about germs and bacteria. Explain to them how quickly bacteria can spread from their hands to the food and into the mouth or nose. Here are a few food hygiene habits that you should teach your child.

- Always wash hands with soap and clean water before touching or handling food
- Rinse and rub soap for at least two minutes
- Always wash hands before and after eating, especially if they have been to the toilet or were playing outside
- Clean hands thoroughly so that there are no traces of soap left
- Wash your hands frequently when helping in the kitchen, as vegetables, raw meat and chicken may be carrying bacteria before they are cooked

- Always use a clean cloth to wipe your hands and mouth
- Teach your children to put the lid back onto food containers if they are taking something from the fridge
- Instruct your children never to put dirty hands in mouth, bite nails, or wipe their face or eyes with filthy hands.

BODY HYGIENE FOR KIDS

One of the most important aspects of personal hygiene is taking care of your body. Body hygiene is about keeping every part of your body clean to stay healthy and presentable. Healthy body hygiene habits include taking care of the skin, hair and feet. Here are a few ways in which you can teach your kids to keep their body clean.

- Teach them how to clean the different parts of the body – the hands, armpits, legs, feet, groin, joints, back, belly button (navel),

elbows and knees. Show them how to do it and then let them practice it.

- Make sure that they use soap for bathing and pat dry their body after bathing.
- Take extra care when teaching them to clean their face – make sure they clean their ears and neck, which they may overlook.
- Children tend to finish off bathing quickly, so make sure they spend enough time taking a bath. Also, reward them every time they bathe properly.

ORAL HYGIENE

Oral hygiene is as important as hand hygiene or skin hygiene in children. An unclean mouth can give out bad odour and cause cavities, which can be avoided when children have good oral hygiene. Tips to encourage them to keep their teeth and mouth clean include:

- Make sure your child brushes twice daily and cleans even the corners of their mouth thoroughly
- Teach them how to floss and remind them to do it each time they brush
- Ask them to wash their mouth with water after food or after eating sweet or sugary foods
- Schedule a dentist visit once every six months.

HYGIENE AT HOME

In addition to personal hygiene, children should also be taught to maintain hygiene when they are at home. Here are a few things you can teach them to do.

- Tell them to keep their room clean and keep everything in its place
- Teach them from the earliest age you can to put their bowl or plate in the sink after they eat a meal, and wash their hands after eating
- Teach them to clean up if they spill or drop something on the floor or any other surface. If your child is too young to be able to clean it, help them do it
- Let them follow basic toilet and bathroom cleanliness standards – they must flush the toilet after use, use the bathroom supplies, throw used tissues or other garbage in the bin, etc.

You cannot teach your kids these basic personal hygiene habits overnight. Developing healthy habits is a process that takes time and should be handled with lots of patience. دعهم



WHY DAMP IN YOUR HOME AFFECTS YOUR FAMILY'S HEALTH

Living with mould and damp in your home is not only unsightly and unpleasant, the health risks can make your home a more hazardous place to live.



To understand how damp and mould affects your family's health, it's important to understand what mould and damp actually are.

What is Damp?

Damp is caused by an excess of moisture in a building. This excess moisture is either making its way inside your property from the outside (penetrating damp / rising damp), or from moisture within the home from condensation, a leaky pipe, or poorly-maintained sealants - such as around the shower, sinks or the bath. Poor ventilation, excess moisture and poorly air conditioned homes are common causes of condensation-related damp.

Damp or humid conditions are perfect conditions for mould to grow.

What is mould?

Black mould is a type of fungus that grows and develops in damp or humid conditions. Depending on how serious the mould infection is, it can vary in appearance. Black mould starts to produce spores - these allow mould to keep reproducing and growing. They are responsible for most health problems caused by damp and mould in the home.

What are mould spores?

Mould spores are tiny structures produced by mould in order to reproduce and grow. They're incredibly small - half the width of a human hair, which means they can float in the air unseen.

These spores are allergens, which means they can cause various allergic reactions. That's why inhaling or touching mould spores can cause health issues or make existing conditions worse.

BLACK MOULD & FAMILY HEALTH

Contact with mould spores can leave you or your family more susceptible to developing a range of different health conditions such as respiratory problems, which are a common complaint from those living in mouldy environments.

Symptoms can include trouble breathing, a tight chest, coughing and wheezing. These symptoms are usually mild but can become chronic if you're exposed to mould spores over a long period of time.

General respiratory problems can sometimes develop into more complex respiratory infections and leave you more vulnerable to other bugs and viruses.

More specific symptoms of a respiratory infection include:

- Coughing
- Mild fever (more common in children)
- A blocked and/or runny nose
- Pain or pressure behind the face
- A scratchy or sore throat
- Sneezing

If you experience these symptoms over a long period of time, do mention to your doctor any damp or mould issues in your home, as they may well be the cause, or a contributory factor of your respiratory problem.

Can mould cause asthma?

A common concern about mould and the respiratory system is whether mould exposure directly causes asthma. Mould spores themselves cannot cause asthma, however, if you already suffer from the condition and have an allergy to mould, exposure to mould spores can cause more frequent and serious asthma attacks.

Skin conditions caused by mould in the home

Another common health issue caused by mould spores in the home is skin rashes, which can be caused by an allergic reaction to mould spores. This allergic reaction can affect people who are already prone to skin breakouts, such as those suffering with eczema, as well as individuals who don't have an underlying skin condition.

Allergic skin rashes commonly present as:

- Dry, red and cracked skin
- A raised, itchy, red rash (hives)

HOME HYGIENE

● Itchy, red, watering eyes (conjunctivitis)

If you are concerned about your or your family's health and the potential impact of mould, go and see your doctor, as well as tackling the root cause by contacting a firm that specialises in damp treatment and removal.

Mould and mental health

Living with mould doesn't just have an effect on physical health. A study in 2007 also found a connection between damp, mouldy homes and depression.

The stress of living in a mouldy home can be high. There is the damage to your possessions, the unattractive appearance and smell, and the concerns around its impact on your health and that of your children. Some people may feel overwhelmed by it, or may not see a clear resolution, or are concerned about the financial costs.

More recent research also suggests that mould toxicity, a condition that occurs when mould toxins accumulate in the body, can also lead to symptoms of depression, anxiety, attentional problems, brain fog and insomnia. This suggests that some health issues associated with mould can be more difficult to detect than the more obvious physical symptoms - although equally as debilitating.

Who is most at risk from developing damp and mould-related health issues?

Exposure to mould spores is not healthy for anyone and should be avoided as much as possible. However, there are certain groups of people who need to take extra precautions to avoid contact with mould because they're more likely to be sensitive to the allergens.

Pregnant women and new parents should rightly be concerned about the impact of mould on their children. Babies and children are more vulnerable to mould, so you should do all you can to tackle it.

According to the healthcare experts, the groups of people most sensitive to allergens include:

- Babies and children
- Elderly people
- Anyone with existing skin problems, such as eczema
- People with respiratory problems, such as allergies and asthma
- Individuals with a weakened immune



system

It is important to be aware that baby cot mould is surprisingly common in damp family homes and dangerous for babies.

PREVENTING HEALTH PROBLEMS FROM DAMP AND MOULD

There are many ways to tackle mould and damp in your home and protect your health. As damp and mould inside the home can be so serious, it is better to bring in a company that specialises in providing products and advice to prevent and counteract the effects of mould in your home.

Damp and mould in the bedroom

Bedrooms are prone to mould because they're more likely to suffer from condensation build-up. This is because bedrooms are often kept warm at night while breathing creates additional moisture.

Mould in the bedroom can present a real risk to health simply because you spend a lot of time exposed to mould spores while you sleep during the night. If you're more sensitive to mould allergens, this can be particularly hazardous. Either way, mould in the bedroom can take a toll on your health over time.

