

ISSUE 117 | FEBRUARY 2021 | AED 15

Mother Baby & Child

THE MOST
ROMANTIC
STAYCATION
STORY YOU'LL
READ THIS YEAR!

HOW PARENTS'
LOVE SHAPES
CHILDREN'S LIVES

EDUCATING
KIDS ON
SUSTAINABILITY

DUBAI'S NEW
COVID-19
MEASURES

LOVE,
LOVE,
LOVE
IN THIS
ISSUE!

VALENTINE'S
GETAWAYS &
GOODIES



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EDITOR'S LETTER



Hello Mum!

Love is in the air this month, but how do you feel about it? Some women love the full Valentines experience of roses, dinner in an amazing restaurant and gifts. Some prefer something much more understated and personalised, like a special dinner at home, or giving a gift that is truly thoughtful to show how much you care. If you're not into celebrating Valentine's Day at all, you'll find details of a cute little heart-shaped pizza that you can order for less than AED 10. (Just sayin' !)

Whatever your preference - and as a little departure from our usual style of articles - we've published the endearing story of the real-life romance story of a young couple on page 38. I challenge you not to feel heart-warmed by it!

Still on the theme of love, this month we delve into the ways that the relationship between parents shapes their children's future lives. We also report on a study that shows how gentle touch and hugs can affect the positive development of premature babies, on page 24.

But before we get lost in all this love, we're still dealing with Covid-19 and need to remain hyper-vigilant about its spread at all times. You'll find the most recent announcement from Dubai Government on how safety measures have been stepped up, on page 8, as well as advice on handling shopping trips and laundry in this virus period.

How are children doing now that the media is hitting us with news of increased infection rates? Page 20 looks at signs that children may need extra support in navigating through the Covid-19 pandemic. We're also looking at ways in which our featured schools have structured their curriculums to prepare your children for a bright future, on pages 30-37.

As usual, we've included our monthly picks of lovely local food brands to support on pages 10-12, but this month they're all tied into wellbeing and happiness...as are our competitions! Do have a go at entering...and lots of luck and love to you this month!

Happy reading!

Kay

Editor

Mother, Baby & Child Magazine

EDITOR'S PICK

FACE MASKS JUST GOT SMARTER!

Fittingly for this month, I'm in love with FOREO's new Farm To Face Collection of face masks. The purifying Green Tea mask draws on Japanese ingredients; their nourishing Coconut Oil mask contains properties hailing from Indonesia; the smoothing Acai Berry mask taps into the iconic Brazilain superfood; the wonderfully revitalising Manuka Honey mask from New Zealand and lastly, the hydrating Bulgarian Rose mask. All of the masks from the Farm To Face Collection are suitable for all skin types, dermatologist tested and cruelty free.

*Available at Sephora
Middle East (AED 115)*

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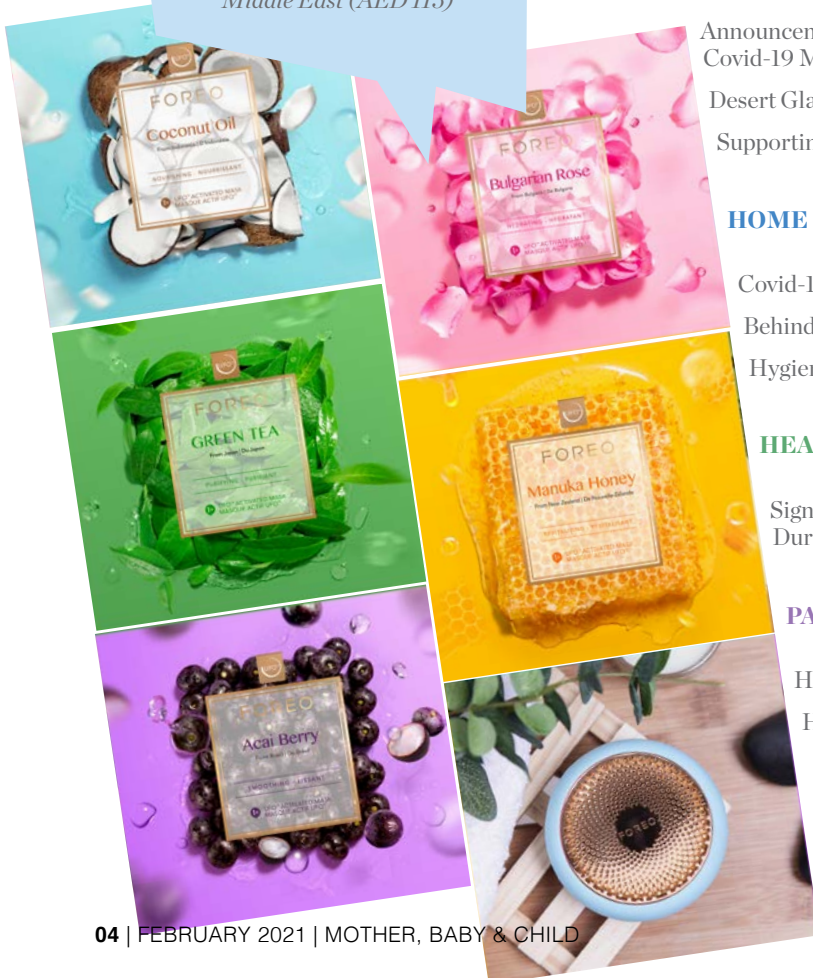
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EDITOR'S PICK

THE ULTIMATE SKIN-PAMPERING DUO FROM FILORGA

I find that when I have a lack of sleep, combined with busy periods at work and even the winter chilly weather, these can all reflect in my skin. This can sometimes include dark circles, puffiness around my eyes, and a bit of a dull complexion. So I was delighted to discover FILORGA's Optim-Eyes Eye Contour (AED 285) and Hydra-Filler Mask - ultimate skin-pampering duo for my skin and eyes! I keep the Optim-Eyes Eye Contour in the fridge and use it to reduce dark circles, puffiness and the fine lines around my eyes; and the Hydra-Filler Mask (AED 50) to actively moisturise and plump my skin in super-fast time!



Both are available in leading pharmacies, including Bin Sina Pharmacies, Boots Pharmacies, Planet Pharmacies, Health First Pharmacies and Community Pharmacies.



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Shrub Oak International School is New York's premier day and boarding school for children, adolescents, and young adults on the autism spectrum who face complex challenges and have high personal attention needs.

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For more information, or to schedule a virtual tour, contact Brent Dodson, Director of International Admissions, at bdodson@shruboak.org.

We are currently open and enrolling new students.

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THINGS TO DO



This month we're recommending our pick of local brands with some really great products for you, and also looking at how to prepare for a glamping trip. But first, an announcement...



ANNOUNCEMENT

NEW DUBAI GOVERNMENT COVID-19 MEASURES FROM 2nd - 28th Feb 2021

Dubai's Supreme Committee of Crisis and Disaster Management announced a new set of precautionary measures aimed at safeguarding the population from the Covid-19 coronavirus, effective 2nd to 28th February.



With the health and wellbeing of the community remaining the highest priorities for the Leadership, the Committee has said that the full cooperation of both institutions and community members is crucial to ensure the effective implementation of Dubai's strategy to curb Covid-19.

“To date, the most effective proven method of combating the virus is enforcing the preventative protocols and observing health and safety guidelines.”

NEW PRECAUTIONARY MEASURES

- › Audience capacity of seated indoor venues, including cinemas as well as entertainment and sports venues are now reduced to 50% of their maximum capacity; with enhanced precautionary measures being stringently enforced.
- › Hotel establishments are now required to operate at 70% of their total capacity; with any new bookings complying with these new capacity limits.
- › The number of guests allowed inside swimming pools and private beaches within hotels are now limited to 70% of their total capacity.
- › Shopping malls are now operating at a reduced capacity of 70%.
- › Restaurants and cafes are now required to close by 1am. In addition to this, they are also not permitted to organise any entertainment activities on their premises.
- › Pubs/bars are also now closed.

INTENSIFIED MONITORING

The Government of Dubai has intensified its monitoring activities, and inspection campaigns are now being conducted to ensure strict compliance with precautionary measures and safety protocols, including physical distancing and the wearing of face masks.

The Committee has stated that the new decisions have been made

in response to the current Covid-19 situation. For this reason, the commitment of the public in fully complying with precautionary measures and guidelines is critical to counter the repercussions of the pandemic on public health, the economy and society.

PENALTIES

The Supreme Committee said penalties will be strictly imposed on anyone found posing a risk to public health by deliberately disregarding preventative measures or not observing them properly. Inspections will be intensified to ensure compliance with precautionary measures, which continue to be crucial in overcoming the pandemic and protecting the community, especially the most vulnerable sections of society.

The Committee added that the new decisions are part of a constant evaluation of the evolving Covid-19 situation, with a view to ensuring all precautionary measures are updated and implemented in line with local, regional and international developments. The new measures are now in place to further enhance Dubai's efforts to combat Covid-19, and protect the health and safety of all its citizens, residents and visitors.

REPORTING VIOLATIONS

The Supreme Committee of Crisis and Disaster Management also encouraged members of the public to report any violations of Covid-19 precautionary measures made by individuals or establishments. You can report these through Dubai Police's Call Centre number - 901 - or its 'Police Eye' service on the Dubai Police Smart App.

DESERT GLAMPING WITH CHILDREN

Among the many lessons we've learned during the pandemic, most of us found a new level of appreciation for spending time outdoors; spending it with our favourite people, and experiencing life to the full. Put these things together and you could well be describing a glamping adventure!

What is 'glamping'?

The word 'glamping' comes from a mix of the word 'glamorous' and 'camping', and is usually referred to as a posh version of traditional camping that has comfortable resort-style facilities available to campers.

Going camping with children is an amazing experience for them, as they can explore and learn about the outdoors...as well as better appreciate their indoors once they get home! Camping gives children a wider perspective than they get just from their home life, and helps them to learn new skills, such as making food; and how nature shapes our world. And in the UAE, we're lucky enough to have beautiful deserts and sandy terrain to learn these things.

Here are a few pointers from bnb glamping to maximise the value of your experience.

Find the best desert location for your child! If you've never been glamping in the UAE deserts, please don't be guided by your imagination! You can choose to book options such as luxury tents and the traditional 'ground tents' that you might remember from your own childhood. Look carefully through the amenity guide offered and you'll be able to choose a trip that has such things as bonfires, barbecues, telescopes, crockery, linens and many other facilities.

