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EID FAMILY STAYCATIONS

WIN A FAMILY SLEEP **CONSULTATION!**

A BEAUTIFUL PREGNANCY RETREAT

FIRST AID FOR **CUTS & GRAZES**





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EDITOR'S CETTE

Hello Mum!

There's a lot going on this month - we're halfway through Ramadan, preparing for Eid and it's getting hot out there! In terms of Ramadan, we've carried a very special Iftar recommendation on page 12, for a restaurant run by the most awarded chef in Dubai, Apt for the season, this particular one has a sharing concept set within a stunning interior space and is a great place to create family memories of fine food and fine times...at a great price too! And taking you through Ramadan and Eid, we have included some lovely ideas for an Eid staycation on page 32 and three pages of beauty picks on page 45 that are sure to put both a glow and a smile on your face.

Not so smiley is a toddler throwing a tantrum. Not many things come close to the stress of dealing with a tiny person intent on screaming the house down (or the supermarket!) to get what they want. But take a look at page 27 for some fantastic strategies to help understand why toddlers do this, and how to handle it to help them to feel secure, calm and...eventually understand why throwing a tantrum doesn't help.

Still on the subject of teaching children, we had a chat with an amazing educator this month - Adam Hall, the Chief Star Organiser at Dunecrest American School. His work in getting students enthusiastic and engaged about sustainability goes beyond education and into the territory of character-building. You can read about his incredible work on page 35.

There is lots more to discover in this issue, so happy reading and thank-you once again for the amazing job you do as a parent in building our future.

Ramadan Kareem!

Editor

Mother, Baby & Child Magazine

EDITOR'S —PICK—

FIGHT OFF AGEING AND WELCOME SKIN HYDRATION!

Sukin's Purely Ageless Range of age-defying solutions is a natural and pure skincare range from Australia's No.1 skincare brand that helps fight premature ageing and the formation of fine lines. The solution consists of a powerful blend of natural ingredients clinically proven to reduce the appearance of wrinkles and increase the skin's hydration, instantly firming your skin. Safe to say that the Purely Ageless Range is the perfect Ramadan & Eid gift! All Sukin products are made with ingredients that are naturally derived, cruelty-free and 100% vegan. Available at LIFE Pharmacy, Lifestyle and Watson's retail outlets throughout the UAE.

Instagram @SUKINSKINCARE



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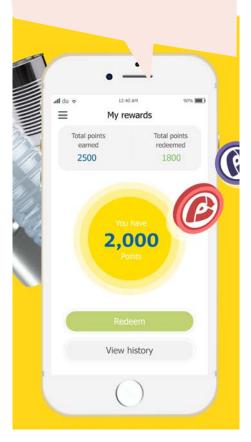
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EDITOR'S —PICK—

FREE DOOR-TO-DOOR RECYCLING IN ABU DHABI WITH THE RECAPP APP!

RECAPP is the UAE's first free-ofcharge digital door-to-door service for Abu Dhabi - collecting recyclables and rewarding responsible behaviour for its members. RECAPP is a trustworthy and effortless solution for the collection of recyclables, raising awareness and creating a sense of community for a more sustainable lifestyle.

To join in, simply visit Apple Store or Google Play, search for Go RECAPP, download the app, and embark on a rewarding recycling journey with the family!







A quick one this month to show you when you need to call the doctor and what minor cuts and grazes you can treat at home.



No matter how careful a parent is, a child will always fall and get some cuts and bruises along the way in childhood. Parental instinct will tell you when you need to go to the doctor or hospital, but here's how to deal with some of the minor cuts and wounds.

It is very distressing for children to hurt themselves, especially when there is broken skin and blood involved. The younger the child, the more upset they will be, so it is important to keep calm and comfort your child, and let them know that you'll help them and fix the problem.

Explain to them what you are doing with each step of the first aid, and why you're doing it. If there is any bleeding, tell your child you need to apply a little pressure with a clean cloth or bandage for a few minutes to stop the bleeding. Wash your hands thoroughly before doing this.

Wash the cut area well with soap and water, but do not scrub the wound. Remove any dirt particles from the area and let the water from the tap run over it for several minutes. A dirty cut or scrape that is not thoroughly cleaned can cause scarring.

- Apply an antiseptic lotion or cream.
- Cover the area with an adhesive bandage or gauze pad. Change the dressing often.
- Check the area each day and keep it clean and dry.
- Avoid blowing on the abrasion, as this can cause germs to grow.
- Treat bruises, blisters, or swollen areas by placing an ice or cold pack on the area every one to two hours for 10 to 15 minutes for the first 24 hours.



 Use a sunscreen (sun protection factor, or SPF, at least 15 or greater) on healed cuts and wounds to help prevent scarring.

Depending on where your child's wound is, there are special considerations.

Mouth/lips

Give your child an ice pop or ice cube to suck on to help reduce bleeding and swelling.

If the wound is inside your child's mouth, rinse the area well with cool water for several minutes. Remove any dirt particles from the area.

Even small lacerations of the lips may cause a noticeable difference in the border or outline of the lips. These wounds may require stitches to keep the borders even and reduce the possibility of scars.

External ear

Any wound to the cartilage of your child's ear that is more than just a superficial cut or laceration should be evaluated by a doctor to decide if stitches or further treatment is needed.

A direct blow or blunt trauma to the ear that causes a large bruise or hematoma (collection of blood and fluid underneath the skin) should be evaluated by a doctor who will determine if further treatment is needed.

Nose

A wound, bruise, or hematoma (a collection of blood and fluid

underneath the skin) that also involves the $\mbox{\rm eye}(s)$ should be evaluated by a doctor immediately.

When should I call my child's doctor?

Specific treatment for cuts and wounds of the face that require more than minor treatment at home will be determined by your child's doctor. In general, call your child's doctor for cuts and wounds of the face that are:

- bleeding heavily and do not stop after 5 to 10 minutes of direct pressure
- on the eyelids or involve the eyes. Injury to the eye area requires evaluation by a doctor
- deep or longer than an inch
- o caused by a puncture wound, or dirty or rusty object
- embedded with debris such as dirt, stones or gravel
- ragged or have separated edges
- caused by an animal or human bite
- excessively painful or if you suspect a fracture or head or bone injury
- showing signs of infection such as increased warmth, redness, swelling or drainage

Your child and tetanus

Also call your child's doctor if your child has not had a tetanus vaccination within the past five years, or if you are unsure when your child's last tetanus shot was given.



This month,
we're looking at
local brands with
some really great
products and
outdoor family fun
ideas.



AROUND THE WORLD OF COFFEE IN 30 DAYS!

We're in a time of restricted travel and after a year of the pandemic, we're all yearning for travel adventures! With this in mind, it's fantastic news that the Magical Mystery 30-day Coffee Calendar has been launched by THREE Coffee. Coffee lovers are challenged to 'go around the world in 30 days,' as each coffee calendar comes with 30 different drip bags with unique flavour profiles sure to take your tastebuds on an international adventure of coffee blends, through Africa, Central America, South America and Asia-Pacific.

This is a beautiful gift for people who love to start the day, or perk up their afternoons with a coffee; and also a lovely way to treat and indulge yourself as a busy mum who savours those little moments of 'me time.' Each gift box contains 30 different drip bags each containing a different coffee, and based on



their sensory characteristics, the flavours in the Magical Mystery 30-day Coffee Calendar are grouped in three colour categories.

GREEN: These coffees express a vibrant acidity with notes of stone fruit, citrus and floral.

DOWN I de de la la company de la company de

BROWN: In the 'brown' selection, you'll detect notes of chocolate, caramel and spices.

PURPLE: These coffees impart an aromatic and flavour-packed experience with notes of purple fruits, berries and

florals.

Priced at AED 399, the Magical Mystery Coffee Calendar is available at: www.threecoffee.com

DRINK DRY NON-ALCOHOLIC BEVERAGES



Starting a family and having children is a major reason why many expats decide to ditch alcohol when they settle into life in this region. That said, when you're having dinner or a barbecue with friends, it seems that most of the drinks options are juices and sodas with a high sugar content - and wouldn't it be nice to have something more imaginative available?!

In line with the growing demand for premium quality non alcoholic drinks for adults, a new brand called Drink Dry has arrived in the UAE. The brand provides high quality, alcohol free products for those looking for alternatives to alcohol to quench their thirst as the hotter months roll in. The current offerings from Drink Dry include a choice of premium brand alcohol-free 'beers,' still and sparkling alcohol free wines, as well as the range of Pearsons Botanicals non-alcoholic spirits.

The alcohol-free version of your favourite drinks are available at: www.drinkdrystore.com

SUPPORTING LOCAL BRANDS

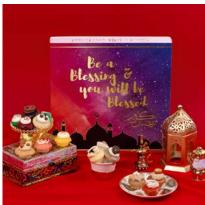
& EID JUST OT SWEETER!

