

ISSUE 118 | MARCH 2021 | AED 15

# Mother *Baby &* Child

MOTHERS' DAY  
PAMPERING

TIME MANAGEMENT  
FOR KIDS

WHAT PARENTS  
SHOULD KNOW  
ABOUT VITAMIN D

20 WAYS TO BOOST  
YOUR BABY'S  
BRAIN POWER

SELF-CARE  
HABITS OF  
SUCCESSFUL  
WOMEN



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# EDITOR'S LETTER



Hello Mum!

I know it's a little early, but let me be the first to wish you a Happy Mother's Day this month! I love the fact that mothers are acknowledged and celebrated as the most important people we know. As you'd expect, we have some really lovely ideas to help you to celebrate and mark the occasion! On pages 8-12, you'll find some restaurant options that will treat mums like the queens that they are, and on page 46, you'll find our best skincare picks of the month.

You don't need any reminders that motherhood can be a tough job, which nearly always involves putting other people's needs ahead of your own. For this reason, I'd like to draw your attention to our cover story - The Self-Care Habits of Successful Women, which you'll find on page 22. There are some really great pointers in these pages about how you can build yourself up in a strong and emotionally healthy way, so you can better deal with the challenges of being a mum.

Elsewhere in this issue, I'm delighted to introduce you to Aneta Haider, Founder of Pregnancy PA - a beautiful, new and highly personalised service to help pregnant women to cut through all the noise and well-meaning advice, and help to calmly see you through all your pregnancy needs - including just having someone to talk to, without feeling judged or misunderstood. For women who are far from their home countries, families and friends, Aneta is set to make a huge and positive difference to your pregnancy journey.

Getting back to our children, the Education Section on pages 36-45 is packed with more detail than ever before about school options and educational offerings for all needs. This also includes the very exciting announcement of an exclusive British school with a 500-year history that is opening its doors in Dubai in September. In fact, they will be hosting a coffee morning on 24th March in Arabian Ranches where just 30 ladies can directly meet the leadership team and find out what goes on behind the doors of a premium school with a reputation for excellence that has spanned five centuries!

I've included some common parenting techniques in this issue, as well as 20 ways you can boost your baby's brain power, and of course new hygiene tips that will help to keep you and your families safe during the pandemic.

Happy reading...and Happy International Women's Day to you too!

*Kay*

Editor

Mother, Baby & Child Magazine

# EDITOR'S PICK

**BE THE FIRST TO TRY THE  
LATEST IN BEAUTY!**

I can't help but be excited about the #BeauTT box - an exclusive selection of full size beauty products plus some extra treats and surprises including skincare, make-up and hair care, some of which are not yet available to women in the region yet! The exciting mix of cult brands, niche formulations and favourites tried and tested by the TishTash PR glam squad, gives beauty aficionado mums in the UAE the chance to sample and find out what's hot before anyone else!

*Available exclusively on [www.glamazle.com](http://www.glamazle.com) and priced at AED 350 (with a total box value of AED 1,200).*



**A CURATED  
Beauty Box  
FROM THE ONES IN THE KNOW**

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## EDITOR'S — PICK —

### CREATING THE CLASSIC 'CAT EYE, BOLD LIP' LOOK!

Make-up is all about bringing out your confidence, so here's a classic look to try for International Women's Day and Mothers' Day! Prep clean skin with a few drops of HYDRO PLUMPING SERUM. Then start with the TRUE SKIN HYDRATING FOUNDATION duo concealer and foundation for some intense moisture. A dab or two of TRUE SKIN HIGH COVER CONCEALER will now conceal any blemishes or dark circles. Next up is the bold lip! I love the super long lasting Matt Pro Ink Non-Transfer Liquid Lipsticks in '090 THIS IS MY STATEMENT' and the '100 COURAGE CODE' shades. Create your own signature cat eye with the 24h BRUSH LINER and finish up with the 'GO BIG GO BOLD MASCARA EXTREME VOLUME MASCARA' - the name should tell you everything you need to know. Now...go tiger, be amazing this month!



All products are available on [www.noon.com](http://www.noon.com); [amazon.ae](http://amazon.ae); Centrepoint and Lifestyle - both online and in UAE stores.

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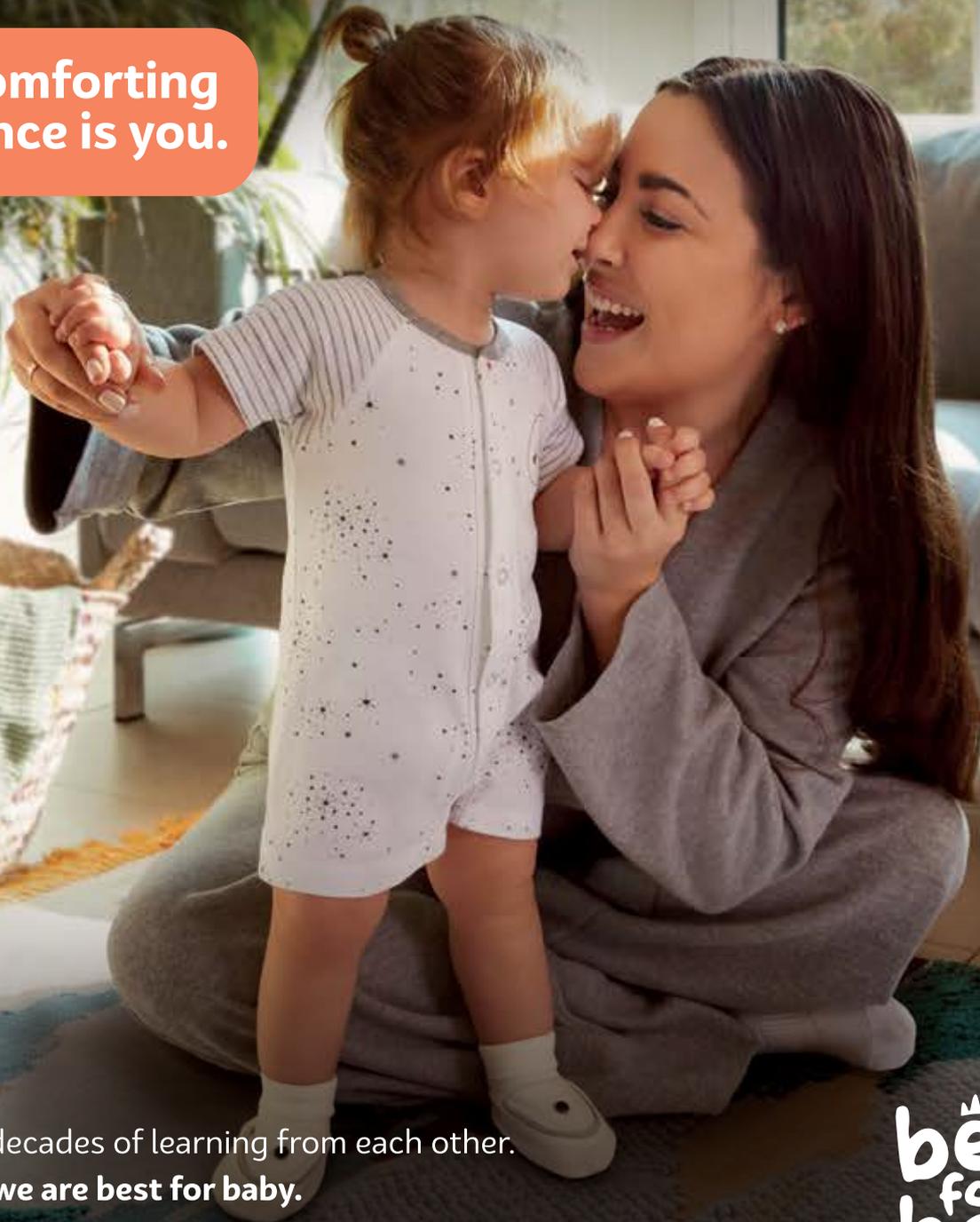
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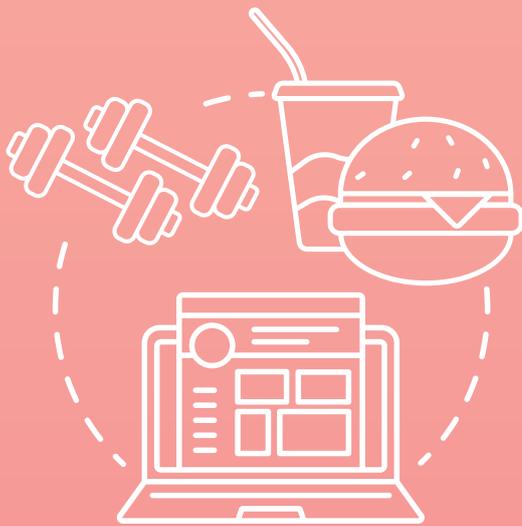
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# THINGS TO DO



Unsurprisingly, this month's section is all about gorgeous restaurant venues to celebrate Mothers'

# Mothers' Day TREATS

## NEW SPRING MENU AT COUQLEY FRENCH BISTRO & BAR



For the weekend leading up to Mother's Day (19th - 21st March) you can take your mum out to enjoy the new Spring Menu between 12:00pm and 8:00pm. Indulge in fresh and colourful dishes with a two course meal for AED 149 and a glass of grape on the house to all ladies. Welcome the change of season with the light taste of grilled calamari, homemade ravioli, and the well-loved pain perdu with a touch of berry compote. The unmissable Spring menu focuses on the rejuvenating and refreshing tastes of the season.

Couqley French Bistro & Bar is located in JLT, Cluster A, and opens daily from noon until 1:00am.

Complimentary valet parking is available at the Mövenpick Hotel.