Remember to wrap up warm as the nights cool down

Temperatures of deserts in the UAE can easily fall to below 5°C, so be sure to take extra layers of warm clothing to stay cosy in the evenings. Regardless of whether you book somewhere with beds, bring warm fleecy blankets and extra pillows.

Live in the moment, not in the screen!

Tablets, laptops, gaming consoles and all the other devices that keep your children



glued to screens for hours have no place on a glamping trip! Part of the value of this kind of break is getting them learning about other things, skills and ways of doing things. The entertainment is the sound of family laughter as you tell stories of your own childhood, play games together, spot wildlife and enjoy one of the best bonding experiences possible. Glamping is a beautiful opportunity to book a telescope to do some stargazing. Check out the constellations, the Moon, Venus and the stars. Have a debate about aliens and enjoy a thrilling mini adventure together!

A walk on the wild side

Look out for deer, Arabian oryx, falcons, sand gazelles and camels. Make sure you stay alert, as some wildlife can still be a potential threat. Always take a first-aid kit with you and enquire with the booking company whether this is provided.

Explore the surroundings and become at one with nature. Let them fall in love with the great outdoors and their environment - it will better help them to be more environmentally conscious and responsible when they understand why they should refrain from throwing trash and polluting the natural world.

Start Researching!

If you don't research and plan properly, you risk missing out on so many fun activities for the kids, such as camel riding; sandboarding; archery; volleyball; fire shows; dancing; barbecues and so much more. Cook simple dishes together in the homely wilderness. The most beautiful moments occur in the littlest of things - take plenty of marshmallows and hot cocoa for cosy bonfire nights and you'll soon see for yourself!

Check out bnbme glamping.com to find out more about the options.

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SUPPORTING LOCAL BRANDS

LOVE IS IN THE AIR WITH KIBSONS - (EVEN FOR NON-ROMANTICS!)

Not everyone wants to make a big deal of Valentine's Day - especially if you have very young children at home, budgets are tight, or simply because you're just not that mushy! Other people prefer to show more understated romance. If any of this sounds familiar, Kibsons is your best Valentine's friend this year! You can order a heart-shaped pizza for less than AED 10, which would melt the heart of any non-romantic expecting just a quiet dinner at home on the 14th. Or how about slipping a delectably buttery, melty heart-shaped cookie into his lunchbox for him to find at work. The cost is just AED 18 for a pack of three, which leaves one for you and one for your bubba. If he is more of a burger guy, you'll find that Kibsons stock heart-shaped burgers for less than AED 15 for a pack.

Want to get the kids involved? Check out the gorgeous card making kits, priced at just AED 22.50, so you can make cards for daddy together!

However you want to do it, this year is a good

time to show that love conquers all, and that you don't need to break the budget to create a beautifully special Valentine's evening at home. Kibsons.com has a lovely range of deliciously thoughtful gifts and treats that all tick the convenience and affordability boxes, as well as showing someone you truly care.

From traditional flower bouquets and single roses, quirky heart shaped foods, to premium, luxurious Sprungli chocolates, Kibsons offers options for all tastes, budgets and levels of Valentines flash!

If you're a last-minute kind of person, fear not as Kibsons are also well known for their efficient same or next day delivery service. Flowers are available on pre-order before 10th February and all other gifts before 12th February.

www.kibsons.com or
call +971 800 5427 667



THE BEST NEWS EVER FOR CHEESE-LOVERS!

Cheese lovers are foodie people who are rightfully excited by new discoveries in the world of cheese. Since cheeses were first produced over 6,000 years ago, different countries, regions, soils, climates and methods have produced thousands of varieties of cheeses, with many that are available now based on local tradition. For example, the cooler climates of Northern Europe can create creamier, milder varieties of cheese, as less salt was traditionally needed for preservation. These cooler temperatures also spurred the tradition of zingy aged, ripened, and blue cheeses. And did you know that many of the cheeses that we are familiar with today, such as cheddar, gouda, parmesan, camembert were first produced in Europe during the Middle-Ages?!

Fast forward to today, Jones the Grocer, the award-winning café, gourmet grocer and artisan cheese retailer has launched the Jones Cheese Culture Club; the members-only subscription for cheese connoisseurs and enthusiasts in the UAE. Each month, the Jones Cheese Culture Club will deliver four handpicked, farmhouse, seasonal cheeses at the perfect age, from around the world, alongside two perfect pairings for each cheese.

The beautifully presented subscription box serves up to eight people. Members can choose to share the box with family and friends or indulge their cheesiest desires on their own. Delivery is shipped free of charge, the cheeses are exclusively selected for members, and no cheese is ever repeated within a 12-month period.

A lovely touch for the serious cheese-lover is that the box is accompanied with information on the cheeses that provide their expert fromager's notes



listing the best pairings, a guide to prolonging your cheese's life and cheese facts such as its origin, milk type, history and the aging time of each cheese.

Jones Cheese Culture Club offers 3-month, 6-month, 9-month, and 12-month terms making the subscription perfect for gifting cheesy love wherever you are.

For more information on the Jones the Grocer's Cheese Culture Club; to sign up or arrange your cheese-lover's dream gift, visit www.jonesthegrocer.com.

HOUSE OF POPS...ROCKS!



Thank-you to House of Pops for storming the frozen treats market with the brand that gives kids and families a lip-smackingly gorgeous sweet treat that gets its mojo from pure, 100% natural fruity ingredients - and no refined sugar! Not only this, the ice pop fruit sticks and plant-milk based ice creams feel indulgent and are as tasty as traditional 'treats' - except that these pops don't impact your health or waistline.

Part of the appeal of sweet things is that we love a colourful, vibrant feast for the eyes, and then we need the taste to really pop and deliver that 'mmm!' feeling. House of Pops totally rocks in this regard, but they make sense in another way too. With intelligent pop-up locations, such as JBR Beach and Kite Beach - a walk on the beach is ten times better with a refreshing natural ice pop to beat back the heat and rehydrate you the fun way.

Alternatively, get these cool pops delivered direct to your door, courtesy Deliveroo, Talabat and Zomato. They come in awesome flavours like Super Strawberry, Galactic Lime, Crazy Coconut, Blackberry Lemonade and Pineapple Basil...and so many more!

VALENTINE'S BREAKFAST IDEAS FROM MARKS & SPENCER

For Valentine's at home, Marks & Spencer has a range of delicious options from its food halls and via the M&S Food app. Why not mix and match sweet breakfast toppings such as fresh raspberries and strawberries from Marks & Spencer Select Farms and Marks & Spencer milk chocolate made with 100% responsibly sourced cocoa, decoratively arranged in a picture-perfect smoothie bowl that's just as nice to look at as it is to eat! Or for those who prefer a savoury breakfast, try whipping up heart-shaped eggs alongside mouth-watering Scottish oak smoked salmon with blinis and cream cheese.

Enjoy 2-for-1 breakfasts at M&S cafés

Alternatively, you can pop out for indulgent breakfast options and thoughtful treats with their delicious breakfasts for two for the price of one at any M&S café in the UAE from Friday 12th February to Sunday 14th February!



• HOME • HYGIENE



With the recent increase in Covid-19 cases, we're taking a closer look at the extra hygiene measures that can make a difference in reducing the spread of the virus.



COVID-19 HYGIENE TIPS: DEALING WITH LAUNDRY

As confirmed cases of Covid-19 have risen recently, we need to be extra careful and strict in taking measures to protect ourselves and our families. Here, we're looking at handling laundry to minimise its potential risk of virus transmission.



With the increase in cases of Covid-19, it is more important than ever to maintain our levels of protection. In order to do this, we need to constantly remember what the routes of transmission are - either direct transmission from droplets, or via hand contact to our eyes, nose and mouth.

If you have been exposed to someone who has tested positive for the coronavirus, or if there are others in the house who are ill, then keeping protected can be more difficult, but it is still crucial to take measures to halt the spread. Contaminated laundry could be a risk to others in the home, so here are our tips to handle laundry safely, even if no-one in your household has symptoms!

- Put every full laundry basket into quarantine for 72 hours and don't add any more clothes to it whilst it is in quarantine
- Don't shake clothes or linens prior to

putting them in the washing machine. If there are any viruses in the laundry that have been picked up from outside, it could make them airborne

- Alternatively if you want your washing in a hurry, then wash the load at a minimum of 60 degrees if your clothes will stand it
- For white bed linens and towels, you can put them on a 90 degree wash anyway
- Wash your hands after putting washing in the machine
- Disinfect the machine door handle after putting the washing in
- Use a separate basket for dirty and for clean linen
- Always wash your hands after handling dirty laundry and before handling clean items.


If any of the adults in your household have

Covid-19 symptoms, or have been in contact with anyone who has but is not too ill...

- Ask them to put their bed linen and towels into a bag and leave their fresh bed linen outside their room for them to collect so they can make their bed themselves
- Take their bag of used bed linens and put it somewhere safe for 72 hours, then deal with it normally
- Wash your hands after handling anything that has come from the sick room, and disinfect any surfaces that have been touched along the way.

LAST WORD

We're at a time when we need to be extra careful and vigilant about virus spread. For this reason, it's a good policy to always wash any clothes that have been worn outside, especially in public places, after a single wear.



BEHIND THE SCENES OF STAYCATION HYGIENE

Staycations have opened up a whole new world of vacation experiences since restrictions on travel have become necessary. If you haven't yet experienced this eye-openingly fantastic way to take a break, this is a little insight into the general hygiene and safety measures that our hotels have taken behind the scenes to ensure your family's safety.



At the start of the pandemic, our UAE hotels conducted a detailed risk assessment of every individual location, whereby they fully assessed the journey of their customers and staff. By understanding this in detail, they then implemented the necessary hygiene and safety controls, systems and

protocols required by law. These include:

SOCIAL DISTANCING

Our hotels have measures in place to address how to keep people safe in situations such as:

- When they are in queues, (at check in, etc.)
- At touch contact points such as toilets, the gym, picking up room keys safely, using the lifts and corridors
- Where food is provided, such as their restaurants, delivering room service and outdoor eating areas

The well-loved breakfast buffet has even been upgraded for safety, whereby most restaurants will serve you over a counter, rather than allowing people to share the serving spoons to help themselves.

SIGNAGE TO HELP GUESTS STAY SAFE

All hotel guests now benefit from clear signage to let them know:

- Where to use face masks
- How to socially distance (with the use of floor stickers in elevators and other communal areas)
- Reminders for handwashing

CLEANING AND DISINFECTION

Cleaning and disinfection are crucially important protocols for our hotels, particularly for surfaces that come into contact with our hands, such as door handles, keys, in-room hairdryers, remote controls, taps/faucets and toilet seats.