Sugargram brings gorgeous bite size cupcakes to your Iftar and Suhoor - and they also make the perfect gift this Eid. And get this...the mini cupcakes are made with classic Ramadan flavours like Saffron, Date, Coffee. Vimto & Karak Chai! This year you can also indulge in Saffron & Vanilla flavoured Charlize Saffron, with both flavours in perfect harmony with each other. Anyone with a sweet craving can simply log into Chatfood or Deliveroo and the sweets will be delivered straight to your doorstep!

The Sugargram Ramadan boxes are priced at AED 125 for 25 bite-size cupcakes and AED 30 for 5 bite-size cupcakes. The box of 25 cupcakes comes with a choice of two

Ramadan sleeves, one in English and the other in Arabic.

You can order via ChatFood and Deliveroo, or check out instagram.com/sugargram_me



MOOD-ENHANCING ICE CREAM FROM TI

It's official! Ice cream can be low fat ice, support your happiness, keep you calm and boost your energy, according to The Brooklyn Creamery's Mood Booster ice cream range. The ice creams, which are also low in fat and calories, include specially-selected natural ingredients scientifically proven to help boost vour mood. Vasco Valenca de Sousa, Food Engineer, ice cream expert and Chief Innovation Officer, for the hipster New York brand, says: "With no added sugar, no artificial sweeteners and reduced calories compared to other ice creams, we really are leading a revolution in indulgent snacking." Here's the science...

Cheer Me Up - Chocolate-Hazelnut, 387 calories, 450ml, AED 25

Chocolate contains a number of compounds associated with mood-lifting chemicals in the brain. Most often mentioned is phenylethylamine, a natural antidepressant and one of the chemicals your brain produces as you fall

in love. Tryptophan, an amino acid present in small quantities in chocolate, is linked to the production of serotonin, a neurotransmitter that produces feelings of happiness. Hazelnuts (along with walnuts and almonds) are also one of the richest dietary sources of serotonin.

Energize Me - Coffee Affogato, 340 calories, 450ml, AED 25

Coffee boasts a number of well-documented and impressive health benefits, most of which involve helping you feel more energised, improving physical performance and delivering an antioxidant boost.

The range is available exclusively via Deliveroo in Dubai and Abu Dhabi; and Talabat in Sharjah and Abu Dhabi.



PIKOO LAUNCHES THE UAE'S FIRST PEA-**BASED MILK**



Pikoo, the latest plant-based milk innovation to hit the market, has introduced the first peabased drink to the UAE. Pikoo's pea milk has 5g of plant-based protein per serving, is low in sugar... and frankly, delicious!

Pikoo's pea drinks are fortified with calcium and vitamins D3 and B12. So, if you shun the sun, suffer from milk allergies, or have a vegan diet, you may be at risk of vitamin D deficiency - and Pikoo's pea milk is a perfect fit for people who suffer from this condition. Priced at AED 14, the pea-milk can be purchased through Amazon, Kibsons, Carrefour, Choithrams, All Day Mini Mart, Kitopi, Noon, Abella/Souq Planet and Organic and Real.

In addition to pea milk, Pikoo also offers oat milk and seaweed snacks, perfect to keep kids healthy and running.

Find out more at: www.mypikoo.com.



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DISCOVER YOUR "REASON FOR BEING" THIS RAMADAN WITH CHEF REIF OTHMAN'S IKIGAI JAPANESE DINING CONCEPT









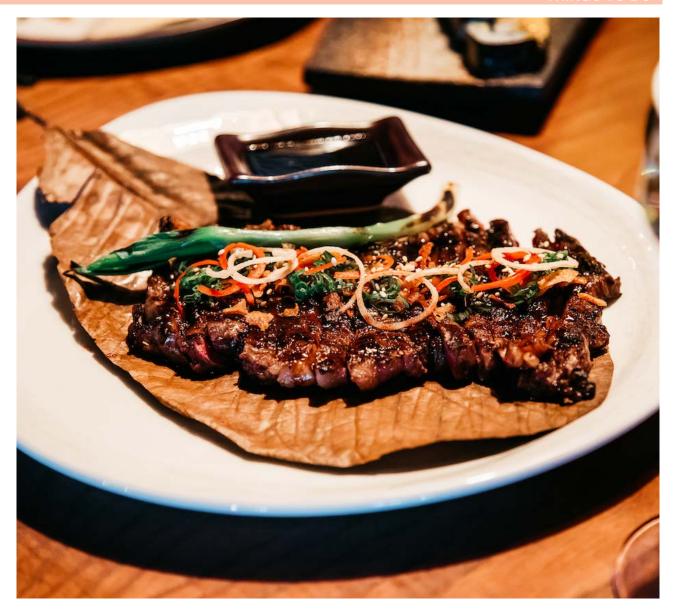
Chef Reif Othman is the UAE's finest culinary giant and now you can catch his special Iftar menu for just AED 150 per person, until 12th May!

Being the most-awarded chef in Dubai is an impressive achievement, given the standards of restaurants available here. So it's really special news that Chef Othman has opened Japanese dining experience, Ikigai, in the Millenium Place Hotel in Dubai Marina, with an Iftar deal that is simply too good to miss.

Even though we're halfway through Ramadan and approaching Eid,

Ikigai gives us something to celebrate with every bite of every dish of its exquisite sharing menu. The restaurant takes its name from the Japanese concept, 'reason for being / finding your purpose.' In terms of finding your purpose, Ramadan allows us to reflect and think about what is truly important. Enjoying quality time with family and friends.

So it is fitting that Ikigai's menu offerings use the best quality ingredients, with flavours crafted by a culinary genius and prepared especially for you to share with your favourite people, in beautiful surroundings that are serene, yet chic and atmospheric.



Available until 12th May, the specially curated 3-course Iftar menu offers a selection of the finest Asian-inspired dishes and sushi in the city. Priced at just AED 150 per person, inclusive of a welcome snack served with premium dates, you'll receive three sharing starters, one main course and one dessert. The assortment of flavour-packed entrées includes Salmon Tataki and Chicken & Chili Ponzu.

For mains, must-try dishes include the Stir-fried Spicy Ramen, Kimchi Fried Rice, and Ikigai's signature burgers - which are truly in a different league to anything you've experienced before! For dessert, choose

between the Goma Cheesecake and Matcha Mille crepés - both works of art, with flavours that hit the pleasure centres of your brain and create a very special culinary memory that will last a lifetime.

IKIGAI's Iftar menu is available from 7pm to 8pm until 12 May and a limited menu is also available on Deliveroo.

For reservations, call +971 4 5508 114 or visit www.ikigaidubai.ae. Social Media: @IkigaiDubai



VOTING OPENS FOR THE MOTHER BABY & CHILD AWARDS 2021:

Vote & win great prizes every month!

We're delighted to launch the Mother Baby & Child Readers' Choice Awards for 2021 - and this year, we've made some exciting changes that will allow you to win more prizes when you vote!

Culminating in announcing the winners of each award in December, we're asking you to keep an eye out over the coming months and vote every month to show your appreciation for the brands, retailers, health services, parental support & family services, schools and businesses you interact with that make a positive difference to you as a parent, your children and family.

This year, casting your votes is all about mindfulness - the same values we teach our children! As part of our community of parents and families, we're asking you to vote in appreciation in situations such as:

✓ When your child's school, Teacher or School Principal provides extra

special support to students

- ✓ When a clinic or hospital shows an extra level of kindness and care
- When you find play venues, restaurants, brands and services that go the extra mile to serve your family
- When you appreciate good deals, appreciate the convenience or service of family brands
- When you love how much enjoyment your child is getting from play and entertainment facilities

When you go through the categories and see the award nominees every month, it's a great way to also learn about the services, facilities and brands that other mums value, so do keep an eye on the award categories each month. You'll find the voting categories on the next page!



VOTING CATEGORIES: READERS' CHOICE AWARDS

BABY CARE

- > Baby & Child Clothing Retailer of the Year
- > Baby & Child Footwear Retailer of the Year
- > Baby Food Range of the Year
- > Growing Up Milk Brand of the Year
- > Nappy Brand of the Year
- > Baby Wipe Brand of the Year
- > Baby & Child Skincare Brand of the Year

FAMILY EXPERIENCES

- › Family Deals Provider of the Year
- > Family Staycation Experience of the Year
- > Family-Friendly Restaurant of the Year

EDUCATION

- New School of the Year UAE
- > Nursery of the Year Abu Dhabi
- > Nursery of the Year Dubai
- > Nursery of the Year Northern Emirates
- > Primary School of the Year UAE
- > Secondary School of the Year UAE

CHILDREN AT PLAY

- > Theme Park of the Year
- > Toy Brand of the Year
- > Water Park of the Year
- > Soft Play Venue of the Year

- › Kids' Educational Activity Centre of the Year
- › Kids' Entertainment Centre of the Year
- > Best Party Venue of the Year

PARENTING SUPPORT

- Parenting App of the Year
- > Parenting & Lifestyle Influencer of the Year
- One-Stop Parenting Shop of the Year
- > Childcare Provider of the Year

HEALTH & MEDICAL

-) Hospital of the Year
- › Paediatrics Clinic of the Year
- › Dental Care Provider of the Year
- > Women's Health Clinic of the Year
- › Maternity Department of the Year
- > Medical Clinic of the Year

RETAILERS

- > Maternity Retailer of the Year
- > Supermarket of the Year
- > Homestore of the Year
- > Grocery Delivery Service of the Year

INSPIRATIONAL PEOPLE

- > Entrepreneur of the Year
- > Pre-school Teacher of the Year
- > Primary School Teacher of the Year
- > Secondary School Teacher of the Year

> School Principal of the Year

EDITOR'S CHOICE AWARDS

- > Editor's Choice Best Sustainability Initiative
- > Editor's Choice Community Initiative Award
- > Editor's Choice Award for Family Safety, Hygiene & Protection
- > Editor's Choice Award for Child Development Professional of the Year

BRAND OF THE YEAR

> The Brand of the Year will be chosen based on the highest total number of votes.