For more information call: +971 (0)4 514 9339 or WhatsApp: +971 (0)5 549 0097

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## 'MUMMY'S HELPER BOX' FROM NRTC FRESH THIS MOTHER'S DAY



There is no greater gift than a mother's love, and this year, for Mother's Day, NRTC Fresh are reintroducing their Mummy's Helper Box with the #MyMumIsMyHero initiative! Filled with fresh pre-cut fruits and vegetables, the Mummy's Helper Box has been created with the specific intention of making meal preparation seamless and between the 10th and 21st March, each Mummy's Helper box will be delivered

with a blank card for kids to write why their mum is their hero!

When the box arrives, mums will open the box to find an array of delicious fruits and vegetables packed with vitamins and nutrients. Including potatoes, garlic, romaine lettuce, red cabbage, broccoli floret, carrots, white onion, yellow capsicum, cucumber, beetroot, tomatoes, baby spinach, pineapple, pomegranate, honeydew melon and watermelon, this box can help to create a balanced meal for families.

*The Mummy's Helper Box is priced at AED 84 and available at: [www.nrtcfresh.com/product/124011/mommys-helper-box/](http://www.nrtcfresh.com/product/124011/mommys-helper-box/)*

## NASSAU'S NEW SUSHI MENU BY CELEBRITY CHEF SILVENA ROWE

Inspired by travels to Japan and experience working with renowned Japanese chefs, celebrity chef Silvena Rowe has introduced a new sushi menu at Nassau, located at Jumeirah Golf Estates. The menu has been thoughtfully created and features a variety of flavours, as well as including classics such as Tuna Sushi and Salmon Sushi; and all-time favourites such as Crazy Prawn Tempura and Crunchy California. Chef specials include rolls such as the Rocky Roll made from unagi,

avocado and Dragon Maki made with grilled prawns wrapped with avocado, tuna and unagi covered with teriyaki sauce. The vegetarian options include the asparagus sushi and avocado sushi. All are served with soy sauce, wasabi, and pickled ginger.

For sushi aficionados planning an exquisite Mothers' Day or family dinner, Nassau also offers a stunning outdoor terrace, perfect for



the last few winter days! The Sushi menu is available for dine in and takeaway, every day from 6pm to 12am.

*For more details and reservations, visit: [www.dubaigolf.com/dine/nassau/](http://www.dubaigolf.com/dine/nassau/)*

## FREE MOTHER'S DAY DINE-IN EXPERIENCE AT CAFÉ SOCIETY!



This Mother's Day, celebrate your favourite woman in the world with a special surprise at Café Society, Dubai. Running for one-day only on the 21st of March, mums dine for free for breakfast, lunch and dinner when visiting with the family.

Why not indulge in breakfast with mum by your side and allow her to truly shine by treating her to a fancy lunch or dinner at Café Society?! The restaurant offers a sumptuous menu that features breakfast dishes, appetisers, lunches, desserts, beverages and more. Choose from the Eggs Benedict or Breakfast Waffles, to make your mother's morning special. If you wish to treat

her to an elegant evening instead, savour the luscious Truffle Mushroom Pizza to the Mediterranean Seafood Paella bursting with flavour to the juicy Filet Mignon, for dinner.

All mums know that no meal is complete without dessert! End the special evening by treating your mother to a dessert a tiny bit sweeter than she is and indulge in a diverse choice of treats including the Café Society Dulce De Leche, Art Deco Tiramisu or a Rose & Strawberry Vanilla Cheesecake, guaranteed to bring joy.

Located in Tamani Marina Hotel in Dubai Marina, Café Society is open for service daily from 9.00am till 11.00pm. Advanced booking is recommended!

*For reservations or more information, call +971 (0)4 318 3755, email [info@cafesociety.ae](mailto:info@cafesociety.ae), visit [www.cafesociety.ae](http://www.cafesociety.ae) or follow [@cafesocietydxb](https://www.instagram.com/cafesocietydxb).*

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With International Women's Day and Mother's Day both falling in the month of March what better reason is there to celebrate ladies! Whether it's a catch up with your girlfriends or an excuse to spoil your mum, Sofitel Dubai The Palm has the perfect offerings this March.

On March 21st the hotel is offering all mothers their meal for free when they come and dine with their family at any of the restaurants including The World Eatery, Porterhouse Steaks & Grills, Moana and Zoya by Maui.

## INTERNATIONAL WOMEN'S DAY AND MOTHER'S DAY TREATS AT SOFITEL DUBAI THE PALM

To celebrate International Women's Day falling on March 8th, Sofitel Dubai The Palm are offering ladies a special deal for the whole month of March. For everyone who books a full body massage for AED 299, they will also receive complimentary spa facilities, pool and beach access along with 30% discount on all F&B during any week day.

### Women' Day March Offer

- Weekdays from 10am - 6pm only
- Valid from 1st - 31st March 2021
- Advanced booking required
- Cannot be combined with other promotions or discounts

For booking details: [www.sofiteldubaithepalm.com](http://www.sofiteldubaithepalm.com) Call +971 (0) 44 55 66 77 or email [H6541@sofitel.com](mailto:H6541@sofitel.com)



## MYRRA BY OPA ON THE PALM IS GETTING READY TO TREAT MUMS ALL YEAR ROUND!

Lovers of fine dining, travel, holiday vibes, celebrating life and special people are all eagerly awaiting the launch of Myrra by Opa, which is opening soon on the Palm! The breath-taking beach-front location sets the scene beautifully for a culinary journey of island life from Greece and Spain - two countries that are quite rightly fiercely proud of their culinary traditions - just like our own mamas!

As every mother deserves to feel special and appreciated every day of the year,

the interiors alone at Myrra by Opa will deliver a beautiful experience for her with a picture-perfect setting, and a menu of impeccably executed dishes that combine the best of these vibrant Mediterranean cuisines.

In the Greek and Spanish cultures, everyone is welcome, so this dining spot is perfect for the whole family and has a special child-friendly area that will keep the kids happy while the whole family enjoys the



lazy vacation vibe and truly stunning dining experience of Myrra by Opa.

*Keep an eye on the MBC website for details of the opening...and be ready to book early!*

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# • HOME • HYGIENE



We look at how long the Covid-19 virus can survive on different surfaces; and present tips to reduce food waste.



## TIPS TO REDUCE FOOD WASTE

*Our region is becoming much more aware of the issue of food wastage - especially in the run-up to Ramadan. Here are some great tips to handle, store and use foods to reduce waste.*



With the rise of online shopping, it is not always possible to edit or change food orders easily. Orders may often not arrive as you have requested, and substitutions may not be what you planned for. This can sometimes mean that you have some extra responsibility to ensure your food usage is hygienic and your wastage is minimised.

### REVERSE SHOPPING LIST

If you are interested in reducing food waste, it can be useful to do a 'reverse shopping list' and write down what you already have and when it will go out of date. This practice can help you to keep organised and reduce waste, and also help you to decide what you need to eat first. (Restaurants manage their product this 'first in first out' way - it's called 'stock rotation' in the restaurant industry.)

However, with our busy lives as mothers, you might find a little chaos around shopping and meal preparation, and many of us are often faced with food items in the fridge that you can't afford to waste and are soon out of date. Here are some simple tips to keep you safe and reduce waste.

### BE ORGANISED ABOUT HOW YOU STORE FOOD

Great tools to have for keeping your food organised include a simple permanent marker pen, labels, containers with lids (can be recycled take away tubs or even yoghurt pots with lids), or resealable bags in various sizes.

#### Leftovers

There are plenty of myths about left overs and what you can and can't do with them. The simplest and safest way to deal with leftover food is to pack it in a suitable container (or zip-lock bag), label and freeze it so you can have a home-cooked lunch or dinner whenever it is needed.

#### Handle foods with clean hands and cool quickly

Warm foods left at room temperature can be an ideal breeding ground for bacteria, so it is an important safety rule to cool foods as quickly as you can. For example, you can:

- Portion food into small trays (clean take-away containers are great)
- Rinse rice under the cold tap

#### Leftover meats and chicken

You can put rice and curry in the same container to make a ready meal for lunch or dinner the next day. Here's a tip... put the curry in the bottom of the container and the rice on the top. When you tip it out it is the right way up!

#### Cooked rice

There is a myth that you shouldn't keep cooked rice, but it is fine to do so, as long as you cool it quickly and put it into the fridge or freezer. As a busy mum, it's a safe and efficient food hack to deliberately cook excess rice and freeze it in bags. To defrost, simply put it in a sieve and tip boiling water on top, or put it in a saucepan of boiling water for a minute or so.

## Bread

Who doesn't love fresh bread?! If you buy a loaf of bread - for example, sliced bread to make morning toast or sandwiches for the kids - you might find that the slice tastes deliciously fresh for the first two days, but then the rest of the loaf tastes dry or stale by the third day. An easy way to avoid any bread wastage is to freeze it.

Sliced bread freezes beautifully - just pop the frozen slices directly into the toaster to make fresh toast. For sandwiches, just put the slices you need onto a plate and they will be defrosted in just 15-20 minutes.

Arabic bread and wraps keep very well in the freezer, as do pitta breads, naan and chapatis.

You can also make breadcrumbs and freeze them, which can make a mid-week meal quicker, especially if you are making escalopes, breaded fresh fish or croquettes.

## Storing milk safely

Skimmed milk will freeze nicely in a plastic container, or even in portions in a resealable plastic freezer bag. You just need to defrost the milk by putting it in the fridge the night before. If you make sauces like béchamel for lasagne, or white sauce for a chicken, fish or vegetable pie, you can make a batch and freeze it in handy sizes so you can rustle up a school-night mac 'n' cheese or lasagne with ease.



## Can you freeze cheese?

Yes you can! Grate cheese and freeze it in plastic freezer bags in portions. This is a really smart food hack that saves the chore of grating cheese each time you want some for a recipe.

## Fresh herbs

Doesn't it feel a bit sad when you buy a beautiful, vibrant bunch of mint, parsley or coriander, but can't use it all?! You can avoid wasting herbs by washing and patting them dry (or use a salad spinner), then bag and freeze them. The herbs will break up when frozen if you massage the bag a bit, so there is no need to chop them after.