Our hotels now have stringent cleaning regimes and detailed checklists. If you're planning a staycation for the first time, you're much more likely to notice staff disinfecting surfaces, as they are now doing this in much more frequently scheduled ways.

HOTEL LINENS

The hotel bed sheets, towels and laundry have also been carefully considered. All hotel linens are washed at over 60 degrees Celcius. Staff are trained to be careful when changing beds to make sure they don't create airborne

particles by shaking linen, and many hotels leave rooms, hotel villas and apartments vacant for a day or so to reduce risks.

HAND HYGIENE

All our hotels provide readily available sanitiser for guests and staff at key points such as upon entry to the building, in the guest rooms, restaurants, toilets and most outdoor areas.

VENTILATION

Hotels now make sure there is a good flow of fresh air in and stale air out of the rooms and other guest accommodation types, such as family apartments and villas.

STAFF TRAINING

As an important and world-class international tourist destination, it is no surprise that the quality of training for UAE hotel staff is second to none. In an industry where routine touch has transitioned to contactless, staycation hotel service is retrained to not only be safe, but still operates with warmth, care and real heart.

Hotel websites are typically now explaining what they are doing for your safety, and also to help their guests to understand what they need to do when they visit the hotel.

So if you are looking to book a staycation or even a short break, take a look at the hotel website and read about their Covid-19 controls beforehand. If you want to find out more, or have any special concerns, simply phone or email them and they will be only too delighted to share their safety information, as making guests feel happy and secure has always been at the top of their priority list!

Hotels in the UAE have been amazing about implementing stringent hygiene measures as staycations become the new vacations. At the same time, preventing the transmission and spread of the Covid-19 virus (and other viruses and bacteria) is not just something that hotels and businesses need to take care of - we still have to play our own part to stay safe!

By taking your own safety precautions, such as mask-wearing, hand washing/sanitising and social distancing, you're playing such an important part - not only in keeping your family safe, but also in partnership with others to keep everyone safe.



HYGIENE TIPS FOR SHOPPING TRIPS

Whether it's for pleasure or out of necessity, we all need to go shopping, and in doing so we expose ourselves to potential virus infection risks, which thankfully can be reduced by applying some extra precautions.

Going shopping for clothes, household goods, groceries, gifts or just for pleasure now requires a bit more thought and preparation than our pre-pandemic lives. In the light of the recent variations in the strains of the coronavirus and increase in infections, it is more important than ever that individuals step up their efforts to minimise the risks.

STAY HOME IF YOU NEED TO!

Do not go to the shops if you are in one of the groups that must stay at home. Check out the latest government advice to determine if you should spend time quarantine at home. If you are going out shopping, it pays to make a plan before you go.

- Find out what the rules are at your local shop so you know what to expect
- Shop alone whenever you possibly can. If you can avoid it, don't bring the children, but of course it will be necessary if there is no-one home to look after them
- Prepare a shopping list of what you'd like to buy, which will help to complete the task more quickly, rather than spending extra time browsing around all the aisles
- Even though shops are disinfecting regularly, take hand sanitising gel and sanitising wipes for your trolley or basket
- Take your card for payment out of your wallet so you don't have to touch your wallet when you pay. If you are using cash, put it in an envelope so you can put the change in there and leave it for a few days after you've done your shopping
- It is useful to behave as though you may be infected (you could be, even without symptoms) so always take care to wash your hands before you leave home to protect others.

FOLLOW THE MALL / SHOP'S RULES

Over the last few months, you may have seen people brushing against each other in the supermarket aisles, standing too close to other shoppers or ignoring the safety rules in other ways. Always make sure you and your children follow any rules the mall, supermarket or shop has put into place

to protect both you and their staff. These usually include:

- Standing a minimum of 2m apart in any shop or supermarket queue (that is the equivalent of approximately two supermarket trolleys end-to-end)
- If you have a sanitising wipe, use it on the trolley handle or basket - the supermarket may provide one. We recommend the Fineguard brand.
- Sanitise your hands after you have touched the trolley - again this is about behaving as though you have the virus, but don't have symptoms!
- Be patient if others need to go ahead of you because they are elderly or have very young children with them
- Keep 2m apart from other shoppers when inside the mall, shop or supermarket
- Always avoid touching your eyes, nose or mouth when out shopping
- If you have to cough or sneeze, do it into the crook of your elbow
- Don't touch anything in the shop unless you intend to put it in your basket or trolley
- Don't feel embarrassed about wiping the card payment machine keypad if you have to touch it, or use a disposable cocktail stick or tissue which you then throw away
- Put cash change into a separate envelope or small bag especially for taking change, and put it with the groceries you don't need to put away immediately (such as canned foods, detergent packs, etc)
- Try to keep calm when shopping, everyone is feeling stressed.

PACKING YOUR SHOPPING

When you are packing, make a conscious effort to put all your fresh foods in separate bags to items that have a longer shelf-life, such as tinned foods, coffee, tea, etc. You will need to deal with each kind of bag separately when you get home.

WHEN YOU GET HOME...

- When you open the front door, put your

bags in a designated area immediately next to the front door

- Take off any outdoor clothes and shoes and put them where they won't contaminate anything else (for example, in a tray by the front door)
- Wash your hands and also your glasses/sunglasses if you've worn them outside
- Put the pre-sorted bags of things that don't need to be put away immediately to one side, and if you can, leave them for 72 hours. If you have paid in cash, leave your change there too, if it is a safe place
- Wash your hands
- Disinfect the food packaging before putting away
- Wash your hands again!
- Disinfect any touch points, such as your door handles, tables, keys, phone, etc.

GOING SHOPPING BY CAR

- Sanitise your hands when you get to the car before handling your keys
- Load your shopping bags into the car trunk and shut it immediately
- After you've opened the driver's and other car doors you need to, sanitise your hands as you get in before you touch anything.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

When using your masks and gloves, remember that they are only as good at protecting you and others as your care taken when using them! Most of us are not professionally trained to use PPE and if wrongly used, PPE can be a risk. For example you need to make sure you take gloves off carefully, and remember the gloves won't protect you if you rub your face because they can still pick up viruses from surfaces!

Equally a face mask will not protect you unless fitted properly, you've put it on with clean hands, stored in place and removed with clean hands. A face mask dangling around your chin is not going to help, and may present more of a risk.

•HEALTH•



We've devoted this Health Section to examining the effects the pandemic can have on children and the signs to look out for that they need extra support.



CHILDREN WHO NEED MORE SUPPORT DURING COVID-19

The stress, fear, grief and uncertainty created by the ongoing Covid-19 pandemic can wear anyone down, but children and teens may have an especially tough time coping emotionally and need more support.



As a parent, you will usually spot any changes in your child's usual behaviour. Life during this pandemic however means that it's necessary to check in with our children more often and specifically watch and listen for any signs they are struggling. Don't forget that your doctor or clinic is on hand to help.

Adolescents and older teenagers may try to hide their struggles because of fear, shame, or a sense of responsibility to avoid burdening others. Younger children may not know how to talk about these feelings but may show changes in their behavior or development. Make it easy for your child to talk about how they are feeling. Feeling depressed, anxious, or angry may be signs they could benefit from more support during this difficult time.

RECOGNISING SIGNS OF STRESS IN YOUR CHILD

Signs of stress and mental health challenges

are not the same for every child or teen, but there are some common symptoms. Infants, toddlers and young children may show backward progress in skills and developmental milestones. They may also have increased problems with the behaviours detailed below.

Younger children:

- ✓ Fussiness and irritability, startling and crying more easily, and more difficult to console
- ✓ Falling asleep and waking up more during the night
- ✓ Feeding issues such as frantic nipping, more reflux, constipation or loose stools, or new complaints of stomach pain
- ✓ Separation anxiety, seeming more clingy, withdrawn, or hesitant to explore
- ✓ Hitting, frustration, biting and more

frequent or intense tantrums

- ✓ Bedwetting after they're potty trained
- ✓ Conflict and aggression or themes like illness or death during play.

Older children and adolescents:

They may show signs of distress with symptoms such as changes in mood that are unusual for your child, such as ongoing irritability, feelings of hopelessness or rage, and frequent conflicts with friends and family

- ✓ Changes in behavior, such as stepping back from personal relationships. If your ordinarily outgoing teen shows little interest in texting or video chatting with their friends, for example, this might be cause for concern
- ✓ A loss of interest in activities they previously enjoyed. Did your cricket-loving child suddenly stop wanting to

practice their game, for example? Did your aspiring musician lose all interest in their music?

- ✓ A hard time falling or staying asleep, or starting to sleep all the time
- ✓ Changes in weight or eating patterns, such as never being hungry or eating all the time
- ✓ Problems with memory, thinking, or concentration
- ✓ Less interest in schoolwork and a drop in academic effort
- ✓ Changes in appearance, such as lack of basic personal hygiene (within reason, since many are doing slightly less grooming during this time at home)
- ✓ An increase in risky or reckless behaviours, such as not adhering to safety measures around masks, social distancing, hand-washing or using sanitiser
- ✓ Thoughts about death or suicide, or talking about it.

HOW YOUR DOCTOR OR CLINIC CAN HELP

Staying in touch with your doctor or pediatrician is more important than ever during this pandemic. If you have any concerns, ask your pediatrician's clinic about checking on your child's social and emotional health. This can be especially important for children facing higher rates of illness or risk from Covid-19, such as those with special health care needs.

Pediatricians can screen for depression and ask about other concerns like anxiety or trouble coping with stress. The doctor may also ask about these symptoms in other family members, as this can impact your child's health, and whether they know anyone who has become sick with Covid-19. It's important to offer your teen some privacy to talk with the pediatrician during the visit to ensure they have the chance to speak as openly as possible.

Rest assured that pediatricians are taking extra precautions to make in-person visits safe during the pandemic, and many are also

providing tele-medical appointments.

Dealing with the loss of a loved one to Covid-19

Children, adolescents and families who have experienced the loss of a family member or friend to Covid-19 are at increased risk for mental health challenges and may need special attention and professional counseling to manage their loss and grief.

Supporting your child

Your doctor can offer guidance on ways to best support your child and help them build resilience. Some children or adolescents may need more time and space to express their feelings, for example, or gradual conversations and other activities besides

talking, such as painting or drawing to express themselves and manage stress. Others might be more comfortable with direct conversations or activities. They may need to talk to a trusted adult about how to keep up social connections safely, or their feelings of boredom, loss, and even guilt if they have sometimes not kept up safe physical distancing.

