

ISSUE 121 | JUNE/JULY 2021 | DHS15

Mother Baby & Child



KEEPING KIDS
ENTERTAINED
AT HOME THIS
SUMMER

HOW BABIES
DEVELOP
SENSORY
AWARENESS

MANAGING
ANXIETY IN
CHILDREN

COMMON
SEASONAL KIDS'
ALLERGIES

PAMPERING TIME
FOR MUMS!

SCHOOL'S OUT FOR SUMMER!



6297000 070223



Publication licensed by
Dubai Production City, DCCA



hummingbird
early learning centre



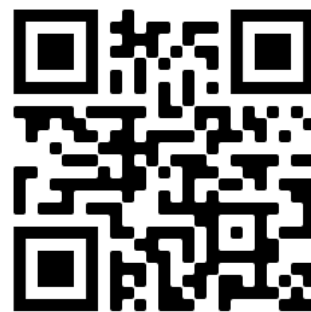
Summer Term - 2021

9 Weeks of hands-on fun!

Ages 2-6

Our programs:

- Investigation Lab
- The Puppet Show
- Body and Mind Fitness Club
- Little Foodies
- Around the Moon
- The Gallerists
- Master Minds
- Little Authors
- Big-School Catch Up



Scan me to know more

Limestone, DIFC | +971 4 379 9800 | Al Reem Island | +971 2 6717701
www.hummingbird.ae | info@hummingbird.ae



MANAGEMENT

PUBLISHING DIRECTOR: Natasha Pendleton
Natasha.pendleton@cpimediagroup.com

EDITORIAL

EDITOR: Kay Marham
Kay.Marham@cpimediagroup.com

ADVERTISING & SPONSORSHIPS

Mathew Tharakan
mbc.sales@cpimediagroup.com

MARKETING

marketing@cpimediagroup.com

DISTRIBUTION & SUBSCRIPTIONS

info@cpimediagroup.com

DESIGN

Sarah Radwan

FOUNDER

Dominic De Sousa
(1959 - 2015)

PRINTED BY

Emirates Printing Press LLC, Dubai

FOR OTHER ENQUIRIES,
PLEASE VISIT:

motherbabychild.com



MBCMazine

PUBLISHED BY



HEAD OFFICE:

Media City, Building 4, Office G-08
Dubai, United Arab Emirates,
P.O. Box 13700
Tel: +971 4 440 9100
Fax: +971 4 447 2409
Email: info@cpimediagroup.com

A publication licensed by Dubai

Production City, DCCA

© Copyright 2021 CPI Media Group FZ LLC.

All rights reserved.

While the publishers have made every effort to ensure the accuracy of all information in this magazine, they will not be held responsible for any errors herein.

cpimediagroup.com

EDITOR'S LETTER



Hello Mum!

Yaaay - the summer holidays! It's been a weird year so far and we're still not quite able to travel as freely as we want. However, the school holidays this year are maybe the most important ones we've ever had, regardless of whether you're staying at home or taking a break away. Why? Because the pandemic has had a big effect on our habits, attitudes - and in the case of some children - anxiety levels. So how do you spot if your child is showing any signs of anxiety? Turn to page 17 and read up on some of the ways it can manifest in our kids.

We've also included some suggestions for keeping children happy and entertained this summer and making sure they experience some family fun if you've decided to stay home. You'll find this on page 34.

Did you read about the controversy surrounding the name that Harry & Meghan chose for the newest royal baby?! Some people have been very vocal in their criticisms, which reminds me that a baby name can easily cause strong reactions in people. So, if you're pregnant and at the stage of choosing baby names, you might want to check out page 30 to familiarise yourself with some of the pitfalls involved in choosing a name!

In this issue, I've highlighted some really cool experiences - for both you as a mum, and your children. Page 39 gives you a taster of what's going on in our pick of Summer Camps for kids. On pages 9 & 45, I've recommended some spa experiences for you - both are massage experiences, one with some hefty summer discounts, and the other combines an amazing lunch experience afterwards that has been tried, tested and proven to transform you from 'a bit tired and in need of a break' to 'a fully energised, vibrant lunching lady' in just 4 hours! Try them - you deserve it!

Last thing - we're launching our awards voting on 15th July - keep an eye on the website and be sure to cast your vote to be in with a chance of winning some great prizes!

Happy summer!

