

ISSUE 119 | APRIL 2021 | AED 15

Mother Baby & Child



**RAMADAN
IFTAR
& PRODUCT
GUIDES**

**PREMATURE
BABY
DEVELOPMENT**

**FACE MASK
& OFFICE
HYGIENE**

**YOUR
POSTPARTUM
BODY**

**EMOTIONAL
DEVELOPMENT
IN AUTISTIC
CHILDREN**

**THE
HEALTH
BENEFITS
OF
FASTING**

THE RAMADAN ISSUE



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PRINTED BY

Emirates Printing Press LLC, Dubai

FOR OTHER ENQUIRIES,
PLEASE VISIT:

motherbabychild.com



MBCM Magazine

PUBLISHED BY



CPI MEDIA GROUP

CPIMEDIAGROUP.COM
Celebrating 25 years of media in the Middle East

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EDITOR'S LETTER



Hello Mum!

Welcome to the April issue of Mother Baby & Child. The Holy Month of Ramadan commences this month and you'll notice a theme in this issue that is based on this. There are some huge health benefits to fasting for Ramadan, which we discuss on page 22. Our guides on pages 44-46 will also give you a lovely flavour of how you can prepare your home and table for Ramadan, and if you're planning on treating the family to some Iftar experiences out, we've listed some special ones on pages 9 & 10 for you to consider.

The 2nd of April is also commemorated the world over as Autism Awareness Day. Dubai Autism Centre estimates that autism affects 1 in 146 births in the UAE. If you think about a school of 1,000 children, that would equate to an average of 6-7 children that might be poorly understood by their peers for seeing the world differently. You can find out more about how autism affects children in this issue. Even if you are not directly affected, it makes the world a better place if we can understand each other better and realise that it's okay to be different. This is such a powerful message that children can also learn!

Elsewhere in this issue, we feature an article on page 30 from the Pregnancy PA herself, Aneta Haider, who gives us some straight-talking around the subject of how women feel about their bodies after giving birth, and offers her help.

Lastly, I am passionate about keeping our hygiene awareness levels high, especially as many of us will be mixing with more people over the Spring break and Ramadan period. If you're working from the office this month, it might be hard to remember to sterilise every pen, keyboard, door knob etc., especially with the distractions of work. So I've made some recommendations that I hope will help, on page 14.

You'll find lots more in this issue, including coverage of our first live Premium Coffee Morning event since the pandemic, held in association with RGS Guildford, Dubai at Dubai the Polo & Equestrian Club, in Arabian Ranches, at the end of March. I'd like to say a very special thank-you to all the ladies that took the time to attend and talk to me about their children's educational needs and interests in preparation for this event. I think you're awesome in the way you leave no stone unturned in seeking the best for your child.

Ramadan Kareem to you... and stay safe!

Kay

Editor

Mother, Baby & Child Magazine

EDITOR'S —PICK—

The TWELVElittle Luxe Diaper Clutch, in Black Croc (AED 349)

Check. Out. This. Bag! Imagine yourself taking it to a meeting, out shopping, or even for a mini staycation. It's actually a cleverly-designed diaper/nappy bag that also doubles up as a bag for you. I think this is very intelligent design for mothers who don't want to choose between style and practicality. The TWELVElittle Luxe Diaper Clutch, in Black Croc is a premium brand in the US that has recently landed here in the UAE and the wider region. I love this bag because it enables mums to still retain their own individual sense of style and sass, while also having a practical diaper changing bag to carry while looking after the baby. And when your baby has out-grown the diapers, you get to keep the bag all to yourself!

GREAT NEWS! You can get an exclusive MBC discount of 15% by using the code MBC15 on TWELVElittle website!

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Light Up YOUR Ramadan

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EDITOR'S PICK

The Swiss Arabian WAAW Collection (AED 180)

I'm so very impressed with the new The WAAW collection range from perfume House Swiss Arabian. They have skillfully created the perfect blends between Arabian signature spicy scents and some of the more 'Western' perfumier norms of floral and citrus notes. The result is an utterly beautiful range of fragrances that have combined soft and blossomy fragrant European scents, with the all-day staying power of traditional Arabian perfumes.

Swiss Arabian's WAAW Collection includes six thoughtful fragrance blends inspired by the Arabic letter 'و' (pronounced "waaw"), which is known as the letter of unity as it's used in Arabic to join words, and thus everything, together. Is there a more perfect, aesthetically beautiful and symbolic Ramadan gift you could give either to yourself, or someone special? I don't think so!

Available in stores and online on
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RAMADAN KAREEM 2021

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THINGS • TO DO •



This month, we have picked exceptionally special locations and dining experiences for Iftar, including a must-try Moroccan fine dining buffet for lovers of authentic Arab cuisines.



DON'T MISS THIS RARE OPPORTUNITY TO TRY TRULY AUTHENTIC MOROCCAN RAMADAN FAYRE AT **BAB AL MANSOUR**

Located in Dubai's Downtown district, Moroccan fine dining restaurant, Bab Al Mansour is providing an absolute treat for lovers of authentic Moroccan food for Ramadan 2021. The family can luxuriate in beautiful and authentic decor that transports you to heady Iftar nights in Marrakech and Casablanca.



The buffet includes dishes that any seasoned food connoisseur will recognise as deeply connected to its Moroccan and Berber roots. Moroccan salads are known to be in a league of their own in terms of colour, flavour and culinary craftsmanship, and you will find an impressive selection here, as well as classics such as slow-cooked Tagines, the celebratory dish of Pastilla, delicately fragranced grills, the renowned Harira Soup, and many more delights. To finish, you can experience a culinary adventure around Morocco itself through the stunning dessert selections.

Make no mistake, these are dishes that are very rare to find in Dubai, so this truly will be a feast for both your senses and spirit this Ramadan. Running from 6pm to 8.30pm, and priced at just AED 198 per person, booking is essential, as this Moroccan Iftar will be one of the hottest tickets in town during Ramadan - and a meal that you'll remember for years to come.

The restaurant is located in Sheikh Mohammed bin Rashid Boulevard in Downtown Dubai, opposite Dubai Opera. Call 04 350 9440 for your reservation.

THINGS TO DO

IFTAR & SUHOOR AT W DUBAI-THE PALM



Iftar & Suhoor at W Dubai-The Palm promises to mark The Holy Month in the spirit of Ramadan with unforgettable experiences at LIV and the Hookah Lounge. You can break your fast at the hotel's Food on Stage venue, LIV, which is serving light, bright and fresh options during The Holy Month. Available daily from sunset to 9pm, you can fuel body and soul with friends and family, with an array of Iftar favourites with a contemporary mix from LIV's Food on Stage selection. Indulge in an extensive buffet with much-loved classics such as traditional hot and cold mezzeh, mixed grills and more.

Priced at AED 195 per person, inclusive of Ramadan juices and soft drinks, Iftar at LIV will satisfy the taste buds in the most vibrant way possible. Children below the age of six dine for free, and 6-12 year-olds get a 50% discount.

To book, email: Wdxbtwpalmdining@whotelsworldwide.com Or call: 04 245 5800

EMBRACE THE SPIRIT OF RAMADAN WITH DUSIT THANI ABU DHABI



Dusit Thani Abu Dhabi is celebrating the arrival of the Holy Month with a lavish Iftar buffet featuring different varieties of food, available daily at Urban Kitchen throughout Ramadan.

The offerings include traditional Arabic lentil soup, a wide selection of cold and hot mezza, including favourites such as hummus, moutabbal, fatoush, tabboule, meat sambousek, cheese rolls, as well as live stations for falafel, shawarma and manakeesh.

There is a great selection of main dishes that include traditional Arabic offering of lamb ouzi, biryani and mixed grills; not forgetting the sweetest part of the buffet, featuring the famous Egyptian sweet um ali and the flavorful kunafa. The Iftar buffet will run daily from sunset until 10:30pm. Inclusive of Ramadan juices, priced at AED 185 per person, and AED 90 per child aged between 6 - 12 years old. Children aged 5 years and under dine for free.