## Don't waste tomatoes!

The riper tomatoes become, the more nutrient-rich they are. If you have tomatoes that are ripe, but you don't want to use them immediately, mash them or blitz them into a puree with a stick blender and freeze them in portions.

## Meat and poultry & sausages

The rule for meats is to freeze in their pack and defrost them in a dish in the fridge. If the pack is already open, then double wrap the pack with clingfilm to prevent freezer burn.

## Soft fruit... going soft!

Soft fruits have a habit of...getting even softer! If you have berries, bananas, apples, pears, mangoes etc, that are starting to go soft in the fruit bowl, you can stash them beautifully for smoothies. Simply wash and dice the fruit, or in the case of bananas, peel, slice and put them in bags in the freezer ready for a smoothie. You can also use them to make home-made ice cream by whizzing the fruit chunks with mixed Greek yogurt, cream or even coconut milk, for a vegan version. The fruit will give the yogurt/milk a soft serve consistency, and you just need to pour it into a container and re-freeze for an hour or two to firm it up.



## Citrus fruits

With the weather getting warmer by the day, there are lovely ways you can use up odd halves or slices of lemons, limes or oranges. You can either wash, slice and lay them on a tray in the freezer, and when they are frozen, store them into freezer bags. Alternatively, you can cut lemons, limes or oranges into slices, then quarter each slice. Pack these smaller pieces into ice cube trays and top them up with water before freezing. You'll then have beautifully colourful, fragrant and zingy ice cubes for drinks!



# HOW LONG DOES THE CORONAVIRUS LIVE ON SURFACES?

*Here's a guide to how long coronaviruses - the family of viruses that includes the one that causes Covid-19 - can live on some of the surfaces you probably touch every day.*

The coronavirus that causes Covid-19 mainly spreads (or 'transmits') from person to person through larger moisture droplets from breathing, sneezes and coughs. However, there is also evidence that smaller particles called 'aerosols' can hang in the air longer and travel farther, and may also play a part in transmission.

A variety of studies have looked at how long the virus stays alive on a variety of surfaces, which may increase the chance of transmission. From what is known so far, transmission from surfaces is lower risk than from person to person, but it is still possible to catch the virus if you touch a surface or object that has the virus on it and then touch your mouth, nose, or eyes.

## THE LIFESPAN OF CORONAVIRUS ON COMMON SURFACES

The coronavirus can live for hours to days on surfaces like countertops and door knobs. How long it survives depends on the material the surface is made from.

### Different Kinds of Surfaces

#### Metals - 5 days

For example: Door knobs and handles, elevator buttons, jewellery and cutlery.

#### Wood - 4 days

For example: Furniture, decking, wooden spoons and chopping boards in the kitchen.

#### Plastics - 2 to 3 days

For example: Milk containers, detergent bottles, metro and bus seats, backpacks and shopping bags.

#### Stainless steel - 2 to 3 days

For example: Fridges, pots and pans, sinks, some water bottles and cutlery.

#### Cardboard - 24 hours

For example: Grocery, water and cereal boxes.

#### Copper - 4 hours

For example: Foreign currency, bracelets and cookware.

#### Aluminum - 2 to 8 hours

For example: Drinks cans, tinfoil, cooking pots and water bottles.

#### Glass - Up to 5 days

For example: Drinking glasses, measuring cups, mirrors and windows.

#### Ceramics - 5 days

For example: Serving dishes (which are often passed around), some handles, plates, cups and mugs.

#### Paper

For example: Packaging, books, professional paperwork, school materials and some food packaging.

The length of time that the virus remains live on different paper surfaces varies. Some strains of coronavirus live for only a few minutes on paper, while others live for up to 5 days.

#### Facial Tissues

Covid-19 can stay live on unsterilised tissues for up to 3 hours, according to respected medical research journal, The Lancet, in their 'Microbe 2020' study. For this reason, we recommend using sterilised tissues, such as the Fine brand.

#### Fabrics

For example: Clothes, hand towels, bed linens, curtains (also in hotels).

There's not much research about how long the virus lives on fabric, but it's probably not as long as on hard surfaces.

#### Shoes

One study tested the shoe soles of medical staff in a Chinese hospital intensive care unit (ICU) and found that half were positive for nucleic acids from the virus. But it's not clear whether these pieces of the virus cause infection. The hospital's general ward, which had people with milder cases, was less contaminated than the ICU.

#### Skin and hair

There's no research yet on exactly how long the virus can live on your skin or hair. Rhinoviruses, which cause colds, survive for hours. That's why it's important to wash or disinfect your hands, which are most likely to come into contact with contaminated surfaces.

#### Can you get coronavirus from touching cash?

Yes. You could be exposed to the Covid-19 virus, if you handle money contaminated by someone who is infectious. Use the same precautions with cash as you would touching other objects or surfaces in public areas. After contact with money, wash your hands with soap and water or

use a hand sanitiser. (The Fine Guard Pure Hands brand is a game-changing new sanitiser that is not alcohol-based and gives protection for 24 hours.) Be sure not to touch your face or eat food without clean hands after handling money.

#### What You Can Do

To reduce your chance of catching or spreading the new coronavirus, clean and disinfect common surfaces and objects in your home and office every day. These include:

- Countertops
- Tables
- Door knobs / Fridge handles and light switches
- Bathroom fixtures
- Phones / intercom buzzer buttons
- Keyboards...and the mouse
- Remote controls
- Toilets, handle/flush button

If the surfaces are dirty, clean them first with soap and water and then disinfect them. Traditionally, you might use a cleaning spray, a wipe or make a bleach solution that will be good for up to 24 hours. However, hygiene brand Fine Guard drastically improved the way we now disinfect the home when they launched their 'Fine Guard Pure Surfaces' surface disinfectant. One spray of this water-based product will kill 99.99% of germs on kitchen and household surfaces and provide a staggering 21 days of protection. Being non-toxic, it is also safe around food in the kitchen.

The virus probably won't survive the time it takes for any online/shipped items to be delivered, so the highest risk comes from the person delivering them. Limit your contact with delivery people as much as you can. You might also leave packages outside for a few hours or spray them with a disinfectant before bringing them in. Wash your hands after you handle and delivered packages.

#### EDITOR'S PICK:

I've recommended the Fine Guard Pure Hands hand sanitiser because it is water-based - and therefore kind to children's hands - and gives germ-kill protection for 21 hours, which again is perfect for children, especially when they are out of the home.

• HEALTH •



This month: what every parent should know about vitamin D for kids; the self-care habits of successful women and avoiding diet-related diseases.



# AVOIDING DIET RELATED DISEASES

*In this article, we look at some diet and lifestyle tips that can help to avoid diet-related diseases in later life.*



Both adults and children who eat poorly have an increased likelihood of developing certain long-term health problems and complications. Among other conditions, these can include heart disease, type 2 diabetes, poor bone strength and development, and breathing problems.

While your family doctor can regularly screen for signs of these health problems, here are some useful dietary and lifestyle health tips on reducing the risk of contracting any of the so-called 'lifestyle diseases.'

#### **Eliminating or reducing saturated fats and oils from the diet**

Trimming saturated fats and oils from the family's diet will go a very long way in helping to increase your family's chances of avoiding many of those diseases mentioned above. It is important to try to reduce the consumption of fried foods

as much as possible, and try instead to fry foods in its natural oils. Many foods contain natural oils such as chicken and many types of fish, to the extent that you can fry such foods in their own natural oils rather than adding more.

#### **Eliminating or reducing junk food**

Eating food prepared from home by yourselves is one way of ensuring that you know what your family is eating. Everyone develops a preference for some of the foods that they eat regularly. This includes developing a taste for healthy foods as well as highly processed, fried foods - it all depends on what each person is exposed to!

#### **Plant based diet & daily fibre intake**

Switching to a high-fibre diet or plant-based diet, and cutting down on red meat has huge benefits, which include helping to reduce digestive problems, reducing

cholesterol, helping to control blood sugar levels, and facilitating weight loss in overweight adults. A high-fibre diet includes vegetables, fruits, anything grown from plants, nuts and whole grains.

#### **Reduce your intake of salt**

Cutting down on salt will lower your blood pressure and reduce the risk of heart disease and stroke in later life.

#### **Exercise regularly**

Exercise is very important and must be taken seriously, regardless of whether people think they have time or not! A sedentary lifestyle is likely to increase the chances of contracting health problems and diseases. Cardio exercises and brisk walking are good forms of all-round exercise that help to reduce the risks of diseases and help to maintain a healthy heart.

#### **Drink plenty of water**

Even though many people do not have a 'water habit' our bodies need water because it hydrates our organs, flushes toxins from the body, helps brain, mind and body function. Use a drinking bottle of 1 litre, and focus on drinking two of it a day.

#### **Use healthy cookware & cooking methods**

Try to use 'healthy cookware' that allows you to cook with no oil or very little oil. In many cases, an olive oil spray can be substituted for fats and oil use where needed in healthy cookware. Cutting out saturated fats from your diet, such as the clear vegetable oils that are sold in plastic bottles, will help in reducing the risk of high cholesterol, obesity and other related lifestyle diseases.

Put these things in place, adopt healthy habits and you are well on your way to avoiding and managing lifestyle diseases!



# THE SELF-CARE HABITS OF SUCCESSFUL WOMEN

*As women and mothers, we do so much for others and we simply do not put ourselves first often enough. As this is the month of International Women's Day and Mothers' Day, check out the most common ways that successful women care for themselves - and do try some...you deserve it!*



Without giving our body, our mind and our overall self a break, and taking care of us, we cannot possibly be successful.

Successful women formulate habits that help them achieve and maintain their success, in whatever form that is for them. These self care habits of successful women can help you prioritise self care and incorporate it into your day without feeling like you're simply adding more to your plate.

### **Making time to exercise**

Self care really starts with looking after your body. It's the only one we are given and we need to take care of it. Sure, some days lazing and watching Netflix counts as a 'rest' day and is good for self care too, but you also need to make sure your body is strong and healthy.

You don't need to be a gym junkie to make it happen (although if that's your thing then that's cool too). You just need to make a

commitment to yourself to move more, then move more again.