VOTE FOR THE CHANCE TO WIN MONTHLY PRIZES!

Every month, we'll hold a prize draw amongst the voters that month and announce the winner of a monthly prize.

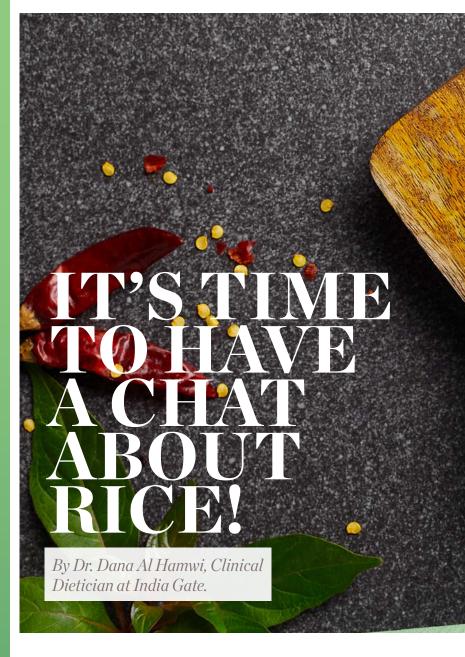
GRAND PRIZE

Next month, we'll be announcing details of an amazing family vacation you can win if you're the lucky reader chosen in the final prize draw of voters when the final votes have been counted. So keep an eye on the Mother Baby & Child website and sign up to our newsletter to stay up to date on the monthly prizes!

.HEALTY.



An educational retreat for pregnant mums; myths and facts about rice; and taking expert advice on how children can fast safely.



As one of the most widely consumed foods across the world, rice is part of every culture and an essential component of almost all cuisines. For traditional delicacies at Ramadan and Eid, rice is the grain of choice. And for good reason. Research indicates that the health advantages of rice include its ability to provide fast and immediate energy, control and improve bowel motions, strengthen blood glucose levels, and slow the aging process; whilst also offering an important source of vitamin B1 to the human body.



Various other advantages include its capability to improve skin health, boost metabolism, help with digestion, decrease high blood pressure levels, assist with weight reduction efforts, enhance the body's defense mechanisms and offer protection from many dietrelated preventable diseases. In spite of these benefits, many people believe that rice can cause overweight. This is what Dr. Dana Al Hamwi, Clinical Dietician at India Gate says about rice:

NOT ALL TYPES OF WHITE RICE HAVE THE SAME CALORIE CONTENT

When it comes to weight loss and rice consumption, two things matter - the type of rice you eat and the portion size. Basmati rice, in its whole grain form is lower in calories compared to regular long grain rice, and therefore can fit into a healthy eating plan. It is therefore important to consider factors such as calories, glycemic index (GI)

and the age of the rice before choosing which rice to consume.

OLDER RICE IS MORE FILLING

The ageing process of basmati allows the rice to absorb more water when cooked, making it fluffier, with grains that separate easily. This makes aged basmati more filling compared to rice that is not aged, as it makes you feel more full, and you therefore consume less and are less likely to overeat. Aside from this, aged basmati rice has a beautiful aroma and taste!

GLYCEMIC LOAD IN RICE KEEPS YOU FEELING FULL

Rice, in general, is known to have a high glycemic index (GI), which means it is digested quickly, making you feel hungry sooner thereby leading to increased intake of unnecessary calories.

It is important to note that not all types of rice have a high glycemic index (GI). In fact, the GI score varies widely across the different types of rice. A study determined that the GI of rice ranges from 48 to 92, with an average of 64. This shows that consuming rice with a low GI score won't make you fat because it keeps you satiated for longer, which is better for weight management.

Basmati rice has a low GI score, which not only keeps you fuller for longer but can also reduce the chances of getting type-2 diabetes. It releases energy slowly, keeping blood sugar levels more stable. Even those who suffer from this disease are encouraged to include low GI rice in their diets as they keep blood sugar levels stable.

HOW YOU COOK RICE PLAYS A BIG ROLE IN DECIDING THE CALORIE CONTENT

As mentioned above, the calorie content in rice varies by type, however, the way you cook your rice plays a big role in determining this. Rice is generally cooked in two ways – open pan and closed pan method. The closed pan method involves boiling pre-soaked rice submerged in water. The rice is cooked till the water is absorbed by the rice.

The open pan method involves cooking pre-soaked rice with water too. The rice gets cooked in 6-7 mins and the excess water is drained. The open pan method reduces the calorie content as starch gets drained with the excess water thereby reducing the calorific content of rice.

Overall, rice doesn't deserve the title of fattening or unhealthy, which means you can enjoy your favorite food staple this Ramadan and Eid in moderation without worrying! Rice is part of a healthy diet, especially certain varieties like Basmati rice, which are more nutritious and have a low glycemic index.

Nutrition experts agree that low-salt, low-fat, and high-fiber principles on which the Rice Diet are based can improve blood pressure, diabetes, and heart disease. A complete program. The Rice Diet Program includes exercise and basic education about nutrition that you will need to maintain weight loss.

Overleaf, India Gate's Clinical Dietician, Dr. Dana Al Hamwi, shares with us her favourite rice recipe that you can enjoy for Ramadan and Eid, without worrying about gaining weight!

SHRIMP AND ROASTED PEPPER JAMBALAYA



Prep time –1 hour



Cooking time – 35 minutes



Number of portions –5 -6

Ingredients

India Gate Basmati Rice - 300gm	Cajun Powder - 50gn
Onion - 130gm	Fresh Tomato - 150gi
Garlic - 100gm	Thyme - 15 gm
Spring Onions - 150gm	Celery - 60gm
Olive Oil - 80ml	Leeks - 60gm
Red Pepper - 60gm	Cucumber - 1
Yellow Pepper - 60gm	Butter - 150gm
Jumbo Prawns with Shells on - 6	Oregano - 10gm
Fresh Prawns - 300gm	Chili Flakes - 30gm

To Make the Shrimp Broth

Shrimp Shells - 200gm	Peppercorns - 1 tsp
Bay Leaves - 3-4	Water - 700ml





Method

	De-vein the jumbo prawns and shrimps. Don't throw the shells away, we'll need them!	Add chopped onion, garlic, leeks, celery, roughly cut red and yellow peppers and sauté for 8-10 minutes on a low
	Place the cleaned shells in cold water with the bay leaves	heat, or until these ingredients are soft.
	and peppercorns and boil for 20 minutes. Strain the	Add thyme and oregano and cook for another 2 minutes
	aromatic broth and put it to the side.	Add the diced prawns and the soaked rice.
Ш	Wash the rice in cold water and leave it to soak.	$\operatorname{Add} 150 \operatorname{ml}$ of the Shrimp Broth you have set aside and
	Roast the red and yellow peppers on an open flame (or	cook on a low heat through for 12 to 15 minutes.
	rub them in a little olive oil and roast in the oven). When cooked, keep them warm.	Add the roughly chopped tomato.
	Slice the cucumber into thin discs.	Add the jumbo prawns and cook for another 4 minutes.
	Chop the onion, garlic, celery, leeks and spring onion.	Finish with the butter, chopped spring onion, Cajun powder and the chili flakes.
	Take a cast iron pan (or a heavy pan) and add olive oil	Season with salt and pepper.

Serve the dish with the roasted peppers and sliced cucumbers on the side.



PREGNANCY PARETREATS

If you're pregnant for the first time, you'll really benefit from taking a little time out to retreat to some peace and calm, in exquisite surroundings and have your questions and concerns answered by the experts. Here's everything you need to know about the Pregnancy Retreat on the 12-14th November, hosted by Pregnancy PA Founder, Aneta Haider.

Whether you're a mum-to-be for the first time, or you already have a child, when you're pregnant, it can sometimes be tough on you while you're trying to come to terms with the physical and emotional changes you're experiencing. Many women go through a whirlwind of mixed emotions - for example, happiness and joy, combined with fears, questions and doubts. And it isn't always useful to have well-meaning family and friends giving you all sorts of advice!

Well, you're really not alone in trying to work

it all out! It's welcome and exciting news that the Pregnancy PA is starting a retreat for pregnant mothers in Dubai, run by Aneta Haider, Founder of Pregnancy PA. Here, she tells us about a retreat that you can attend where you can get away from all the noise and focus on your own needs, insecurities, fears and concerns, to help you enjoy your pregnancy with confidence.