For reservations, call +971 2 698 8137 or Email reservation.table@dusit.com

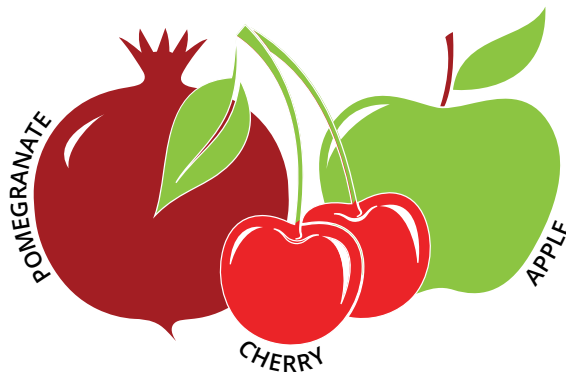
'FROM CAIRO TO DUBAI' RAMADAN IFTAR AT TIME OAK



Indulge in an irresistible array of Arabic dishes featuring flavours from Cairo to Dubai, at Pranzo and Al Bal restaurants at TIME Oak Hotel & Suites in Dubai. Break your fast with dates and fresh fruit juices, followed by a variety of authentic hot and cold mezzeh and a choice of assorted soups and salads. Main course dishes include an aromatic special lamb ouzi served with oriental rice, mixed grills, including beef, chicken and seafood as well as pasta dishes. For dessert, a variety of dried fruits and delectable traditional Arabic desserts + famous Um Ali and French pastries. There will also be a live cooking station with daily specials, such as kunafa and koshari, as well as an action food station with saj, pizza and homemade breads. Al Bal will also feature a live, mint tea service and sahlab drinks station.

The Iftar takes place from sunset to 9:00pm, priced at AED 139 per person for the buffet, with children below the age of six eating for free and those aged 6 to 12 receiving a 50% discount. Enjoy 30% discount when you book before 13th April 2021.

To book, call 04 437 7888, or Email: fb.oak@timehotels.ae for reservations.



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• HOME • HYGIENE



We're giving advice this month on keeping your face masks hygienic; reducing infection risk in the office and the five places where you need to be extra careful abroad.



FACE MASK HYGIENE

We know that face masks and coverings are important to help control the spread of Covid-19 and its variants, but how do we make sure that we keep our face coverings safe?

Some aspects of Covid-19 hygiene can be confusing. I've seen people putting face masks on dining tables at home and in restaurants after being outside. I've also seen people remove their face mask, and keep it in their handbag to use later. Putting a used mask onto surfaces - particularly surfaces where you eat - and also into handbags that will likely contain bacteria from its contents is poor hygiene practice. So what is the best way to make sure our face masks truly keep us safe? Here are some common questions answered.

[How often you should wash your reusable face mask?](#)

Unless the face mask is from something like the Fine Guard reusable face mask that is especially coated to kill 99.9% of germs on contact, for other reusable cloth masks, much depends on how and where you have worn it. In general, it is a good idea to wash your and your family's masks every day as a habit.

[How often can you wear disposable masks?](#)

These face masks should be thrown away after every use. If, for example, you



put on your mask in the morning, go to work, out shopping, to the hairdresser, or to meet friends for lunch, you should discard the mask after every use. If you have only used it for a few minutes, you could remove it carefully and keep it out of the way for 72 hours before using it again. Don't ever reuse your face mask if it gets dirty or damaged.

If you're reusing a face mask during the day, how do you stop it contaminating your handbag?

For times when you need to keep your face mask in your handbag, you need to pay attention to how you store it. Use a small plastic bag (such as a freezer bag) and fold your face mask over so the inside surfaces touch each other, and the straps are at the top. Then when you need to get it out again, pull it out by the straps only. Always wash your hands or use hand sanitiser before putting a face mask or covering on. When you wear it, try not to touch it, but if you do, remember to sanitise your hands.

WASHING A REUSABLE FACE MASK

If you have a number of coverings, you could keep them in an isolated place, such as a drawer for 72 hours before laundering them together normally. Alternatively, if you want to wash them daily, then wash at 60 degrees Celcius.



TIP: If you want to wash just the family face masks every day, a handy way to do this is to put them in an old saucepan, add a tablespoon of clothes washing detergent and half fill the pan with water. Bring this to a simmer for 5 minutes, then rinse.

REDUCING INFECTION & BOOSTING PRODUCTIVITY IN YOUR OFFICE



Whether you're working from home in your own dedicated work space, or going into your office, it's essential to be aware of how to help maintain proper hygiene in your work environment.

It makes sense to maintain a clean workspace, not only for yourself but also to protect the other people you work with. Maintaining a clean and hygienic workspace will also help to boost your comfort and productivity levels. To prevent the spread of Covid-19, it is more important than ever to keep your working environment decluttered, as well as sterile.

THINGS TO REMEMBER IF YOU'RE THE BOSS

If you are a company owner, you will need to make sure that the equipment that your employees are using during their workday is completely sterile and cleaned at all times. It's your responsibility to ask your employees to also keep their desks clutter-free and sterile and it's a good idea for the safety of your business to provide the products to do this. And don't forget the seating areas where your employees have their lunch and breaks - the seating should be distanced and all surfaces sanitised!

Do we forget to sanitise at work?

That said, it can be easy to forget that simple gestures such as someone doing the morning coffee run and handing you a cappuccino,

or handing you a pen and asking you to sign a document, can present an infection risk. Similarly, in a reception area, when deliveries are received, it would be easy to keep a pen at the counter for signatures but hard to remember to sanitise it after every person touches it.

Choose sanitiser products that kill germs for 21 days

The reality is that, while we all know that we should be sanitising our hands, work surfaces and objects that we regularly touch, in the workplace, people can easily forget - especially when they are under pressure with their work duties, or distracted by other aspects of the business. For this reason, when you equip your employees with sanitiser materials, you should consider a trio of products from the Fine Guard range that are Medical Wellness Association-recommended, which will provide huge benefits for every employee, as well as the safety and productivity of the business.

- The Fine Guard Pure Surfaces surface disinfectant, kills 99.9% of germs on contact and provides protection against germs for 21 days. This means an employee can spray their desk at the start of the working week

and just apply it once a week to maintain a high standard of sanitisation.

- The Fine Guard Ultra Wipes disinfecting wipes also kill 99.9% of all germs on contact and provide 21-day protection against germs; and are available in packs of 16 wipes. These are ideal for sanitising office machines, computer keyboards, stationery items, door handles and other commonly touched items.
- Lastly, the Fine Guard Pure Hands hand sanitiser is clinically proven to provide germ protection for 24 hours at a time.

All three products are water-based, which means a welcome relief for hands from the drying effect of alcohol-based sanitisers. They are also non-toxic, which means they are safe for anyone who does grab lunch at their desk. Most importantly, they kill 99.9% of germs on contact - and continue to provide this protection all day.

So, rather than having to remember to sanitise every single time they use a pen, press a copier button, open a door, use a computer or press a light switch, it makes sense to help employees to concentrate on work and help them with the tools that can ensure their safety, while they focus on productivity.



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surface disinfectant



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Long lasting protection
Water Based • Non Toxic

TAKING EXTRA CAUTION WHEN TRAVELLING ABROAD

Our restaurants, bars, cafes and hotels are among the safest in the world, thanks to the Government's directives on hygiene and sanitisation. But elsewhere in the world, there are certain public places where you need to take extra precautionary measures when travelling.

The UAE is among the most diligent and impressive in its response to the Covid-19 crisis. With the increased uptake of travel to other countries however, there were five places that were revealed at the end of 2020 by CNN's Dr. Sanjay Gupta where coronavirus transmission is more likely to occur than others. Four months ago, he said of the United States: "It's really these five primary locations where 80% of viral transmissions are happening in our society." These are the places where he advised that visitors be extra cautious in their hygiene and sanitisation measures.

Restaurants



Gupta said at the time that there was "an ample amount of research" supporting that indoor dining increased the risk of Covid transmission in his country. One study from last September published by the Centers for Disease Control and Prevention found that Americans who tested positive for Covid-19 were twice as likely to report having dined at a restaurant within the 14 days prior.

Bars

Top US health experts, including Dr. Anthony

Fauci and Dr. Robert Redfield, both confirmed that bars and nightclubs were two of the most dangerous types of places to visit during the pandemic in the USA at the time. Why? Neither were conducive to mask wearing or social distancing.