A word about suicide risk

Remember, not everyone who considers suicide will talk about it, and not everyone who talks about suicide will act on their words. However, any talk about suicide should be taken seriously. If you are worried about your child, it is critical to make your home safe by securing medications in a locked cabinet.





Taking care to set the tone at home

Parents set the tone in the home and this affects your children, even if you are not speaking directly with them. Expressing extreme doom or fear can affect your children - even if they are overhearing you having a phone conversation with your friend and discussing someone you know who has tested positive for the coronavirus. If they can see that you are alarmed, sad and stressed, they will be too.

It can be very challenging to stay positive, especially if you're struggling with your own stress. But try to stay positive and relay consistent messages that a brighter future lies ahead. It helps to set aside time to take care of yourself when possible, and seek the support you may need for your own mental

health. Explore relaxation techniques such as mindfulness and yoga; and try to make time for exercise, as it is known to increase your level of 'feel good chemicals' and boost your mood with every workout. Build in down time for the whole family, enjoying movie time or simply spending time together taking a walk or having a barbecue or picnic outdoors.

Involve your child in making more decisions, such as what film to watch on movie night, or what activity your family should do together at the weekend.

Remember...keep the lines of communication open between you and your child every day, and don't hesitate to talk with your doctor about ways to help maintain your family's mental health during this challenging time.

•PARENTING•



In keeping with the love theme this month, we look at how the relationship between parents can shape your child in adulthood; as well as how hugging helps babies!



HUGGING BABIES BENEFITS THEIR BRAINS!

Some fascinating American research has established links between giving newborns regular gentle touch and hugs, and their brain development.



No parent will ever forget the first time they hold their baby, and research suggests those earliest baby hugs boost brain responses and can help offset other traumas that newborns may experience.

A survey of 125 full-term and premature newborns at the Nationwide Children's Hospital in Ohio, USA, found early, gentle displays of affection from parents and caregivers have lasting effects on how baby brains react to gentle touch. That means early exposure to hugs could help premature babies experience affection as pleasant rather than overwhelming, while also stimulating positive brain responses.

Most mums have heard about the benefits of kangaroo care and skin-to-skin contact, but this new information proves that those hours spent cuddling on mum or dad's chest can even counteract negative experiences among vulnerable premature babies.

Researchers used a soft sensor stretched over the babies' heads to measure brain responses. The babies were then touched with a gentle puff of air just before they were sent home from the hospital. The full-term babies experienced a stronger brain response than their premature peers, and, of the premature babies, those who'd had to endure painful medical procedures shortly after birth had the weakest brain reactions.

The researchers were surprised to find that a premature baby's

perception of touch can be affected by early medical procedures, as they often receive pain medications. But the good news is that hugs can help them to counteract the negative experiences.

The survey found that the more supportive touch a premature baby received from their parents or hospital staff, the stronger their brain responses were. According to one of the study authors, the survey indicated that skin-to-skin care is absolutely vital for babies spending a long stretch of time in neonatal intensive care units. When a new baby is spending in the NICU, mum and dad aren't always able to give them the hugs and touch they need, but nurses can step in.

For parents who are able to be present on the NICU, providing the extra gentle touches can be a way to take back a little bit of control in a situation that often makes both mums and dads feel helpless in caring for their newborn.

Knowing that a gentle hug can help counteract the prick of a needle is just one more reason for parents to snuggle their premature baby as much as possible - not that anyone needs any extra reasons to do this!

Parents often feel like their hearts are growing fuller each time they hug their babies, but the truth is, their babies' brains are growing as fast as the parental bonds.

HOW PARENTS' LOVE SHAPES CHILDREN'S LIVES

Parents often put their own relationship on the back burner to concentrate on their children, but a recent study shows that love matters because when spouses love each other, children tend to stay in school longer and marry for life.





Research about how the affection between parents shapes their children's long-term life outcomes is rare because of the difficulty in collecting long-term data. However, a study conducted by researchers at the University of Michigan and McGill University in Quebec has used unique data from families in Nepal to provide new evidence.

The study used data from the Chitwan Valley Family Study in Nepal. The survey launched in 1995 and collected information from 151 neighborhoods in the Western Chitwan Valley. Married couples were interviewed simultaneously but separately, and were asked to assess the level of affection they had for their partner.

The researchers then followed the children of these parents for 12 years to document their education and marital behaviors. The researchers found that the children of parents who reported they loved each other either "some" or "very much" stayed in school longer and married later.

"Family isn't just another institution. It's not like a school or employer. It is this place where we also have emotions and feelings," said Lead Study Author Sarah Brauner-Otto, Director of the Centre on Population Dynamics at McGill University. "Demonstrating and providing evidence that love, this emotional component of family, also has this long impact on children's lives is really important for understanding the depth of family influence on children."

The researchers speculated that when parents love each other, they tend to invest more in their children, leading to children remaining in education longer, with the children's home environments also likely to also be happier when parents reported loving each other.

WHY POSITIVE RELATIONSHIPS ARE IMPORTANT FOR FAMILIES

Strong and positive family relationships are enjoyable for their own sake because it just feels good to be part of a warm and loving family. But positive family relationships are also important because they:

- ✓ Help children feel secure and loved, which gives them confidence to explore their world, try new things and learn
- ✓ Make it easier for your family to solve problems, resolve conflict and respect differences of opinion
- ✓ Give children the skills they need to build healthy relationships of their own

PARENTING

This is why it's worth maintaining and improving the relationships you share with your children and other family members. There are plenty of simple things you can do to develop positive family relationships, such as:

Quality time and family relationships

Quality family time is about making the most of the time you spend together as a family. Here are some ways you can make quality time happen in your family:

- ✓ Use everyday time together to talk and share a laugh. For example, family meals and car travel can be great times to catch up on the day
- ✓ Have time together when computers and mobile devices are turned off and out of sight. This helps to keep everyone focused on what you're doing or talking about at the time
- ✓ Have one-on-one chats with each family member to strengthen individual relationships. Even just five minutes before each child goes to bed makes a big impact on them, as they feel listened to and loved
- ✓ Set aside time with your partner and explain to your children that it's good for your relationship with your partner to have this quality time alone together. Check out our recommendations in the 'Food > Eat Out' section on the website, schedule a regular weekly date night together, or book a romantic getaway for Valentine's Day. Don't forget, you can recreate Valentine's Day anytime!
- ✓ Do regular, fun things together as a family. This can be as simple as a family ball game or picnic at the local park on Fridays, or a family board games night each week. Or both!

Positive communication and family relationships

Positive communication is about listening without judgment and expressing your own thoughts and feelings openly and respectfully to both your spouse and your children. It helps everybody feel understood, respected and valued, and this strengthens your family relationships. Try these positive communication ideas to strengthen your family relationships:

- ✓ When your child or partner wants to talk, try to stop what you're doing and listen with your full attention
- ✓ Give them time to express their points of view or feelings, without interrupting or arguing
- ✓ Be open to talking about difficult things (such as mistakes someone has made) and all kinds of feelings, including anger, joy, frustration, fear and anxiety. But it's best to wait until you've calmed down from strong emotions like anger before you talk about them
- ✓ Be ready for spontaneous conversations. For example, younger children often like to talk through their feelings when they're in the bath or as they're getting into bed
- ✓ Plan for difficult conversations, especially with teenagers. For example, academic difficulties and money are topics that families can find difficult to talk about. It helps to think through your feelings and values before these topics come up
- ✓ Encourage your children with praise. For example, *'It's a big help when you bring the dishes to the kitchen without being asked - thank-you!'*
- ✓ Let everyone in the family know that you love and appreciate them. This can be as simple as saying 'I love you' to your children each night



when they go to bed, or simply telling family members that you really do appreciate them.

Positive non-verbal communication

Not all communication happens in words, so it's important to pay attention to the feelings that your children and partner express non-verbally. For example, your teenage child might not want to talk to you but might still come looking for the comfort of a hug or some praise sometimes.

It's also important to be aware of the non-verbal messages you send. For example, hugs, kisses and eye contact send the message that you want to be close to your child. But a grumpy tone of voice or a frown when you're doing something together might send the message that you don't want to be there.

Teamwork and family relationships

When your family is working as a team, everyone feels supported and able to contribute. It's easier to work as a team when everyone understands where they stand, so it helps to have clear expectations, limits and boundaries. Here are some suggestions of how you can encourage family teamwork:

- ✓ Share household chores. Even very young children can enjoy the feeling of belonging that comes from making a contribution
- ✓ Include children in decisions about things like family activities, mealtimes and trips. Give everyone, including young children, a chance to have their say before you make the final decision. Family meetings can be a good way to do this
- ✓ Let children make some of their own decisions, depending on your children's abilities and level of maturity. For example, you might let your



12-year-old child decide what activity you do as a family at the weekend

- ✓ Create family rules together that state clearly how your family wants to look after and treat each other. For example, 'In our family we speak respectfully to each other'. Rules like this help everyone get along better, and make family life more peaceful
- ✓ Work together to solve problems. This involves listening and thinking calmly, considering options, respecting other people's opinions, finding constructive solutions, and working towards compromises.

Showing appreciation for each other

Valuing each other is at the heart of good family relationships. Here are some ways you might be able to do this:

- ✓ Take an interest in each other's lives. For example, make time to go to each other's sporting events
- ✓ Include everyone in the conversation when you're talking about the day's events. For example, 'What was the highlight at school for you today, sweetie?'
- ✓ Share family stories and memories. These can help children appreciate things that aren't obvious, or that they've forgotten - for example, mum's sporting achievements when she was younger, or the way a big sister helped care for her little brother after he was born
- ✓ Acknowledge each other's differences, talents and abilities, and use each other's strengths. For example, if you praise and thank your teenage child for listening to a younger sibling reading, your child will begin to see themselves as helpful and caring.

Either way, there's no reason why we can't take a little love from St Valentine's Day and spread it through the rest of the year at home!

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12

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•EDUCATION.



The future employment landscape will focus heavily on sustainability. Find out how schools are preparing children for future careers in this arena.



LEARNING FOR A CHANGING FUTURE

Many of today's jobs will no longer exist by the time your children start their working lives. At the same time, sustainability and the environment will be major drivers in the world of future professional roles. With this in mind, Fairgreen International School has partnered with The Sustainability Management School of Switzerland (SUMAS) to deliver Fairgreen's IBCP to prepare students for the future.