Kay

Editor

Mother, Baby & Child Magazine

EDITOR'S —PICK—

MY MUST-HAVE ESSENTIALS TO 'SAVE FACE' THIS SUMMER!

Well, ain't it hot out there?! I'm sure I'm not the only one that finds it so unpleasant to be out and about with all that summer heat and humidity playing havoc with my skin and face. But by golly, I think I've found the perfect solution!

To keep my face clean, zingy and fresh I've discovered the amazingly refreshing Oil Control Tangerine Facial Wipes from skincare favourite, Himalaya. When I'm on the move, it's not always possible to 'save face' in the summer weather, so I love the clean citrus feeling to my skin to keep it refreshed. The wipes have fast become my handy must-have, but are also perfect to remove mascara and make-up at the end of the day too!

Not forgetting the lips...

The skin on your lips is very delicate and definitely needs protection against the sun, so my face-saving duo is completed with Himalaya's Strawberry Shine Lip Balm. Dry and chapped lips aren't the best look when talking on Zoom, or moving around the city. Using Himalaya's Strawberry Shine Lip Balm ensures that I maintain soft and moisturised lips, with an oh-so-summer glossy shine at all times!

You can find these products and more of Himalaya's travel beauty must-haves from your local supermarket, or online on www.himalayawellness.ae

C O N T E N T S

Editor's Letter 03

THINGS TO DO 08

Four Hours to a New You! 9

The Warrior Academy: Character Building for Kids 10

Review of Motiongate 12

HEALTH 16

Anxiety in Children 17

How Ketosis Affects Your Skin, Hair & Body 22

Children's Summer Allergies 24





Tear-Free Formula
تركيبية لا تسبب الدموع



Cleanse
تنظف



Moisturise
ترطب



CONTENTS

PARENTING

Helping Kids to Exercise	26
WaterWipes	27
Things to Consider When Naming Your Baby	28
Keeping Children Entertained at Home This Summer	34

EDUCATION

Summer Camp Picks	38
How Babies Develop Sensory Awareness	39
	42

GOOD LIVING

50% Discount Deals at the AWAY Spa	44
Summer Protectors for Your Hair & Eyes	45
	46

COMPETITIONS:

Enter Online for a Chance to Win!	48
-----------------------------------	----

EDITOR'S —PICK—

TONING SKIN DEFENCE AGAINST SUMMER SKIN PROBLEMS!

The harsh summer heat causes sweating, which in turn can lead to more oil secretion, clogged pores, agitated skin and then the dreaded skin breakouts. I therefore take the advice of the experts and use a toner as part of my summer skin care routine.

With the extra build up of dust and grime on the skin in summer, a toner acts like an extra layer of cleansing to help remove any stubborn pore-clogging dirt. For this reason, I'm loving DermoViva's Facial Cleansing Toner, which I can easily pick up in my local supermarket. This product is fortified with herbal ingredients and natural extracts of saffron, tea tree oil and chamomile which effectively deals with oil and dirt, closes any open skin pores, tightens and moisturises my skin. The brand has different toner options for oil control, gentle soothing and a brightening glow to brighten my complexion.





DEFEND *THEIR* HANDS *FOR* 24 HOURS



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

ACTIVE INGREDIENT: Benzalkonium Chloride

BEST INGREDIENT: Deionized Polysorbate G3 Fragrance

CAUTION: For external use only. Do not ingest. Call a doctor. May irritate skin or eyes. In case of eye contact, get medical advice. In case of skin contact, wash with water for several minutes.

EASY TO USE: Just apply a small amount. Fine Guard will remain active for up to 24 hours after normal use. No need to wash hands after use. It's so simple, even kids can do it!