Removing and preventing mould in the bedroom

If mould is growing on your bedroom walls, it may be tempting to wipe it away with some bleach or disinfectant. While this will improve the look of it, it does little to solve the actual problem. It is far better to contact a company that specialises in removing damp and mould at its cause.

Once removed, you can use various anti-mould products to help you prevent mould from re-growing in your bedroom. Ventilation is also key.



Damp and mould in the bathroom

Due to the humidity of bathrooms, it's very common for these spaces to develop damp and mould. A poorly ventilated bathroom encourages humid air to linger around and prevents wet surfaces from drying out - quickly leading to mould.

Although you spend less time in the bathroom than the bedroom, exposure to bathroom mould can still have a negative effect on your family's health. It's important to tackle the root cause of mould in the bathroom - condensation, which is best done with the help of experts in this work.

Controlling condensation to prevent mould

- Bathrooms and bedrooms are common spaces for mould growth. However, anywhere in the home can be affected. Condensation is the most common cause

of mould.

- Condensation occurs when moist air comes into contact with other air or surfaces that are at a lower temperature.
- To avoid condensation in the home you need to have a well-ventilated home, which can help you to reduce condensation through ventilation and avoid mould build-up, along with the health risks associated with it.

Penetrating & Rising Damp and Mould

Water may be coming into your home from outside and causing damp issues, which could be due to a building fault, such as an upstairs apartment leak, poorly-sealed windows or doors - which will be more apparent in the winter months in this region. Common causes of penetrating damp in villas can include blocked gutters, failed render and faulty roofing. Before

tackling the damp, you will need to uncover and resolve the underlying fault.

Rising damp is a comparatively rare form of damp that affects the walls of buildings. It occurs when moisture from the ground travels up through a wall, leading to damp issues. You will spot the warning signs on internal walls, often a visible stain known as a tide mark at the point where the water has reached.

Most buildings have a barrier that prevents water rising up in this way, however, this can either fail or be completely absent for various reasons. You'll need to get help from experienced and qualified damp experts to either fix the problem or arrange a new barrier against the damp.

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.

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.



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.).



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.



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.



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.



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.



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 •



The new year kicks off with looking at the four main areas that can either negatively affect, or improve your health this year. We also look at whether your choice of shoes can affect your health!



THE 4 PILLARS OF BETTER HEALTH IN 2021

Good health can best be maintained through a combination of a balanced diet, exercise, enough sleep, as well as stress and mood management, says Nestlé MENA Market Nutritionist, Huguette Abou Khalil.



According to the World Health Organisation, a balanced diet is important for a healthy life and consists of not only proper nutrition, but good hydration as well. It helps protect our bodies from non-communicable diseases such as diabetes, obesity, and cardiovascular ailments, and helps us build a stronger immune system.

EATING BENEFICIAL FOODS

To better fend off viruses, we also need to eat more of certain foods than others. Did you know for example that daily dietary recommendations for fruits and vegetables have increased during the pandemic? We now need to eat nine servings, instead of the formerly recommended five, to further benefit from their high content of vitamins and minerals that help fight infections such as Covid-19, according to advice from Nestlé MENA Market Nutritionist, Huguette Abou Khalil.

Vitamins A, C and D, Zinc and Selenium particularly play important roles in boosting

our immune system to fight and prevent viral infections such as the Covid-19 virus. Key foods abundant in those nutrients include nuts, milk, eggs, meat, fish, tofu and yogurt, all of which are plentiful of Zinc and Selenium. Vitamins A and C can be found in fresh vegetables - especially brightly coloured ones such as carrots, sweet potatoes, grapefruit, squash, oranges and bell peppers.

Eating foods fortified with these vitamins and minerals, including milk and dairy products, is crucial to help replenish any deficiencies not met through daily diets.

DRINKING ENOUGH WATER

Healthy hydration is also important for a stronger immune system, as water comprises 60% of our body and is essential for survival and the functioning of our organs. According to the 'Journal of Biological Chemistry', the brain and heart are composed of 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79% - and even the bones are made up of 31% water.

Present in every cell, water helps transport nutrients in blood, regulates our body temperature, detoxifies it by getting rid of waste and lubricates our joints. Dietary guidelines recommend drinking 8-10 glasses of water per day, with some other fluids, fruits, and vegetables counting as part of that intake.

THE IMPORTANCE OF SLEEP

In addition to healthy food and adequate hydration, good sleep is of great importance to maintaining a healthy body and mind. Adequate sleep has been shown to improve our attention, memory, cognition, positivity and even our self-esteem.

On the flipside, inadequate sleeping hours were found to be a contributing factor to obesity, largely because the increased food intake that accompanies staying awake for longer disrupts the appetite hormones. This leads to increased hunger, decreased energy for physical activity, increased levels of cortisol that result in increased insulin, and subsequently increased fat storage and increased stress.

PHYSICAL ACTIVITY

We also have to better plan physical activity, as measures against Covid-19 generate confinements and social distancing causing us to move less, linger at home, stay away from gyms, and work from our bedrooms or living rooms.

We need to make sure we make up for all this, as movement for at least around 30 minutes is beneficial for many reasons that include improved mood and self-esteem; maintenance of a healthy weight and/or losing weight; lower risk of blood pressure, Type 2 diabetes, heart attack and stroke. In addition to these, exercise and movement are good for increasing white blood cells, which are the body's immune system cells that fight diseases and decrease risk of illnesses and viral infection.

Khalil's advice is therefore to encourage the whole family to embrace the four pillars of better health in 2021, as these can work together to help bolster the immune system and increase your resistance to colds and viruses, as well as minimise the impact and recovery time, should you catch a bug!



CAN YOUR CHOICE OF SHOE AFFECT YOUR HEALTH?

A Japanese reflexology shoe brand believes that the design and features of shoes can help to combat stress and support physical health. This article looks at the thinking behind their claims.

The pandemic is continuing to have an effect on people's wellbeing and mental health - be that being confined in quarantine, fear of the virus or in dealing with the practical impacts. While this is still going on, it is essential to make choices to regain our balance in these complicated times, says Japanese reflexology shoe brand, Kenkoh. It is therefore apt timing to see a brand available in the UAE that builds a natural therapy into their shoes that harness the benefits of reflexology, which is known to support both mental and physical health.

WHAT IS REFLEXOLOGY?

According to the Mayo Clinic, "Reflexology is the application of pressure to areas on the feet (or the hands). The theory behind reflexology is that areas of the foot correspond to organs and systems of the body. Pressure applied to the foot is believed to bring relaxation and healing to the corresponding area of the body. Several studies indicate that reflexology may reduce pain and psychological symptoms, such as stress and anxiety, and enhance relaxation and sleep. Given that reflexology is also low risk, it can be a reasonable option if you're seeking relaxation and stress relief."

Reflexology footwear

Because of its in-built massage and reflexology features, Kenkoh Japanese footwear is said to provide a variety of health benefits including its signature massaging insoles reducing stress levels, stimulating nerve function, reducing chronic pain levels, increasing energy levels and enhancing the feeling of being in control.

Poor mental health and stress often presents itself as physical symptoms, such as fatigue, anxiety, headaches and low-quality sleep.

According to research conducted by Kyoto University, participants who wore Kenkoh sandals for four hours reported improved moods and their bodies feeling lighter. Another survey conducted by Kenkoh Middle East with Medcare Hospitals revealed that wearing the massage sandals for seven consecutive days not only reduced participants' body fatigue, it also lessened their foot pain and tension in their legs, while increasing their energy levels by the end of the week.