Cafes



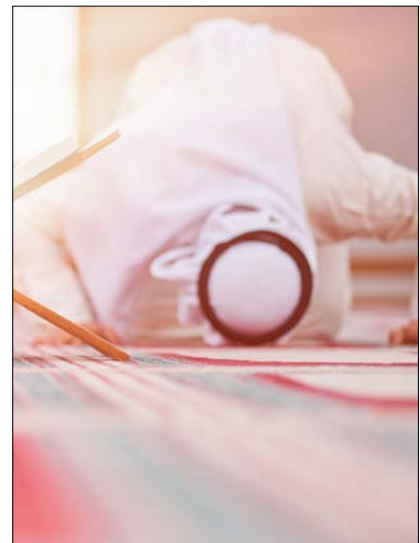
At the end of 2020, the US-based experts said that even their local cafes or coffee shops were not a great place to hang out during the pandemic. Sipping on a drink or chewing on a bagel is impossible with a mask on. Add to that the fact most people hang out in cafes for an extended period of time, which the US health experts at the time maintained was a no-no.

Hotels



According to Dr. Gupta's comments last year, staying in a hotel in the United States during the pandemic wasn't a great idea. Why? Hotels are usually filled with guests from many different places, so making contact with even one of them could have been seriously compromising for one's health.

Houses of Worship



A number of major outbreaks have been tied to places of worship all over the world, since so many people gather together in a closed space. For this reason, the CDC urged measures such as mask wearing, social distancing not touching communal items, and holding services outdoors.

Even though the vaccination drive is underway in many parts of the world, it is still important to remember that other countries you travel to will not necessarily have the same level of efficiency as the UAE, in terms of attitudes to sanitisation. The message here is that, if you are planning to travel anytime soon, pay extra attention to your Covid safety measures when in public places abroad.



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You can finally have peace of mind with Fine Guard PureHands hand sanitizer. Its innovative formula lasts for up to 24 hours, protects against 99.9% of germs. And here's why: it's a first thing in the morning when leaving home and they're protected all DAY LONG!

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

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CAUTION: For external use only. Do not ingest. Keep out of eyes. If in eyes, flush with water. If on skin, wash with soap and water. If on clothing, wash with detergent. Do not use on damaged skin.

EASY TO USE: Just apply a small amount of Fine Guard PureHands to your hands and rub thoroughly. No need to wash with soap and water.

STORE WELL: In the original container. Do not use if the cap is missing or the container is damaged.

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•HEALTH•



This month, we explain how children with autism develop emotionally; we look at the health benefits of fasting during Ramadan and ways to control your weight at home.



EMOTIONAL DEVELOPMENT IN AUTISTIC CHILDREN



Every year, the 2nd of April is World Autism Awareness Day, which was created to highlight the need to improve understanding of autism and improve the quality of life of those affected, so they can lead a full and meaningful life as an integral part of society. Here, we look at the emotional development of children with autism.

TYPICAL DEVELOPMENT OF EMOTIONS

Humans have six basic emotions: Happiness, Surprise, Sadness, Anger, Fear and Disgust. In addition, we also experience more complex feelings like Embarrassment, Shame, Pride, Guilt, Envy, Joy, Trust, Interest, Contempt and Anticipation.

The ability to understand and express these emotions starts developing from birth and by around two months, most babies will laugh and show signs of fear. By the age of one year, a typically developing baby can read your face to get an understanding of what you're feeling. Most toddlers and

young children start to use words to express feelings, although you might see a tantrum or two when their feelings get too big for their words!

Throughout childhood and adolescence, most children continue building empathy. They also build skills to manage their emotions and recognise and respond to other people's feelings. By adulthood, people are usually able to quickly recognise subtle emotional expressions.

Empathy is the ability to share and understand another person's feelings. We can see the first signs of empathy in babies - for example, babies will cry when they

HEALTH

hear other babies cry and toddlers and older children will comfort someone who's upset.

EMOTIONS AND AUTISTIC CHILDREN

Autistic children often find it hard to:

- ♥ Recognise emotions, facial expressions and other emotional cues like tone of voice and body language
- ♥ Show and manage their own emotions
- ♥ Understand and respond to other people's emotions - they might seem to lack empathy with others

RECOGNISING EMOTIONS

Babies who are later diagnosed with autism can recognise feelings in a similar way to typically developing babies. But these children are slower to develop emotional responses than typically developing children.

- ♥ By the age of 5-7 years, many autistic children can recognise 'happy' and 'sad', but they have a harder time with subtle expressions of fear and anger
- ♥ By adolescence, autistic teenagers still aren't as good at recognising fear, anger, surprise and disgust as typically developing teenagers
- ♥ As adults, many continue to have trouble recognising some emotions.

SHOWING AND UNDERSTANDING THEIR OWN EMOTIONS

Babies who are later diagnosed with autism can show feelings in a similar way to typically developing babies. By school age, children with less severe autism might show their feelings in a similar way to typically developing children, but can find it hard to describe their feelings. They might say that they don't feel a particular emotion. At the same age, many children with more severe autism seem to have less emotional expression than typically developing children.

It might look like autistic children don't respond emotionally, or their emotional responses might sometimes seem over the top. This is because autistic children can find it hard to manage their emotions. For example, they might get very angry very quickly, or find it hard to calm down from strong emotions.



Understanding and responding to other people's emotions

From an early age, autistic children often pay less attention to other people's emotional behaviour and faces. Autistic pre-schoolers find shared attention difficult and often won't use words to direct someone else's attention. Young autistic children don't tend to point out interesting things to other people, or respond to interesting things that others point out to them. This

is called shared or joint attention, and the lack of it is one of the early warning signs for autism.

Autistic children often also find it hard to use emotion to understand social interactions. They might not notice when others are upset or angry. They might show less concern for others and have less ability to comfort others or share emotions. They might misread situations and respond with emotions that are off the mark.



For example, an autistic child might not comfort a sibling who falls over, or might laugh because they don't recognise that the child is hurt.

ENCOURAGING EMOTIONAL DEVELOPMENT IN AUTISTIC CHILDREN

Autistic children can build skills in recognising and managing their emotions. You can use everyday interactions to help

your autistic child learn about emotions and improve their ability to express and respond to emotions.

Here are some ideas:

Label emotions in natural contexts

When you're reading a book, watching a video or visiting friends with your child, you can point out emotions. For example, you might say, 'Look, Sally's smiling. She's happy.'

Be responsive

Respond to your child's emotions by saying, for example, 'You're smiling, you must be happy.' You can also play up your own emotional responses - for example, 'I am so excited! Give me a high five.'

GET YOUR CHILD'S ATTENTION:

If you speak to your child and get no response, speak again. You might need to do this in an exaggerated way to get your child's attention - for example, by using a bright voice and a lot of expression. Draw your child's attention to another person. For example, ask someone else to tell your child what you said, to draw your child's attention to another person who's speaking.

You might also find the following tools useful:

- ♥ Emotion cards have pictures of faces, either real or cartoon, which you can use to teach your child basic emotions.
- ♥ Social stories are a way of explaining social situations to autistic children. An illustrated story or comic strip conversation that incorporates how your child feels and how others feel might be useful for your child.

It helps to have realistic expectations. Autistic children can learn to be more emotionally responsive, but even when they have these skills, they tend to use them less than other children.

Getting help for emotional development in autistic children

There's a wide range of therapies and supports available for autistic children, some of which might be able to help your child with generalising and showing emotions. Talk to your doctor for advice, but also consider connecting with other parents of children with autism. Facebook groups such as Autism Support Dubai and Autism Moms & Dads Dubai offer great support and insights from the stories and advice shared by parents with the common bond of a child with autism.

Check out the resources available at Dubai Autism Center, the largest and most comprehensive nonprofit organisation in the UAE serving children with Autism Spectrum Disorders.

Website: www.dubaiautismcenter.ae



THE HEALTH BENEFITS OF FASTING DURING RAMADAN

Although millions around the world have successfully observed the spiritual cleansing of Ramadan for more than a thousand years, some people fear that fasting over such a long period of time will have detrimental effects on their health. If you're one of those worriers, then check out these seven health benefits you'll enjoy during and after Ramadan.