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

Recommended by



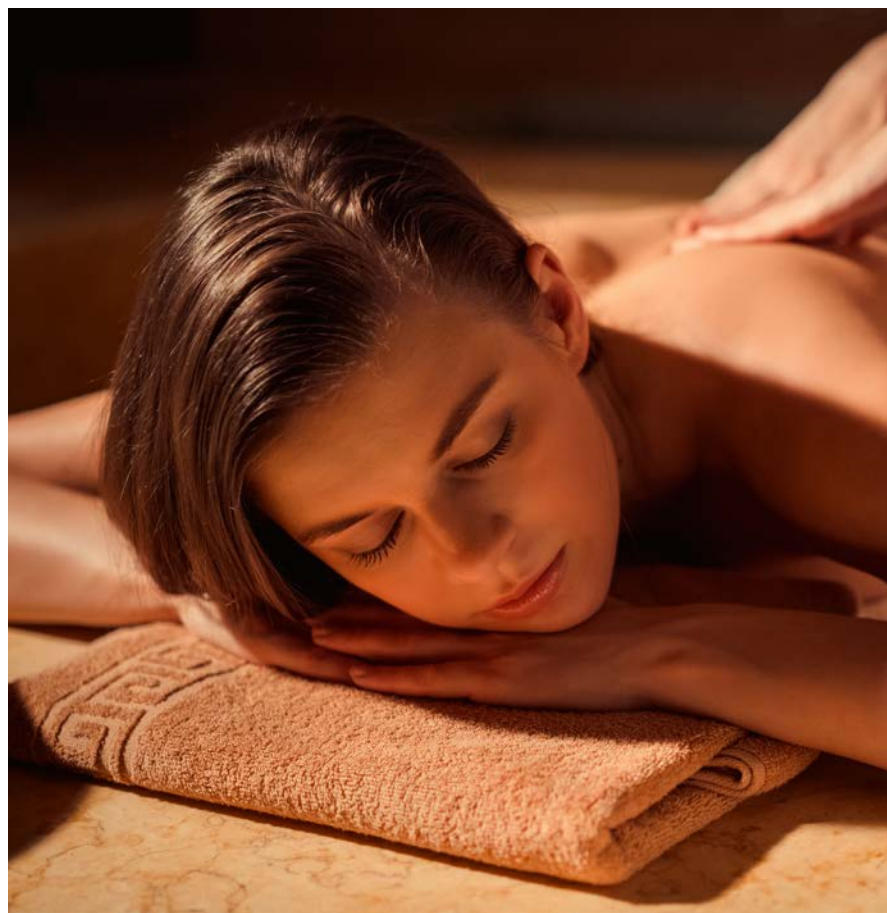
**Clinically tested & proven
to kill 99.9% of germs**

Water based · Safe for kids · Foam Form

THINGS • TO DO •



This month, we look at how mums can recharge their batteries in 4 hours; how kids can build character through martial arts and we take a closer look inside our best theme park.



A NEW YOU IN JUST 4 HOURS AT THE DREAMWORKS SPA & FIRE LAKE RESTAURANT



With your busy schedule as a mum, one of the healthiest and most essential things you can do is to create some regular 'me time' in order to keep your energy levels up and your stress levels down! So how about a soothing deep tissue massage to dispel any built-up tension in your muscles, then a cooling dip in the pool to invigorate you afterwards?!

Your relaxing deep tissue Balinese Massage...

The Dreamworks Spa in the Radisson Dubai DAMAC Hills provides exactly this, especially for mums in need of a little break with a big impact, and time to recharge their batteries.

The hour-long Balinese massage starts with an elevator ride and a walk through a little passageway to a real hidden gem of a spa that gives you an instant feel of peace. You'll feel your daily cares and woes drop away as you walk into the spa and notice there's no noise, just a quietly ambient sound of calming music and dimmed lights to help your brain switch off.

Your massage experience will start with a chat about any allergies and what massage techniques, preferences and pressures you are or are not comfortable with. As soon as you get comfortable and the warm aromatic massage oil is applied, you'll feel totally at ease. Your feet will be massaged first, then your legs, back, front and shoulders with a deep tissue Balinese massage that eases out the tension knots in your muscles, replacing them with a feeling of freedom, flexibility, lightness and relaxation in every muscle. Your massage therapist will alternate a calming massage with bursts of more pressure for a more intense therapeutic result. After an hour-long massage, you'll love the refreshing, invigorating dip in the pool to give you the maximum feeling of energy and vitality. So, what's next on your me-time agenda? Lunch!

Lunch at the Fire Lake Restaurant

Also housed at the Radisson Dubai DAMAC Hills is the Fire Lake Grill House - the perfect place to get family or friends to meet you for

lunch after your Balinese massage. This is an exceedingly special restaurant and food experience, run by talented, passionate chefs and really outstanding service personnel. We have to stress again that the service is kind, courteous, respectful, friendly, very human and top-notch professional - just the way you should be treated after your spa and pool experience!