WHEN A WOMAN IS PREGNANT FOR THE FIRST TIME, WHAT ARE THE MOST COMMON CONCERNS SHE

HAS, ASIDE FROM THE OBVIOUS JOY OF HAVING A BABY?

Some very common concerns that pregnant women have are issues such as: 'I am scared about giving birth...What will my body look like post birth...What do I take to hospital...What if I need a C-section?

In my experience, when you have doubts and fears, it can often be because of a lack of real information. As part of addressing these worries, and as part of many other pregnancy issues during our retreat, we run a 2-hour workshop

that will prepare you for what will happen both physically and emotionally.

CAN WELL-MEANING ADVICE FROM FRIENDS EVER HAVE A NEGATIVE EFFECT ON A MUM-TO-BE?

Yes of course! This advice comes from a good place, however it is usually based on someone's own individual experiences, and not based on professional advice. As a Pregnancy Wellness Practitioner, I teach my clients to be open minded when it comes to birth, so rather than having a planned birth they have positive birth! It's a game changer in the pregnancy mindset!

TELL US A BIT ABOUT THE RETREATS AND WHAT WOMEN CAN EXPECT FROM THE EXPERIENCE.

The First Dubai pregnancy retreat will take place in Four Seasons Jumeirah Beach Resort on the 12-14th November 2021. I am very excited about our Dubai location, as I wanted to create a very exquisite and relaxed experience. We have only 10 spaces available because we really want to focus on the concerns of each individual mummy.

WHAT IS INCLUDED IN THE RETREAT?

The retreat is run over 2 days. On arrival, you'll be able to have a relaxing massage at the Pearl Spa, followed by educational workshops on your pregnancy the next day. We will be running a Q&A session at the retreat, held by one of our midwife partners, where you'll have the opportunity to ask as many questions as you like and get answers from an expert, in a safe setting. Your retreat experience will finish up at the amazing Nammos Restaurant, where we can all exchange tips, stories and talk about all things motherhood!

Luxury Accommodation

We are providing luxury accommodation for 3 days and 2 nights at the Four Seasons Jumeirah Beach Hotel in Dubai, in deluxe double bedrooms.

All Meals are Included

Your meals are masterminded by celebrated Chef Matthew Kenney, and served in the beautiful settings of the garden oasis in the Folia and SUQ restaurants.

Daily Prenatal Fitness

Specialist pregnancy fitness to prepare you for your journey of motherhood, as well as post-natal core care. This part also includes access to the Fitness Centre and Juice Bar at the Four Seasons Jumeirah Beach Resort.

Motherhood Workshops

These workshops prepare for birth and include professional advice on optimal nutrition for a healthy pregnancy, and your chance to ask questions to medical experts in a Q&A session.

Hypnobirthing Class

This includes teaching you breathwork and body preparation, with one of the Malaak Mama & Baby Care professionals. In this session, you'll also practice positions for active labour and birth.

Pregnancy Massage

This is something that is carried out in the comfort of your own bedroom and will help you to feel relaxed and calm during your stay at the pregnancy retreat.

Access to the Pearl Spa

Here you'll find luxurious relaxation lounges, a refreshing rain tunnel, indoor lap pool, whirlpool and sauna.

Private Beach

270 metres of natural beachfront, chairs and shade.

Our Gift to You

You'll receive a luxury Pregnancy Package on departure.

Yummy Mummy Group

You're sure to make new friends on the retreat and you'll also receive ongoing access to the online forum and community as you continue through your pregnancy. We're here for you!

I want all my pregnant ladies to walk away from the retreat feeling equipped with calmness and knowledge so they feel nothing can be unexpected during this amazing part of the journey of motherhood.



As a reader of MBC, you can enjoy a 10% discount when you book your place on the retreat via the Pregnancy PA website at: www.pregnancypa.com





HELPING CHILDREN TO FAST HEALTHILY DURING RAMADAN

Dr Sparsh Pasi, Specialist Pediatrician at Mediclinic Al Sufouh

During the Holy Month of Ramadan, many young children want to mimic their parents' behaviour by fasting and participating in meaningful Ramadan traditions. While Ramadan provides a great opportunity for families to come together to share rituals and break their fast, for children in particular, it can sometimes cause fatigue and dehydration - especially with the summer heat.

Dr Sparsh Pasi, Specialist Pediatrician at Mediclinic Al Sufouh says: "The reality is that for children, faulty eating habits during Ramadan can even lead to dietary gaps, which may result in nutrient deficiencies that may hamper their growth and development. That said, children can fast during Ramadan as long as their parents closely monitor their eating habits. If the child has an underlying medical condition, however, I would advise parents to consult a physician before allowing their child to fast."

PROPER NUTRITION AND HEALTHY EATING WHEN FASTING

There are many ways to ensure children enjoy a healthy fasting experience. It all boils down to proper nutrition and healthy eating. Children should always break their fast with dates and either water, milk or juice. Dates are a great source of dietary fibre; they contain calcium, sulphur, iron, potassium, phosphorous, manganese, copper and magnesium. It is also important that children drink plenty of water, at least eight full glasses, as well as milk, yogurt and freshly-squeezed juices between Iftar and Suhoor.

Healthy hydration

Children should abstain from carbonated drinks as they may lead to bloating and indigestion, continues Dr Pasi. Nourishing beverages, however, help to sustain a child's fast the following day and more importantly, fill nutritional gaps, when included as part of a healthy Iftar meal.

It is imperative that, during Iftar, children consume hydrating fruit, such as watermelon, berries, oranges, coconut, grapes, mango and pineapple. In effect, topping up your child's water intake with healthy fruit will help them feel refreshed and enhance their energy levels.

Another great tip is to make sure your children break their fast with soup. Lentil soup in particular is full of healthy, hydrating ingredients, rich in fluids, facilitates digestion and is a great source of nutrients. Children must eat plenty of salads when breaking their fast during Ramadan. Salads are full of vitamins, minerals and fibres; they also



prevent constipation and help to hydrate the body. Lastly, a well-balanced Suhoor meal, which includes fibre-rich foods such as wholewheat cereals, fruit and vegetables, is key. The Suhoor meal should provide children with enough nutrients and energy to sustain their fast throughout the day.

TIPS FOR CHILDREN FASTING THIS **RAMADAN:**

- Keep them hydrated
- Keep junk food and fried food out of their diet during Ramadan
- Provide complex carbohydrates and proteins in their meals
- Avoid sugary foods during Ramadan
- Help them to enjoy the goodness of yoghurt and fibre

Choose whole grains, which provide the body with energy and fibre. Enjoy grilled or baked lean meat, skinless chicken and fish to get a good portion of healthy protein. In general, avoid fried and processed foods that are high in fat or sugar. Enjoy your meal and eat slowly to avoid overeating.

Healthy Ramadan fasting

- 1. Don't skip Suhoor (pre-dawn meal). As the saving goes, 'Breakfast is the most important meal of the day.'
- 2. Don't overeat during Iftar (evening meal to break the fast).
- 3. Avoid eating fried foods, salty foods and high-sugar foods.
- 4. Drink as much water as possible.

Managing your eating habits

If you eat and drink properly between Suhoor and Iftar, you will give your body what it needs in order to cope with fasting. The right carbohydrates will give you energy. Ensure that they are high in water and fibre and low in sugar. Make salads and soups. Carbohydrates don't just mean rice, bread and pasta: add high-value carbs to your soups such as sweet potatoes, beets, squash and broccoli or add green leafy vegetables to your salads.

With an unusual sleeping pattern, fish is the best source of protein, as it is light, highly nutritional and full of good fats. If you do want to consume red meat, ensure you are leaving four to six hours before you sleep, as you may encounter digestive problems if you don't.

WATER

Hydration is possibly the most critical thing during Ramadan. Drinking enough water is vital, particularly as Ramadan now falls in the hotter months. If you eat too much, you are not drinking enough water. Your body needs two to three cups of water at any one time. If you drink in excess, water will turn to urine and not be absorbed. People have problems with digestion and constipation while fasting and it is because of dehydration.

So just how much water does your body need? Multiply your body weight in kilos by 0.03x1.4 and the number you are left with is the number in litres that your body needs.

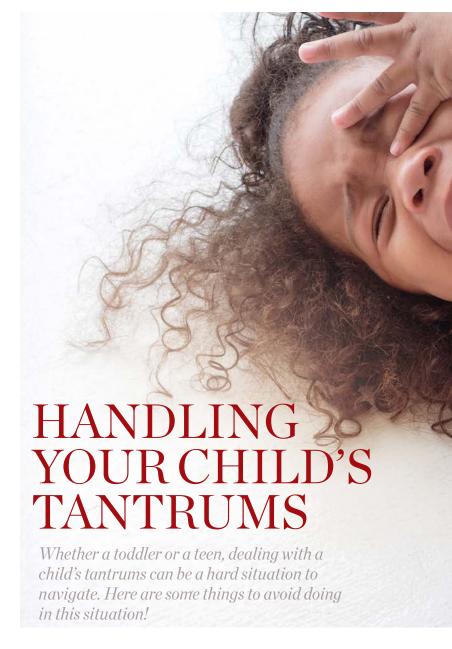
MESSAGE TO PARENTS

- It's best to start your children's fasting no earlier than nine years old with the optimum age to begin fasting being between nine and 14 years for boys and girls.
- Parents must monitor their children throughout Ramadan, keeping them active, but also keeping an eye on energy levels and

Parents play a vital role in a child's fasting journey. Lead by example and ensure your children maintain healthy habits during Iftar and Suhoor. You can make it easier for them by giving them healthy, wholesome food. Try not to 'reward' your children at Iftar with high in fat, sugary foods; you must keep their diet similar to that of a nonfasting day. Also make sure your children wake up for Suhoor; a healthy balanced breakfast will give them enough energy for the day ahead.