You could start with making time to walk a few days a week, add incidental exercise like parking further away or doing squats as you unload the dishwasher. It all adds up. Make a commitment to making the time to exercise. Your body will love you for it.

### **Creating 'me-time'**

If you're an introvert, chances are you already know you need alone time to recharge and recalibrate. But extroverts can benefit from this time too.

During time alone we are given the opportunity to be with ourselves, reflect on who we are, where we are and where we want to be. The problem is, the busier we are, the less alone time we seem to have.

Creating this alone time and finding the value in it is so important – you can combine

it with exercise or self care or use it to meditate and reflect in gratitude. Whatever you do, make it happen.

### **Reward yourself with things you really want, not food**

While everyone loves a sweet treat, there's a big difference between a treat every now and then and rewarding yourself with food. Rather than saying 'when I achieve this, I'm going to eat this', a successful woman sets goals with rewards that wants, such as a weekend away or a massage.

Giving yourself tangible rewards that aren't food ensures you keep up with the whole idea of looking after your body and your mind. This means you won't feel guilty about your rewards and are more likely to achieve them rather than self sabotage.

### **Schedule self-care like you would any other appointment**

If you had an important meeting with a



client or even a potential client you wouldn't miss it would you? You'd schedule it in and make sure you're there. So why treat self care any differently? Why not give ourselves the level of importance we place on others?

When setting your schedule and intentions for the week, be sure to allow enough time and even block out time for self care. If you have it written down and scheduled in, you're far more likely to stick with it and make it happen.

#### **Understand the value of the word 'no'**

Both 'yes' and 'no' are two of the most powerful words we use, unfortunately we seem to use 'yes' far too often when we really want to be and should be saying 'no'. How many times have you committed to something because you couldn't say 'no'? You wanted to, but you felt guilty for it or obliged to say 'yes'.

'No' is a word you need to become comfortable with saying. Because often when you say 'no' to others, you're saying 'yes' to yourself. You're saying yes to giving yourself extra time, to putting yourself first and to putting your priorities first.

#### **Eat healthily most of the time**

Even the most hardcore gym bunnies and fitness fanatics will tell you that maintaining a perfect diet 100% of the time is an unrealistic goal. As soon as you tell yourself you're 'not allowed' to have something, guess what happens? You want it and keep thinking about it until you get it!

So rather than feel guilty when you want something, own it, enjoy it and don't regret it. Don't beat yourself up over a slice of cake! The world isn't going to end because you ate an ice cream, or had a dessert in a restaurant. Tell yourself how amazing it was and then kick right back onto your healthy eating.

It's so important to nourish our body with good foods. Sometimes this is harder than others, but if you set your intention and start your day in a healthy way, it's much easier to stick with. Plan your meals if that works better for you, avoid grocery shopping when you're hungry or even get healthy meals delivered! Whatever you need to do to ensure you're giving your body the best you can. It's a pretty awesome piece of machinery – look after it!

#### **Flex your creative muscles**

We all have a creative flair, some of us just don't realise it. Whether you love writing, drawing, creating, making, designing or anything in between, flexing your creative 'muscles' activates a different area of the brain to the analytical side and gets you thinking in different ways.

You don't have to be a brilliant artist or storyteller to be creative. Find what you love doing and do more of that. Or if you're not quite sure what you love, start experimenting. Take a class, learn a skill you've always wanted to learn and get creative.

#### **Make little life upgrades for yourself**

Giving yourself little upgrades in life can help make you feel a million dollars without having to actually spend a million dollars. It's all about bringing in little luxuries into our lives and appreciating them.

What in your life makes you feel cheap, poor or ashamed? Do you absolutely hate using shampoo and conditioner from the supermarket? Maybe start buying it from the salon instead. While it costs more it also

lasts longer and every time you wash your hair you'll feel luxurious and spectacular.

Maybe you cringe every time you have a friend over and hand them a chipped or old or mismatching glass. Upgrade to new, beautiful glasses and you'll be excited to have friends over again.

These little upgrades don't have to cost a fortune but the impact they have on the way you feel about yourself is amazing. You don't have to go out and buy yourself a new car but maybe pay for your car to be washed every few weeks so it looks good. The little things make the biggest difference.

### Connect with others

How often do you make time to connect with those you love? Just as we need to reconnect with ourselves, it's also important to make time to connect with others. Whether it's scheduling a coffee and catch up with a friend or making time for a family dinner, make connections with others a priority.

It's not only for the ones we love. Getting out to networking events and meeting new people can put you out of your comfort zone and help you expand yourself and your business.

### Let negativity go

We attract more of what we already have, so if you have a whole lot of negativity guess what is going to keep coming your way? Easier said than done right?

The biggest change to your attitude comes when you decide to stop letting the little things get to you. Make a line in the sand, say 'it's not going to happen'. Instead of complaining about people who do things 'wrong' remind yourself that maybe they just have a different outlook on things. Instead of getting angry at every red signal light you come to, use the time to stretch out your arms and relax a little.

It's not an easy thing to do, negativity becomes a habit and can be difficult to break, but learning how to let the negativity go can free up so much more mental space and emotional space – you'll feel so much better for it.

### Practice gratitude

We cannot possibly expect to be given more of what we want when we don't show gratitude for what we already have. Spending time with gratitude each day not only puts out to the universe that we are thankful for what we already have in our

*“No’ is a word you need to become comfortable with saying. Because often when you say ‘no’ to others, you’re saying ‘yes’ to yourself.”*

lives, but it also allows us to refocus on all the good and eliminate the negative.

Just spending a few minutes each day reflecting on what we are grateful for can make all the difference. It doesn't have to be deep and meaningful all the time – some days we're all truly grateful for a chance to sit down and enjoy hot coffee and... the chance to read Mother, Baby & Child magazine! Being grateful for the little things makes it easier to be grateful for the bigger things.

Soon, with practice, you'll find yourself showing gratitude all day long without even realising it. Being grateful for a red light at the traffic signal might seem a little silly at first glance, but it helps you to get into a gratitude habit – it's up to you how far you want to take it.

While it may seem like your plate is loaded enough and adding any of these to your list seems like too much, remember they are habits, designed to be formed one at a time and become so much part of your day you do them without thinking. Start with one and see how you go, then slowly add more. You'll find as you add more habits you'll end up with more time for self care and less time for stress.



# WHAT PARENTS SHOULD KNOW ABOUT VITAMIN D FOR KIDS

*Here, we look at the benefits for your child of Vitamin D and the signs of deficiency to look out for.*

Vitamin D helps regulate calcium and phosphate levels in the body that are important for bone development and strength. But research has explored Vitamin D's role in boosting the body's immune system and established that the role of Vitamin D in promoting good health may go even further. More recently, several studies have even looked at the role of Vitamin D in reducing illness from Covid-19.

While more is still being learned about the benefits of Vitamin D, it's known as an essential part of keeping your child's bones strong as they develop. So how do you ensure your children are getting enough Vitamin D?

## The role of Vitamin D

Vitamin D helps the body to absorb and regulate calcium, which is essential for bone health. Without enough Vitamin D, kids may

suffer from weak or brittle bones that can break easily - while doing sports, for example. Calcium deficiency can also increase the risk of developing rickets, a bone condition that can lead to bowed legs and stunted growth, caused by severe Vitamin D deficiency.

As one researcher explains: "The primary function for Vitamin D, the one we focus on the most, is bone health. Vitamin D acts almost like a construction site supervisor. It makes sure the materials we need for strong bones - such as calcium and phosphate - are where they need to be, and in the correct amounts."

## How much Vitamin D do kids need?

Different amounts of Vitamin D are recommended based on a child's age, but the following are recommended:

- Infants should receive at least 400 International Units (IU) of Vitamin D daily from birth to 12 months
- Children ages 1 through 18 should aim for 600 IU of Vitamin D daily.

## Sources of Vitamin D

Sources of Vitamin D include certain foods and natural sunshine, as our skin naturally produces Vitamin D when exposed to sunlight - which is why Vitamin D is often referred to as 'the sunshine vitamin.' Most people can get the right amount of Vitamin D from just 10-15 minutes of direct sun exposure a few times a week. (As a reminder, it's important not to overdo sun exposure, as it can increase risk of skin cancer later in life. Always apply sunscreen if your child is outside for more than 15 minutes.) However for children who do not spend much time outdoors, Vitamin D would need to come from food sources.





Vitamin D can be found naturally in oily fish such as salmon, herring and tuna. Many children do not eat fish like these every day, but thankfully, other foods and beverages are fortified with Vitamin D – such as milk, yogurt and breakfast cereals. Including these enriched foods as part of a well-balanced diet is an excellent way to help your child get enough Vitamin D.

### Does my child need a Vitamin D supplement?

Because breast milk is not a good source of Vitamin D, breastfed infants should be given 400 IU of Vitamin D daily, beginning soon after birth and continuing at least until they start eating solid foods. This supplement can be given through liquid Vitamin D drops – but talk to your doctor advice before giving your baby any vitamins, including Vitamin D. Formula-fed babies often also receive a liquid

Vitamin D supplement until they can drink at least 32 ounces of Vitamin D-fortified formula per day.

If you are concerned that your child or teenager is not receiving enough Vitamin D from diet or sun exposure, ask your doctor or pediatrician if a supplement is needed. A daily multivitamin for kids would include the recommended daily allowance for Vitamin D.

If you opt to give your child Vitamin D supplements, be mindful of the recommended daily allowances for your child's age, because it is possible to have too much Vitamin D, and when that happens, kids can be at risk of developing kidney stones.

### Signs of Vitamin D deficiency in children

Children with only a mild Vitamin D deficiency will likely show few, if any,

symptoms. Kids with extremely low levels of Vitamin D may feel tired and complain of bone or muscle pain. In the most severe cases, they may experience frequent bone breaks or develop rickets.

Children with darker skin may be more at risk for developing Vitamin D deficiency than others. This is because with dark skin, the melanin (pigment) in the skin reduces the body's ability to produce Vitamin D as effectively. If you feel your child is not getting enough Vitamin D, ask your pediatrician to check their levels using a simple blood test.