Today's children will live in a future predicted to look quite different than the present. A modern education must prepare students for the very different world they will inherit, one that is ever-more challenged by the effects of climate change and environmental destruction, the widening gap between rich and poor, and the fast-paced evolution of artificial intelligence and robotics that will dramatically alter the career landscape.

Preparing children for the future

Providing a platform of learning designed to inspire creativity, innovation and healthy risk taking, the International Baccalaureate (IB) offers schools a blueprint to create a curriculum that gives young people the life skills they will need to be adaptable for the fast pace of our ever-changing world. As the college years approach, inevitably parents start to think deeper about what the future holds for their children and how they can best continue to guide their education.

Many families consider the IB route for their children because of the stellar reputation IB has cultivated among college and university admissions counsellors worldwide. IB students tend to be prepared for the rigour of college and arrive at university with many of the desired life skills students need to be successful, such as resilience, adaptability and innovative thinking.

Preparing for future careers in sustainability

There are many IB schools now available in Dubai, but there is one in particular that is distinguishing itself from the others. Fairgreen International School, which is heading into its fourth operational year, offers the full IB Continuum curriculum for ages 3-18 years, but also includes an added focus on sustainability education. Woven into the curriculum of the school, this focus on sustainability is at the heart of the school's mission. Throughout Fairgreen's

curriculum, in a multitude of subject areas, students examine the environmental, social and economic impact of their collective actions on humanity and the earth.

Partnership with Sustainability Management School (SUMAS) of Switzerland

Experts predict that many future careers will be in fields connected to sustainability. Understanding this fact, Fairgreen has partnered with the Sustainability Management School (SUMAS) of Switzerland in the development and implementation of its International Baccalaureate Career-related programme (IBCP), which is set to launch this August 2021 in tandem with the International Baccalaureate Diploma Programme (IBDP) pending formal IB authorisation expected by June.

The SUMAS Career-related Studies (CrS) programme is based on practical projects



focussed on sustainability and guided by industry professionals and SUMAS professors. Fairgreen students will be able to embrace an international network specialising in sustainability fields by choosing tracks in:

- ✓ Nature Conservation
- ✓ Sustainable Hospitality (Switzerland), or
- ✓ Sustainable Fashion (Milan, Italy) and more.

In addition, the SUMAS Eco-Club provides a wider connection via a network of IBCP students across the world to share their project experiences and support to create, develop and implement projects that increase sustainability at Fairgreen and beyond in the broader community.

The last two years of high school...

Fairgreen students entering their last two years of high school will be able to select IBDP or IBCP as a pathway to complete their secondary education. The small class sizes and synergy between these programmes will offer students the unique opportunity to learn, experience and grow together through shared service-oriented opportunities and coursework with mentors and organisations specialising in sustainability-focused fields.

Located in The Sustainable City of Dubai, Fairgreen has access to the city's bio-domes, eco-focused businesses and organisations, and an Innovation Centre opening in October 2021, which will be dedicated to sustainability-related research and post-secondary education. Fairgreen's IBDP and IBCP will be academically rigorous and run

“Our partnership with Fairgreen is a natural fit as we share the same mission and vision to develop students who understand, embrace and champion sustainability. By making connections and joining forces with organisations and industry leaders who share the same aims, we help further sustainability practices. This new relationship between our institutions will most certainly serve to enhance the sustainability movement by providing an exciting IBCP pathway for young people in the region to grow and develop into the much-needed responsible leaders and change-makers of the future.”

Ivana Modena, Founder & President of SUMAS.

alongside each other to include practical experiences working with professionals in The Sustainable City, SUMAS, and beyond who focus in sustainability-related fields, including Nature Conservation, Sustainable Hospitality, Sustainable Fashion, and more.

By graduation time...

Fairgreen International School Director



Graeme Scott explains:

“By the time our students eventually graduate from college, many will be applying for positions that currently don’t exist or at least look very different.”

“Automation, the gig economy, climate change and emerging technologies have already begun to alter our work reality. Today’s workers must be able to keep up with technology and manage it appropriately, whilst adapting to change rapidly. Employers, now more than ever, place enormous value on creativity and adaptability in their employees. Our children must be prepared to be pioneers in entirely new careers with imaginative titles, such as: Augmented Reality Journey Builder, Wind Energy Worker, Cyber City Analyst, Bio-Printing Engineer, Personal Data Broker, Virtual Store

Sherpa, Genomic Portfolio Director and Agroecological Farmer. These are just a few of the new jobs that exist now or analysts predict will exist in the future.”

What differentiates each programme?

The IBCP integrates academia with hands-on, real-world learning for students with an interest in or passion for sustainability, hence students on this track will have a more career-focused experience complemented with challenging coursework.

The IBDP is more academic in focus, designed to help students attain an excellent breadth and depth of knowledge in a broader variety of subject areas. IBDP students will take all coursework with highly qualified, IB-trained specialists at Fairgreen. Students who choose IBCP will take some coursework online with SUMAS and some

alongside their peers in the IBDP. Both tracks will provide a holistic, well-rounded approach to learning that includes service projects and an emphasis on wellbeing and sustainability in all its forms.

Fairgreen’s IB curriculum emphasises international mindedness, civic responsibility and global citizenship, especially with respect to promoting sustainable solutions to the myriad of challenges facing humanity.

To learn more, join the Virtual Open Day on “IBDP vs IBCP for High School: Choosing the Right Pathway” on 23 February, at 11a.m. via Zoom.

Register at www.fairgreen.ae



THE BENEFITS OF READING TO YOUR CHILD

Reading to your child, regardless of what age they are, will boost their brain development, your bond, and provide so many more benefits for you both. All it takes is a few books, motivation and a little time.

Babies and young children are sponges that absorb just about everything in their environments. Even during story time, their minds are at work, picturing the scene you are setting from the books, following the story and taking in all the words they hear, as well as the lessons the book characters learn.

HOW TO START READING TO CHILDREN

Choose an age-appropriate book, sit down somewhere cosy and comfortable with your child in your lap, and use the book to start telling the story of the pages - even if you're 'reading' a book with your baby and the pages are mostly pictures, rather

than words. In this case, you can describe each picture, gently hold your baby's pointing finger and point to everything you are describing. For example, you can say: 'Here's the cat...there's the tree. Look! The cat is playing by the tree. Here's the ball the cat is playing with...' etc.

You baby will be utterly captivated by the

story and have so much fun with you, as well as learning. . It's magic. What's even better is that your child isn't just having fun, they're learning!

Remember though that your baby will likely try to grab the book out of excitement, or chew it out of natural instinct - just be patient and calm! Toddlers may also get restless sometimes instead of sitting patiently - but don't let that put you off, just try again later or the next day. They also love being read to at bed time, while they are cosily tucked up in their bed.

The amazing benefits of reading to children include:

Bonding

Reading provides a wonderful opportunity for you and your child to connect. It's a nice way to spend time together and slow down together. Research confirms that children feel secure when they're read to.

Listening skills

Hearing a story read aloud involves some level of comprehension on your child's part. And comprehension involves listening skills. The experts explain that listening is a skill kids must acquire before they can read themselves. They suggest that books on tape are a great addition to reading one-on-one with your child. These often provide entertainment value, too, like silly voices, music and other embellishments that hold their attention.

Cognitive and language development

Even the youngest children benefit from hearing their parents read to them. A 2013 study showed that babies who are read to and talked-to score higher in language skills and cognitive development, like problem solving. More recent research from 2018 suggests that this link extends throughout childhood into the teen years. In fact, researchers say that verbal interactions (like reading, talking, etc.) between parents and young kids may promote higher language and IQ scores all the way up to age 14.

Expanded vocabulary

Reading books to children helps expand to the number and variety of words they use. The books you read often contain words you might not otherwise use in your everyday communications, even as an adult - and this also applies to young children. While reading a book, you might end up using more specific names for different foods or animals, or use more adjectives, which all help to build your child's understanding and vocabulary.

Astonishingly, one 2019 study estimated that children that are regularly read-to in the 5 years leading up to KG are exposed to 1.4 million more words than children who aren't read to during those years.

Attention span

Reading to children helps them develop key concentration and self-discipline skills. You've probably dealt with a squirming, distracted toddler at story time. But what you may also notice is that, over time, regular reading gets kids listening and comprehending. And when they're listening, they're more likely to sit still, develop a longer attention span, and even work on their budding memory-retention skills!

Creativity

Books and stories open up a whole new world to your child. There are plenty of books on dinosaurs, bugs and talking animals. Fiction stories, though, go beyond the real world and employ fantasy elements that get kids thinking outside the box.

Children have vivid imaginations as it is, so reading serves to further feed their creativity. And experts note that creativity is important for developing interests and ideas, as well as for fostering emotional health.

Life lessons

Books provide an opportunity to talk about real-world situations in age-appropriate ways. Kids especially enjoy books that feature children their own ages doing things they do in everyday life.

Along with modeling what happens in various situations, reading books on targeted subjects may help children not feel alone when they deal with

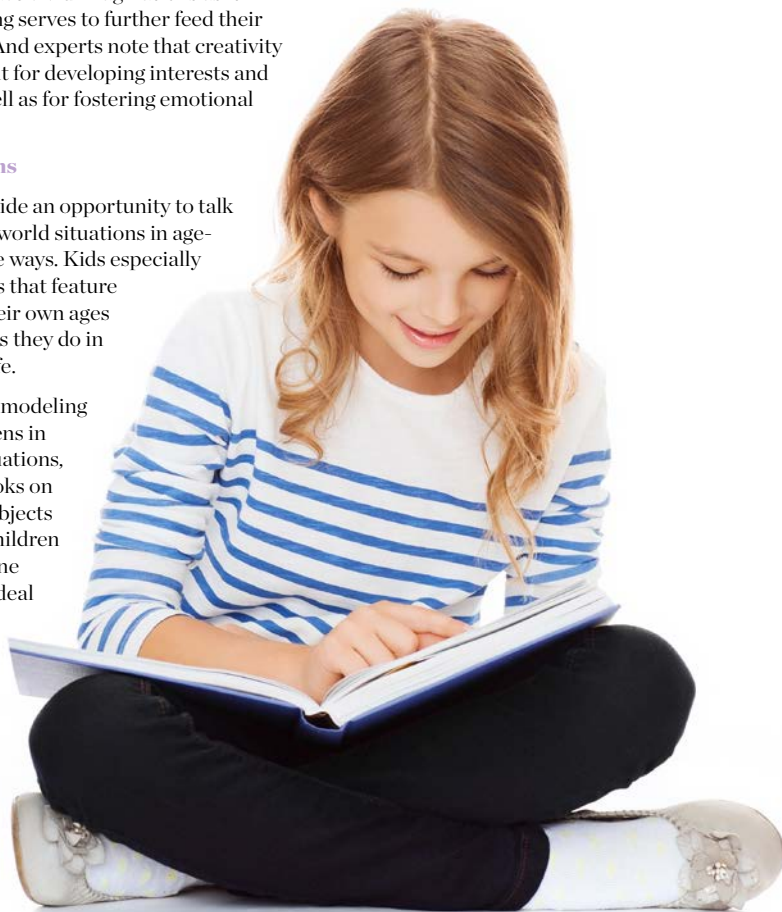
something new, like taking a trip to somewhere new, or something potentially uncomfortable, like dealing with mean kids!