RENTING

Aligning your ideas on discipline with your nanny; handling a toddler's tantrums; and treating summer heat rash in babies.



Firstly, it's good to remember that children's tantrums can take you to the edge of your patience, it can be overwhelming and even make you doubt yourself. So when a tantrum starts, this should be your cue to be uber-cool and calm, as you're the adult that needs to set the tone - not your child! That said, this article is about learning what to avoid doing, so here goes!

NEVER SCREAM BACK AT YOUR CHILD

Toddlers scream because they lack emotional maturity, can't express themselves exactly as they want verbally, and can't handle the frustration of not being able to process the situation they are in. Never scream back at your child and handle a situation at this level!

Remember, your child will be genuinely upset, so just continue to be calm and reassuring. Gently pick up your child, or hold their hand and just keep calmly repeating that you are very sorry, and you know it feels bad, but they can't have the sweets right now, (or whatever the issue is.) Even though your child might



be fighting and wriggling, lots of cuddles, kindness and calm, with a consistent message of 'no', is the key, while also letting your child know you understand how sad this feels for them. Reassure them that it'll all be okay, but don't give in!

DON'T BE HARSH WITH YOUR CHILD

The toddler years are tough because this is when children who are used to having all their needs met start to understand that this is not always the case. They don't have the emotional maturity to understand why they are being denied things and often parents do not recognise that the tantrums are a normal part of their child's development.

In response, some parents tend to clamp down on their child. They hope that by being a stronger disciplinarian, their child will become less willful. Unfortunately, when you do this, you create a battle of wills. You create a tug-of-war between you and your child in which no one wins.

DON'T LET YOUR CHILD THINK YOU'LL CAVE IN IF THEY SCREAM LONG ENOUGH!

A child will soon learn that if they scream and cry for long enough, you will eventually cave in and give them what they want. Similarly, the same child can have the same behaviour and soon learn that you will NOT give up and let them have their way, depending on how you hold your ground and remain consistent in your response.

When toddlers throw their tantrums, this is the best time to 'nip it in the bud' and not let it turn into a situation where your child grows to 5 years, 8 years or to teenagers educated to believe that if they nag and howl for long enough, they can wear you down!

It is important that you show your child the right way to react - and staying calm and consistent is the best way to teach them.

STICKY, SWEATY BABY: THE SIGNS & SIMPLE WAYS TO TREAT HEAT RASH **SUMMER. IS. HERE.**



KEEPING BABIES COOL IN SUMMER

For the most part, summer with a little one is a huge amount of fun, not to mention easier to keep them entertained. What can come as a surprise however, is the havoc it can play with their skin.

Obviously, parents everywhere are most concerned that their baby's skin is protected from UV rays, and so make sure they're always stocked up and slathered in SPF 50.

What we sometimes forget, though is to make sure they're keeping cool, as well as protected from the sun



WHAT DOES HEAT RASH LOOK LIKE?

Heat rash occurs when skin gets hot and sweat glands become blocked, which then results in red bumps and sometimes mild swelling. Babies often get it because they can't regulate their body temperature like adults can.

Obviously horrible red bumps are the last things you want to see on your baby's beautiful skin - but don't panic. It can happen easily and you're not a terrible parent.

HOW TO TREAT HEAT RASH

"When Aliyah got heat rash I really freaked out," says mom, Izzy. "She had the most beautiful porcelain skin so to suddenly see these horrible red spots was really worrying. As the symptoms matched up with heat rash I calmed down. We were told not to use any creams and just put cold flannels on her, which we did and it disappeared really quickly. I still felt guilty for not realising she was too hot but it wasn't as if

we'd let her burn or anything. From then on we just made sure that, if it was warm, her clothes were slightly more lightweight and cotton."

KEEPING YOUR BABY'S SKIN COOL

Light, cotton fabrics are a good idea, as is keeping their skin cool and sweat-free by cleaning them regularly with WaterWipes. Made using 99.9% water and a drop of fruit extract, they are the number one choice for baby skin.

So, with the right prep, you are totally fine to enjoy the summer holidays.





the world's purest baby wipes



made with only two ingredients: 99.9% water and a drop of fruit extract



suitable for newborn & premature babies sensitive skin



dermatologically tested

WHAT MAKES WATERWIPES DIFFERENT FROM OTHER BABY WIPES?

WaterWipes provide safe cleansing for the most delicate newborn skin and are so gentle they can also be used on premature babies. WaterWipes are purer than cotton wool and water, they contain only two ingredients and are manufactured using a unique and patented technology within cleanroom conditions, allowing it to produce a gentle and effective baby wipe without the addition of unnecessary ingredients. For more information, please visit www.waterwipes.com/me and follow us on @WaterWipesMiddleEast

Powered by: WaterWipes

NANNIES & PARENTS ALIGNING ON DISCIPLINE

It's essential to find a nanny who uses similar discipline strategies to provide consistency for your child. Here are some pointers to bear in mind.



If your nanny shares the same beliefs about discipline as you do, it is a good indicator that the nanny's skill, experience, and competencies will match your needs - and the needs of your child. The following questions are related to discipline and good ones to consider asking a prospective nanny:

- Tell me about a time you had to discipline a child. What happened and what corrective action did you take?
- ✓ Tell me about a time a child in your care had a temper tantrum. What happened and how did you handle it?
- ✓ Tell me about a time when a child did not follow your instructions. How did you handle it?
- ✓ Tell me about a time when you had a problem in the past following a parent's directives regarding discipline? Why didn't you agree with it?
- ✓ Tell me about a time when a parent disagreed with your approach on disciplining their child. What happened and how was it addressed?
- ✓ Tell me about a time when you disagreed with a parent's approach to discipline. Did you address it with the parent?

Before you hire a nanny, have a detailed talk about how you want discipline approached and establish clear guidelines. Observe the nanny's reaction - you should be able to tell if she (or he) agrees with you. This approach can help to avoid conflict down the road, as well as confusion for your child.

What if you believe your nanny is either too harsh or too soft with the children?

While you may have a laid-back approach to your children having snacks before meals, your nanny may think it's a bad idea - or limit their snacks to only certain kinds of foods. Respectfully listen to what she says, then find a way to compromise. Make sure your children also know what is expected of them!

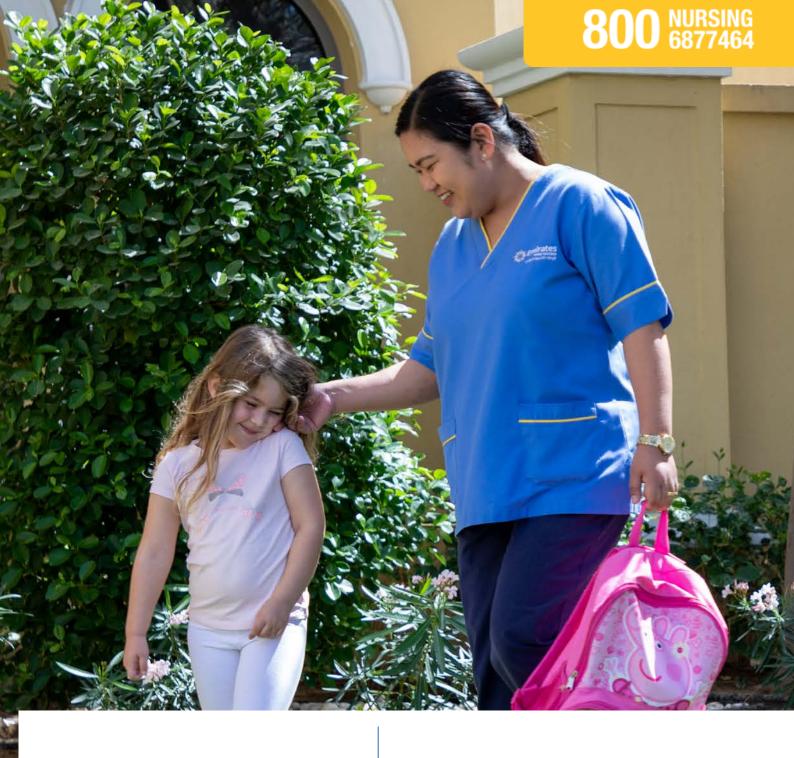
Empowering your nanny will make your kids respect them more and will make your home run more smoothly.