BOOSTING YOUR MENTAL WELLBEING

There is plenty of research that shows the positive effects that fasting can have on your mental wellbeing and spiritual focus, but the brain-boosting powers of Ramadan are even more significant than you might think.

A study carried out by American scientists found that the mental focus achieved during Ramadan increases the level of brain-derived neurotrophic factor, which causes the body to produce more brain cells, thus improving brain function.

Likewise, a distinct reduction in the amount of the hormone cortisol, produced by the adrenal gland, means that stress levels are greatly reduced both during and after Ramadan.

DITCHING YOUR BAD HABITS

Because you will be fasting during the day, Ramadan is the perfect time to ditch your bad habits for good. Vices such as smoking and consuming sugary foods should not be indulged during Ramadan, and as you abstain from them your body will gradually acclimatise to their absence, until your addiction is kicked for good.

It's also much easier to quit habits when you do so in a group, which should be easy to find during Ramadan. The ability of fasting to help you cut out bad habits is so significant that the National Health Service in the UK recommends it as the ideal time to quit smoking and adopt healthier habits.

LOWERING YOUR CHOLESTEROL

We all know that weight loss is one of the possible physical outcomes of fasting during Ramadan, but there's also a whole host of healthy changes going on behind the scenes. A team of cardiologists in the UAE found that people observing Ramadan enjoy a positive effect on their lipid profile, which means there is a reduction of cholesterol in the blood.

Low cholesterol increases cardiovascular health, greatly reducing the risk of suffering from heart disease, a heart attack, or a stroke. What's more, if you follow a healthy diet after Ramadan, this newly lowered cholesterol level should be easy to maintain.

THE HEALTH BENEFITS OF DATES

Although three dates are eaten at the start of Iftar every day during Ramadan for spiritual reasons, they also come with the added bonus of multiple health benefits. One of the most important aspects of fasting is getting the right amount of energy, and considering an

average serving of dates contains 31 grams (just over 1 oz) of carbohydrates, this is one of the perfect foods to give you a boost.

Dates are also a great way of getting some much-needed fibre, which will aid and improve digestion throughout Ramadan. Add to that their high levels of potassium, magnesium and B vitamins, and it quickly becomes apparent that dates are one of the healthiest fruits out there.

LASTING APPETITE REDUCTION

One of the main problems with extreme fad diets is that any weight you lose is, in many cases, quickly put back on, sometimes even with extra weight. This isn't the case with Ramadan, as the reduction in food consumed throughout the fasting period causes your stomach to gradually shrink, meaning you'll need to eat less food to feel full.

If you want to get into the habit of healthy eating then Ramadan is a great time to start. When it's finished your appetite will be lower than it was before and you'll be far less likely to overindulge with your eating.

A DETOX FOR YOUR BODY

As well as being great for spiritually cleansing yourself, Ramadan acts as a fantastic detox for your body. By not eating or drinking

throughout the day your body will be offered the rare chance to detoxify your digestive system throughout the month.

When your body starts eating into fat reserves to create energy, it will also burn away any harmful toxins that might be present in fat deposits. This body cleanse will leave a healthy blank slate behind, and is the perfect stepping stone to a consistently healthy lifestyle.

YOUR BODY ABSORBS MORE NUTRIENTS

By not eating throughout the day during Ramadan you'll find that your metabolism becomes more efficient, meaning the amount of nutrients you absorb from food improves. This is because of an increase in a hormone called adiponectin, which is produced by a combination of fasting and eating late at night, and allows your muscles to absorb more nutrients. This will lead to health benefits all around the body, as various areas are able to better absorb and make use of the nutrients they need to function.





TIPS TO EAT HEALTHIER AT HOME

The kitchen is the heart of a family home, but can also be at the centre of your weight loss efforts. It's not just about the foods that you choose to keep in your cupboards, there are also some clever changes you can make to your kitchen to help you achieve and maintain a healthy weight.



KEEP HEALTHY FOODS AT THE FRONT OF YOUR FRIDGE

If unhealthy foods are the first thing you see when you open your fridge or cupboards, then you will be more likely to reach for them as opposed to healthy options. Cornell University researchers found that we are three times more likely to eat the first item we see in the kitchen than the fifth, so keeping healthy foods visible at the front of your fridge could help your weight loss efforts. Chop up fruit and vegetables and keep them in airtight containers at the front of your fridge so that reaching for something healthy is as easy as grabbing a bag of crisps.

KEEP UNHEALTHY FOODS OUT OF SIGHT

You don't have to completely banish unhealthy foods from your kitchen, but just as moving healthy foods into view can benefit your eating habits, hiding junk food out of sight can also help you kick the cravings. This approach should make it far less easy to give in to the temptation of easily and mindlessly snacking on the first unhealthy thing you see in your kitchen.

If these things are put to the back, behind jars, tins and packets, you'll have to remove everything else and repack it, in order to get to any fatty, sugary foods.

USING MINDFUL PICTURES & QUOTES ON THE FRIDGE DOOR

If you find yourself reaching to see what's in the fridge more frequently than you would like, then try to decorate the front of your fridge with meaningful quotes and pictures - and really read and absorb each one mindfully before reaching for any food.

If you're working towards an end goal like losing weight for an event for example, then put a picture of your outfit on the door to maintain motivation. Similarly, if you are having more face-to-face meetings, or going out more after mostly staying at home, put up pics of the outfits you'll wear. The quotes and pictures will make you think about your progress so far and help you resist any cravings you might be having.

MAKE YOUR PLATES SMALLER!

This is a very simple home meal tip to keep you at a healthy weight, but swap your regular sized plates, bowls and dishes for smaller sized versions. A study carried out by Cornell University and Georgia Institute of Technology found that a downsizing from 12-inch plates to 10-inch plates resulted in a 22% drop in calories.

Smaller plates encourage you to serve smaller portion sizes and can trick your mind into believing you are eating more than you actually are. Also, some studies suggest that sticking to a blue colour

scheme with your crockery may act as an appetite suppressant!

EAT YOUR MEALS ONLY AT THE DINING TABLE

If you are in the habit of standing and eating in the kitchen, or eating in front of the TV or your computer, then put a stop to this habit, as it could be seriously damaging your weight loss efforts.

A study published in the Journal of the Academy of Nutrition and Dietetics found that those who eat standing up increase their tendency to overeat, whereas those who sit down to eat consume fewer calories. When you sit down to eat your meal, you consume your food slower and pay more attention to what you are eating and family time. The added benefit is that eating meals at the table encourages healthier food habits in your children

MAKE MORE USE OF HERBS AND SPICES!

Herbs and spices might not be a kitchen essential for everyone, but if you are looking to cut some calories, experimenting more with spices and fresh herbs could be exactly what you need. Using herbs and spices in your cooking introduces flavours to the food, without adding any extra calories. Spices such as cayenne, black pepper, ginger and cinnamon can also promote weight loss, so look to include some of these in your cooking.

DECLUTTER YOUR KITCHEN

If you're serious about achieving a healthy weight but your kitchen looks more chaotic than inspiring, then it's time you had a clear out. Research carried out by Cornell University found that people in cluttered environments eat 44% more snacks than those people in clutter free spaces.

Try to follow this simple rule - if it's not fruit or vegetables, take it off your kitchen counters. The same goes for your kitchen cupboards too. If it takes you 20 minutes to find the ingredients and cookware you need to make a meal then it's hardly surprising if you've been more inclined to order takeaways in the past. Instead, treat your kitchen as a place to prepare food and keep it that way.

A SCENTED CANDLE IN THE KITCHEN

If you find yourself searching for a dessert after your evening meal, then try lighting a vanilla scented candle in your kitchen - as the smell has been proven to reduce sugar cravings. A study carried out at St George's Hospital, London found that patches with a vanilla scent placed on the back of participants' hands significantly lowered their appetite for sweet drinks and foods. The aroma of vanilla is thought to stimulate the release of serotonin (a hormone in the brain) which promotes feelings of happiness and satisfaction.

•PARENTING•



This month
we look at
premature babies'
development; and
some straight-
talking about your
body after giving
birth, from the
Pregnancy PA.