Social and emotional development

Reading to young children teaches them how to cope with difficult or stressful experiences, like starting at a new school, and can help get a conversation going about how they are feeling, and show them that their feelings are normal.

WHEN SHOULD YOU START READING TO CHILDREN?

Start today! Babies, toddlers, pre-schoolers, and even older children all benefit from having a parent sit and read to them. You don't even need a large amount of books to get started, as young babies, toddlers and children love the familiarity of a story and will be happy to read it again and again. And because they'll come to know the stories so well, they will have the confidence to join in more, volunteer information and have great fun with reading. It's magical!





JUMEIRA BACCALAUREATE SCHOOL FOR EARLY YEARS EDUCATION

At Jumeira Baccalaureate School, we pride ourselves on students attaining high academic standards, however we are much more than this.



Truly excellent education is about developing a passion for life-long learning and a capability for independent thinking. Our students are encouraged to discover interests that extend beyond the classroom from a young age.

Our school community has over 65 different nationalities, enabling students to develop moral values, display kindness, courage, respect and integrity towards each other throughout our diverse and multicultural environment. We are a fully authorised IB World School, offering the IB Primary Years Programme (PYP). The PYP is a student-centred, inquiry-based curriculum framework that builds conceptual understanding, impacts the way children learn and positively assists with their social and emotional development to prepare them for a constantly changing future.

The Early Years, part of the IB Primary Years Programme (PYP), focuses on the development of the whole child as an inquirer, both in school and in the world beyond.

In a challenging and supportive environment, children learn through play. Even a simple, chance event – such as a child's discovery of a butterfly in the outdoor play area – can be turned into an exciting opportunity to learn.

Our warm and welcoming classrooms, vast outdoor play areas and state-of-the-art facilities allow our students to flourish. Students also have access to the depth and breadth of the IB curriculum supported by specialist teachers in the Arts, PE and Languages using age appropriate and subject specific facilities.

We develop our children's language skills in

a "language-rich" environment. Teachers help children stretch their language skills by asking thought-provoking questions and introducing new vocabulary during science, art, snack time, and other activities. Arabic and French are taught from Pre-KG.

Our faculty is highly qualified with age-appropriate graduate qualifications who are also accredited IB teachers who follow industry best practices and truly represents an international community who nurture their student's curiosity and motivation to learn.

Putting your child in JBS instead of a nursery is now an affordable option with the ultimate benefit of receiving world-class education as your child's school journey takes off.

For more information, visit: askadmissions.jbschool.ae/mbc/

GOOD • LIVING •



In recognition of St Valentine's Day, this section is all about love this month, including a heat-warming true romance story!

TRUE
LOVE 
STORY!



THE MOST ROMANTIC STAYCATION STORY EVER!

From the moment 29-year old musician Jaime Alberto Cantillo was introduced by family friends to 26-year old pharmacy professional Marbelis Ramirez Perez, a stunning beauty from their native Cuba, she never left his head or his heart. Knowing that he'd met the girl he wanted to be with for the rest of his life, Jaime's marriage proposal to Marbelis a year later in Dubai, and their subsequent marriage in the emirate they've made their home, is like a love story straight from the pages of a romance novel. This is their heart-warming story of true romance.

By Kay Marham



CHAPTER 1: THE PROPOSAL

On January 10th, Jaime arranged for himself and Marbelis to see Dubai Mall's iconic fountain display from one of the little boats in the lake, which she thought was a delightful way to appreciate the dramatic water show - especially since it was her first time seeing the fountains. Unbeknownst to Marbelis, the real drama was yet to come, as Jaime surprised her with an engagement ring and asked her to be his wife - right there in the water, next to the fountains. Happy, excited and totally in love, she said yes!



At this point, they told nobody about the proposal, even though they had enormous difficulty in containing their sheer joy and happiness. As their families were far away in Cuba, this was their secret.



CHAPTER 2: THE WEDDING

Exactly seven days after the proposal, and again without a soul knowing what was about to happen, Jaime put on his smart blue suit + protective face mask, Marbelis

donned a chic, sophisticated and ultra-feminine white dress + protective face mask and the young couple took the 20-minute drive in their hire car to Jebel Ali Church to officially take their wedding vows and get married. No guests. No music. No flowers. No confetti. No cake. No photographer. No fuss. They quietly became man and wife one week after his romantic proposal, in front of two witnesses. We asked Marbelis if she felt as though she missed out on all the accoutrements of a big wedding that other women love so much. She said: "Not really. Our faith is important to us and we wanted to do everything right. And it feels right for us to get married - that's the most important thing, not the accessories of a wedding."

CHAPTER 3: THE POST-WEDDING CELEBRATION

In lieu of a wedding photographer, the two witnesses and the couple themselves took pictures and little video clips on their phones. After the wedding was officiated in the church, they headed to Dubai Mall to take some more pics and grab a bite to eat from the food court. They asked someone to take a photo of them at their table on Jaime's phone. All you see in the photo is Chinese noodles and two cans of Coca Cola on a food tray, and the most genuinely

happy, joy-filled, excited faces you will ever see on a couple in their wedding clothes.



CHAPTER 4: THE WEDDING NIGHT

After the wedding meal at the mall and a few precious hours to revisit the fountains, it was time to prepare for their wedding night. Unfortunately, this meant Jaime quickly getting changed and having to leave to go back to work. As a professional Latin musician and singer, this meant performing from the early evening until the early hours, leaving Marbelis at home. She spent the evening alone, posting their wedding day pictures to their social media. And in doing so, broke the happy news for the first time.

While Jaime was entertaining other couples with his up-beat Latin sounds, Marbelis was getting beat-up by the Latin sounds of friends and family back home in Cuba messaging: “You did what?! Why didn’t you tell me?!”, followed by an evening of heart-felt congratulations and best wishes.

CHAPTER 5: THE HONEYMOON

Up until now, sweet-natured, smart and level-headed young couple Jaime and Marbelis had done things their way. As part

of their Hollywood-moviesque love story, they booked a 2-day honeymoon break at one of the most romantic locations in the UAE - the Hilton Beach Resort in Ras Al Khaimah. Jaime explains:

“I loved the idea of heading out of Dubai - just me and my new wife driving through the beautiful desert landscape to our own little escape. It only took 90 minutes for us to reach the Hilton RAK Beach Resort. It’s hard to explain, but as soon as you enter the resort, everything changes. You suddenly feel different. The effect of entering such a magnificent place - the palm trees, the landscaping, the breath-taking effect of the Arabian Sea - it just grabs you and makes you feel like you’re in another world. You instantly feel lighter, totally calm, peaceful, happy and relaxed. Even just entering the place feels like magic.”

As another surprise for Marbelis upon arrival, Jaime had booked a deluxe villa with direct beach access. However, he himself was as stunned as his new wife at the feel of luxury and sophistication in which they’d be enjoying their stay. He told us: “The resort was so thoughtful in the way they added little touches of decor, such as rose petals, and the way they used colour. It created such a lovely atmosphere and felt so special.”

Beachside candle-lit dinner



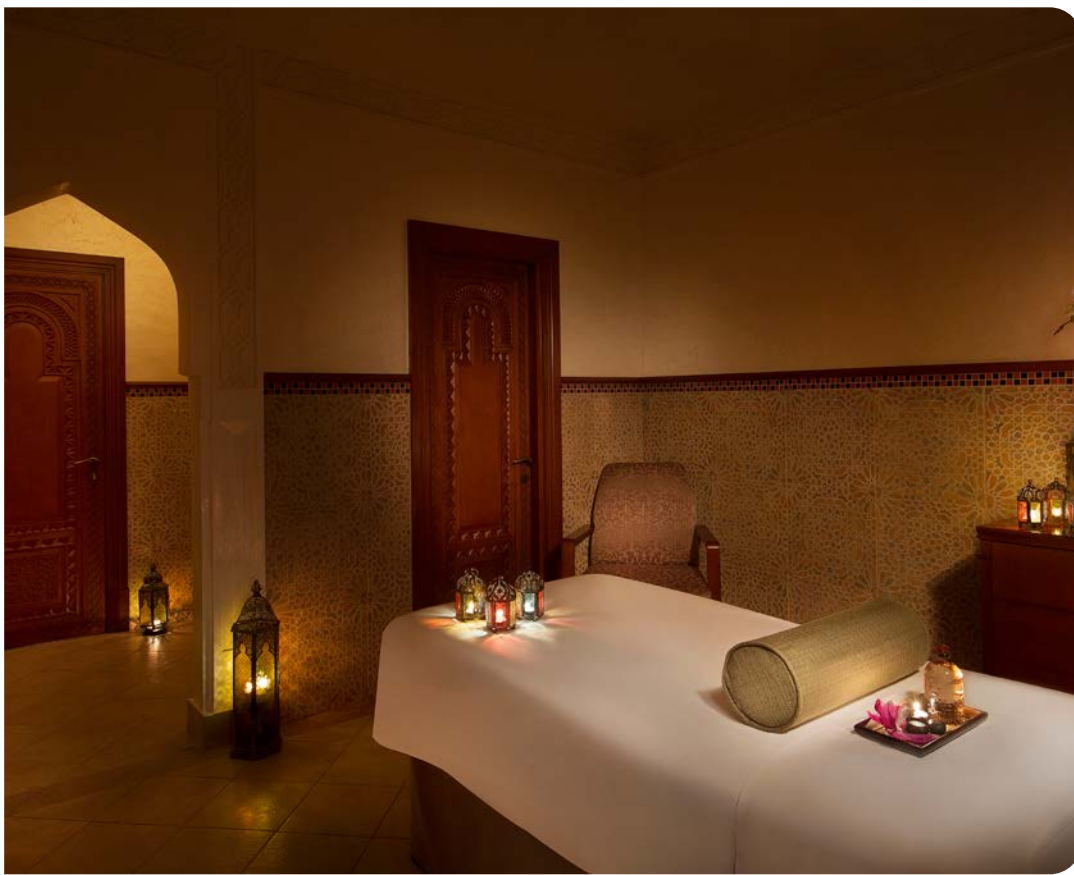
Jaime had left the dinner experience to the Hilton RAK. The couple were bowled over by the resort’s arrangement of a candle-lit



dinner by the beach. He told us: “I cannot even describe how exceptional the food was - and the service made us feel like movie star VIPs. Only Marbelis and I will ever know how amazing this experience was!” A representative for Hilton RAK Beach Resort told us:

“For a romantic Valentine’s dinner with a loved one, the Hilton Ras al Khaimah Beach Resort provides a number of quintessentially classic candle-lit dinner options, including a delicious bespoke menu to perfectly set the mood for guests like Jaime and his beautiful wife. We have a six-course meal that is guaranteed to tantalise the taste buds, and our guests can choose from the flavours of South America at Pura Vida or the tastes of Italy at Piaceri da Gustare.”