On the other hand, if your nanny is too harsh (reacts with raising her voice, or is scary or demeaning); or too soft (gives in to whatever the child wants), talk about it directly and explain why you want things to be handled differently. If the nanny does not seem willing or able to make the necessary changes, it's better to find a nanny who will help you to keep things consistent for your child.

How can you make sure your nanny is open and transparent with you regarding discipline and your child?

When you talk to your nanny with curiosity in your tone, rather than accusation or defensiveness, and show that you are willing to listen to her, the nanny should feel more comfortable opening up and telling you what you need to know. It is this skill of communication that will make a difference in your day-to-day interactions with your nanny - and ultimately to your child.

The goal is to work together with your nanny, in a spirit of open communication and consistency, which is a goal that should be discussed and agreed at the outset. And don't forget that your intuition as a mother will also help you to make the right decision!





20% DISCOUNT ON BABYSITTING SERVICES

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EID STAYCATION PICKS

Eid Al Fitr is just around the corner and while we're still waiting for confirmation of the dates, here are a few staycation picks to get you in the holiday mood!

The Conrad Abu Dhabi Etihad Towers

The perfect Eid break should involve some breath-taking views, which you can find at the Conrad Abu Dhabi Etihad Towers! Treat your family to the property's luxurious guest rooms and suites, dine in one of 12 award-winning restaurants and bars, lounge by the pools, take a walk along the golden sands of its private beach or simply relax in the Conrad Spa. All room packages, starting from AED 850, also include added benefits, including early check-in, late check-out, 20% discount on all Conrad Spa treatments, private beach access with up to 50% discount on water sports and access to many more special offers. What's even better, children under 6 years of age dine for free!

For information, call toll-free on: 1-800-CONRADS



Bnbme's Eid Staycation Deals

If you prefer some space and privacy for your family staycation, Bnbme has some stunning options - and one example is the stunning '1 JBR by bnbmehomes' property. Jumeirah Beach Residence is known for its luxuriously relaxed vacation vibe, as well as having some high-end waterfront apartments with a beautiful blend of Arabic and Mediterranean architectural styles. What makes this the right spot for family staycationers is that you can easily indulge in world-class restaurants, dining and entertainment venues, shopping outlets, healthcare and education facilities, and activities. This particular property is stylised with a modern aesthetic, with furniture that is extremely plush and comfortable. The cherry on the cake is the gorgeous view that your family can enjoy while lounging or dining on the balcony. Prices start from AED 2,300 per night.

For bookings: www.bnbmehomes.com; Or call: +971 52 179 221

Create Memories this Eid Holiday at Park Hyatt Dubai and Creek Golf Holiday Villas by Park Hyatt

This Eid holiday, pack your bags and head to this hidden Mediterranean hideaway perched on the serene banks of the Dubai Creek. The iconic property provides the perfect escape for the whole family – three incredible swimming pools, 13 world-class dining venues and the state-of-the-art Amara Spa are just some of the amazing amenities to experience during your stay. They have an exclusive Eid package for a 4-bedroom holiday villa with your own private pool. All holiday villas are inclusive of four bedrooms with en-suite bathrooms, private temperature-controlled swimming pools, a spacious garden, fully equipped kitchen, and dining and living areas for a stay that feels like home.

Enquire by email: Reservations.creekvillas@hyatt.com (Be sure to mention the EID HOLIDAY PACKAGE!)



THIS EID GET READY FOR THAT PERFECT STAYCATION

As Ramadan draws to a close, you might be looking to book an Eid break. Wherever you are planning on going, pack your travel essentials into the stylish Peek-A-Boo Satchels to add a touch of class and ease to your family trip!

TWELVElittle Satchels now come in two 100% vegan leather options of Toffee and Mauve and a Black number for those preferring a neutral colour that goes with everything. TWELVElittle diaper bags are purposefully and intuitively designed to assist parents through every milestone, from the newborn days to daycare drop-off, and beyond. And since all TWELVElittle products are engineered to be durable and long-lasting, once you've outgrown the diapering stage, these bags carry over seamlessly for personal use, whether for travel, work, or play.

With multiple new shapes and styles, TWELVElittle brings you the perfect excuse to shop something from

their collection this Eid. Use the Code MBC15 to get a 15% Discount during the Holy Month.

If you're a last-minute kind of person, or if you are looking for a thoughtful gift to give to a new mum, fear not as TWELVElittle are also well known for their quick delivery service for the UAE, KSA, Oman, Bahrain, Kuwait and now even Qatar. The TWELVELittle range is also available in the following stores:

- ✔ Bumblebee, Dubai Mall & Yas Mall
- ✓ Five Little Ducks stores across Dubai and Alain
- ✓ Seraphine, Dubai Festival City Mall
- ✓ BellaBaby Store, Jeddah, KSA
- ✓ BellaBaby Store, Rivadh, KSA (opening soon)

Shop Online at www.twelvelittle-me.com OR Whatsapp: +971 58 5811 475



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12

wishes you a blessed Eid

Use Code MBC15 to get an additional 15% Off

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School news
bites; education
for autism;
starting nursery
early; and
the amazing
mentor shaping
children's
futures.

CONVERSATION WITH ADAM HALL, CHIEF STAR ORGANIZER

Not many schools in Dubai can claim to provide courses, competitions and extracurricular activities that prepare students to transition to an economy led by clean technology, nor can they count a Chief Star Organizer amongst their faculty. Dunecrest American School is truly a world apart.

Mother, Baby & Child caught up with Adam Hall, Middle School Science Teacher and Chief Star Organiser to learn how and why he combines his roles as educator and impact driven social entrepreneur.

Adam, can you tell us a bit about your professional background and work with schools?

I have always been passionate about science and its ability to solve problems and improve life on earth. In my early career I worked in sales and marketing for some of the trailblazers in the renewable energy/social impact space, like Renewable Choice Energy, Clif Bar and recycOil.

I was then provided with an opportunity to help run Dr. Jane Goodall's Roots & Shoots Programme at Shanghai American School. Roots & Shoots is an umbrella organisation that empowers youth to affect positive changes in their communities by providing organisational and networking tools, as well as amplifying each group's mission and needs to foster collaboration and innovation.

Through Roots & Shoots, I was able to participate in Dr. Jane Goodall's Million Trees Project (MTP) in Inner Mongolia. In this effort, Dr. Jane



Goodall realised that forests were vital for all life on Earth - from their unique role in our ecosystems as food and habitats, to their critical role in ridding the atmosphere of greenhouse gasses. MTP sought to mobilise students and the private sector to conserve, restore and grow a million trees. The initiative was so successful, it is now the Trillion Trees Project! This experience really inspired and motivated me. I looked at the world and my skill set and considered what I could do to help improve the planet. This is how the Million Solar Stars Project was born.

What is the Million Solar Stars concept and how does the Million Solar Stars Science Course at Dunecrest incorporate this?

The aim of the Million Solar Stars organisation is to engage one million students in the process of scaling up solar energy at 100% of schools globally.

Esol Education, Dunecrest's parent company, believed in my vision. They hired me in Dubai in 2015 and gave me the platform to create

a hybrid science-social impact course that harnessed students' natural creativity, curiosity and empathy and provided them with the technical know how, social awareness and leadership tools to be able to understand the need for clean energy and how to deliver it via solar power.

What's been even more rewarding is Esol Education's authenticity. They not only allowed the platform to develop this course, but they have also shown their commitment to being leaders in the Million Solar Stars movement by enabling me to collaborate with the students themselves to bring solar power to our family of schools.

Solar Power results from the transformation of light energy into electrical energy using semiconductor materials that exhibit the photovoltaic effect. Photovoltaics is considered part of Physics. We begin our Million Solar Stars (MSS) course by looking at schools and understanding how their energy requirements are met today, what type of costs are incurred in terms of actual expenses and maintenance as well as the "cost" of greenhouse gas emissions generated when we source energy from fossil fuels.



We then study the principles behind the photovoltaic effect and how solar panels convert light into electrical energy. Students begin working with solar panels through basic solar sensors. From there they work with Namene Solar to build portable solar lights for light impoverished communities in Kenya. Students begin to understand the social connection with solar and the problems that can be solved in bringing light to communities in terms of health, safety and increased productivity in the form of work and education.

As a next step, they begin to apply what they know to design and build solar cars and boats. Then they work in TinkerCAD and Minecraft Education to evaluate, model, pilot and commercially scale solar installations at the Dunecrest Campus, and to carry out top-level feasibility studies in terms of capital costs, running expenses and return on investment.

How does the opportunity to develop leadership in students manifest itself on the Million Solar Stars Science Course?



Adam Hall

Dunecrest American School follows a trans-disciplinary, project-based approach to learning, particularly in Early Childhood and Elementary School. Further, via our CREST foundational value matrix: Creativity Respect Excellence Service Teamwork, we are always supporting community and social impact initiatives.

The students in my MSS Middle School are our resident solar experts. As such when grade 3 students had the opportunity to create solar cars for a solar derby, it was actually my grade 7-8 MSS solar students

who helped the younger ones through the design thinking process in terms of the car design and solar panels. These older students also managed the solar race derby itself from A-Z.