The food is fresh, vibrant and flavour-packed, and honours the American traditions of open flame cooking over wood charcoal. This cooking method gives the food a wonderfully 'barbecued' taste, but when you combine it with high quality ingredients, the lunch experience is such a rare pleasure.

Fire Lake has tables that are generously spaced apart, and it has a great family vibe where every table is a VIP table. A leisurely lunch at Fire Lake is the perfect way to pamper yourself to the new, invigorated YOU!

For information, bookings and the current offers, visit the website: www.dreamworks.ae



THE WARRIOR ACADEMY: CHARACTER DEVELOPMENT FOR KIDS

Martial arts has a reputation of giving people focus, clarity, a sense of confidence and calmness. And when children start learning martial arts, it can provide amazing benefits in terms of their concentration and performance at school.

The Warrior Academy is one of the UK's top Martial Arts organisations and since its inception in 2011, has worked with over 10,000 families from all over the world, including royal family members from the UAE and Jordan.

The academy prides itself on high quality tuition with a team of British instructors with decades of experience in martial arts (including British and World Champions), while focusing on small groups of 10-13 students maximum, often with two British instructors in each class.

Character growth and anti-bullying are key specialties at The Warrior Academy in Dubai. The Warrior Academy guides families through its 4 Step Methodology: Community, Inspire, Challenge Lead, planning an 6-8 year journey for its students to rapidly develop the 3 C's - Confidence, Conduct and Concentration - ultimately giving each student a Black Belt character.

"A child's character is their confidence, their conduct, their concentration. It's their ability to take on challenges, to set and achieve goals, it's their moral compass, it dictates

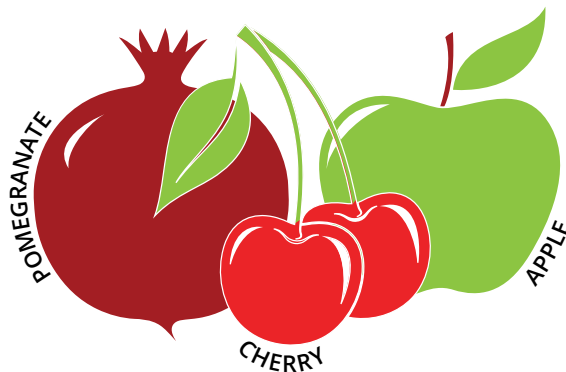
the people they are associated with, the values they have and the vision they seek. Ultimately, a child's character sets them up for a happy and successful life as an adult," says Sebastian Bates, Founder of Warrior Academy.

Sebastian, a best-selling author in the area of character development launched "The Warrior Method" in 2018; a book that outlines techniques for nurturing a Black Belt character in young people and details the 4 Step Methodology that has brought success to over 10,000 students worldwide.

The Warrior Academy is notably the first of its kind to pioneer an alternative approach to anti-bullying through the 'Not A Victim' programme, that empowers young people to stand up to bullying and in the process build resilience that stays with them for life, ensuring children 'breakthrough' bullying, rather than 'break' through bullying.

The Warrior Academy's location on Exit 40, Sheikh Zayed Road, in the heart of Dubai, makes it accessible to everyone! For more information about the vision, mission and programme visit www.warrioracademy.ae.





 EUROPEAN ORGANIC JUICES

*drink organic
super juices*

www.euorganicjuices.eu



"The content of this this promotion campaign represents the views of the author only and is his/her sole responsibility. The European Commission and the Consumers, Health, Agriculture and Food Executive Agency (CHAFAEA) do not accept any responsibility for any use that may be made of the information it contains."



CAMPAIGN FINANCED
WITH AID FROM
THE EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE

ENJOY
IT'S FROM
EUROPE





MY FIRST THEME PARK EXPERIENCE IN 20 YEARS...& I WANT TO GO AGAIN!

If, like me, you've never thought of yourself as a 'theme park person', or been attracted to thrill-seeking rollercoaster rides, the chances are that you haven't visited Motiongate. Read about my wonderful eye-opener in this award-winning theme park. By Kay Marham

The Motiongate theme park was voted for by mums as the Gold Winner of the Mother Baby & Child Theme Park of the Year Award for 2020. Having lived in Dubai for eight years and never visited Motiongate, I finally took a tour around the theme park, albeit with some nervousness about the high and fast rides I'd imagined.