### Vitamin D and Covid-19

Recent studies have explored a possible link between Vitamin D deficiency and risk for Covid-19. One study suggests that healthy Vitamin D levels may reduce the chance of developing Covid-19.

The study took patients who tested positive for Covid-19 and then looked back to see if they had been diagnosed with a Vitamin D deficiency in the previous 12 months. It found that patients who had lower Vitamin D levels were more likely to have a positive Covid-19 test. It's not completely clear why, but it's possible that low Vitamin D levels may not actually be the cause of virus susceptibility but rather a marker, which is tagging along with other underlying health problems.

It's important to know that research on Covid-19 is ongoing, and these results are not definitive. Also, there is no research suggesting that taking extra Vitamin D would be helpful to anyone who has enough Vitamin D already.

While more research is needed to understand Vitamin D's role in staying healthy during the coronavirus pandemic, there is no question that it has other proven benefits for your child's health. Kids need Vitamin D, as it plays an essential role in regulating bone-building and ensuring there is the right amount of calcium to build strong bones – which is, of course, extremely important for growing children. Talk to your doctor if you have any concerns, and before giving your child any Vitamin D supplements or drops.

• PARENTING. •



Introducing  
your very own  
Pregnancy PA;  
effective parenting  
techniques; and 20  
ways to boost your  
baby's brain!



## EFFECTIVE PARENTING TECHNIQUES

*Raising children is one of the hardest and most fulfilling jobs in the world - and perhaps the one for which you might feel the least prepared, especially when new situations pop up at every stage of your child's development. Here are some tried and trusted tips that may help you feel more fulfilled as a parent.*



### Catch kids being good

Have you ever stopped to think about how many times people (including you!) might react negatively to your kids in a given week? You may find yourself criticising far more often than complimenting. How would you feel about a boss who treated you with that much negative guidance, even if it was well intentioned? A more effective approach is to catch kids doing something right. For example, “You made your bed without being asked — thank-you, that’s really great!” Or: “I was watching you play with your sister - I love the way you were so patient.” These statements will do more to encourage good behavior over the long run than repeated scoldings. Make a point of finding something to praise every day. Soon you will find you are ‘growing’ more of the behavior you would like to see.

### Be a good role model

Young kids learn a lot about how to act by watching their parents. The younger they are, the more cues they take from you. Before you lash out or blow your top in front of your child, think about this: Is that how you want your child to behave

when angry? Be aware that you’re constantly being watched by your kids. Studies have shown that children who hit usually have a role model for aggression at home.

Model the traits you wish to see in your kids: respect, friendliness, honesty, kindness, tolerance. Exhibit unselfish behavior. Do things for other people without expecting a reward. Express thanks and offer compliments. Above all, treat your kids the way you expect other people to treat you.

Model the traits you wish to see in your kids: respect, friendliness, honesty, kindness, tolerance. Exhibit unselfish behaviour. Do things for other people without expecting a reward. Express thanks and offer compliments. Above all, treat your kids the way you expect other people to treat you.

### Let your child know your love is unconditional

As a parent, you’re responsible for correcting and guiding your kids. But when you have to confront your child, avoid blaming, criticising, or fault-finding, which undermine self-esteem and can lead to resentment.

Instead, strive to nurture and encourage, even when disciplining your kids. Make sure they know that although you want and expect better next time, your love is there no matter what.

### Know your own needs and limitations as a parent

There is no such thing as a perfect parent - all parents have strengths and weaknesses when raising children. The best we can do is recognise our great abilities, try to work on our weaknesses, and try to have realistic expectations for ourselves, our spouse, and children.

No parent has all the answers, so be forgiving of yourself and focus on the areas that need the most attention from you, rather than trying to address everything all at once. Admit it when you’re burned out. Better still, try to avoid the overwhelm by taking time away from parenting to do things that will make you happy as a person (or as a couple). Focusing on your needs does not make you selfish. It simply means you care about your own well-being, which is another important value to model for your children.

# YOUR VERY OWN PA TO SUPPORT YOU THROUGH YOUR PREGNANCY



*Pregnancy PA is a unique service that is much like having your own professional ‘caring best friend’ to talk through your concerns, support you emotionally and hold your hand throughout your pregnancy. A best friend that also has a little black book of health, wellbeing, medical and paediatric experts on hand, ready to give you the best support for a calm, healthy pregnancy you can enjoy.*

Pregnancy PA is a gentle, kind, understanding personal service whereby you can talk out your concerns without fear of being judged for appearing silly or emotional, and also have the best health experts advise you for your own individual needs.

If you're based in the UAE and pregnant for the first time, the chances are that:

- You are away from your own country, closest friends and family
- You are being bombarded with advice from well-meaning colleagues and friends about what you should do!

Being pregnant for the first time can be overwhelming. While pregnancy is undoubtedly an exciting time with much to celebrate and prepare for, most women have nagging concerns that they keep to themselves while those around them are excitedly congratulating you on your wonderful news. Common pregnancy concerns for first-time mums include (in no particular order):

- Concern for the health of the baby and whether the pregnancy is progressing normally
- Concerns over how lifestyle factors such as exercise will affect the baby
- Concerns over the changes in your body both during and after your pregnancy
- Getting back into shape after giving birth
- Concerns over whether you are able to be a good mother
- Concerns over the best diet regime for the optimal health of you and your unborn child
- Concerns over the birth itself
- Feeling scared, alone and vulnerable

If any of the above sound familiar, then the good news is that you are not alone, says mother of two Aneta Haider, Founder of Pregnancy PA, a beautiful and unique service to women in Dubai and the UAE to gently help, guide, reassure and emotionally support women throughout their pregnancy. This she achieves via direct personal support, as well as working with a wide variety of health, nutrition and medical experts who are on hand to advise, depending on the needs of each individual woman. Just as important to know, Aneta is a rare kind of caring soul whose passion for helping women through their own individual pregnancy journeys stems from her own experiences.

Polish-born Aneta was a long-time resident of the UK before moving to Dubai with her Pakistani businessman husband, making her sensitive to many international cultural perspectives on pregnancy. Aneta herself fully understands the extra dimension of unease that women can have in trying to have a healthy pregnancy and giving birth in a foreign country. And she has a wonderful, relatable way of making women feel at ease!

When we asked Aneta about the main differentiator between a midwife and her Pregnancy PA service, she said: “Midwives have limited time with pregnant mothers - but I am keen to give 24 hour support to pregnant women. The anxieties, worries, emotional issues that ladies experience when they are pregnant are different for each woman, and they do not crop up to a timetable. So, being their ‘Pregnancy PA’ means that I am there for them as someone to provide whatever support they need.”

Keep an eye on the Mother, Baby & Child website or our regular newsletters for details of our podcast chat with Aneta next month. During our chat, she'll be discussing the most common concerns that women have about their pregnancies, separating the myths and facts around getting back into shape after the birth of your baby, and much more!

*Dear Yummy Mummy,*

*Hi, I'm Aneta. I'm the founder of Pregnancy PA, but more importantly I am a full-time mum to two beautiful little beings.*

*For the last 10 years, I have worked with mums and mums-to-be from all stages and backgrounds as well as being a Wellness Practitioner and a Personal Trainer. My role is to prepare, support and help women through some of the most overwhelming, yet beautiful moments during their pregnancy.*

*During my first pregnancy I was scared and anxious. Unfortunately, the midwives and nurses didn't really provide me with enough insight into what to expect or experience from pregnancy, childbirth and postpartum recovery. Surprisingly, I wasn't alone. Many new mums I know experienced the same, which had a negative impact on their wellness.*

*New mums are in unknown territory and this can be a really scary time. For this reason, I have created a special platform which new mums and pregnant women can trust, and feel at ease in the knowledge that I can support you in what to do and expect through all stages of your pregnancy. I am passionate about helping women maintain their wellness through this period of change.*

*Pregnancy PA is a one-stop destination for mums and mums-to-be, and offers pregnant women and new mums the chance to have a full understanding of what to expect.*

*I am here to help ensure that your wellness and fitness is taken care of through those precious nine months of pregnancy and beyond.*

*I wish all of you mums and mums-to-be well during this beautiful time in your life.*

*Aneta x*

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Tel.: +971 50 218 0161



# 20 WAYS TO BOOST YOUR BABY'S BRAIN POWER

*These easy, everyday moves can help your baby in developing his/her language, attention and reasoning skills.*

Your baby is truly amazing! Did you know that at birth, your baby's brain contains 100 billion neurons - that's as many stars as there are in the Milky Way! During a baby's first years, they will grow trillions of brain-cell connections, called neural synapses. But here's the thing...the rule for brain wiring is to 'use it or lose it'. Synapses that are not 'wired together' through stimulation are pruned and lost during a child's school years. Although an infant's brain does have some neurological hard-wiring, such as the ability to learn any language, it is more pliable and more

vulnerable than an adult's brain. And, amazingly, a toddler's brain has twice as many neural connections as an adult's.

When we provide loving, language-enriched experiences for a baby, we are giving their brain's neural connections and pathways more opportunities to connect together. In turn, the baby will acquire rich language, reasoning and planning skills. The following activities will help make sure your baby's brain is primed for years of learning ahead.





### Give your baby a good start before birth

Stay healthy while you are pregnant, and be aware that certain drugs can be destructive to your baby's brain in utero. Many children who were drug-abused in the womb struggle with severe learning problems and suddenly act with unprovoked aggressive behaviours. Studies have also revealed that cigarette smoking during pregnancy is linked with lower fourth-grade reading scores.

### Talk to your baby all the time!

Respond to infant coos with delighted

vocalisations, and slowly draw out your syllables in a high-pitched voice as you exclaim phrases like "good girl!" This way of speaking is called parentese, and the exaggerated facial expressions and drawn-out vowels help your child absorb all the sounds of our language. Remember: The areas of the brain responsible for understanding speech and producing language need your rich input.