POTENTIAL HEALTH PROBLEMS CAUSED BY CHOICE OF FOOTWEAR

Your footwear can actually cause a lot of problems, and they aren't all in your feet. Poorly designed shoes, or footwear that doesn't fit properly, can cause a number of short and long-term health problems that affect various parts of our bodies. According to one Podiatrist:

"Poorly chosen and incorrectly fitting footwear can impact negatively on our feet. Shoes with higher heels, poor grip and inappropriate or absent fastenings have been linked to impaired walking, balance and falls. Foot constriction within shoes can create paraesthesia (pins and needles) or temporary numbness. If footwear is incorrect then short term problems can become long term ones with an unwillingness to pursue activities such as walking or even affect the ability to work in a chosen occupation with consequent mental, emotional and physical implications."

Back pain

There are a number of potential problems that might arise from wearing improper

footwear, especially heels, over a prolonged period of time, some of which target your back. Lumbar spinal muscle action can be exacerbated, leading to overuse with eventual stiffening and resulting in posture changes. Also, possible lumbar intervertebral disc compression as a result of poor footwear can lead to lower back pain. Stick to low shoes where possible, and if you do wear high heels then make sure they are 'well made' and are not worn for too long.

Joint pain

Prolonged overloading as a result of shoes that don't provide adequate support can ultimately cause all sorts of joint problems such as arthritis and also knee pain, especially in the case of high heels. The knees are forced to bend more to substitute for the reduced shock absorbing at the feet when the heel hits the ground during walking. Also as a result the muscles in the front of the thigh have to work harder to allow you to get a good push off during walking.

Ill-fitting footwear can also lead to deformities such as bunions and bony development around the larger foot joints.

As Covid-19 continues to loom over us, it is important to incorporate simple and effective solutions to care for our wellbeing - and your choice of shoe could help achieve that for you! Kenkoh's massaging insoles provide all the benefits of reflexology, on-the-go, without any physical contact and as little as 10 minutes of walking in the shoes can have a significant impact on your energy levels and blood circulation, as well as enhancing your mood.

For more information on the research behind Kenkoh new collection and the reflexology benefits, check out kenkoh.jp

TAKING STEPS TO SUSTAINABILITY

Also with wellbeing in mind, Reebok have long been known to develop products and technologies that enable movement, with a brand ethos of accompanying people on their journey to fulfill their potential. However, Reebok have launched a new shoe with fitness, exercise and sustainability in mind. The new [Ree]Cycled Classic Leather Legacy and the Legacy 83 shoes have uppers made with at least 30% recycled materials, built with a sustainable future in mind. Very appropriate for the UAE, the shoes were also designed to celebrate community; the different backgrounds, personalities and outlooks that shape us all.



•PARENTING•



We're excited to give a run down of the benefits of 'liquid gold' in this section, as well honoured to chat with a remarkable 13-year old local boy who is taking the golf world by storm.

AMAZING FACTS ABOUT BREAST- FEEDING

Breast milk is liquid gold for your baby, but do you know just why breast milk is so incredible? From boosting immunity to pain relief, some of these breastfeeding facts might surprise you!

The message that 'breast is best' for babies doesn't always take into account every woman's personal circumstances. It's important not to feel guilty about formula feeding if that is the best choice for your situation. But that said, there is an abundance of scientific evidence that shows breast milk is the nutritionally superior option – not to mention the only safe way of feeding a baby in places where access to clean water and sterilising equipment is not always available. Here are some of the scientific facts about breastfeeding.

Breast milk is the perfect ready meal for your baby

Breast milk is available for your baby on demand, served at the correct temperature and with no delay, every time.



Breast milk contains all the nutrients your baby needs to thrive

Breast milk contains all the carbohydrate, protein, fats, vitamins and minerals that your baby needs in order to thrive. Plus, being composed of 87% water, it's the only liquid your baby needs until weaning, when water can be introduced.

The taste of breastmilk changes depending on what you eat

Although breast milk is naturally sweet, with a creamy consistency for babies, its taste changes depending on what you've eaten. This is good news when it comes to weaning, as your baby's palate will have already been exposed to a range of flavours. In fact, research supports this. In a 2017 study, researchers found that the flavour of different vegetable juices was present in a mother's milk and the babies who were exposed to these flavours more readily accepted the puréed foods when weaned.

The composition of breast milk constantly changes

As your baby grows, the composition of breast milk changes in order to fully meet your baby's growing needs. After your baby is born until about day three, your body will make colostrum. This 'liquid gold' is high in protein and packed full of vitamins and minerals, as well as white blood cells to help fight off infection,

and is the ideal first start for your baby. After about three days, your body will switch to producing transitional milk (although colostrum will still be present), which is when you'll feel your milk 'come in'. This will last for about two weeks until finally your body produces mature milk. The composition of your mature milk will change roughly every seven days, to keep up with the needs of your growing baby.

Breast milk boosts immunity

Your breast milk is packed with white blood cells, ready to help your baby fight off infection. On top of this, if you get poorly, your body will begin to make antibodies designed to fight that particular infection. These will then get passed to your baby via your milk, helping to keep them safe. Scientists have recently discovered that women who have recovered from Covid-19 have significant levels of antibodies in their breast milk, which will help to protect your baby. Astonishingly, if your baby picks up a bug (and you don't), they will transfer the germs to you through their saliva when they feed, and your body will then set to work making the exact antibodies they need, which you will then feed back to them, to help them get better.

Breast milk contains stem cells

Stem cells are found within breast milk and are the cells from which all other specialised cells (such as blood, bone or brain cells, for example) are formed. A 2012 study found that stem cells were not only present in breast milk, but that they remained alive in a baby's stomach and were also found to have been transported to the blood, thymus, liver, pancreas, spleen and brain, where they had become functionally integrated and were producing specialised proteins.

Breast milk contains painkillers

Breast milk can help to ease the pain your baby may feel from vaccinations, or soothe a toddler. As well as nutrients, white blood cells, antibodies, stem cells and cancer killers, breast milk also contains 12 different endocannabinoids, the most abundant of which is 2-AG, which helps to regulate the immune system has anti-inflammatory properties, and stimulates the sucking response in babies.

Breast milk can soothe your baby to sleep

Breastfeeding, in fact, comes up trumps when it comes to getting a baby to sleep. It's not just the soothing sucking motion that can help to get your baby to sleep – the level of the hormone serotonin actually increases in your breast milk towards the end of the day – and serotonin is responsible for that lovely sleepy feeling, helping to regulate your baby's circadian rhythm. According to research, 'night' milk also contains higher levels of the proteins known as nucleotides, which stimulate GABA, a sleep-inducing hormone.

MEET 13-YEAR OLD MOUSA SHANA'AH: GOLF WORLD CHAMPION- IN-THE- MAKING

With multiple regional tournament wins to his name, Mousa Shana'ah has caught the attention of the professional golf community as one of the region's most exciting young golfers. He is just 13-years old. Here, we have an in-depth chat to find out more about the habits, attitudes and mindset of the UAE's very own international golf champion-in-waiting.





Mousa was pegged as a rare golfing talent at the tender age of just five years old by golf industry luminary, Craig Waddell, former Director of Golf Operations at Dubai Golf, as well as former Director of Golf at the Trump International Golf Club in Dubai. High praise indeed for a five-year old!

Here we Mousa describes his journey from when he first caught the golf bug at age four, to his life now at age 13 and gives us some inspiring insights into the mindset of world champion-in-the-making.

When & how did you become interested in golf?

I was about four years old when I got interested in playing different sports games on Wii and I found myself quickly getting interested in the golf games. I also started watching videos and eventually, I asked my dad if I could go and play for real, so he registered me in an academy for some lessons and I started training. I started practising and improving. Not just with putting, but on the driving range, so I started working hard at my game. I was about five years old when I started getting more competitive and I started participating in tournaments around the UAE and competing.

By age six, did you already know that you were going to commit to golf and make your future based around the game?