Finally, it's the students rather than me who are meeting with the Dunecrest's Board of Directors to present their feasibility studies and designs. It's the students who are contacting DEWA to understand our electric bills or the solar companies to ask for roof top analyses and quotes for solar installations. I am there to support the kids but this course is about giving them the tools to develop STEAM leadership skills and trial authentic career opportunities.

What learnings and skills can students achieve through this course at Dunecrest?

What I love about this course is that the knowledge and skills they acquire can immediately be tested and put into action. Further, through our various professional alliances, challenges and service in action initiatives, students develop a tangible understanding of why clean technology is so



vital to our future and how solar can play a role in improving people's quality of life and financial outcomes.

More than any other course I've seen, MSS really leaves students with a sense of accomplishment. Their research, proposals, calculations and efforts are what make the difference in communities where MSS projects have taken root - from the UAE to the US, to China and Sub-Saharan Africa. As students transform into Solar Stars, and as conventionally powered schools transform into solar-powered schools, we have the opportunity to significantly reduce our carbon foot-print as a global community.

At my first Esol school, as part of the Million Solar Stars curriculum, I worked with students to install a 600 kilowatt solar installation. This was a massive undertaking, but ultimately my students and I achieved solar success. For the next 25-30 years, a significant percentage of the school's electricity will be generated by clean, renewable energy.

Since then, I have brought the Million Solar Stars Middle School Science Course and mission to both Dunecrest American School and Fairgreen International School. Presently I work with students in both schools to design Solar Star Challenges and evaluate the feasibility of solar installations at the respective school campuses. Our aim is to expand this not only to Esol's other 8 schools, but also to schools throughout the UAE, the US and beyond. This is very powerful stuff!

Adam, what outcome would you like to see as a result of students completing the course?

I love the idea of sparking interest in clean

energy and seeding ways for my students to find their passion. MSS is an elective course. By default the students who choose MSS have an interest in social impact initiatives and clean technology. I get a real sense of accomplishment when I see that spark. I know I am helping educate and scaffold the world's future leaders.

While not all of them will go on to become clean tech engineers, there are those who will be politicians, others who will be business people and others who work in product design and marketing industries. If I have done my job, they will make more sustainable choices and will collaborate with stake-holders, which will always include members of the community and their future generations.

Is your child a changemaker? Are they interested in clean tech or high impact social entrepreneurship? Join Dunecrest's Virtual Open House on May 4th at 10am on Zoom to find out more: www.dunecrest.ae/openday



THE BENEFITS OF STARTING EDUCATION EARLY

A surprising number of parents believe that their babies are too young to derive much benefit from going to nursery until they are toddlers. However, many child development experts disagree!

Babies quickly start learning about their environment as soon as they are born and from there, they each develop at a different pace, according to the individual child and their environment. That said, by the time many toddlers reach two years of age, they already have a vocabulary of 150-300 words and their own distinctive personalities. They have also developed movement skills, much hand and finger coordination, social, emotional and some thinking skills.

By age three, this may well have grown to 900-1,000 words and further development of the above by the time they might start nursery. During the first three years of a child's life, essential brain and neural

development occurs, and for this reason, they can benefit hugely from starting preschool at an earlier age than two.

The ideal scenario for many parents is to be around their children all the time during these important developmental years. However, the reality for most is a commitment to their working schedules and often a lack of knowledge about how to educate children at a young age to help their development to the fullest. Another unfortunate reality is that, not only can children be negatively affected by not being educated at the very early ages, but the negative effects can sometimes reverberate through their school lives. A study conducted

by the ABC Project evaluated two groups of children for an extended period of time, those with formal preschool education and those not receiving it.

According to their findings, children with formal preschool education scored higher on reading tests during subsequent school years. It was also shown that the children who did not receive any formal education in their nursery years were more likely to struggle with delinquent behaviours in their early adult years. It has also been shown that children can benefit from receiving education before the age of two, since children experience substantial brain development during these early years.



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.





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.

3151 Stoney Street | Mohegan Lake, NY 10547 shruboak.org | +1.914.885.1995

NEW DEPUTY HEAD JOINS SWISS INTERNATIONAL SCHOOL DUBAI

IB expert Rania Hussein, has joined Swiss International School Dubai as the new Deputy Head.

Educated in Saudi Arabia, Canada and the UK, bilingual educator Rania is herself an IB graduate and an expert in the specialised curriculum. She serves as an Examiner for English Language and Literature with the International Baccalaureate organisation.

Rania is viewed as an industry expert and in her previous role at GEMS World Academy, the IB Diploma Programme outcomes grew from 29 to 37 points - and the pass rate from 67% to 100% under her leadership. She tells us:

"I am extremely excited and proud to have been selected as the next Deputy Head of SISD. The school is one that I have admired from afar, especially with its focus on internationalism and nurturing global citizens. As an IB graduate and bilingual speaker myself, I know first-hand the tremendous benefits that bilingualism within the context of the IB can bring to a student's education. My passion and focus is on the delivery of high-quality teaching, and offering every student a pathway that allows for them to grow personally and academically. I have spent the entirety of my career in IB schools, so it is a great privilege to join a school that embodies the IB ethos and learner profile so completely."

www.sisd.ae



GEMS EDUCATION LAUNCHES PEER-TO-PEER WELLBEING PROGRAMMES



GEMS Education has launched peer-to-peer wellbeing programmes with trained GEMS Education school students working alongside experts to offer mental health advice to any peers who are struggling.

One such programme is being carried out at GEMS Metropole School titled 'Teen-to-Teen Mental Health First Aiders' (MHFA), where students provide confidential one-to-one sessions to help mentor their peers who are encountering difficulties, under the supervision of the school counsellors as well as trained staff. All mentors have completed the Teen Mental Health First Aid training through Lighthouse Arabia, a leading centre for wellbeing.

Naveed Iqbal, Principal/CEO at GEMS Metropole School, says: "The year 2020 will be remembered as one of the most testing ever for the mental wellbeing of students, with many struggling to adapt to the many challenges that the pandemic brought with it. MHFA has already proven to be a great success among students, where many often feel more comfortable sharing concerns with their peers, while others can relate better to anxiety and stress and are volunteering to help their colleagues."

www.gemseducation.com

SHARJAH PERFORMING RTS ACADEN LAUNCHES BTEC



Sharjah Performing Arts Academy (SPAA) has launched its BTEC International Level 2 Certificate in Performing Arts for students aged 14-16. This is a unique opportunity for secondary school-aged students to pursue their love of performing arts and gain a BTEC Level 2 qualification while continuing their existing studies at school.

Young performers will be taught professional development and acting skills, while also providing them with an insight into a career in the performing arts industry. Diverse and flexible to suit the needs of the students, the BTEC Level 2 will be delivered after school and on weekends in the Academy's state-of-the-art studios and theatres.

Equivalent to two IGCSE grades A-C, the BTEC course allows students with an interest in performing arts to explore the profession further and really delve into everything the industry has to offer. Admission for BTEC International Level 2 Certificate in Performing Arts is now open.

For more information email: BTEC@spaa.ae

UNECREST SCHOOL IRTUAL OPEN DAY: 4TH MAY, 10AM

Is your child a changemaker? Interested in clean tech or high impact social entrepreneurship? Join Dunecrest's Virtual Open House on May 4 at 10 am on Zoom to find out more: www.dunecrest.ae/openday

Dunecrest American School has created a powerful new course that equips and prepares students to play important roles in a future economy that is led by clean technology. With Middle School Science Teacher and Chief Star Organizer, Adam Hall at the helm, students are encouraged



to understand, innovate and lead via fully interactive Dunecrest courses, competitions and extracurricular activities.



British curriculum school, Brighton College Dubai, has pledged to make numerous sustainable changes to its Al Barsha South campus after one of its Year 6 pupils pitched an energy saving idea to the KHDA as part of his Junior Duke Award Sustainability Challenge.

As part of a project for the Junior Duke Award Scheme, 11-year old Max presented his idea of replacing all non-LED lighting in Dubai's private schools with LED bulbs to Dubai's Knowledge and Human Development Authority (KHDA) over Zoom, to see if the department were already working on a similar project or would consider supporting his mission.

As a result of his project, Brighton College Dubai will now make the change to using more energy efficient light bulbs, and has also installed sun-controlling window film to the school's windows to reduce solar heating inside the building, which aims to reduce the school's carbon emissions by 64,000 kg each year.

The school's operator, Bloom Education, is also looking to implement these sustainable switches across all of its UAE based schools, as well as fitting LED lighting with motion sensors and building a management system to monitor, program and time schedule equipment use.

GOOD VIVING



Competitions galore to enter this month, and the Editor's Picks of beauty and glowing skincare products for Eid.