### Play games that involve hands

Activities like patty-cake, peekaboo, this little

piggy, or even puppets engage your baby and capture her attention. Using your hands shows young children how we physically interact with our world — plus, hands-on activities are simply more fun for both of you!

### Be attentive

When your young child points, be sure to follow with your gaze and remark on items or events of interest to her. This "joint attention" confirms how important her interests and observations are to you.

### Foster an early passion for books

Choose books with large and colorful pictures, and share your baby's delight in pointing at certain images or even making noises that correspond with the book — like baa! when you see a sheep. Modulate the tone of your voice, simplify or elaborate on story lines, and encourage toddlers to talk about books. Remember that building your baby's receptive language (understanding spoken words) is more important than developing his expressive language (speaking) in infancy.

### Build your baby's awareness of their own body

Stroke her tummy and hair when reading, playing, or even diapering. Studies have shown that babies who are not often touched have brains that are smaller than normal for their age, and interacting with her close-up also helps direct her attention to your speech.

### Choose toys that allow babies to explore and interact

Toys such as a windup jack-in-the-box or stackable blocks help your baby learn cause-and-effect relationships and "if-then" reasoning. For instance, if a child stacks too many blocks without straightening them, they fall down. If he successfully stacks blocks on top of each other, he "wires in" that information.

### Respond promptly when your baby cries

Contrary to some old-fashioned beliefs, there is no benefit in letting a baby cry and cry until they become distressed. Soothe, nurture, cuddle, and reassure your baby so that you build positive brain circuitry in the limbic area of the brain, which is involved in emotions. Your calm holding and cuddling, and your day-to-day engagement with your baby, signal emotional security to the brain.



“Amazingly, a toddler’s brain has twice as many neural connections as an adult’s.”

**Build your bond by being attentive and focused**

When your child is playing, resist the temptation to check Instagram. Instead, get on the ground and spend time interacting with him. Babies who are securely attached to you emotionally will be able to invest more energy in the pleasures of exploration, learning, and discovery.

**Massage your baby**

This can lower your infant’s stress levels and enhance her feelings of well-being and emotional security. Loving touches even promote growth in young babies: Research has shown that premature babies who are massaged three times daily are ready to leave the hospital days earlier than babies who do not receive massages.

**Enlist help from your toddler at clean-up times**

This is a wonderful way to help your children learn to take responsibility and get organised. Try singing this simple rhyme as you ask your toddler to help you to clear up their toys together:

*“Tidy, tidy 1-2-3*

*I’ll help you, and you help me!”*

Toddlers learn that stuffed animals have one place to go at night-time after play finishes; cars, trucks, dolls, jigsaws and other toys also have their special storage place. Children need to learn about sorting into categories and seriation (placing things in order; for example, from smallest to largest) as part of their cognitive advancement in preschool.

**Set up a safe environment for your crawling baby or toddler**

Your mobile child will begin to understand spatial parameters and vocabulary such as under, over, big, little, near, and far, plus the relationship between objects of different shapes and sizes (those that are big versus little, for instance). He will start to establish mental maps of his environment and a comfortable relationship with the world in which he lives.

**Sing nursery rhymes and songs**

When you can, add body motions and finger play (like waving your arms during “You Are My Sunshine” or miming rain falling during “Rain, Rain, Go Away”). This helps your baby connect sounds with large and small motor actions. Songs also enhance your child’s learning of rhythms, rhymes, and language patterns.

**Match your tempo to your child’s temperament**

Some children adjust easily to strange situations — some are bold and impulsive, and some are quite shy. Go with the flow as you try to increase a shy child’s courage and comfort level, or help a highly active child safely use her fantastic energy while learning impulse control. Your acceptance will give her the comfort she needs to experiment and learn freely.

**Make meals positive**

Say the names of foods out loud as your baby eats. Express pleasure as he learns to

feed himself, no matter how messy the initial attempts may be. This will create pleasant associations with mealtime and eating. Battles and nagging about food, on the other hand, can lead to negative brain patterns.

### Provide clear responses to your baby's actions

A young, developing brain learns to make sense of the world if you respond to your child's behavior in predictable, reassuring, and appropriate ways. Be as consistent as possible.

### Use positive discipline

Create clear consequences without frightening or causing shame to your child. If your toddler acts inappropriately, such as by

hitting another child, get down to her eye level, use a low, serious tone of voice and clearly restate the rule. **Toddlers do not ever need to be shouted at.** Just keep rules simple, consistent, and reasonable for your child's age. Expecting a toddling baby not to touch a glass vase on a coffee table is unreasonable, but asking a toddler not to throw sand outside of the sandbox is reasonable.

### Model empathic feelings for others

Use teachable moments when someone seems sad or upset to help your toddler learn about feelings, caring, sharing, and kindness. The more brain connections you create for empathic responses and gentle courtesies, the more these brain circuits will be wired in. This helps not only

with language and cognitive learning, but with positive emotional skills, too!

### Arrange supervised play with messy materials

It can be water, sand, and even slime or goop! This will teach your child about the properties of liquids, solids, and mixtures — sensory experiences that are crucial for the learning brain.

### Express joy and interest in your baby

Let your body language, your shining eyes, your attentiveness to babbling and baby activities, and your gentle caresses and smiles validate the deeply lovable nature of your little one.



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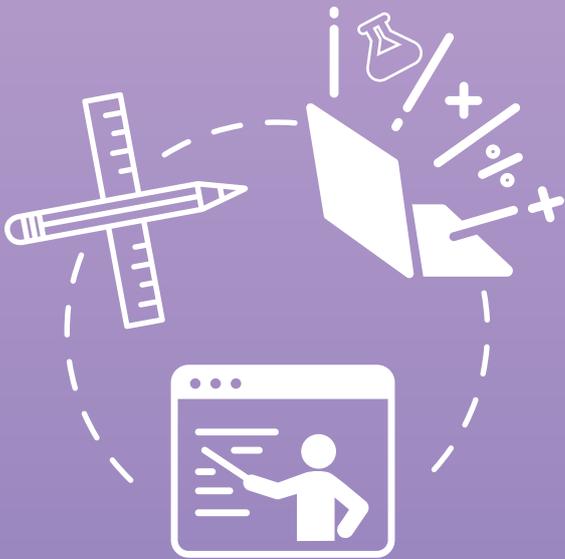
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# •EDUCATION.



We look at schools that boost language ability; bring out the best in kids on the autism spectrum; and find out which 500-year-old famous British school is opening in Dubai!

## TEACHING KIDS TO MANAGE TIME & GET ORGANISED

*Being organised, neat and tidy does not happen naturally, these are learned behaviours that can provide real advantages for both adults and children. Consider these tips to help young toddlers and children discover how to stay organised so they maximise their time, as well as learning to plan.*





Between school homework, extra-curricular activities, play time, family dinner and down time, children today can have more of a packed schedule than we might realise. That said, many kids are overwhelmed by trying to fit everything they have to and want to do into the few available hours after school. But even though most young children don't have the cognitive skills to organise their schedules independently without help, you can start exposing them to a mindset of planning and prioritising their time from a young age. When we teach children strategies for time management from an early age, they internalise them, which sets them up for lifelong success.

#### **TIME MANAGEMENT TIPS FOR TODDLERS**

For three and four year-olds, time is essentially divided into now, and 'later', which is actually enough to help them

to predict and plan what comes next. To reinforce that knowledge:

#### **Create a picture schedule**

As adults, we can use our phone, apps and calendars to manage our schedules and plan our days. In the preschool world, pictures are just as effective for little ones. For example, pictures like a teddy bear for play time, an apple for snack time, a book for storytime, pyjamas for bedtime, etc. This means that while under 4's can't typically tell you the exact time they have a snack, they know it comes after play time and before the bathroom break. It gives them a comforting sense of order and predictability, which is important for toddlers.

Since little kids love routines and repetition so much, create charts of your child's morning and bedtime rituals. Then have your child check off the

steps as s/he does them. This will help to show them an important lesson in breaking up a bigger task into smaller, more manageable ones. Here are some suggestions to help your child to appreciate the concept of time and task/or reward:

#### **Practice waiting!**

Time management, at its most basic level, is the ability to delay gratification, a skill linked to better study habits and grades as your child gets older. To strengthen time management, devise situations that require your child to wait for something they want. For example, schedule a family movie night, or a weekend baking project. If you schedule it for a week away, rather than the following day, you can mark the days off on the calendar together and build up the excitement as the event gets closer. This gives children a sense of what



*“When we teach children strategies for time management from an early age, they internalise them, which sets them up for lifelong success.”*

it feels like to postpone something and associates a positive experience to it.

Try something similar with trips and birthdays. For example, you could begin enthusing about a trip to the beach, a play date, or a family lunch in a restaurant a few days beforehand, or tell your child to keep a running birthday wish list. Even planting a seed, watering it, and watching it slowly grow and bloom teaches your child the art of patience.

#### **TIME MANAGEMENT FOR CHILDREN UNDER 8**

As children move through these early years, they're learning to read calendars and clocks. Those are the basics they need to stick to a schedule, such as a school timetable. To reinforce the skill:

#### **Have a place for everything**

Everything needs to be in place for a child to be able to manage their time and tasks - for example, they can't finish their homework if they can't find their books! Organisation therefore needs to come before time management. Instilling a little order in your child's study habits will allow a lot more time for actual studying. Help your child put organisational tips into practice to build good habits.

To motivate your child to keep organised, praise them for keeping their work desk and room clean. If they have problems doing this, show them how and do it together. As you tackle the task together, teach them how to break it into small parts and write a list of the steps:

#### **Have a designated study space**

Make sure there's an area of your house



just for homework, with all the supplies she needs in bins and boxes. Provide plenty of space for books and set up baskets for papers so your child can find old homework to review for tests, and keep frequently used resources, like a dictionary and thesaurus, handy.

#### **Colour code subjects**

Buy school supplies for each subject in a different colour, so your child can see at a glance which folder, notebook, and binder has to do with which subject.