No, not really. I was enjoying it a lot, but at age six, I thought of it as a hobby and was just happy to keep doing it and enjoying it. I had stopped playing golf on Wii by then and was only playing golf for real. It was later on that I decided that I wanted to pursue it more seriously.

What motivates you to keep going with your golf?

My first ever coach told me to keep going and move forward because he said I was doing well. That really motivated me, as well as really having a passion for the game and enjoying it. I was going five times a week to the Academy - not just for lessons, but also for practice.

I was excited and also nervous to enter a tournament for the first time. I didn't win that first one, but that showed me I wasn't perfect at the game and that's when it spurred me on

to really take my passion for golf to a higher level.

I have met a lot of professional golfers. I have also gone to watch professional golfers play in tournaments here in the UAE, so I've been able to meet some of them and learn a couple of tips from how they practice, or how they play on the golf course. A lot of pros I have met have also seen me play - and we've even played golf together. They said I was talented and I could really go places in the game. Some have also sent me videos too!

When did golf really become serious for you?

When I was playing on a small course (called a par three course), it was 9-holes and the range is 140 yards and below. The big golf course has 18 holes and ranges from 550 yards and below. I was around eight years old by the time I started playing on the big course and realised that I needed to work on my fitness, because it's a much bigger task to walk around all 18 holes on a big golf course.

So, it was when I started playing on the same full size course that pro golfers do, and actually enjoying and winning tournaments on a full course that I knew I wanted golf to be a big part of my future.

How is it practising so much in the heat?

The heat affects your game, so that's why I also have to work on my mental game, so I can stay focussed. The physical fitness efforts I make are to build strength and stamina in my legs, because when your legs get tired, that's when your mind gets tired - it's like the motor of a car!

To support my fitness, I do swimming and karate, but I also have gym days where I will work on my legs and my core with my coach, as well as working on my swing speed. This helps me to gain more distance in my golf game.

What is a typical day for you?

I wake up at 7am and get ready for online school. I'll have a breakfast of cereal or a sandwich with some fruit at around 9-10am and I might finish at around 12 midday on a Sunday, for example, and then I would either go directly to the golf course, or go to the gym and work on my fitness and then go to the golf course afterwards. I'd get home at about 7pm and have my dinner - I'd go to bed shortly after on a typical day.



Do you feel pressure to succeed in the sport?

It puts a lot of responsibility on my shoulders to play golf at a serious level, which is not the same as feeling pressure. I know that you can't win all the time. That's one thing that golf teaches you, but it's also a good way to learn. You can't learn without making mistakes. You have to be ready to take a win as much as you have to be ready to take a loss.

What are your food habits and nutrition like?

A typical dinner would usually involve some

protein and carbohydrates. On Sundays, I would never eat badly because it would ruin the point of doing my workout. Some days we will have a cheat meal like a burger or a pizza, but it is a balance.

How do you feel about school - does it get in the way of your golf?!

We always organise the timing between school and golf. On a Monday, we'd focus on school, revision and homework and I would give my body a break. School is just as important as golf for me, if not more important, but I make sure I have that balance between school and sport.



Do you get time to see your friends?

Yes. Before Covid, on the weekends, we'd see our friends to meet up for fun or to go to the mall. Since the pandemic, I have done this a lot less, but I still manage to keep my relationships with my school friends and my golf friends.

Do other children your age support you and your golf passion?

Mousa says that his friends support his golf talents and achievements, but other children tease him for playing golf. I ignore them, but I think they're jealous. His mother however says that they face some negative

attitudes from other children, possibly because Mousa is doing well. Mousa says that when other children make mean comments about him, "it shows me that I am doing well, because people don't make those comments if you're not doing well. It makes me feel more confident, more successful and stronger.

How will you handle any clash of interests, especially if school exams clash with a major tournament, for example?

I get a lot of support from my school, Gems First Point School, especially from my Principal, Mr Matthew Tompkins,

who has really encouraged me and helped me schedule things to give me a good ratio of school-to-golf. If I have a golf commitment, the school is really good to me - Mr Tompkins makes sure I have the opportunity to catch up and have help to keep up with school work - he's great and supports me a lot.

Do you have a different kind of life to other kids of your age?

I do feel like I have two lives with school and sport, but I also feel I'm used to it and know how to organise my time to manage everything.

Do you think that playing golf to this level has made you grow up more quickly?

Yes, because golf really works your mind. It teaches you a lot of lessons - not just physical lessons, but life lessons too, like never giving up, and no matter what happens, always keep working towards your goal and enjoy the losses as well as the wins along the way. I have also spent a lot of time with people older than me, so I think some of their attitude rubs off on me.

So, if anyone ever tells me I'm not good enough, that actually motivates me, because that means I have room for improvement and I have the time to do it! Not being good enough means 'not being good enough right now' but also that I have a lot of ways to improve, and that means I know I will get better.

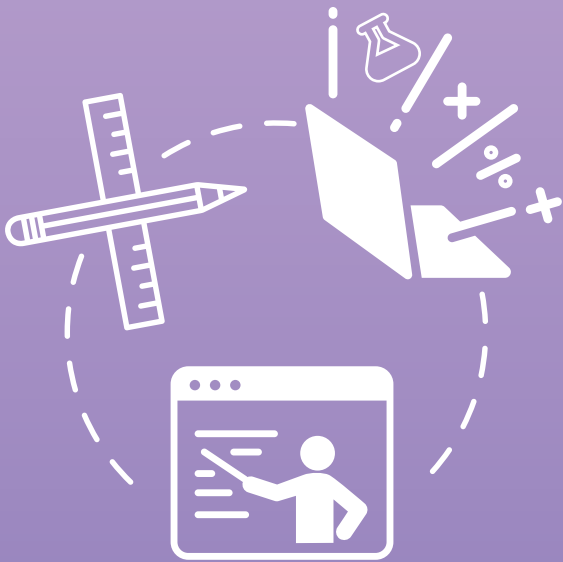
What is your future in golf? What would you like to achieve?

I want to be number one in the world in the future, that's my main ultimate goal. I know it needs a lot of work, but I enjoy the process. I want to be a world champion.

EDITOR'S COMMENTS:

With an astonishingly mature and self-aware attitude, huge talent, self-imposed discipline in his sport, natural drive to succeed and level of focus on his goals, I believe that Mousa has all the hallmarks of a future world golf champion. We'll be sure to keep an eye on Mousa and bring you more news as he grows and his golf career develops.

•EDUCATION•



This month
is all about
helping your
child to perform
at school, and
school helping
your child to
perform in life!



HELPING YOUR CHILD'S SCHOOL PERFORMANCE

*With the advent of the new school term, here
are some ways you can help to maximise the
potential of your kids.*



NUTRITIOUS BREAKFAST

A nutritious breakfast fuels the brain and sets children up ready to focus and learn. Studies show that children who eat breakfast have more energy and do better in school than those who skip this important meal. You can help boost your child's attention span, concentration and memory by providing breakfast foods that are rich in whole grains, fibre and protein, as well as low in added sugar. If your child is running late some mornings, send along fresh fruit, nuts, yogurt, or half a peanut butter and banana sandwich.

THE RIGHT AMOUNT OF SLEEP

Children also need the right amount of sleep to be alert and ready to learn all day. Most school-age kids need 10 to 12 hours

of sleep a night. Bedtime difficulties can arise for a variety of reasons, including homework commitments, sports, after-school activities, TVs, computers, video games, as well as hectic family schedules, can all contribute to kids not getting enough sleep.

Lack of sleep can cause irritable or hyperactive behavior and might make it hard for kids to focus in classes. It's therefore important to have a consistent bedtime routine, especially on school nights. Be sure to leave enough time before bed to allow your child to unwind before bed and limit stimulating diversions like TV, video games and Internet access.