PREMATURE BABY DEVELOPMENT

Having a premature baby can be a deeply stressful time for parents, including the worries about how development will be affected by their prematurity. Here, we look at the typical developmental challenges and norms of premature babies.

Premature babies and the risk of development problems

Most premature babies will go on to develop like full-term babies, however, the earlier that premature babies are born, the more likely it is that they may have development challenges.

Late pre-term babies

Most premature babies are late preterm and are born just a few weeks early, at around at 34-36 weeks. Many of these babies' organs are fully developed, but there are still lots of changes happening in their brains.

These babies have a very small risk of development problems and breathing difficulties compared to full-term babies, as their lungs are one of the last things to develop. These babies may need to stay in hospital to put on weight and learn to feed by coordinating their sucking, breathing and swallowing.

Extremely premature babies

Premature babies born at less than 28 weeks and babies born with an extremely low birth weight (less than 1 kg) have the highest risk of



development problems. This risk increases if they also have medical complications during their stay in the neonatal intensive care unit (NICU).

If you have any concerns about your baby's development, trust your instinct and speak early to your child and family health nurse, doctor or paediatrician. Your child might sometimes need to see other professionals too, like audiologists, optometrists, speech pathologists, occupational therapists, physiotherapists and dentists.

Language development in premature babies

Most premature babies develop language normally, but the development of their language might be delayed. They may have more trouble speaking and understanding what is said to them, compared to full-term children. Language problems can also sometimes be an early sign of hearing, thinking or learning problems.

Physical development in premature babies

The majority of premature babies have typical physical and motor

development, although premature children tend to be smaller and lighter than full-term peers.

Motor problems

About 40% of very premature children have mild motor impairments. These include problems with:

- ♥ Fine motor skills – for example, holding a pencil
- ♥ Motor planning – for example, working out how to walk around obstacles
- ♥ Visuomotor coordination – for example, copying shapes
- ♥ Sensorimotor skills – for example, picking up a full glass without spilling the contents
- ♥ Some preterm babies have cerebral palsy. The risk of cerebral palsy is higher for very premature babies and for babies who are very sick in the NICU.

DEVELOPMENT OF TEETH

Premature babies are more likely to have dental problems than full-term babies, which can include the following:

Abnormal tooth enamel

The tooth might look grey or brownish, or have an uneven surface. Cavities can form more easily in teeth with poor enamel. Brushing their teeth regularly, as soon as the teeth appear, will help.

Late teeth

Premature babies' teeth often come a few months later than those of full-term children, but they'll still come in the usual order!

A high arch or groove in the roof of the mouth

This can affect a baby's speech and their bite. Most children adapt to the shape of the roof of their mouth, but others might need braces later. It's therefore a good idea to visit a paediatric dentist, ideally before your child is one year old.

SENSORY DEVELOPMENT IN PREMATURE BABIES

The majority of premature babies have typical hearing, vision and sensory awareness.

Hearing

Premature babies are more likely than full-term babies to be deaf or hard of hearing, but very few children have severe problems in both ears that need hearing aids or cochlear implants. Most babies have their first hearing screening test while they're still in hospital, which picks up most hearing problems, but some are diagnosed later on. It's important to diagnose and deal with deafness, because children need to hear properly to develop language, social and communication skills.

Vision

Children who are born prematurely are more likely to have vision impairment than full-term peers. They're more likely to develop mild visual problems like short-sightedness or long-sightedness, squint, contrast sensitivity, or problems with depth perception. Most severe eye problems are picked up early and very premature babies have regular eye tests while they're in hospital, which can lead to early treatment.

Sensory sensitivity

Some parents say that their preterm children have sensory sensitivities, like heightened sensitivity to stimuli like noise or certain fabrics. Some premature babies don't like having things put in their mouths and can have trouble feeding. And premature babies might have a lower pain threshold than full-term babies.

Thinking and learning development in premature babies

The majority of premature babies have typical thinking and learning



development, and do well at school. However, a few premature children will have thinking and learning impairment. For example, they might have problems with reading, planning and focussing on a task. You might not notice any problems until your preterm child goes to school, in which case they might need some extra support at school.

SOCIAL AND EMOTIONAL DEVELOPMENT IN PREMATURE BABIES

The majority of premature babies have typical social and emotional development, but they can behave differently from full-term babies. For example, in the first year of life, premature babies are less likely to interact with others compared to full-term babies. They're more likely to look away to avoid getting overwhelmed, and they might get irritable more quickly. As your baby matures, these things will be less of a concern. And learning to read your premature baby's body language can help you tell when your baby wants to engage and when he wants to stop.

Social and emotional problems

If a child has 'social and emotional problems', it means the child is having trouble fitting in with her environment, following rules and being social with other children and adults. Most children will have tantrums at some stage, get upset and push your boundaries. But

children born prematurely are more likely to have difficulty coping with and managing their feelings. They can find it hard to stay calm, eat well and sleep well. Some might experience lower self-esteem or find friendships difficult.

Premature children are more likely than full-term children to have conditions like attention deficit hyperactivity disorder, autism spectrum disorder, anxiety and depression, but these problems are still uncommon in children born prematurely.

Loving, stable, stimulating and safe home and school environments, where your child can form close relationships, support your baby's development. These kinds of environments can also help to make some development problems less severe and help children with early delay to catch up by later childhood or the teenage years.

A BABY'S CORRECTED AGE

'Corrected age' is your baby's chronological age, minus the number of weeks or months s/he was born early. Your baby might seem to have delayed development if you compare her with a baby of the same chronological age. But if you use your baby's corrected age, it might show that your baby's development is on track normally.

Twins, triplets and quadruplets are often born early. If you're worried about your multiples, it might help to know that outcomes for multiple premature babies are similar to those for single premature babies.





Ramadan

KAREEM

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12

#Everyday Bags for the Modern Family

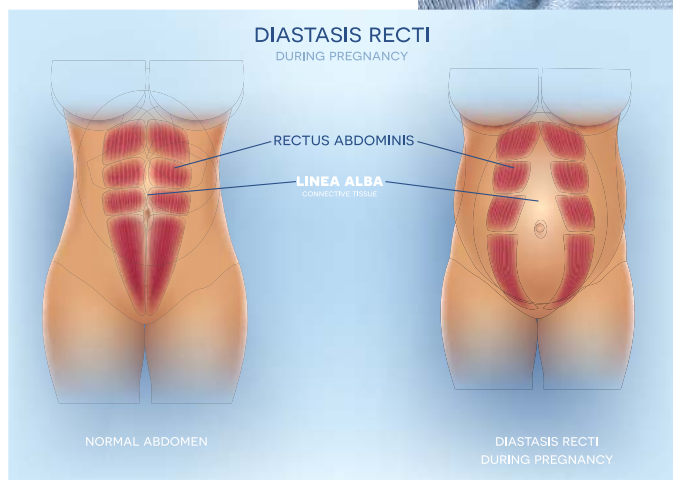
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THE TRUTH ABOUT YOUR POSTPARTUM BODY

Pregnancy is the ultimate miracle and your body needs to adapt and change to facilitate the growth and nurturing of your new baby. Some of the bodily changes in pregnancy and after childbirth are expected, and others are not simply commonly discussed, says Pregnancy PA Founder, Aneta Haider.



Aneta Haider spent a decade working as a Wellness Practitioner and a Personal Trainer with new mothers and mums-to-be from all cultural backgrounds, and through all stages of their motherhood journey before founding Pregnancy PA.

Pregnancy PA is a hands-on, specialised support service to help you understand what to expect when your body and emotions undergo huge changes during pregnancy and post-birth. Many women want to get back into shape after the birth of their baby, but there are physical and emotional changes that are personal to each woman, and can usually leave them feeling ill-at-ease with their bodies. Here, Aneta lifts the lid on the lesser discussed issues that can occur postpartum.

YOUR POST BABY BODY

Imagine feeling happy and in control of your body again. Knowing what's really going on, having the answers and understanding the steps you need to take to feel good again. The stuff I'm about to tell you just doesn't get mentioned in many routine pregnancy check-ups, if any, and it's often taboo amongst your mum friends. Adding to this, there just isn't the time and resources at your 6-week check to go into detail about your postpartum body changes. So you're left to find stuff out for yourself - and I'm passionate about helping to shed some light on these issues, help and support you. So, grab yourself a cuppa and I will tell you some things you need to know!