#### **Create a cubby hole at home**

Place a crate or sturdy box near your front door so your child can keep his backpack and other school items in one spot. Teach him to put anything he needs for the next day in that place as well.

That way, he'll know where his stuff is when he's looking for it.

#### **Use a calendar**

Give your child a date book or other portable calendar that she can bring with her to school. Teach her to write down assignments, tests, play dates, lessons, and other plans regularly. Also have her write down her classmates' phone numbers and e-mail addresses so she can find and contact them easily.

#### **Set a good example**

If you keep things neat and organized in your own life, your child is more likely to follow suit. If he has trouble making "to-do" lists, sit down and make one alongside him. Seeing you turn off the TV at a regular time to tidy up or even

just to read will show him the importance of setting aside time to do things and sticking to it.

Praise them for their efforts: Leave regular notes, the occasional little prize or treat (not too often, or it will lose its motivational value!) when your child is keeping well organized. Give your child an 'on-the-go' folder for unfinished schoolwork and one for homework.

The goal is to help kids tackle their school assignments more effectively and efficiently, not stress them out! So be patient and when you help them in getting organised, talk through the breakdown of steps, and write these in a list, so they can better handle the task themselves next time.



# HELPING FAMILIES SUCCEED WITH LANGUAGES

*Are you raising multilingual children? Would you like your monolingual child to become proficient in Arabic while living in the UAE? You are not alone!*



Mother, Baby & Child caught up with Dunecrest American School's Arabic Department Chair, Dr. Pauline Owayjan, to better understand the challenges, and how parents can help their children with acquiring a second and even third language!

**Many of the parents in the UAE come from different countries, speaking different languages so why is it so difficult for families to teach their mother tongue to their child?**

There are many reasons why parents struggle to teach their children their mother tongue. To begin, in multicultural families, the parents may be fluent in English but not in one another's language. As such, it's easier for the family to default to English to make certain everyone is included in the conversations. Further many of our social circles in the UAE are with people from different backgrounds. You develop your linguistic abilities by applying them. If children don't have parents modelling social interaction in a second language or peers to help them develop their spoken language, a child may become self-conscious about their ability to speak as they get older. Finally, in some cases, parents worry that their child will be left behind in school if they do not teach English as their first language.

**What's the solution?**

One –Language, One-Parent (OLOP) is incredibly effective in teaching a child a mother tongue. In this model, the parent is a language partner with the child only conversing in and responding to the child in that language. Parents can supplement this strategy with playgroups or language schools locally and, if possible, travel to their home country during holidays to consolidate their learning.

**How is learning a language different from learning other subjects?**

Learning a language is a life-long process. It is the basis of communication and the instrument of thought. As a complex system, it's important that teachers and students are aware of the interaction that occurs within the language structure itself: semantics, phonetics, symbols, syntax, conventions, gestures, body language and contexts. Unlike other subjects, language can never be taught apart from its cultural aspect.

**Are their differences to learning Arabic vs another language?**

There is a remarkable difference indeed; the four language skills (listening, speaking, reading and writing) are acquired in Classical Arabic, but in

everyday interactions, Arabic is spoken in different dialects. This has always been a challenge. This is why at Dunecrest we are determined to expand students exposure to Arabic by devoting the maximum amount of time to the subject by enriching the curriculum with additional resources, and by creating opportunities for the students to use language in multiple daily life contexts.

**What is your vision for Arabic at Dunecrest next year and beyond?**

The Arabic Team at Dunecrest is aiming to provide the best educational practices to ensure excellence and leadership of the Arabic department in the local and International Baccalaureate Diploma Programme. Living in an Arabic speaking country, we want to equip every student with the tools to speak, read and write Arabic and to develop the knowledge and pride in the Arabic language and culture.

Explore whether Dunecrest is right for your child at their Open House & Tour on March 16 at 2:30pm. Register at: [www.dunecrest.ae/openday](http://www.dunecrest.ae/openday)



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# SHRUB OAK INTERNATIONAL SCHOOL, THE NEW BENCHMARK IN AUTISM EDUCATION

*Shrub Oak International School is a private, co-educational, therapeutic day and boarding school for students ages 8-30 on the autism spectrum, who face complex challenges and have high personal attention needs.*



Located on 127 acres of rolling, wooded hills approximately 30 minutes north of New York City, Shrub Oak offers unparalleled educational opportunities for students in a family-centric, supportive environment. Classrooms are equipped with state-of-the-art technology and the curriculum is based on the most advanced and successful evidence-based clinical and academic approaches in ASD education.

## OUR MISSION

The mission of Shrub Oak is to improve the lives of children, adolescents, and young adults on the autism spectrum. We help our students form positive relationships through individualised strength-based and passion-

based learning, and equip them with the tools they need to develop friendships, navigate their communities and maximise their potential. Our singular focus is each student's success and happiness.

## OUR STORY

The vision for Shrub Oak was six years in the making. Our story begins with extensive research to identify the ideal location, a location that would give us access to leading experts in the field, and that would be easily accessible for our families. We found all that and more in Shrub Oak!

After transforming our location into a modern, state-of-the-art education and

residential facility, we turned our attention to what has become the essence of Shrub Oak: a truly innovative, transdisciplinary curriculum, designed to meet each student's individual goals and needs.

And while our story has just begun, we have already witnessed the wonders that a truly transdisciplinary approach can achieve.

**For more information or to schedule a virtual tour, contact Brent Dodson, Director of International Admissions at [bdodson@shruboak.org](mailto:bdodson@shruboak.org).**



# SHRUB OAK

## INTERNATIONAL SCHOOL

*A Visionary Approach to Autism Education*



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.

Our modern, spacious campus is located on 127 wooded acres less than one hour from New York City, and our programs were designed by leading experts in the field of autism.

Learn how Shrub Oak can make a difference for your child.

For more information, or to schedule a virtual tour, contact Brent Dodson, Director of International Admissions, at [bdodson@shruboak.org](mailto:bdodson@shruboak.org).

We are currently open and enrolling new students.



ANNOUNCEMENT

OVER 500 YEARS  
OF BRITISH  
EDUCATIONAL  
HERITAGE  
OPENING IN  
DUBAI THIS  
SEPTEMBER

*Established in the year 1509, one of Britain's oldest independent schools, Royal Grammar School Guildford, set to open in Dubai in September 2021.*

*Book early to attend the exclusive coffee morning on 24th March to find out more about the educational opportunities available to your child. Only 30 places available.*

One of the most prestigious independent British Curriculum schools in the UK, the Royal Grammar School Guildford (RGS Guildford), has announced it is bringing its 500-year heritage and academic excellence to Dubai and opening its new campus in September 2021.

Established in 1509, RGS Guildford is renowned for its track record of academic excellence and innovative approach to teaching that prepares young people for life, whilst retaining its historic roots. By combining a foundation of heritage with a forward-thinking approach to teaching and learning, RGS Guildford is consistently ranked as one of the top schools in the UK at both A Level and GCSE.

**RGS students' success in attending the world's leading universities**

Each year, of all RGS Guildford pupils routinely secure places on the most competitive courses at leading world universities, with some 325 graduates over the last 10 years attending Oxford or Cambridge Universities. RGS Guildford's alumni have gone on to have incredibly successful careers in all areas from business to sports, the creative arts and politics.



### Dubai is an important milestone in the 500-year history of RGS

The Royal Grammar School Guildford Dubai will share the same ethos and academic rigour of its parent school in the UK and its expansion to the UAE marks a key milestone in the school's 500-year history. Headmaster of RGS Guildford in the UK, Dr. Jon Cox, commented: "Investing in the very best teachers, consistently and across the entire school, is a top priority for RGS Guildford Dubai, to ensure that our pupils achieve top-level results, and to build a culture and community that holds our children at its heart."

### Renowned leadership preparing students for the future

He added: "Dubai is a global city which is renowned for its diversity and dynamic mindset - qualities which have inspired RGS Guildford for hundreds of years. To prepare our pupils for the challenges of the 21st century, we must lead by example: staying true to our values, collaborating with others, innovating and striving always to be the very best we can be. RGS Guildford Dubai is a central part of allowing us to realise this vision."

RGS Guildford Dubai will provide a co-education for boys and girls aged three to 18 and will be led by Founding Principal Mr. Craig Lamshed, who brings over 25 years of education and senior leadership experience to the UAE, including as a Principal in Dubai and also covering the British, UAE, International Baccalaureate, Australian and American curricula. Mr. Lamshed has been a brand leader for Cambridge Schools in Dubai, a member of the Global Education Review and is accredited as a British Schools Overseas reviewer. He brings to RGS Guildford Dubai proven experience of founding a secondary school in the UAE, profound and wide-ranging educational leadership, including in Dubai, and a passion for excellence.

Mr. Lamshed said: "I cannot wait to welcome pupils and parents through RGS Guildford Dubai doors in 2021 to what will be a fantastic school and an amazing educational experience for our community. We have a genuine interest in our pupil relationships as we believe this is what promotes happiness and wellbeing in school. RGS Guildford Dubai's stellar curriculum is entwined with the school's

core values and will provide a platform for pupils to reach their full potential, irrespective of their passion."

### Location, size & facilities

The new school will be located within Majid Al Futtaim's flagship Dubai community, Tilal Al Ghaf, adjacent to Hessa Street, between Dubai Motor City and Sports City. On completion, the school will sit on an impressive 40,000 square metres, and will be able to accommodate 2,100 pupils. The light and dynamic building will include a 25-metre competition standard swimming pool and state-of-the-art classrooms and labs that will support science, art, languages, music and more.

Chief Executive Officer of Majid Al Futtaim Communities, Mr. Hawazen Esber, said "Tilal Al Ghaf is located in one of Dubai's fastest growing freehold residential areas, popular with international families and designed around the integrated principles of placemaking and people. The decision by the Royal Grammar School Guildford Dubai to be part of Tilal Al Ghaf is a significant endorsement for this exciting community and we're working closely with the educational team as construction of the flagship international school progresses. We are proud to welcome the school to Dubai, establishing new benchmarks in quality education."