ORGANISATIONAL SKILLS

No one is born with great organisational skills - they need to be taught and then practiced! When kids are well organised, they can stay focused instead of getting distracted looking for their things at the last minute. For schoolwork, being organised means having an assignment book and homework folder to keep track of homework and projects. Check your child's assignment book and homework folder every school night so you're familiar with assignments and your child doesn't fall behind. Set up a place for papers that you need to check or sign.

Encourage your child to keep his or her work desk orderly so papers that need to come home don't get lost. Teach your child how to use a calendar or personal planner to help stay organised. It's also invaluable to teach your child how to make a to-do list to help prioritise and get things done.

SCHOOL ATTENDANCE

Sometimes students want to stay home from school because of problems with classmates, assignments or grades, or even teachers. This can result in real symptoms, like headaches or stomach aches. If you think there's a problem at school, talk with your child and then with the teacher if necessary to find out more about what's causing the anxiety. The school counsellor or school psychologist might also be able to help.

Otherwise, it's important that kids arrive at school on time every day, because having to catch up with classwork and homework can be stressful and interfere

with learning. If your child is missing a lot of school due to illness, make sure to check with the teacher about any work that needs to be completed. It's also a good idea to know the school's attendance policy.

GET TO KNOW THE TEACHERS & ATTEND PARENT-TEACHER MEETINGS

Children do better in school when parents are involved in their academic lives, so get to know your child's teachers and what they expect from your child. School administrators are also useful contacts for helping you to understand extra-curricular school programmes and policies.

Attending parent-teacher conferences is another way to stay informed. These meetings are a chance to discuss ways to help your child do his or her best in class. Meeting with the teacher also lets your child know that what goes on in school will be shared at home.

ENCOURAGE OPEN COMMUNICATION ABOUT SCHOOL

It's usually easy to talk with younger children about what's going on in class and the latest news at school. You probably know what books your child is reading and are familiar with the topics being worked on. But parents can get busy and forget to ask the simple questions, which can sometimes have an effect on a child's success at school. Make time to talk with your child every day, so he or she knows that what goes on at school is important to you. When kids know parents are interested in their academic lives, they'll take school seriously as well.

Because communication is a two-way street, the way you talk and listen to your child can influence how well your child listens and responds. It's important to listen carefully, make eye contact and focus only on them while you talk. Be sure to ask questions that go beyond 'yes' or 'no' answers. Aside from family meals, good times to talk include car trips and going for regular walks together.

Encouraging constant, positive communication about what is happening in your child's school will set the stage for children to develop and grow as older students who can turn to you with any issues they are having.



NOMINATE YOUR FAVOURITE TEACHER TO HOST A REMOTE CLASS FROM THE NATIONAL AQUARIUM

The largest aquarium in the Middle East, The National Aquarium at Al Qana in Abu Dhabi, has launched a first-of-its-kind programme to inspire school children at the aquarium.

The curriculum will cover four key topics, from the UAE's coastal heritage to conservation. These are designed to share knowledge and spark interest amongst the younger generations about the natural world. Until the time school excursions recommence, The National Aquarium will be offering free online sessions to the education community...with a twist.

In response to the new challenges presented by Covid-19, The National Aquarium has launched 'Professor's Aquademy' virtually to schools. Students are able to nominate one teacher from their school to visit the aquarium and livestream the experience with the students. The nominated teacher will need to 'face their fears' and enter the habitats for a hands-on teaching experience with 'Professor' the Water Monitor Lizard, rehabilitated Sea Turtles and other iconic animals from all around the world.

During the interactive video session, the education team will introduce informative and fun topics to provide a flavour of the aquarium's innovative school tours to the students.

'Professor' the Water Monitor Lizard, was hand-reared and trained by a certified breeding facility in Los Angeles that meets all the international standards. The 'Professor' started his career in Hollywood pictured with numerous celebrities but now in Abu Dhabi, his role as education ambassador will help many UAE students to access and learn about the wonders of the natural world at the aquarium.

The Water Monitor is a good ambassador for this programme because as a species, it plays a key role in forests, rivers and coastlines, moving across multiple habitats, which are all represented within The National Aquarium's ten zones.

Education is a priority for The National Aquarium to enlighten all generations on the natural world around them, and the concept of conservation. Inspired by Baba Dioum, a celebrated Senegalese environmentalist, this programme is designed to open school children's minds through knowledge and understanding. Baba Dioum's quote motivates the education team every day, "In the end, we will conserve only what we love; we will love only what we understand, and we will understand only what we are taught."

Aspen Heights British School, a part of International Schools Partnership – a global group of international schools, was the first school to visit 'Professor,' creating a much excitement and anticipation for the



educational programme. A professional marine biologist and trained educators from The National Aquarium answered the many questions the students had about 'Professor' during the online class.

The education team explained the importance of preserving the marine environment and how to protect the animals. Since environmental awareness is an important part of the daily lives of students at Aspen Heights British School, this visit was included as part of their biology classes.

Emma Shanahan, Principal for Aspen Heights British School said: "We're excited to be the first school to meet 'Professor' and work with The National Aquarium education team. This meeting fits well with our focus on providing hands-on learning opportunities for our students at Aspen Heights British School. Our children are passionate about the natural world, and an important part of our curriculum focuses on the ocean, how our students interact with their natural environment and sustainability.

Through this unique online lesson our students were able to develop an awareness and support them in being more conscious about the world around them. Meeting 'Professor' has brought learning to life for them, answered a lot of their questions, all while giving them even more to think about."

Anne Bourbon, Manager of Education & Conservation at The National Aquarium adds: "The introduction of our education programme and 'Professor' is an important component of the aquarium's ethos –

becoming a regional role model in both conservation and education. At The National Aquarium, we always look for fun, interactive and responsible ways to educate our community and visitors. What we are offering is an approach to learn by getting closer to animals and their environments, with the desire of inspiring young minds to reconnect with nature and think of solutions to achieving a sustainable future. We are convinced that playful learning (edutainment) can have a positive and appealing impact on a child's education.

"Monitor Lizards are fascinating animals and 'Professor' is an excellent choice as our ambassador since he grew up in close contact with people, particularly children. Moreover, he also represents the connection between land and aquatic environments. He will be the star of our school programs and we are thrilled to introduce him to the students in the UAE for a memorable experience."

Schools and teachers in Abu Dhabi can request a free online educational session to meet 'Professor' and set up a video conference call. Ultimately, these educational programmes will be held in person at The National Aquarium when restrictions lift.

For requests, contact The National Aquarium education department at: education@thenationalaquarium.ae



THE NURTURING EFFECTS OF A NATURE-BASED EDUCATION

This fascinating article explores why more and more educators are providing schools where nature is at the core of the curriculum, especially during the early years.

From peacefulness to utter exuberance, surely you remember the range of emotions you experienced as a child playing outside, no matter the season. The astounding psychological and developmental responses children experience with time spent under the sun, walking through a freshly cut lawn, climbing a tree, chasing butterflies, or digging in a garden, is why more and more educators seek to provide schools where nature is at the core of the curriculum, especially during the early years.

While evidence in countless journals suggests that access to nature and green space provides children with myriad of cognitive, emotional and physical benefits; such as increased ability to concentrate, improved academic performance, reduced stress and aggression levels, and reduced risk of obesity; children are still spending less time outdoors than ever before.

Beyond the psychological and physical benefits of nature-based early years

programmes, many educators, environmentalists, scholars and parents are becoming increasingly aware of how an early connection with nature will help foster a natural desire in children to care about sustainability - they grow up with a propensity toward protecting and caring for the environment.

Located in The Sustainable City, Fairgreen International School was one of the first schools in Dubai to open with a mission to

embrace and promote sustainability in all its forms among its students, starting from early childhood. Here, we speak to Fairgreen's Early Years

Coordinator Cheryl Wood about how the school is fulfilling its mission to connect students to the natural world.