Common feelings and reactions mums have after giving birth

- ✓ Feeling 'disconnected' from your body, particularly your tummy and pelvic floor after childbirth. Maybe even years later. Nothing looks or feels like it used to.
- ✓ The feeling that you're the only one dealing with a tummy or a C-section scar that looks like 'that.'
- ✓ Not feeling in control of your pelvic floor when you poo or sneeze. Or when put your key in the door you need to get to the loo, fast.
- ✓ The feeling that you are out of control of all these physiological changes, as your efforts at the gym make no difference and the general consensus of the media, friends and family appears to be either you put up with it or get surgery.

Well Mamma, let me help you start rebuilding your body confidence, inside and out! These six truths are a taster of the kind of issues Pregnancy PA deals with, so you're in good hands here.

1. **That your brain and your core muscles need to**

reconnect if you want a tummy that looks and feels like you want it to.

You can't strengthen a muscle your brain isn't talking to and right now, if you're not loving it or understanding it, you're not talking to it. As a wellness practitioner that works with ladies from all backgrounds, I can help you to connect your brain function with your core muscle function.

2. **That crunches, planks and intensive 'ab work' are going to make your tummy look worse, not better.**

You cannot make a non-functioning core function by doing more core exercises, you need to do different ones. We can work on these together.

3. **Diastasis recti is a reason your tummy pooches or domes when you roll up from lying on your back, or why you look a few months pregnant when you're not.**

Diastasis Recti means that your outermost ab muscles, the ones that run vertically from the breastbone to pubic bone, have separated, leaving a gap and everything in the middle unsupported and weak. But... those diastasis recti are merely a symptom of the problem. The problem is the pressure inside pushing out, and that sewing it up, binding it up or holding it in - won't fix it.

4. **That surgery is not the only solution**

Surgery is not your only option to deal with stress incontinence, diastasis recti, hernia or pelvic organ prolapse, and there is a ton we can do together to reduce the pressure causing the problem.

5. **That the way your body feels right now is not 'as good as it gets'.**

It is not a state you should put up with, accept or that cannot be treated or improved. Don't let anybody tell you differently, Mamma!

6. **It's not your fault.**

You didn't do anything wrong. Actually, you did great, you made an amazing baby and your body is truly awesome for accomplishing this miracle. You deserve to feel connected to your body again, and you deserve to feel good about your body.

Let's do it together.

Aneta X



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•EDUCATION.



Insights into
how schools
support children
with autism;
put student
wellbeing at the
forefront; and
tips to drop off
toddlers at their
new nursery.

9 WAYS TO SUPPORT CHILDREN WITH AUTISM



*By Natasha
Winstone, GEMS
World Academy,
Dubai*

The World Health Organisation estimates that one in 160 children have Autistic Spectrum Disorder (ASD). And with education continuously evolving, more and more teachers are welcoming into their classrooms students on the autism spectrum.

I have had the pleasure of teaching students on the autism spectrum for over 20 years. My experience of supporting these students have presented me with some of the most challenging and most rewarding times of my teaching career.

As world-renowned professor and author Dr Stephen Shore, who happens to be on the autism spectrum himself, rightly puts it: "If you've met one person with autism, you've met one person with autism." This is such an important point for us all to understand when we consider our interactions with people diagnosed with autism.

The fact is that all children on the autism spectrum are unique. While there are commonalities that include differences in communication, social interaction, sensory receptivity and highly focused interests, there is also great diversity within the autism spectrum. What defines one person with autism may not define another. It is also important to see these not as deficits, but as differences.

As we celebrate the 14th annual World Autism Awareness Day, I am pleased to share some tips on how students with autism can be best supported in the classroom.



Routine and repetition

Keeping to a routine can be the key to supporting children with autism. Children on the autism spectrum often thrive on repetition and routine. Teachers and carers can help make the school experiences much more stress-free by understanding each child's routine and sticking to it as much as possible. A seemingly simple change in a routine could be disastrous, which means that when a change in routine is planned or likely to take place, the child should be forewarned so they have time to prepare themselves.

Sensory regulation

Children on the autism spectrum are sometimes not able to deal with sensory issues in the same way as a neuro-typical child might. Their senses may at times provide them with unreliable information, which results in them becoming dysregulated and overwhelmed. If this happens in the classroom, teachers need to ensure that there is a safe place for the child to go. A place where they can have the time and space to regulate their senses.

The physical learning environment

A classroom's physical environment may be over-stimulating to a child with autism. Too many patterns, textures, colours and items hanging from the ceiling and walls can be very distracting. While this kind of decor might appear fun to some, all these stimuli mean there are few places for the eyes to rest. This can be hard on the sensory system of a student on the autism spectrum. A solution could be to use decor that includes fewer decorations, less intense colors and a safe place where a child can rest their eyes. In fact, in many cases a less stimulating classroom can be beneficial for all students.

Social situations

Social situations can be tricky for children on the autism spectrum. They often have difficulty reading social cues, which can, in turn, cause confusion and awkwardness on the part of the child and their peers. Teachers and carers can help by paying attention to social scenarios and, when necessary, modelling appropriate behaviour.



Spending time teaching very specific social rules and skills can also be very beneficial.

Communication

The way we communicate when talking to a child with autism may need to be adapted. It's important to always ensure you have the child's attention before you give any verbal information. Also, try to avoid using figurative language such as sarcasm and idioms. Children on the autism spectrum often have trouble understanding phrases like "pass with flying colours" or "cover a lot of ground". To avoid confusion, it is best to speak literally.

Giving instructions

Children on the autism spectrum might have difficulty processing verbal instructions. It can take longer for them to process what is being said to them. Using fewer words that give the child less to process can be beneficial in supporting them to understand an instruction. If

necessary, directions can be given to the child with autism separately from their peers. It can also be beneficial to give instructions in multiple ways – consider, for example, providing visual aids and written instructions.

Special Interests

Students on the autism spectrum often display special interests. These interests can be used as a motivational route to learning.

We know that learning, motivation and engagement are interwoven, and for a child with autism this is especially important. An interest in toy cars or trains, for instance, could be used for counting, an interest in Pokemon for comparing the similarities and differences between things, while an interest in Minecraft could be used to learn about area and perimeter.

Flexibility

Teachers and carers should be prepared to change plans. It may be that a child on the autism spectrum shows no interest in a given subject, in which case it's fine to switch on the spot to something else to suit the child's needs.

Celebrate progress

Finally, we should celebrate all progress no matter how great or small. What may seem like a minor step, might represent a huge achievement for an individual child.

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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.



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.

Now enrolling! Join us this summer for "A Taste of School," a six-week program designed to give students the opportunity to discover all that Shrub Oak has to offer.

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

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PUTTING STUDENT WELLBEING AT THE FOREFRONT IN SCHOOLS

One of the most obvious outcomes of life over this past year has been the reduction in overall wellbeing, especially among children. In response, parents are increasingly valuing schools that provide wellbeing programmes for their students.

A staggering 96% of admissions officers at international schools report that parents now believe student wellbeing provision to be an important or very important factor in school choice for their child, according to a white paper published in February by ISC Research, a leading provider of international school data, trends and intelligence.

In an effort to support the overall wellbeing of its students, parents and faculty, Fairgreen International School has developed a robust wellbeing programme, led by Head of Counselling Jackie Greenwood with support from the school's Wellbeing Team. We asked Jackie to share how Fairgreen is at the forefront of providing wellbeing support for students:

Why is student wellbeing important?

It is a commonly held belief that right now, globally, we are being challenged with an ability to live well and be well. Schools and educational governance around the world have focused often solely on academic attainment, analytical and critical thinking skills. This has often been at the expense of cultivating the interpersonal,

affective and social skills, which provide a much needed balance of heart and mind. Evidence supports schools focusing on the health and wellbeing of children as a clear indicator that this improves academic accomplishment, whilst also helping them to live well.

At the heart of creating a culture that nourishes both aspects, we value human relationships above all else. When we create relationships with our students that are warm, empathetic and encouraging, our students are more likely to thrive.