I'm delighted to say that all my misconceptions were proved totally wrong and Motiongate actually offers so much more for families than just rollercoasters. It offers happy family memories that will last a lifetime.

I was lucky enough to be shown around by the lovely tour guide, Elana, who showed me the real Motiongate, which is architecturally stunning, with lots of indoor space for experiences that makes even the adults remember what it's like to be a kid again. In

short, Motiongate, with its stunning attention to detail, is a rare kind of place that allows parents to enjoy exciting, happy, fun-filled experiences through the eyes of their children. So what's on offer at Motiongate?

THE MAGIC OF THE MOVIES BROUGHT TO LIFE

The tour really started with my arrival through the gates into a world carefully created to look and feel like the golden era of Hollywood cinema from the 1920's & 30's. It's immediately exciting to walk through a space that looks and feels like you're in the middle of the street scene of a retro Hollywood movie set. Everywhere you look has faithfully recreated details that pull you into its world of adventure - and that sets the tone for a magical day at Motiongate!

The Dreamworks Zone is one of 5 movie-themed zones that contain excitement for families at every turn. The Zones are:

- Dreamworks
- Columbia Pictures
- Motiongate Dubai
- Smurfs Village
- Lionsgate

Each Zone has plenty of things to do that are enjoyable for all the family - from the very youngest to the oldest members. This includes rides for very young children, which are called 'flat rides' and are a bit like sitting in a car that moves along gently through a 'movie set' style route, where movie stories play out all around you through video, animatronic models, sound effects, characters and music. You can sit together and take a gentle ride through a living movie experience, which is as thrilling and



memorable for the adults as it is for the kids.

This award-winning theme park also has plenty of safe play areas, motion simulators, live shows: a chance to meet and greet favourite children's movie characters, such as Shrek and the Smurfs.

The theme park carries some amazing architecture - you must check out the recreation of the Hotel Transylvania! The Smurfs Village, the fairytale setting of Shrek, the historic world recreated in Camp Viking, the vibrant circus theme in Madagascar - everywhere you go will give you some stunning opportunities to take some great photos. And I guarantee that when you look back at these

photos in the future, you'll notice how happy everyone looks!

Elana, the tour guide, encouraged me to take my first theme park ride in 20 years! Called 'Swamp Celebration', it was a really fun ride that swung gently back and forth and was also enjoyed by little kids getting their first gentle taste of a big ride.

After trying a couple of the gentle rides normally enjoyed by the younger kids, I stepped things up to the 'Cloudy With a Chance of Meatballs River Expedition Ride,' accompanied by Elana. As my little water vehicle turned and swirled its way through a maze of wavy water, unpredictably alternating

between gently ambling and hurtling at a faster pace around every next corner, I couldn't stop myself from laughing out loud with sheer childish joy all the way.

While I was still in the process of disembarking at the end, I asked Elana: "Can we do it again?!" - and remembered this was exactly what I used to say when I was a kid and I was having the best fun! So if you're staying at home with the kids over the long school break, a trip to Motiongate will definitely be a real highlight of the summer... for you and for them!

Check the website for details of the summer deals: www.motiongatedubai.com



ZIPPY®

**BLOUSE STARTS
FROM AED 109**



**T-SHIRT STARTS
FROM AED 79**

**SHORT STARTS
FROM AED 109**

DUBAI MALL +971 4 325 3913 DUBAI MARINA MALL +971 4 399 7042 CITY CENTRE MIRDIF +971 4 888 0891 YAS MALL +971 2 565 1856
AL WAHDA MALL +971 2 447 0225 DALMA MALL +971 2 557 5756 BHS AL AIN STORE +971 3 755 8988