**To learn more about the school, please contact [enquiries@rgsgd.com](mailto:enquiries@rgsgd.com)**

### Meet the RGS leadership team at the exclusive coffee morning on 24th March

Only 30 places are available at an exclusive Coffee Morning on 24th March - so do book early via the MBC website. You can meet the leadership team, ask questions and find out how more than 500 years of RGS educational heritage has facilitated entry into the world's top universities and opened doors for students into successful and high profile career paths.

# GOOD LIVING.



We showcase  
this month's  
competition  
prizes;  
pampering  
products for  
Mothers' Day  
and ask for your  
help with our  
new podcasts!



## MOTHERS' DAY PAMPERING

*If you're gifting your own mum on  
Mothers' Day, she'll love our top three  
picks of anti-ageing skincare solutions  
this month!*



## New Eye R Repair Serum by Guerlain

While eyes may be the window to the soul, they're also where the very first tell-tale signs of ageing and the effects of a stressful lifestyle appear! To halt the early appearance of these visible signs of ageing on the eye contour, Guerlain Research has developed an all-new 'eye-opening technology' that delivers results thanks to the repairing power of honey. Guerlain's all-new Eye R Repair Serum marks an exciting new advance in eye contour skincare and features a unique and luxurious 'gold drop' applicator that delivers the perfect dose of serum with each application, while also providing and soothing and reviving massage of the eye area.

## Restoring skin vitality with a HydraFacial at the Saudi German Clinic

Saudi German Clinic, one of the UAE's leading aesthetic and dermatology treatment providers, is offering an amazing HydraFacial treatment that will pamper any deserving mum with the gift of skin vitality!

HydraFacials are popular for women who want quick and safe restoration of their skin with no downtime or irritation. This procedure is highly effective and involves the cleansing and hydrating of the skin with serums that are tailored to specific skin types and needs. This multi-step treatment deep cleanses, evenly exfoliates and extracts to remove impurities and dead skin cells, while simultaneously replenishing vital nutrients including antioxidants, peptides, and hyaluronic acid to improve the appearance of the skin. It also addresses fine lines, wrinkles, firmness and pore congestion.

The Saudi German Clinic is also offering a one-of-a-kind Carbon Laser Peel treatment - a non-invasive and virtually painless procedure that works as an anti-ageing treatment and eliminates fine lines, wrinkles, large pores and patchy skin. This is the perfect treat for Mothers' Day! For more information and to book your appointment contact 800 2211.

## Anti-ageing protection with FILORGA's UV-DEFENCE

Leveraging its extensive medical expertise, FILORGA has created UV-DEFENCE, which provides a high level of sun protection for all skin types, and a daily skincare solution to fight against the visible signs of ageing. It includes powerful active agents that combat the harmful effects of UV radiation:

- **Very High Protection SPF 50+**

A powerful combination of sun filters paired with antioxidant vitamin E to protect the skin against UV light and free radicals

- **Dark Spots Correction**

A hop extract that regulates melanin synthesis to fight against photo-induced dark spots.

- **Youth Action**

A brown algae extract combined with hyaluronic acid to instantly regenerate skin tissues and reduce the signs of ageing.

Filorga's UV-DEFENCE (AED 240) is available for purchase at leading pharmacies including Bin Sina Pharmacies, Boots Pharmacies and online at [www.basharacare.com](http://www.basharacare.com)



# COMPETITIONS

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

## WIN! STORE CREDIT TO SPEND AT MARKS & SPENCER, WORTH AED 500



- » With Mother's Day just around the corner, Marks & Spencer is offering one lucky reader the perfect prize to treat themselves. Whether you prefer an indulgent beauty treat which is 100% vegan, a quintessentially British afternoon tea at the M&S Café, gorgeous home fragrances, or delicious chocolates, Marks & Spencer has a range of options that is sure to delight.
- » And, since nothing compares to a mother's bond with her child, why not shop adorable mini me looks as well? From easy-to-wear wardrobe staples and cosy sleepwear, to soft and sleek sportswear, make this Mother's Day one to cherish!

## WIN! A GIFT CARD TO SPEND AT DUBAI FESTIVAL CITY MALL, WORTH AED 500



- » Dubai Festival City Mall invites diners to its fabulous F&B outlets and enjoy a host of family-friendly activities. Indulge in treats at Sugar Factory, seafood at Joe's Crab Shack and Indian cuisine at Peppermill, whilst taking in stunning views of The Bay and the record-breaking extravaganza, IMAGINE.
- » Families can also take part in a range of activities this month with the launch of Creek Canteen on March 11, that is set to offer over 18 F&B options, chef masterclasses, kid's workshops, a gaming area and giveaways. Enter today for a chance to win a gift card to spend on all this and more!

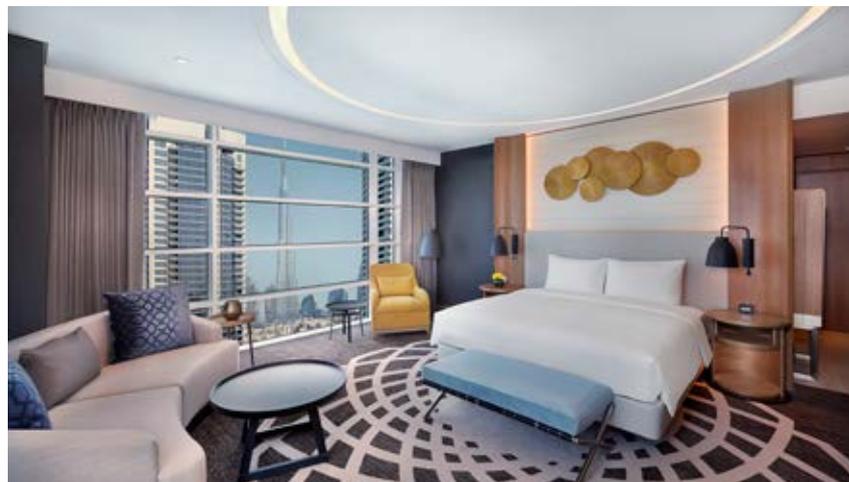
*For a chance to win one of this month's prizes, visit [motherbabychild.com/competitions](http://motherbabychild.com/competitions)*

# WIN! A THREE-COURSE MEAL AT SKAFOS, WORTH AED 600



- » Skafos restaurant offers stunning views of the Dubai Creek and delicious Mediterranean cuisine. Located at Canopy by Hilton Dubai Al Seef, Skafos features an open-air terrace stretching out onto the creek and stylish indoors with a unique show kitchen.
- » With an extensive menu including dishes such as gambas al ajillo, tomato moussaka, the house paella and decadent desserts, there is ample choice for every palette. One winner will receive a three-course meal for two adults and two children under 12 years old at Skafos, inclusive of soft beverages and one welcome beverage. Enter via the Mother Baby & Child website!

# WIN! A NIGHT'S STAY AT DOUBLETREE BY HILTON - DUBAI BUSINESS BAY, WORTH AED 663



- » DoubleTree by Hilton – Dubai Business Bay, a contemporary hotel located in the heart of Dubai, offers the finest hospitality experience and stunning views of the Burj Khalifa. The hotel features a fitness centre, an outdoor pool and five dining outlets. In close proximity to Dubai's top attractions, guests can visit destinations such as the Burj Khalifa, The Dubai Mall, Downtown Boulevard and the Dubai Opera.
- » One lucky person will win a one-night's stay in a King Guest room, inclusive of breakfast for two. Enter today for your chance to win!

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

# RAISING SPOILED CHILDREN: LET ME KNOW WHAT YOU THINK!

By Kay Marham, Editor, Mother Baby & Child

*Later this month, we'll be launching a series of regular podcasts to have a lively and informative discussion on all sorts of mother, baby and child topics with the experts. And when I say "experts" - that includes YOU! The podcasts will be informative, thought-provoking, a platform to share views and learn from others. Below is a story on which I'd love to get your opinions!*



I read an article involving other people's children that has stayed on my mind this month. It was from a father who complained that his three children, aged nine, seven and six were "ungrateful brats." He blamed the culture, opportunities and choices available in Dubai, particularly the proliferation of great play and entertainment facilities for children, as well as high-end eateries, for rendering his children "spoiled, entitled and ungrateful." He also mentioned that each family member had their own designated areas of their vast villa where they "did their own thing without being bothered by anyone" and that they only had family meals together if they were going out of the house to eat.

This chap lamented that having the "best of everything" had destroyed his children's ability to appreciate anything. I'll repeat - the children were all under 10 years of age.

His solution? He came home from work one day and announced to his wife and children that they were going on an adventure. He had each of them throw a dart at a map on the wall and said that wherever a dart landed on a country, this would be where he would send his children for a year, to regain their sense of perspective. One dart landed on a South American country and his article stated that within two months, he had sent his wife and children there, with him remaining in Dubai.

The upshot of the story is that by the end of the one year period, he had

become proud of his children for learning a new language, appreciating people less well-off than themselves and taking up new extra-curricular activities. To me, his tone seemed like that of someone who was more proud of himself for coming up with a 'creative solution' to his 'children's problems.'

He concluded by genuinely pondering whether their new-found appreciation and perspective would last, and therefore whether his pride in them would last, or whether "Dubai" would spoil them again.

Rather than express any judgement, I thought this father's story and perspectives were a fascinating insight into his family life and dynamic.

## Tell me what you think!

As a mother, what do YOU think about this?!

What do you believe the parents could have done to prevent his children being described (by their father) as "spoiled, entitled and ungrateful"?

- What effect do you think it has on a child to never sit down together at home to have family meals?
- Do you think his kids had been taught to say 'please' or 'thank-you' - or have ever heard the word 'no'?
- As a parent, what is the best way to avoid raising spoiled children?
- What challenges do YOU have with your children's attitudes and behaviours?

**Please email me and let me know!**  
**Kay.Marham@CPIMediaGroup.com**



# 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](http://bio-oil.com). Bio-Oil® is available at all leading pharmacies in the UAE.



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