How do children benefit from learning outdoors?

Children at a young age need to have time to connect with nature and to begin to understand the world around them. Human beings are naturally curious from birth, and allowing children time outdoors broadens their scope of curiosity, as well as helping them to develop both their gross motor control and their physical growth. Studies have shown how increased time outdoors can help to support children's eye development, for example. Learning simply should not be restricted by four walls. It must span to the outside world.

How does Fairgreen's Early Childhood programme incorporate learning from nature?

In a typical school year, our location in The Sustainable City allows us to connect with nature through the abundance of activities and natural environments prevalent outside our back door, such as feeding the farm animals in the animal sanctuary and duck pond, observing how to care for them and what they need to grow. This links with our IB Units of Inquiry such as 'Sharing The Planet' and 'How the World Works.'

Children enjoy learning about how to grow and care for plants in our biodome and garden plot. It helps children with their early phonics skills to go on listening walks around the community and hear the wide range of different sounds such as the donkeys braying, ducks quacking, birds tweeting and water trickling from the fountains. These are sounds that many children do not get to experience within Dubai on a daily basis.

Due to Covid-related restrictions, students haven't been able to get out into The Sustainable City as much this academic year, given that schools are not allowed any off-campus activities. To compensate, students have been growing and tending their own gardens on the terraces outside their classrooms. Our secondary students recently designed and planted a new rooftop garden and our Early Years students will soon begin



tending to a portion of this garden as well.

We also have tower gardens where students are growing herbs and small plants. In addition to time spent playing in our ergonomically designed, multi-sensory playground, early years students ride our three-wheel bicycles around campus nearly every day, helping them develop gross motor control while also allowing them to reap in the fresh air and sunshine.

A big emphasis at Fairgreen is on helping students develop a passion for sustainability. How are teachers doing this at these early stages of student development?

Sustainability is something that we talk with the children about continually. We recycle

within the classroom. We encourage children to bring in reusable items from home to use in their craft projects, choosing reusable materials over glitter and sequins. We have created

classroom environments that are sustainable and link to nature. We avoid bright coloured decor and instead use natural colours and resources, as these help to develop children's concentration levels and the materials are sustainable. We plan in Units of Inquiry that link to how to use our tower gardens and we teach children how we can grow food sustainably. We explain conservation of water and electricity to the children. We select students to be 'light monitors' who tell us when we can turn the lights off and make sure that we switch them off when we are leaving a classroom.

Why do you feel it's important for young children to learn about the concepts of sustainability from an early stage?

Children are the future of the planet. We need them to have a solid understanding of the importance of sustainability so that they will grow into adults who will change the world.

Join Fairgreen International School's "Early Years Discovery" Virtual Open Day on Wednesday 13th January, at 11am via Zoom. You'll meet Fairgreen's Director, the Early Years Coordinator and learn more about their Early Years programme, IB curriculum, emphasis on sustainability, and culture of care and wellbeing.

Visit fairgreen.ae/virtual to register!



.2020.
WINNERS



With the awards held virtually in December, we are delighted to at last announce in print the winners and finalists of the 9th annual Mother, Baby & Child Awards for 2020! In a challenging year contending with the global pandemic, these awards have given you, our amazing readers, the chance to vote for the businesses, services, schools, shopping, medical facilities and many more brands that you've relied upon last year to support your families through 2020. Thank you for your votes, its time to check out your champions!