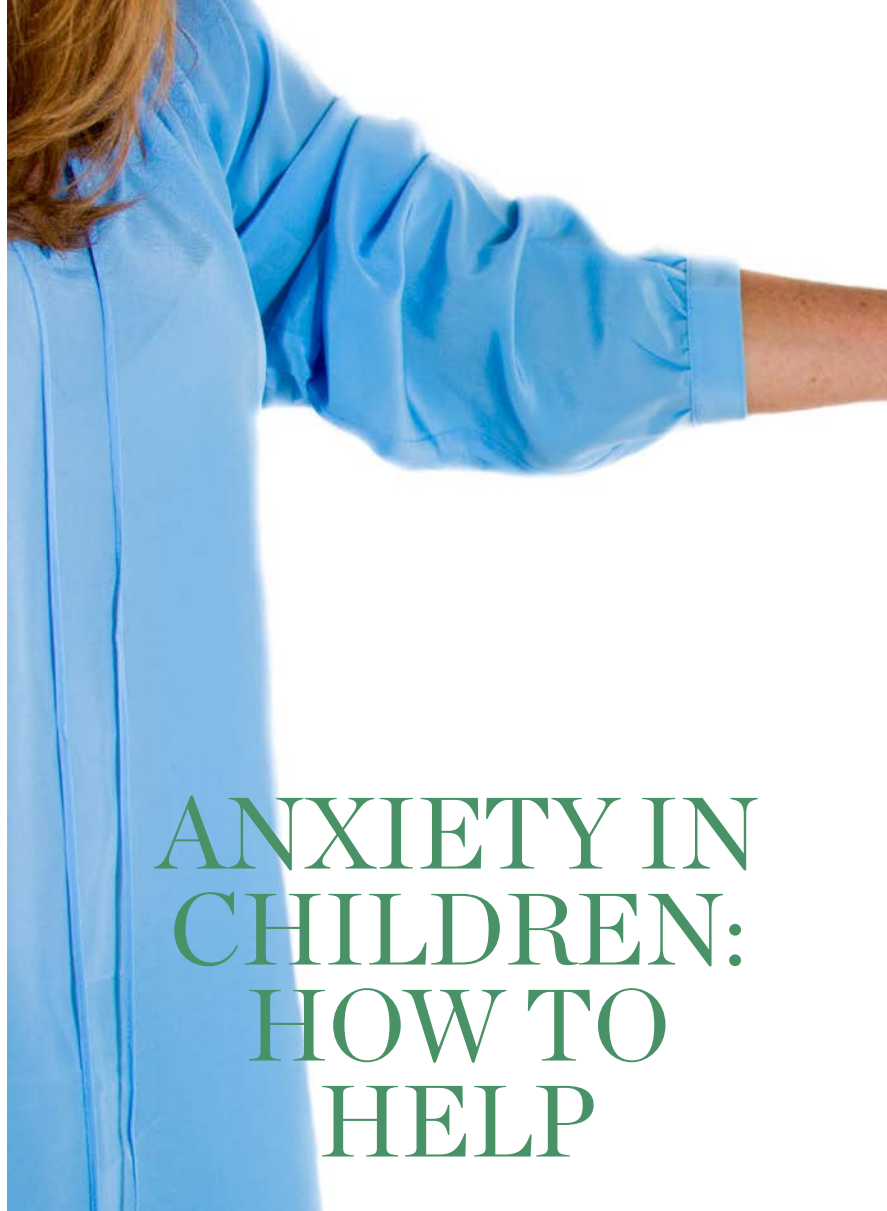


LIWASTORES #ZIPPYKIDSME

•HEALTH•



Anxiety in children
and how to help;
what the keto
diet does to our
appearance and a
reminder about kids'
summer allergies.



ANXIETY IN CHILDREN: HOW TO HELP

When people are anxious or afraid, they act in ways that are unpredictable. Children especially tend to act out their fears and insecurities because they are not emotionally mature enough to make sense of, or handle their anxieties in the same way as adults. Kids act out feelings in the same way as actors play a role in movies, but they act them out through behaviours instead of dialogue, because they can't hold their emotions in.

Some children show hostility or aggression, because they can't handle the often severe agitation that anxiety triggers. Some become more depressed and others exhibit more attention-seeking behaviour.

Parents can often read their child's behaviour and look for clues as to what the problem might be, so they can provide a solution. At the same time, children need to be taught the skills to identify, articulate and manage personal and social situations that make them anxious or afraid. If your child demonstrates behaviours that you think are triggered by anxiety, it is important to try to teach them the skills they need to manage it in a healthy way instead of acting it out behaviourally, hiding from the problem, or avoiding the emotions that come with anxiety.

So how do you help your child overcome anxiety? Here are some strategies for parents to try:



Movies, videos and other “cool” content on social media has a powerful influence on children - both teenagers and younger ones. Add to this living with the restrictions of the pandemic and you may notice that your happy-go-lucky child has become more anxious. So how can you cope with this?