AFFORDABLE NATURAL SKINCARE FROM HERBAL **ESSENTIALS**

Herbal Essentials products are formulated with pure Himalayan spring water and Ayurvedic inspired botanical actives long known for their health benefits and selected to target modern day skin concerns. All natural and very affordable, Herbal Essentials is the perfect skincare solution to counter the visible side effects that fasting has on your skin. My recommendations are:

The Nourishing Cream (AED 70), containing rejuvenating Apricot Kernel Oil, Aloe Vera and Sweet Almond Oil and clinically proven to increase skin hydration by 50%. I also love The Foaming Face Wash (AED 65), which is infused with calming extracts of ginger and white lily, it leaves your skin feeling invigorated, fresh and beautifully clean. Clinically proven to provide long-lasting skin hydration after use and increase hydration by 113%. But my best pick this month is...

Refreshing Toner (AED 65)

This revitalises and hydrates your skin after cleansing courtesy the calming cucumber extract and moisturising rose water, This toner gives you an instant skin hydrating effect and increases hydration by 41%.

Instagram @Herbal_Essentials



FLORMAR - PUTTING **COLOUR FIRST!**

Flormar is a woman's best friend with a striking range of make-up products in a range of colours and textures. Colour is at the core of the Flormar world, and they use the latest looks and colors to bring out the beauty in every woman. Here are some of my favourite picks from the range!

Healthy Glow Breathing Color Nail Enamel (AED 15)

Putting a healthy shine on your nails, the Breathing Color Nail Enamel range of 6 shades protects the moisture of the nails, is breathable and allows for healthy nail growth.

Healthy Glow Dewy Lip Lacquer (AED 39)

Available in 6 shades, this liquid lipstick contains only natural ingredients, enriched with avocado oil and coconut oil for a well-groomed and perfect

Quartet Baked Eveshadow 02 Balanced Glow (AED 61)

Earthy reddish-bronze, a golden shimmer, a dark brown to create a smokey eye and a highlighter make this the perfect eyeshadow quartet for an extra special look this Eid.

Flormar's new Healthy Glow collection is available at Flormar stores in the UAE and online at Instashop.



NOTE COSMETIQUE, FOR WOMEN OF EVERY CULTURE

The NOTE COSMETIQUE cosmetics brand is a chic line of beauty products that provides straightforward and affordable beauty experiences for all women. Using formulas infused with enhancing ingredients such as natural oils and vitamins, NOTE's highly pigmented products for lips, eyes, face and nails cater to all skin types and skin tones. NOTE COSMETIQUE is PETA cruelty-free certified, halal certified and paraben free. All formulas are dermatologically and ophthalmologically tested. My favourites include...

The Luminous Silk Compact Blusher 05 Desert Rose (AED to)

This is formulated with moisturising argan oil to brighten your cheeks without drying out your skin, but I especially like the way it provides a light blush of colour without getting heavy!

Mattever Lip Ink (AED 49)

This quick-drying lip gloss is enriched with nourishing murumuru butter that locks in moisture and enhances your smile with a stay-on colour and mattified finish.

Available at: www.lifestyleshops.com | www.watsons.ae | www.amazon.ae | www.ae.boots.com

UPLIFTING EID GIFTS FROM THE BODY SHOP

This month is the time to refresh the body and mind, as well as celebrate strength and spirituality. And there's no better way to embrace the month of giving and spirituality than exchanging gifts with family, friends, colleagues, or even treating yourself as a form of self-love. This Ramadan and Eid, The Body Shop's 2021 collection of refreshing and delightful gifts and treats include uplifting and luxurious gifts available at all stores across the UAE and GCC. These are my picks!

White Musk Flora Luxury Selection (AED 299)

Floral. Modern. Vegan. Re-awaken their senses this Ramadan with the sophisticated White Musk* Flora Luxury Collection. The floral treats in this extra-big gift set are infused with cruelty-free musk and uplifting notes of orange, bergamot and bouquet of peony and jasmine. The set includes an Eau de toilette perfume, shower gel, body lotion and fragrance mist.

Black Musk Big Gift Box (AED 299)

An opulent selection to envelop yourself in notes of bambinella pear, pink pepper, vanilla, vetiver and bergamot. The set includes an Eau de toilette perfume, shower gel, body lotion and fragrance mist.

www.thebodyshop.ae



EDITOR'S PICKS FOR RAMADAN



COMPETITIONS

motherbabychild.com/competitions

A CHILD SLEEP CONSULTATION & HAMPER OF QV BABY PRODUCTS

WORTH **AED 1,500**



When babies and children don't have a consistent bedtime routine and go to bed late in the evening (or even past midnight!) mamas will tell you that the sleep deprivation has a major impact on both parents, as well as the child. Many mothers also stress that the lack of sleep often has a negative impact on their marriage and in effect the entire family environment. If this is a 'normal' pattern in your home and you are feeling tired and irritable most of the time, you might find yourself acting like a grumpy mama, even though this is not your true self. Don't despair Mamas we have some great news!

Two award-winning brands here in the UAE have teamed up to offer one lucky reader everything you need to achieve a positive 'Bedtime Routine' and good night's sleep for you and your family. Malaak Mama & Baby Care, winners of the Mother Baby & Child magazine Childcare Provider of the Year 2020 Award, are offering a Private Online Sleep Consultation to guide parents in how to establish a calm and happy bedtime routine for your child. The other half of this wonderful prize is our reigning winner of the Baby & Child Skincare Brand of the Year, QV Baby. This brand is a well-loved and trusted bath time and skincare brand to help babies and children feel calm, soothed and relaxed during their bedtime routine. The great news is that one lucky reader will not only win a Malaak Sleep Consultation, but also a hamper of QV Baby & QV Child goodies as part of this beautiful prize! Enter today for a chance to win. Sweet dreams!

A CLEVAMAMA CLEVACUSHION NURSING PILLOW & BABY NEST

WORTH **AED 300**

The ClevaCushion™ nursing pillow & baby nest is the ultimate in comfort, support and versatility for you and your baby, and with 10 different uses it is ideal for use from pregnancy right up until toddler stage.

- » Gives crucial back support during pregnancy
- » Nursing pillow which securely lifts your baby while reducing the pressure on your shoulder and necks while feeding
- » Cushion transforms into a a safe and secure baby nest seat
- » Universal seat cushion that can be used as a soft insert to lift and support your baby in their: Highchair, Stroller, Pram, Bouncer and Car Seat.

When you little one gets bigger, the nursing pillow can be used to help your baby sit upright and can also be used to help with Tummy Time.



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

A FIVE-CLASS PACK AT THE NEWLY LAUNCHED BARRE

EFFECT, WORTH AED 500

Sited in the heart of Jumeirah is a Barre workout. A space that brings positive and like-minded females together to have fun and effective work out. The distinctive 50-minute, full-body classes are musically driven, each featuring individually curated playlists that promise to motivate and energise. Barre Effect is now offering two lucky winners the chance to win a five-class pack each, along with a pair of the brand's own sticky socks to get pulsing to a better tomorrow.



A VOUCHER FROM CHAMPION CLEANERS, WORTH **AED 500**



A ONE-NIGHT AT DUKES THE PALM, WORTH OVER AED 800



Situated on the coast of the Arabian Gulf with breathtaking views of Dubai Marina, Dukes the Palm, a Royal Hideaway Hotel is the perfect backdrop for a family getaway. Guests can relax at the property's private beach, lounge at the infinity pool or take a ride on the Lazy River while kids can enjoy the activities offered at the DUKESY Kids Club. Win a staycation for two at the resort, complete with breakfast at The Great British Restaurant, known for its delightful Middle Eastern and International cuisine with a distinct British touch.

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

A TWO-MONTH SUBSCRIPTION TO PUREBORN ECO-FRIENDLY NAPPIES AND CHAMOMILE WIPES, WORTH **AED 500**

PureBorn, the environmentally friendly yet affordable collection of childcare products, is giving the chance to win a month's subscription to their eco-friendly nappies and their recently launched Chamomile pure wipes. These wipes feature ingredients that are combined to create a gentle, hypoallergenic formulation that is safe on baby's skin. Pure Born Pure wipes are designed to balance skin's natural pH and are 100% vegan.



A MOMMY & ME SPA OFFER AT SOFITEL DUBAI THE OBELISK, WORTH **AED 599**



Visit Sofitel Spa with L'OCCITANE and enjoy a relaxing day with your child. While you unwind you and immerse yourself in a 50-minute Aromachologie relaxing massage using natural L'OCCITANE products, your child aged 5-9 years old can keep entertained at AstroKids club. Once reunited, both of you can enjoy full access to the swimming pool for the remainder of your day and receive complimentary dining at Soleil Pool & Lounge with a special menu for kids.

A 65-MINUTE BALINESE MASSAGE AT MANDARA SPA, THE H DUBAI, WORTH **AED 500**

The H Dubai's very own Balinese Mandara Spa is a sanctuary of wellness, serenity and bliss. It has 10 treatment rooms including two couples' suites, separate male and female changing facilities with thermal and hydrotherapy steam chambers and sauna, a whirlpool and experiential showers. Its luxurious relaxation lounges offer complimentary fruit, flavoured waters and exotic herbal teas. One lucky person will get the chance to experience a 65-minute Balinese massage at Mandara Spa.



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







Gentle as a mother's touch.