THANKS TO OUR PARTNERS

TITLE SPONSOR



PLATINUM SPONSOR



SUPPORTING PARTNERS

مزارع العين



PRIZE PARTNER



OFFICIAL PUBLICATION



MEDIA PARTNER



ORGANISER





Baby & Child Clothing
Retailer of the Year



Zippy



Babyshop



NEXT



Baby & Child Footwear
Retailer of the Year



Crocs



Shoemart



Clarks



Baby & Child Skincare
Brand of the Year



QV Baby



Cetaphil



Mustela



Baby Food Range
of the Year



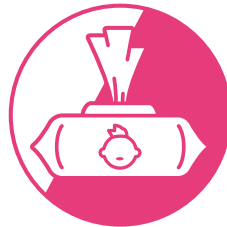
**Nestle
Cerelac**



Ellas
Kitchen



Hipp
Organic



Baby Wipe Brand
of the Year



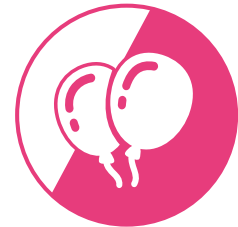
WaterWipes



Pampers
Aqua Pure Wipes



Fine Baby
Wet Wipes



Best Party Venue
of the Year



Splash 'n' Party



KidZania



OliOli

2020 AWARDS



Childcare Provider
of the Year



**Elite
Babies & Tots**



Malaak
Baby Care



Babies & Beyond



Dental Care Provider
of the Year



**Drs. Nicolas
& Asp Dental**



Medcare
Medical Centre Mirdif
Specialty Centre



Dubai London
Clinic Dental Clinic



Entrepreneur
of the Year



**Halima Jumani,
Kibsons**



Mona Ataya,
Mumzworld.com



Lily Kandalaft,
Malaak



Family Deals Provider
of the Year



The Entertainer



Kidzapp



Groupon



Family Staycation
Experience of the Year



Atlantis the Palm



Emirates Park
Zoo & Resort



Longbeach
Campground



Family-Friendly Restaurant
of the Year



**The Cheesecake
Factory**



Carluccio's



PizzaExpress



Grocery Delivery Service
of the Year



Kibsons



Carrefour Now



Instashop



Homestore
of the Year



Home Centre



IKEA



Pottery Barn



Hospital of the Year



**Mediclinic
Parkview Hospital**



Al Jalila
Children Speciality Hospital



Al Zahra
Hospital Dubai



Kids' Educational Activity
Centre of the Year



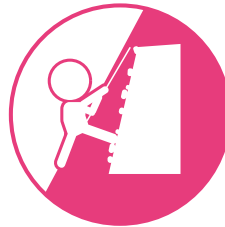
KidZania



OliOli



The Green Planet



Kids' Entertainment Centre
of the Year



BOUNCE



Magic Planet



Ski Dubai



Maternity Department
of the Year



**Medcare Woman
and Children Hospital**



Mediclinic
City Hospital



Al Zahra Hospital

2020 AWARDS



Maternity Retailer
of the Year



Babyshop



NEXT



Destination
Maternity



Maternity Skincare Brand
of the Year



Bio Oil



Palmer's



Mustela



Medical Clinic
of the Year



**Mediclinic
Dubai Mall**



Danat
Al Emarat Clinic



Aster
Clinics - UAE



Nappy Brand
of the Year



Pampers



Fine Baby



PureBorn



New School
of the Year - UAE



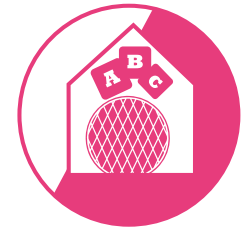
Brighton College



Arbor School



Dubai
International
Academy Al Barsha



Nursery of the
Year - Abu Dhabi



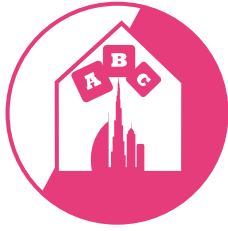
**Redwood
Montessori Nursery**



British
Orchard Nursery



Chubby Cheeks
Nursery Abu Dhabi



Nursery of the
Year - Dubai



**Toddler Town
British Nursery**



Little GEMS
International



The Little
Dreamers Nursery



Nursery of the Year -
Northern Emirates



**British Orchard
Nursery**



Chubby Cheeks
Nursery Sharjah



Bumble Bee
Nursery



Paediatrics Clinic
of the Year



**Mediclinic
City Hospital**



Medcare
Hospital Group



Danat
Al Emarat Clinic



Parenting & Lifestyle
Influencer of the Year



My Wild Tribe



The Mothership



My Little Loves



Parenting App
of the Year



Kidzapp



Pregnancy
by Philips Avent



Qidz



Primary School
of the Year - UAE



**Kings' School
Dubai**



Raffles World
Academy



Victory
Heights Primary School

2020 AWARDS



Secondary School of the
Year - UAE



**Dubai British School
Jumeirah Park**



Raffles World Academy



Horizon
International school



Soft Play Venue
of the Year



Cheeky Monkeys



Kids HQ



We Rock
The Spectrum



Supermarket
of the Year



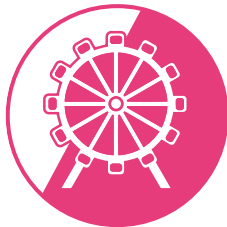
Spinneys



Carrefour



Marks & Spencer



Theme Park
of the Year



Motiongate Dubai



Warner Bros.
World Abu Dhabi



Global Village



Toy Store
of the Year



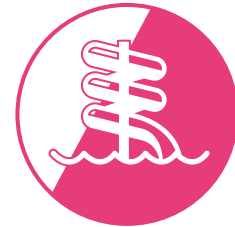
Early Learning Centre



Toys R Us



Toys for Less



Water Park of the Year



**Aquaventure
Waterpark**



Yas
Waterworld



Laguna
Waterpark



Women's Health Clinic of the Year

GOLD WINNER

Mediclinic Middle East

SILVER WINNER

Aster IVF and Women Clinic

BRONZE WINNER

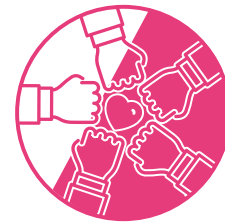
Medcare Fertility Centre



Brand of the Year



Best Sustainability
Initiative



Community Initiative
Award

GOLD WINNER

Babyshop

EDITOR'S CHOICE

Al Ain Farms

EDITOR'S CHOICE

Babyshop



Child Development
Professional of the Year



Family Safety, Hygiene
& Protection

GOLD WINNER

**Dr Giovanni Bisanti, Medical
Director, Chiropractic Neurology
Centre Dubai**

EDITOR'S CHOICE

**Fine
Hygienic Holding**

EDITOR'S CHOICE



BEST SUSTAINABILITY INITIATIVE: AL AIN FARMS

Organisations that help our environment are hugely significant to safeguarding our children's future. For this reason, the Editor's Choice Award for Best Sustainability Initiative was awarded to Al Ain Farms...and here's why.

Founded in 1981 by Father of the Nation, the late Sheikh Zayed Bin Sultan Al Nayhan, Al Ain Farms was the first dairy company in the UAE to start dairy operations and provide fresh milk to families across the country. Continuing the heritage for almost 40 years now, Al Ain Farms has grown to become a unique symbol of the UAE.

Al Ain Farms was the first UAE farm to pledge commitment to animal welfare and implemented its Animal Welfare Pledge, which is all about making a clear commitment to protect and ensure the wellbeing of each of its 15,000 cows. The Welfare Pledge is part of Al Ain Farms' dedication to continuing to provide the best environment and living standards for their cows through constantly improving policies and processes across their farms located in Al Ain desert.

The brand has five pillars under the #AlAinFarmsWelfarePledge:

☺ Cows are provided with a living

environment of the highest standards and companionship

- ☺ Every cow is ensured a diet of premium quality feed, meeting its individual specific requirements
- ☺ Al Ain Farms commits to protecting each cow from pain, suffering, injury and disease
- ☺ Every day access to outdoor fields and spaces is every animal's right
- ☺ Each cow is treated with care and compassion by Al Ain Farms' staff and employees

To meet rigorous welfare standards, Al Ain Farms is equipped with specialised houses, milking parlours, young stock sheds, open-air hay stores and commodity barns which are spread over an open-air farm in the middle of the Al Ain desert.

Keeping the cows stress-free is one of the main goals of Al Ain Farms. They use specialised

cooling systems installed across the farms to keep the cows free from heat exposure while they enjoy the outdoors at the temperatures that are optimal for them. These include cooling and air fans with high pressure injected into the airflow. The Al Ain Farms cows also receive specialised nutrition, regular showers and pedicures to maintain their health and comfort. These standards are further ensured by the presence of dedicated veterinary teams on-site to provide the 24 hours care for all the animals at the farms.

Speaking about the Al Ain Farms Welfare Pledge, CEO of Al Ain Farms Willem van Walt Meijer said, "Creating and sustaining growth in the dairy industry goes hand in hand with the constant elevation of high-quality standards. Our livestock is at the heart of our business, therefore the Al Ain Farms Welfare Pledge aims to ensure our healthy and happy cows produce the healthiest and tastiest milk for our customers. 'Made with love locally' is not only our brand motto but more importantly, it is a commitment we enforce in our corporate strategy."

مزارع العين



Al Ain Farms

**YOUR LOCAL MILK,
FROM YOUR LOCAL FARM.**



At Al Ain Farms we carefully hand-pick our cows and nurture them with love, so that they can give us the creamiest and tastiest milk that we all love. Made in the UAE and delivered to you in less than 24 hours.





COMMUNITY INITIATIVE AWARD TO BABYSHOP

Unsurprisingly, there were some companies and organisations in our Mother Baby & Child Awards 2020 that appeared in more than one category, one of which was Babyshop, who featured and triumphed in three categories. Babyshop was also the brand that won the highest total number of votes across the 2020 awards, earning them an additional award of the Mother Baby & Child Brand of the Year in 2020.

This is an outstanding achievement for any brand, but Babyshop was also the recipient of the Editor's Choice Award for Community Initiative. This award is at the discretion of the Editor, someone who has exposure to most of the activities, campaigns and initiatives that are either planned or executed by brands over the year.

I'll let you in on a little secret about Babyshop... Behind the scenes, there is a dedicated team

of individuals that are absolutely passionate about helping and supporting mothers. Each team member shares a vision of working as something of a partner and helper to mums as they work hard to provide for their families. This means making sure that the clothing ranges they carry are fashionable, practical, comfortable and affordable. This means understanding that children quickly grow out of their clothes and need replacements; and that children need toys for their educational development, as well as all the supplies for bedtime, bath time and feeding. Based on my many hours of discussions with them, I can assure you that Babyshop understands that this costs money, and they know your children deserve the best.

As Editor, I have been contacted by the Babyshop team over a number of initiatives that have directly helped families that have been

struggling as a result of the pandemic. Some of these discussions happen at the weekend or in the evenings, on the personal time of the Babyshop team. They've also been keen to discuss ideas for helping our community through the tough times in 2020 and they get enthusiastic about ways in which they have been able to play their role as a true partner to mothers - through the good times and the challenging times of their parenting journey.

Regardless of whether our readers have direct exposure to this, as Editor I have felt many times over the last year that the Babyshop team consider you, their customers and our readers, like their own family. You can always tell when someone genuinely cares about you - and Babyshop does just that.

Hence my Editor's Choice Award for Community Initiative going to a brand that really does have your back!



DEFEND *THEIR* HANDS *FOR* 24 HOURS



You can finally have peace of mind with Fine Guard PureHands hand sanitizer. Its innovative formula lasts for up to 24 hours, protects against 99.9% of germs.

Just have kids apply a first thing in the morning when leaving home, and they are protected all day long!

How does it work? Fine Guard PureHands forms a long-lasting, non-toxic, invisible coating that locks germs to your skin and protects against germs.