Role play with younger kids

Look at pictures, a screen or magazines together and make up stories about the kids in the pictures - but do it in a fun way! Try asking questions such as: *‘Look at this child - she’s smiling. What do you think she’s smiling about? What do you think she’s going to do this afternoon? Do you think she knows her mum is proud of her? If you could ask her a question, what would you say to her? What question do you think she’d ask you?’*

Then switch to another picture and say, *‘Now look at this kid - this one is frowning. Do you think maybe he’s afraid of something? Do you think he’s done his homework? If he hasn’t done it, why do you think that would be? What would you tell him to help her solve the problem of not doing it?’* And then reason it through with them.

Kids are not abstract thinkers, so you have to make things real and concrete for them. One of the ways to make it real is by using pictures. You can teach kids how to be more aware of their own emotions in a positive way through this method as well. For example, you can show your child a picture of another child who looks very confused or frightened, and ask them: *‘What do you think that child is saying to herself?’*

Often, your child won’t be able to respond to this type of question because it’s too abstract; kids are more black and white. So if they can’t think of anything, you can say something like: *‘To me, he looks scared because he doesn’t know what’s going on with the pandemic and when things will go back to normal.’* Or: *‘I think she’s sad because she’s missing her friends - what do you think?’* Ask your child which of those two emotions the girl might be feeling.

If your child says they don’t know, prompt them to take a guess between two emotions - either feeling happy or frightened. *‘Which one do you think she might be feeling? You’re a great guesser, what do you think?!’* And after they try, you can say: *‘Good guess! If I was her, and I was feeling sad or afraid, I would say things to myself like, ‘I can handle this, I just have to talk it out and we’ll figure it out together.’*

It’s important to understand that normalising these kinds of ‘guessing games’ about what people are thinking will really help the effectiveness of this strategy. Do it in other ways, such as in the supermarket by asking your child: *‘Check out what that guy has in his trolley - what do you think he’s having for dinner tonight?!’*

HEALTH

Encourage positive internal dialogue in children and teens

Parents can do a lot to show their children how to talk to themselves positively. While parents often put a lot of effort into teaching their kids how to talk to other people, it's not so obvious to teach kids how to talk to themselves!

Often kids will overhear adults saying something out of context, like: "They said he's doing poorly in maths," and what the child then says to himself is: "I'm doing poorly, they're angry at me, there's something wrong with me - I'm useless at maths." When a kid is involved in negative self-talk, these sentences are repeated over and over in their heads.

On the other hand, when kids develop the skill of positive self-talk, they learn to talk to themselves more positively. They are able to say: "No problem, I got this! I'll handle it by making a list of the questions I need to ask the teacher and ask them to explain the maths formulas to me privately." 'I can handle it - I'll just ask the right person,' is probably one of the most powerful thoughts a human being can have, so make sure your child knows this!

Teach kids how to articulate their anxiety

Your child might hit or throw toys when anxious, angry or frustrated, or they might have a hard time settling down after an exciting day. Use this as a learning opportunity to teach your child to express their feelings in a positive way. Teach your child to act on feelings by:

- Describing what they are feeling, or reactions in their body
- Saying what they feel instead of acting it out
- Taking some deep breaths
- Asking for help or support
- Walking away and taking time out
- Finding a different way to do things
- Taking time to relax before trying again
- Trying to solve the problem with words
- Talking with an adult about what is happening
- Spending time with you, or asking for a hug or cuddle

As a parent, you play the most important



and influential role in your child's emotional development, and helping your child identify and articulate their feelings is the first step in helping them manage them. Kids who are able to identify, understand, express and manage a wide range of feelings experience long term benefits to their mental health and wellbeing.

Process it with them

Reassurance is key. Remember to say, "*If there's something going on, let me know, we can face anything together.*" The next time that you see they're upset, try saying, "*Are you OK? How can I help? Can I help you with this problem?*" Don't ask them why. Often when kids are asked why, they automatically sense they've done something wrong. Remember, they're rarely asked why when they've done something good. Kids are



not asked, “*Why did you clean your room?*” In most cases, kids don’t know how they feel, and it probably wouldn’t help them if they did. Usually, the mere knowledge of how someone feels rarely changes their behaviour.