How should a school focus on providing wellbeing on campus?

Schools should work together with students, teachers, parents and other professionals in the Dubai community to provide a comprehensive service of care that is both preventative and responsive to students' needs as they arise. The focus should be on getting to know

students' strengths and challenges while helping them to develop their values, character and social skills. When students are struggling, schools must provide a supportive space with trained professionals to help guide these children.

How Fairgreen is supporting wellbeing on campus?

Building positive, warm and caring relationships with all of our students is critically important. Therefore, kind and thoughtful leaders, teachers and staff members are the heart of our wellbeing efforts. Fairgreen's 'DREAMS' and 'Jigsaw' Wellbeing Programmes, and our

focus on bringing mindful practices into the school have been the root of the school's culture of care since its inception nearly three years ago.

Staff training

Many of our staff are trained mindfulness teachers through the Mindfulness in Schools Project (MiSP), a UK-based non-profit established in 2009. Therefore, all of our teachers have had introductory training in Mindfulness and are encouraged to create moments in their students' days that are silent and reflective.

Jigsaw Programme

Through our implementation of the Sheffield Hallam University's Jigsaw programme, which is geared toward PYP-age students, we provide weekly workshops where our young students develop social emotional learning skills through the focus on a variety of topics, such as relationships, being healthy, celebrating diversity and more.

DREAMS Programme

I worked with our Wellbeing Team to design our DREAMS programme for secondary students, where we focus on fostering the development of key life skills that promote overall wellbeing and academic success at their age level. Each letter of the DREAMS acronym stands for an area of focus students strive to build a healthy self-concept and outlook around, and these are: **Drive** (or Motivation), **Relationships**, **Emotions**, **Accomplishment**, **Mindfulness**, and **Service**. MYP students meet in workshops to focus on a specific area each week.

The Fairgreen Wellbeing Hub

We have also created the Fairgreen Wellbeing Hub, a newly defined room within the school that is used as a calm space for mindfulness activities. We started a Student Wellbeing Champions programme, where older students engage younger students as role models, leaders in promoting health and wellbeing. They play a key 'influencing' role in helping our students to be emotionally literate and competent at dealing with the inevitable challenges that children face.

We also have invited a friendly, furry visitor to be on campus each week on Thursdays that brings joy and calm to our students, our Furry Counsellor Rufus the Dog. A grade one student recently told me that "Rufus is the definition of happiness." We love that he is having this effect!

Student wellbeing while learning online

Our students have been really lucky to be on campus learning full-time this year so it is easier for us to provide wellbeing programmes, but even last year during the all-school quarantine period, Fairgreen also supported students, parents and teachers by providing a Virtual Wellbeing Hub with resources for wellbeing support as well as private Zoom counselling sessions when needed. Our teachers also kept up their mindfulness activities, but translated for a virtual landscape.

There is so much more that we are doing... the list goes on, including providing activities and programming around Anti-bullying Week, Mental Health Awareness Week and World Mental Health Day. We are truly striving to provide a culture of care here at Fairgreen, and we're so happy to see our students thriving, especially during this time.

Virtual Open Day to learn more about the Wellbeing Programme

Register for the upcoming Virtual Open Day on Wednesday, April 21st, at 11am via Zoom at www.fairgreen.ae/virtual to learn more about Fairgreen School's Wellbeing Programme and their innovative IB Continuum Curriculum.





RGS DUBAI EXCLUSIVE COFFEE MORNING

It was great to see mums come out in force to safely attend our first education-themed Coffee Morning event since the pandemic, held last week, in association with RGS Guildford Dubai at Polo Club Dubai, in Arabian Ranches.

The March 24th event centered around the exciting news that elite 500-year old British school, The Royal Grammar School, Guildford is opening its doors in the UAE this September, with the creation of RGS Guildford Dubai. Parents came to hear a live Q&A interview with two of the school's leaders - Craig Lamshed, Founding Principal at RGS Guildford Dubai and Head of Prep, Clare Turnbull.

Parents were interested in hearing directly from the school leadership about exactly what it means to be a 'premium school' and specifically how this would benefit their children. Clare Turnbull talked passionately about how the quality and commitment of the teaching staff, combined with the school's British curriculum and RGS ethos of getting to know and nurture every child's individual strengths and challenges, prepares every child to face the future with confidence.

Amongst former pupils of The RGS are famous sporting superstars, olympic athletes, members of English parliament and international government, well-known figures in the world of art, the legal profession, the diplomatic world, finance, leaders in entrepreneurship, various fields of science and the media. Given this rich history of RGS, she also detailed the RGS methods for fostering and developing "true leadership" in their students, with parents also hearing extracts from a former student about his experiences at RGS as a student.





Both the Founding Principal and the Head of Prep answered parents' questions about how the school identifies the special qualities and talents of each child, and how extensive (and extremely impressive!) opportunities for extra-curricular activities - including arranging bespoke activities wherever possible - can bring out the best in every child.

The event is part of a policy of "wide open door" communication with parents about every aspect of their child's school experience. The event concluded with an extensive networking session, with friends and connections made, questions answered and appointments arranged for more detailed discussions about enrollment.

To learn more about the school, please contact enquiries@rgsgd.com



NURSERY SCHOOL DROP-OFF TIPS

Your toddler is bound to be nervous on the first day of nursery. While there is no one way to handle this perfectly, here are some different suggestions as to how to make the nursery drop-off a little easier...for you both!



Create a 'bye bye, see you later' routine

Before your toddler even starts nursery, create a 'bye bye, see you later' routine. This will provide your toddler with comfort, familiarity and predictability, so your child knows what's to come and doesn't get distressed when you leave them. One example of a nice way to do this is with a big hug, saying something like "See you later, alligator," and getting your child to respond with "in a while, crocodile!" Saying goodbye with smiles and a familiar routine enables your child to understand you are coming back when you've dropped them off at nursery.



Don't drop them off and sneak away

A young child will feel more afraid about being in nursery if they don't know where you are and think you've suddenly disappeared. According to one Child & Family Psychotherapist, "Mums should

never be ripped away abruptly from their child. The best way to handle the separation process is to begin by a parent going to school with her child and sitting next to him. The parent should not interact with their child, or any games and toys, but rather be there as a safety net."



Bring a comforting object

Take along something your child uses for comfort, such as a little comfort blanket, or favourite toy or book. This will help to ease the separation anxiety. If your child doesn't have a favourite comfort object, then try sending them with a sippy cup containing a special drink. Comfort objects can provide a real sense of security to kids in an unfamiliar environment.



Never compare your child to other children

If your toddler is getting upset at the

thought of you leaving them at nursery, never tell them how much other children are handling it better. Comments like: 'Aisha doesn't cry when she comes to school' does not help your child. In fact, it may even add to their distress if they think you are favouring another child over them and not 'rescuing' them. Respecting the process your child needs is the best way to make the transition to nursery as smooth as possible. If that means they may need to cry at every separation for a while in order to work through their feelings and become familiar with nursery, then that is absolutely fine.



Consider a reward system

This may not work for every parent or their child, but in some cases it can be useful to make a calendar - you could call it a 'special treasure' calendar, for example. Explain to your child that for every day they go to nursery thinking about all the fun and happy things they will do with their friends at nursery, without any tears, then your child can put a smiley face sticker on the calendar each day. At the end of the week, if all the spaces for the week are filled with smiley faces, then they can have a little treasure hunt or weekend treat to say "well done."

Talk to your child's new nursery school for their advice on how they handle the early days of separation anxiety and work together with them for the best solution for your child.



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This month is
of course...all
about Ramadan.

Check out
our favourite
products and
picks for your
home and
family.

EDITOR'S
PICKS FOR
RAMADAN

THE KIBSONS RAMADAN RANGE

Family business Kibsons has been established for over 40 years in the UAE and is run with a mum at the helm, who knows how to keep her eye on quality and affordability for families. Renowned for their huge variety of healthy produce, grocery 'clean' meats, rare foodie ingredients, pantry staples, natural products and gifts, they have a beautiful and thoughtful range of Ramadan items for same-day delivery. Here's a taster...