Exploring these food options further, we were told: “The menu at Pura Vida contains delights such as seared Wagyu Beef, Peruvian Scallops en Salsa de Citros to start, before moving on to a choice of Salmon en Pulpo or Lomo Saltado Peruvian style for mains. To end things sweetly, Pura Vida is



serving a Brazilian chocolate chili fondant and Valentine's cookies and chocolates. The courses are very skillfully planned and the overall effect makes for the kind of dinner experience that you'll remember for years to come."

Giving us a hint about the Valentine's offerings at Piaceri da Gustare, our Hilton RAK spokesperson explained: "Lovers of fine dining Italian food can look forward to delights such as Truffle Mushroom Soup, Saffron Poached Prawn and Marinated Fig & Goat's Cheese Mousse to start. For the main

event, our guests will really enjoy our Oven Stone Roasted Pistachio-Crusted Rack of Lamb, or Beetroot Ravioli with Gorgonzola Cream; before ending things on a 'dolce note' with Duo Chocolate Bavaiois and Lavender-Vanilla Macarons."

THE LAST WORD:

In summing up their experience at Hilton Ras Al Khaimah Beach Resort, Jaime told us: "We made all the arrangements for our wedding ourselves and we really wanted

to do it our way. But after we made the Hilton RAK booking, we left everything completely in their hands, and they elevated our experience to a level that we would never have imagined for ourselves. Right from the magical feeling at arrival to sitting together on our villa balcony, watching the waves of the Arabian Sea rolling into the beach on our last day, we felt as though we were in our own private paradise. This is a place that will always hold a special place in our hearts for giving us the most amazing memories to start our lives together."

VALENTINE'S DAY AT THE HILTON RAS AL KHAIMAH BEACH RESORT

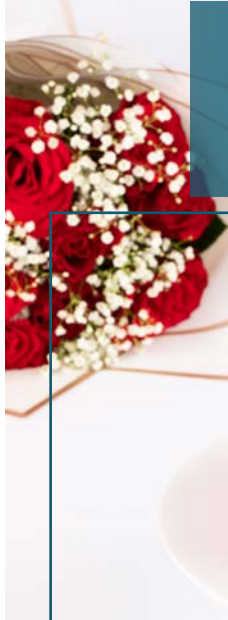
Hilton Ras Al Khaimah Beach Resort has launched its romantic staycation, spa and dining offers to celebrate Valentine's Day - and each other. Whether a weekend escape is on the cards, or an intimate candle-lit dinner under the stars, or a relaxing spa treatment to unwind as a couple, Hilton RAK Beach Resort has something to suit all tastes and budgets this Valentine's Day.

For information visit: www3.hilton.com/en/hotels/uae/hilton-ras-al-khaimah-resort-and-spa

ALL THINGS VALENTINE!

BEST DEAL ON VALENTINE'S CAKES & ROSES

Celebrating special moments with families for over 40 years, Mister Baker, is arguably the most iconic cake brand in the UAE. Known for their ranges of off-the-shelf show-stopping celebration cakes, (some of which are priced at under AED 120 and serve ten people!) Mister Baker is taking centre stage for everyone celebrating Valentine's Day at home this year. This are a selection of what's on offer:



Gold Drip Macaron Cake and a 12-Rose Bouquet (AED 500)

This elegant gold drip macaron cake and 12-rose bouquet is guaranteed to impress!

Gold Drip Macaron Cake, a 6-Rose Bouquet & Cuddly Soft Toy (AED 500)

A cuddly teddy bear, with half a dozen roses, paired with 1.5kg of elegant macaron cake will leave no partner in any doubt that you love them!

Make your choice from a variety of cake sponge options and fillings, and it'll all be topped off with chic macarons. It's sure to light up that smile on this Valentine's Day. Eggless options are also available.



Photo Cake and a 12-Rose Bouquet (AED 450)

Your own customised photo cake allows you to re-live that special moment, and the bouquet of 12 roses seals the deal with love! Choose from a range of cake sponge and fillings, encased in fresh cream pink rosettes with your chosen picture printed on edible paper. Eggless options are also available. The cake is a 1.5 kg, so there'll be plenty to share the love with everyone!

Red Heart Mousse Cake & a 12-Rose Bouquet (AED 400)

This 850g chic red heart mousse cake and 12-rose bouquet deliver the perfect romantic message to your other half. Belgian dark chocolate mousse, cherry compote and moist chocolate sponge... who could ask for more?! But there is more! The flawless mirror glaze makes it ideal for your Valentine's Day celebration - and the kids will love it too!



www.misterbaker.com/product/valentine



LOVE ELLORA BY VIKAS KHANNA – FEBRUARY OFFER

For AED 850 per couple, experience the best of Ellora by Vikas Khanna dishes with a 3-course menu, accompanied by a bottle of Veuve Cliquot. The 3-course menu can be selected from Ellora's signature a la carte menu, where all the fan favourite dishes are available: refreshing Tandoori Pineapple with Sesame Curry, Saffron Crisp and Coconut Cream; the flavourful Tawa Salmon, which is pan-seared Salmon, Pistachio Crust, Caramelised Onion, Nigella-fennel mix and Seasonal Green Mangoes, along with vegetarian and vegan options. Outdoor seating is also available in Ellora by Vikas Khanna, JA Beach Hotel, JA The Resort, Jebel Ali Beach Dubai.

To make a booking, email: restaurant.reservation@jaresorts.com or call 04 814 5604

APERICENA ROMANTICA IN MOTORINO



With a vibrant atmosphere and multiple foodie awards to its name already, Motorino is an Italian restaurant and pizzeria that's ideal for a casual and fun-loving Valentine's Day. The affordable 'Apericena Romantica' menu is available during the 12th, 13th and 14th of February and at just AED 199 per couple or AED 299 with a bottle of bubbly, couples will be treated to exceptional value with a 3-course meal including 1 sharing starter, 2 Main Courses, 1 sharing Dessert and a bottle of grape in a heart of the action location – JA Ocean View Hotel, The Walk, Jumeirah Beach Residence Dubai.

To book, contact 05 6216 5027 or 04 814 5918



VALENTINE'S DAY AROUND THE WORLD

Valentine's Day here in the UAE is celebrated by many people because of the large percentage of non-nationals. Here are some insights into how some of our expats celebrate in their home countries!



FRANCE

The French have a reputation as the world's greatest romantics and on Valentine's Day in times gone by, they used to stage a kind of 'love lottery' called 'une loterie d'amour.' Hopeful single people would line up in houses facing each other and call through the windows until they eventually paired up. Women left without partners then traditionally build a bonfire, ceremoniously burning images of the men who rejected them, while hurling insults into the sky. If that isn't passion, we don't know what is!

Fortunately, after things started getting a little messy, the French government decided to ban the practice altogether. So now, instead of setting things on fire, a perfect French-style Valentine's Day might consist of sharing a selection of yummy cheeses, fresh rustic breads, chocolate and a little something to drink!



ARGENTINA

One day isn't enough for the passionate Argentinians – they also devote an entire week in July to the festival of love, calling it

'Sweetness week'. Between the 13th and 20th, lovers exchange kisses for candy, and finish up the week of celebrations with a friendship day as well.



FINLAND

On Valentine's Day, Finnish people have a more friendship celebration. In Finland, the day of February 14th itself is all about celebrating friendship, whereby people exchange presents and cards with the greeting 'Happy Friends Day'. Ahhh!



JAPAN

In Japan, it's the women who spoil the object of their affections with chocolates for Valentine's Day, with the type of chocolate given showing how much they care.

For husbands or special partners, very high quality 'true feeling' chocolates (honmei-choco) are hand delivered, while colleagues or acquaintances receive cheaper 'obligation chocolate' called 'giri-choco'. Really unlucky folk in Japan might even end up with a box of 'cho-giri choco' - ultra-obligation chocolate reserved for the most unpopular of male colleagues. Ouch.

When White Day comes around a month later on March 14th, those who received the

'true feeling' honmei-choco are expected to return the favour by giving their loved ones presents worth two to three times the value of the chocolates they received. Seems fair to us at MBC!



THE PHILIPPINES

Every year on Valentine's Day, hundreds (sometimes thousands) of couples come together to be married en masse in public places. Often, the celebrations are sponsored by the government as a public service, allowing underprivileged couples the opportunity to tie the knot.



SOUTH AFRICA

In ancient times, and on-foot of a Roman festival called 'Lupercalia' (thought to be the predecessor to Valentine's Day), young girls pinned the name of their love on their sleeve for the day (which is where the phrase 'wearing your heart on your sleeve' comes from). In the original festival, goats were sacrificed and men would run through the streets wearing the skins, whipping women with them to bless them with fertility.

Thankfully in South Africa now couples like to celebrate with flowers, chocolates and romantic dinners in gorgeous locations!

VALENTINE'S GIFT IDEAS FOR HIM!

Wearing protective masks can often take a toll on the skin, so Valentine's Day is a great excuse to help your man to look after himself. Here are some ideas from home-grown UAE company, The Grooming Lab.



JAXON LANE

Help your man stay moisturised with this Jaxon Lane Bro Mask crafted with advanced hydrogel technology for maximum hydration and absorption of active ingredients. Opt for the brand's Rain or Shine Daily Moisturizing Sunscreen and watch it do wonders to your favourite boy's face!