ACTIVE INGREDIENT: Benzalkonium Chloride

INERT INGREDIENT: Deionized Water, Polyisobutylene, Fragrance

CAUTION: For external use only. If ingested, call a doctor. Keep out of reach of children. If you experience any irritation, get medical attention. If you experience any irritation, get medical attention.

EASY TO USE: Just rub a small amount of the sanitizer on your hands. The sanitizer will remain active for up to 24 hours after normal use. Wash hands with soap and water. Back to regular life!

STORE WELL: In the original container, away from heat and light.

Recommended by



**Clinically tested & proven
to kill 99.9% of germs**

Water based · Safe for kids · Foam Form

GOOD LIVING.



Healthy, decorative, delicious, practical and beautiful - these are some of the benefits of entering this month's competitions!

COMPETITIONS

motherbabychild.com/competitions

WIN! A YEAR'S WORTH OF ARIEL 3IN1 PODS

We all know that laundry keeps parents busy every single day, and to make life easier Ariel Middle East is giving away a year's supply of Ariel 3in1 PODS to one lucky winner!

Ariel 3in1 PODS are an innovative form of laundry detergent and have a super-concentrated cleaning power, which is designed to clean, brighten bold colours and remove stains all in one handy washing capsule.

Each Ariel 3in1 Pods pack contains 15 innovative detergent capsules and is designed with a safe child-lock system. This product promises to keep your clothes fresh, bright and white with every wash! You can find out more at: rielarabia.com/en

Enter today for your chance to win!



WIN! A 2-MONTH SUPPLY OF AMPHIS HAIR & NAIL NUTRIENTS WORTH AED 798



Amphis Beauty Hair and Nail Nutrients is a premium beauty supplement that helps to beautify the body and fight the effects of ageing from within, using the finest sea minerals from the ocean. It is also enriched with other essential nutrients such as Calcium, Silicon, Iodine, Vitamin C, Beta Carotene, Vitamin B6, Vitamin B2, Biotin, Selenium, Vitamin D3, Vitamin B12 and Vitamin B3 – which are all vital for healthy looking hair and nails.

Amphis is giving one winner the chance to win a two-month supply of the hair and nail nutrients worth AED 798!

WIN! AN INKOPIA PHOTO WALL ART GIFT VOUCHER WORTH AED 600



Inkopia is what many of us have been waiting for - an online destination for all things photography. From their website direct to your wall, you can select one of their awe-inspiring photographs or upload your own, then choose your size, format, frame and colour. They will print, frame, deliver and even install. One lucky winner will be able to spend up to AED 600 in any category on the site.

Ocean theme for the kids' room? Statement piece for the living room? Enter the competition today for a chance to win and get the conversation going with Inkopia!

WIN! A VOUCHER WORTH AED 250 TO SPEND WITH NRTC FRESH



NRTC Fresh is an online delivery platform that offers fresh fruit and vegetables from local and international farms to UAE residents. The home delivery platform boasts a wide range of locally grown and top-quality imported fruit and vegetables that come in different sizes. This allows customers to have the option of either buying their fresh produce whole, pre-cut, prepacked or from the newly added 'bulk buy' section. NRTC Fresh also offers fast and free delivery when customers spend a minimum of AED 60 and above.

For more information, please go to: nrtcfresh.com - and enter today for your chance to win the AED 250 voucher!

WIN! A PACK OF WILDLAB'S ALL-NATURAL SKINCARE & HEALTH SUPPLEMENTS WORTH AED 550

Start 2021 with a healthy glow and boost your family's immunity with Wildlab, a natural skin and health supplement brand that addresses skin conditions by targeting the rebalancing of the immune system. Backed by extensive scientific research and clinical testing, Wildlab's products are made with high-quality and clean ingredients that are proven to be effective and safe for everyone, including young children with sensitive and atopic dermatitis-prone skin.

Now that we're starting 2021, why not refresh your child's immunity or bolster your family's overall health by winning Wildlab's Ultimate Care Set that includes essentials for adults and children to help combat internal inflammation that cause flare-ups on the skin.

Fun Fact: The selected ingredients included above were initially formulated to successfully treat the severe eczema of the founder's son from the inside out! Go to the Mother, Baby & Child website to enter for a chance to win!



WIN! AN E-VOUCHER WORTH AED 500 TO SPEND WITH KCAL

Kcal is a homegrown food concept that offers healthy, simple and accessible eating solutions to residents via dine-in restaurants, grab-and-go items, online orders and meal plans. It was founded in 2010 by Mark Carroll and Andreas L. Borgmann and was built to pave the way for healthy eating in the UAE. Kcal's menu includes an encyclopedia of international flavours, filled with caloric-controlled dishes, inspired by the founders' multicultural hometown of Dubai.

Their mission is to make the world a better place through wholesome, tasty food and outstanding service. All Kcal's meals are prepared from scratch, with no preservatives or additives used. For more information, you can check out kcallife.com, but make sure you enter the competition to win an AED 500 e-voucher to spend with Kcal!



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

TREATING PROBLEM SKIN

ROSALIQUE CREAM FOR ROSACEA, RED & SENSITIVE SKIN

If you suffer from Rosacea, help is at hand with Rosalique 3-in-1 Anti-Redness Miracle Formula SPF 25 Cream. Rosalique has been developed especially for hyper-sensitive and redness-prone skin. It gives an instant concealing effect through its unique micro-encapsulated technology and reduces redness through clinically proven ingredients such as a-Bisabolol, Zeolite, Provitamin B5, Urea and Shea Butter.

Rosalique's triple action effect is a three-step method designed to Conceal, Treat and Protect:

- **CONCEAL:** The first step conceals, delivering ultra-fine micro encapsulated balls that are green on the outer edge to initially neutralize skin redness and will instantly conceal, mask redness and unevenness.
- **TREAT:** The second step delivers a gentle treatment that offers bio-clinically active ingredients that will reduce inflammation and redness whilst further soothing and calming irritated skin.
- **PROTECT:** The third and final step is long term protection by way of UV filters that protect from both UVA and UVB sun rays. The SPF 25 offers protection so that skin is less agitated and irritated from long-term skin damage that UV rays can cause.

This cruelty-free, vegan skincare cream also acts as a primer that also moisturises, giving a beautiful, dewy finish.

Available from Bin Sina Pharmacies at AED 195 and online on cigalahmedpharm.com



WILDLAB: HEALING SKIN INFLAMMATION CONDITIONS



As the body's largest organ, our skin is a reflection of our internal health - a healthy digestive and immune system means healthy skin. When inflammatory breakouts such as eczema, atopic dermatitis, hives, acne or psoriasis start appearing on your skin, they are often highlighting an imbalance within the body.

Wildlab is a natural skin and health supplement that addresses acute and chronic skin conditions by targeting the balance of the internal immune system. Backed by extensive scientific research and clinical testing, Wildlab's products are made with high-quality and clean ingredients that are proven to be effective and safe for everyone, including young children, with sensitive skin.

The Wildlab range includes the essentials to treat atopic dermatitis, acne and sensitive skin: Skin Pure®, Premium Multivitamin Supplement and Active Care Cream. These products aim to replenish common nutrient deficiencies and strengthen the immune system to help combat the internal inflammation that causes flare-ups on the skin.

Its Glutathione and Vitamin C liposomal supplements effectively transport powerful antioxidants into the body to absorb up to 95% of the nutrients.

Wildlab product prices start from AED 110. For more information on ingredients, products and clinical studies, visit wildlabskincare.com



PureSurfaces
surface disinfectant



21 Day

*of germ protection
with a single spray*



KILLS 99.9% OF GERMS
Long lasting protection
Water Based • Non Toxic

QVTM
baby

Gentle as a
mother's touch.

SOAP, COLOUR,
FRAGRANCE FREE*

QV every day.
Where *beautiful* skin begins.