1. Blue Ramadan Banner AED 19 per piece
2. Crescent Tree AED 339
3. Kibsons Ramadan Cookies AED 17 for a pack of 4
4. Eid Mubarak Ballon Set AED 76
5. Golden Crescent Kibsons Cupcake Topper and Wrapper Set AED 29 for a set of 12
6. Wooden Tray AED 28
7. Ramadan Cake AED 60
8. Tablecloth 137x180cm AED 37
9. Ramadan Mosque Lantern AED 64

For information on how you can get a 20% discount on Ramadan orders, visit www.kibsons.com or you can order on +971 800 5427 667.

EDITOR'S PICKS FOR RAMADAN



THE AL-FUTTAIM ACE RAMADAN COLLECTION

The vibrant Ramadan 2021 ACE collection is all about bringing people closer to their home and loved ones - to care more, share more this Ramadan.

The heart of the range revolves around sharing priceless family moments and community spirit at home. You'll find everything you need within the thoughtfully curated range of around 2,000 handpicked products across six collections. The themes include:

• Iftar Experience (starting from AED 39)

A choice of over 600 versatile products, including elegant dinner sets, glassware, serving-ware, food warmers, beverage dispensers and more.

• Cooking Experience (starting from AED 49)

A collection of over 500 products, featuring a range of time-saving kitchen appliances and accessories, that will help you speed up your Iftar preparation with air fryers by Crownline and Tefal, blenders by NutriBullet and many more brands, to make the most of family time this Holy month.

• Tea & Coffee Experience (starting from AED 39)

A choice of 200 products including Gahwa sets by Orchid, multi-colored kettles by Midea, coffee makers and accessories by Nespresso, and a mix of classic and modern tea & coffee sets.

• Lighting Experience (starting from AED 12)

A perfect lighting collection for Ramadan of 200 products featuring a range of accent lanterns, ambient candles and decorative lighting for indoor and outdoor spaces.

• Textile Experience (starting from AED 29)

An expertly curated selection of 80 statement pieces that will help to make your guests feel welcome and your family comfortable. These include modern Majlis sets, Moroccan-inspired pouffes and comfy cushions designed with a cultural twist for cosy Ramadan nights.

• Décor And Gifting Experience (starting from AED 29)

A showcase of 70 decorative pieces and gifting options, including a range of tasteful sofa sets, side tables, rustic baskets, statement stools, stylish mirrors, ornate trays and platters, prayer mats, lifelong indoor flowers, and several other creative options. There is also a diverse outdoor collection featuring more than 190 must-have products.



To explore the Ramadan 2021 collection, visit any of ACE's stores across Dubai and the UAE or shop online: www.aceuae.com

EDITOR'S PICKS FOR RAMADAN



COMPETITIONS

motherbabychild.com/competitions

WIN! RASCAL+FRIENDS PRODUCTS, WORTH AED 500

Rascal+Friends is a premium nappy brand that got its start in New Zealand, with the aim of developing products for little ones at reasonable prices, without compromising on quality and performance. Designed by parents for parents, the organic products have features including a 3D core for increased absorbency area, custom-designed grip tabs, a unique deep pocket design, high back waistbands, breathable back sheets and double leak guards to avoid any mishaps. Setting new benchmarks in the world of baby essentials, one lucky parent will win AED 500 worth of Rascal+Friends Nappies or Pull-Ups. Enter today to see if it's YOU!



WIN! BOXES OF RITE. VITAMINS, WORTH AED 500!

Rite. has just launched its gummy vitamins, designed to boost energy, immunity and promote healthy digestion. The brand ensures clean formulas, is made from plant-based ingredients and is 100% vegan, and aims to fill nutrition gaps in the diet. The gummies are naturally flavoured and made with fruit pectin, a natural fibre found in plant cell walls and most concentrated in the skin of fruits. Balancing efficiency, quality and taste using premium and healthy ingredients is Rite.'s way. One lucky winner will have the chance to walk away with AED 500 worth of Rite. vitamins - so enter today!

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

WIN! PREMIUM ORGANIC BEAUTY SKINCARE PRODUCTS FROM IXORA, WORTH AED 500

The regional, certified-organic skincare brand, Ixora, was born to provide organic beauty that is inspired by history, rooted in nature, crafted by science and surrounded by passion for perfection. Ixora is the only brand in the UAE with a complete range of certified organic products for the face, body, hair and home. Their products are created using cruelty-free methods and are free from harmful or controversial ingredients. With premium ingredients and ethically sourced formulas, Ixora encourages people to take a conscious approach to their skincare and wellbeing choices. One lucky winner will win AED 500 worth of Ixora organic beauty skincare products this month!



WIN! A TWELVELITTLE COMPANION DIAPER BACKPACK WORTH AED 449



The TWELVELittle Companion Diaper Backpack in a unisex Grey Denim colour takes care of your many needs as a parent when traveling or out with your baby. The bag is machine washable which is a great advantage, specially in these times of virus and infections. The new design maximises the interior dimensions, making the packing process a tad bit easier for parents who are always out and about with their little ones. Enter today to win!

WIN! SERVICES AT THT - THAT HAIR THOUGH, WORTH AED 500



THT - That Hair Though is an ethical hair and beauty salon located in Jumeirah Lake Towers, Dubai. The fun and quirky salon offers a fashionable space to enjoy a host of luxurious hair, nails, lash and brow treatments. The wide range of tailor-made and exclusive treatments are vegan, sustainable and gluten-free. Offering hair transformations and colour corrections, the salon's team of experienced and knowledgeable staff are ready and waiting to give you the hair of your dreams. Here's a chance to win AED 500 worth of services at THT!

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

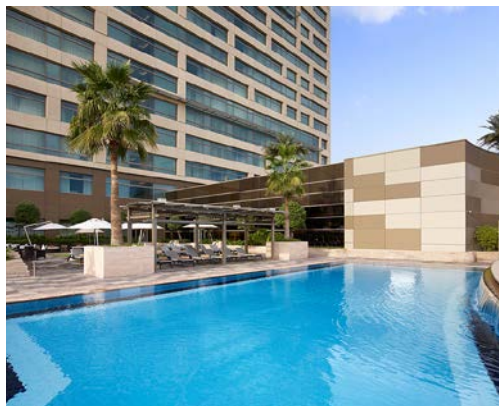
COMPETITIONS

WIN! A GIFT VOUCHER TO SPEND AT THE BODY SHOP, WORTH AED 500

Ramadan is the time to refresh the body and mind, as well as celebrate strength and spirituality. Whether you're observing Ramadan on your own or with your loved ones, there is no better way to embrace the month of giving and spirituality than exchanging gifts with family, friends, members of your community or even treating yourself, as a form of self-love. Give back and come together this Ramadan and Eid with The Body Shop's 2021 collection of delightful gifts and treats. One lucky winner will win a selection of opulent products from natural and ethical brand The Body Shop, worth AED 500.



WIN! AN OVER-NIGHT STAY AT SWISSÔTEL AL GHURAIR, WORTH AED 1,200



Situated in the heart of Dubai, Swissôtel Al Ghurair is an upscale five-star, family-friendly hotel located in Deira. The hotel is within easy reach of major tourist landmarks, leisure destinations and city services. The hotel offers exciting culinary experiences at their signature F&B outlets Liwan, an award-winning all-day dining venue, and Yasmin Lounge. The property is also home to a luxurious spa, fully equipped gym, swimming pool, fitness centre, sauna and more. The hotel is offering two adults and two kids an overnight stay in a Family Suite, inclusive of breakfast and access to the Laguna Waterpark. Go for it and enter today!

WIN! A FAMILY VISIT TO OCR PARK, WORTH OVER AED 600

To celebrate three brand new obstacles launching on the kids' course route at OCR Park, the largest permanent obstacle course site in the UAE, the team is giving a family of four the chance to win an exciting and active day out. OCR Park is located within Hudayriyat Leisure and Entertainment District, Abu Dhabi's sports and fitness destination. The endurance and challenge-based obstacle course race park features a 3km track for adults and a 1.5km track for children, and has a range of exhilarating and challenging obstacles to test team work, mental agility and fitness levels. Up for grabs is a prize worth over AED 600 that includes two adults' and two kids' day passes, as well as OCR Park merch! Step up and enter for a chance to win this exciting day out for four people!



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



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