DAPPER DAN

Up your favourite man's hair game in style with the renowned hair styling brand, Dapper Dan. Made from ingredients that offer great practical use and health benefits, these styling clays and pomades incorporate great fragrances that will help achieve great volume and texture all day, every day!



CAPTAIN FAWCETT

Is he reusing his old shaving cream and worn-out razor? Captain Fawcett products are here to wave them goodbye! Surprise your man with the ultimate shaving kit and more only from Captain Fawcett

The Grooming Lab is a UAE brand with a portfolio of high-end men's grooming brands that are available throughout UAE barbershops, men's salons, spas, retail outlets and online shops such as Harvey Nichols, Faces, ounass.ae, 1847, PDL, Chaps & Co., Moto Barbershop, and BO Barbershop, among others.

For more information: thegroominglab.me



THE GROOMED MAN CO

Hailing from Australia and founded on the belief that every man should feel great about the products they use, The Groomed Man Co uses botanical oils in their purest form combined with both natural and man-made ingredients to create these products. They have a line of 23 high-quality men's grooming products for the face, body, hair and beard.



CONSIDERATIONS WHEN HIRING A NANNY

*Hiring a nanny can be one of the best decisions you make for your family... as long as you hire the **right** nanny! Check out these highlights of common nanny screening pointers for parents.*

GATHERING ENOUGH INFORMATION

Don't hire a nanny unless you have met them. It's not enough to accept the information a nanny agency provides you on face value. From verifying a candidate's identity to reviewing her work history, you need to gather enough information so you can make an educated and informed hiring decision.

ASKING THE RIGHT QUESTIONS

If you want a nanny candidate to share real and detailed information with you, you need to give her the opportunity to 'do' instead of just 'say'. Instead of yes and no questions, ask open ended questions that give her the opportunity to give information. Regardless of how she thinks she'll handle a situation like a toddler temper tantrum in public, find out how she has handled the situation in the past. So, you could rephrase "how would you handle" to "how have you handled" to get the information you are seeking.

BACKGROUND SCREENING

Background checks are referred to as 'preliminary checks' for a reason. To do a thorough screening, you need to check court records where the candidate has lived for at least the last 7 years. A social security trace will lead you to addresses associated with that social security number and from there you can identify what court records should be checked. Remember, your background checks will probably require the candidate's permission to do the checks.

GETTING A FALSE SENSE OF SECURITY FROM THE RESULTS OF A BACKGROUND CHECK

The results of the background check only provide information regarding records found (or not found) in the locations searched in the name that you provided. They do not provide a guarantee that your candidate has not or will not have committed a crime. Of course it's important to take the results of a background check into consideration, but the background check should be viewed as one of the many tools in your screening arsenal, not the end all and be all of nanny screening.

TRUSTING GUT FEELING TOO MUCH

It's great when you have a really good feeling about a candidate, as it feels like this is what you're looking for. However, when hiring a nanny, more than your gut feeling has to point you towards the right candidate. Use your intuition as a launching point to let the screening process verify that your intuition is spot on. Just remember to give what you learn as much credence as what you feel if something turns up.

NOT TRUSTING GUT FEELING ENOUGH

While nanny screening is essential, don't let any amount of research or data (or even a nanny agency) persuade you into hiring a candidate that you have a bad feeling about. When it comes to hiring a nanny, the ultimate hiring decision is yours alone. If something doesn't feel right about a candidate, just move on.

GATHERING THE RIGHT INFORMATION FROM REFERENCES

Screening references can be tricky, as people (yourself included!) only tend to provide references from people they are fairly certain are going to say good things about them! In addition to confirming the information a nanny provides with regards to the job facts, (such as when she started, how old the children were, what her duties were, etc.), gauge her reliability by asking questions such as:

- ✓ How often she called in sick or was late for work?
- ✓ What was her responsibility level?
- ✓ Whether the children in her care experienced any injuries while in her care
- ✓ Whether she relayed accurate messages from school to home
- ✓ Whether her tasks were always completed, and if so, to what standard?

If a referee seems reluctant to go into such details, or seems vague, the best thing you

can say to a referee is: "I am thinking of hiring this person to care for my children unsupervised, in my home. That's a big job. Should I have any concerns about hiring this nanny for this role?"

CONSIDER THE NANNY'S OWN CHILDCARE PHILOSOPHY

Children thrive with the consistency of having their caregivers on the same page of the same parenting book. Parents and nannies don't have to necessarily agree on every detail when it comes to raising the kids, but the nanny does have to remember who is boss when it comes to making decisions about your child.

When considering a nanny, you need to be in alignment when it comes to discipline, how you approach sleeping and eating and how you approach your days. If you're a 'tiger mom' and hire a nanny who favours the attachment parenting approach, for example, there's going to be trouble and untimely, it is your child who will suffer.

HIRING BASED ON SOMEONE ELSE'S EXPERIENCE

The best nanny in the world isn't the right nanny for every family. Just because your friend or colleague had an amazing experience with a nanny it doesn't necessarily mean you will too. Each family, job and nanny is unique and the right nanny for one family may not be the right nanny for another.

THE POWER OF A PERSONAL CONNECTION

The nanny and employer relationship is just that, a relationship. And since the workplace is in the employer's home, it should be no surprise that the relationship is an intimate one. While you certainly need not be best friends with your nanny, simply tolerating her is not enough.

You, your children and your nanny are going to be spending a lot of time together. If you don't want that time to be miserable, you'll want to hire someone you genuinely like. Especially since it's pretty likely your children are going to pick up some of her traits.

COMPETITIONS

motherbabychild.com/competitions

WIN! A 4-CLASS PASS AT DS2DIO, WORTH AED 1,600



» A great chance to win 4 complimentary adults' classes for two people, and 4 complimentary kids' classes for two children. Learn how to dance, sing or perform to your heart's content, and enrich both your child's and your level of artistic expression - as well as simply having great fun together! From salsa to ballet, and whether you are a beginner or advanced, there is a class to suit everyone and all different styles of art.

» *Enter now for a chance to win!*

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: arielarabia.com/en

» *Enter today for your chance to win!*

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

WIN! A ROOT'D MEAL PLAN FOR 1-WEEK FROM FREAKIN' HEALTHY, WORTH AED 600!

New and fresh to the UAE market, Root'D is a delicious plant-based food delivery service that creates meal plans to suit individual lifestyles. Packed with clean nutrients, the brand features wholesome, clean and nourishing meal plans which are great tasting too. There are three different plans to choose from and over 70 meal options, specifically curated to help customers achieve overall health, improve digestion and positively impact their lives, both physically and mentally.

Enter today for a chance to win!



WIN! A GIFT HAMPER FROM MISSHA AND FC BEAUTY, WORTH AED 500



Missha and FC Beauty are giving away a beauty hamper to a lucky reader. The gift hamper will include products such as FC Beauty's Intense Black Eyeliner, a Shimmer Liquid Eyeshadow, Nail Polish; as well as Missha's Time Revolution White Cure Oil Cleansing Balm and Ultra Power Proof Eye Makeup gift set.

Missha is a leading Korean cosmetics and skincare brand

that has created a niche for itself in the beauty industry for high-quality products at great prices. FC Beauty offers a wide range of halal, non-toxic and cruelty free nail polishes and makeup, and has recently launched 100% pure high-grade Persian saffron products.

WIN! A 1-MONTH SUBSCRIPTION TO KOALA PICKS, WORTH OVER AED 500



Koala Picks, the healthy snack brand for children, is a convenient and delicious subscription service that will take care of your lunch or snack-time needs. Products range from healthy, sweet and savoury snacks to breakfast and baking items, which can be picked up in single boxes or as part of a subscription service. All Koala Picks products are made from scratch in-house by a talented team in their licensed kitchen, with approval from a certified nutritionist. One lucky winner will receive a month-long subscription of the Koala Picks large-sized snack box, as well as a box of breakfast items which include the Pancake Mix, Choco Rice Puffs, Peanut Butter Granola, the Brownie Mix and more.

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

COMPETITIONS

WIN! AN AERO FUN FLOATING PING PONG GAME WORTH AED 500

AeroFun specialises in durable, lightweight and cool-looking fitness, leisure aqua and outdoor products. These provide a fun, healthy and safe experience for all the family to work out and enjoy water and outdoor sports. The AeroFun range consists of a wide variety of products that meet various requirements and needs for fun exercise and activity. It's best selling product, Floating Ping Pong, is a floating pool top made up of soft foam with a hard top. Equipped with a net in the center, it is a perfect item for swimming pool or backyard play.

Valued at AED 500, the game table is easy to fit and includes molded compartments built into the underside of the table for easy storage of the game components.

Enter the competition to win this fun family game for an afternoon of recreation at the pool!



WIN! GIFT VOUCHERS FROM NRTC FRESH, WORTH AED 250



Get your quota of fresh fruits and vegetables from local and international farms through NRTC Fresh, the online, home delivery platform. You have the option to bulk buy your fruits and vegetables; or order smaller quantities of whole, pre-cut or pre-packed produce. NRTC Fresh offers fast and free delivery when you spend a minimum of AED 60. One lucky winner will receive two gift vouchers worth AED 250.

WIN! A FREE SESSION AT THE CORE CONNECT METHOD, WORTH AED 500

One lucky reader will win a session with Marianne Tafani from The Core Connect Method. Perhaps you are pregnant and want to enjoy a smooth birth, or you're a new mother aiming to stay fit and recover post-partum? Marianne is here to help and support you with her very own Pilates-infused comprehensive method. Alternatively, you might be an instructor who would like to deepen your knowledge of good core function; or even an athlete hoping to strengthen your core, heal injuries and improve your performance. The Core Connect Method is aimed at effecting positive change for women. As a core strength guru and a pre- and post-natal Pilates instructor, Marianne has developed her very own methodology which she brings to clients both in-person and through online bespoke programmes.

Enter today!



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



The New Bio-Oil® Skincare Oil (Natural) 100% Natural.



New Bio-Oil® Skincare Oil (Natural) is made entirely from natural ingredients. By harnessing the power of science and nature, Skincare Oil (Natural) matches the efficacy of the original Skincare Oil - the world's leading scar and stretch mark product.

Bio-Oil® Skincare Oil (Natural) is formulated to help improve the appearance of scars, stretch marks and uneven skin tone. For comprehensive product information, please visit bio-oil.com. Bio-Oil® is available at all leading pharmacies in the UAE.

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SOAP, COLOUR,
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