Get as Much Information as Possible

Talk to your child’s teachers about what they see regarding your child’s level of anxiety. Ask questions like, “Have you noticed if my son has any problems with other kids? Does he appear to be nervous? He seems very worried about grades and if the other kids like him. Do you see any of that getting in his way at school? What do you see?” All kids have anxious thoughts, but some kids learn to manage them better than others at an earlier age. Get some objective feedback. Watch your child play with other kids. How

does he or she handle things? Look for his or her ability to interact freely and deal with other kids with various behaviours. Is your child able to resolve problems with other kids successfully, and is he or she able to act independently as well as within the group?

Reward kids when they learn to do difficult things

Remember, self esteem comes from doing things that are hard for you. Self-respect comes from doing things that you can respect. Reward your child and be sure to label what they did right in order to earn that reward. Don’t assume kids can associate the reward with the task, even if the task occurred a couple minutes ago. Also, it’s important not to always reward with things. Time spent with you reading a book or playing games or going to the playground can be tremendously rewarding.

Respect Your Child’s Choices When They’re Not Ready

Maintain a realistic view of your child to continually determine whether what is being asked of him or her is in their developmental range and possible for them to do at all. Often, if kids don’t want to get involved in something, such as team sports, the parents should talk about it with them and process it with them, but ultimately respect their child’s decision. Parents must learn to come up with compromises or give their child a choice of at least two things. A compromise is saying, “Well, let’s try it for a month.” Or “let’s try it three times, and then you can decide.” Or you can say, “You can do A, or you can do B, but you must do one of them.” Kids should not be forced to do the things that they don’t have the internal skills to manage. Think of it this way: It’s not good parenting to throw kids into the water before they can swim, even though many people swear by that. He may very well swim to the side and save himself. But remember this, he hasn’t learned to swim by that, he’s learned not to trust you and that you can’t hear him. Parents do it because they’re impatient, annoyed, or embarrassed by their kids. In the same way, don’t force them to do things they’re not ready to do.

Can My Child Manage the Anxiety?

In my experience, all children can learn to manage anxiety, if their parents possess or can learn to develop the skills necessary to teach them. Remember, it’s very difficult

for children to mature emotionally in areas where their parents are still immature. There are several ways that kids can learn how to deal with it independently. The first is that they grow up and become more mature, and frankly, immune to many of the things that used to hurt them. When rubbed enough, what once was a blister becomes a callus.

That being said, when kids experience moderate to severe anxiety, it does take training to help them learn how to manage it. Some kids only need these tools during a transition period, such as when they move to a new school or are in the midst of grieving a lost relative. Many of them will be able to learn ways of coping with it and move on with their lives. But in some kids, anxiety can become very powerful and sometimes blossom into something incomprehensible and crippling. Remember, many adults who are identified as having anxiety or panic disorders began the thinking and behaviour that led to that early in childhood.

Giving them the tools to cope and succeed

We are lucky that in this day and age there are many tools parents can learn how to use and give to their kids that can help their anxiety; these tools need to be applied thoroughly and consistently. That's why it's very important to begin getting help very early with your child if their anxiety appears to be getting more severe. It will enable them to learn to apply the tools and techniques they'll need to manage this level of anxiety into their adolescence and adult life, if necessary.

Remember, anxiety becomes a problem when it causes problems. Many, many kids say they don't want to go to school or ride the school bus, and it doesn't trigger inappropriate behaviour. And they may tell you what's going on, or they may not. Either is normal and natural. Certainly, all kids will feel anxious, and this feeling may be something so intense that it interferes with your child's functioning. It may happen periodically as they grow, when they're going through a developmental change or a new experience or situation, like going to a new school, moving to a new town, or dealing with the birth of a sibling. Although these kids may need some help during the specific episodes, they generally can learn how to manage the situation. On the other hand, if the level of anxiety is so strong that it interferes with your child's abilities to



function in a social or classroom situation at an age-appropriate level for an extended period of time, then I think you have to take it very seriously indeed.

Be sure to have your pediatrician rule out any medical issues that might cause anxiety to make sure it's not a problem with physical origins.

Anxiety is a very real, normal and natural part of a child and adolescent's experience

and development. The best way for you to deal with this anxiety is not through probing for emotions or logic, but by raising a child to be comfortable with talking about emotions and finding solutions to the problem of managing anxiety so it doesn't interfere with your child's functioning. The UAE has a caring and compassionate attitude to counselling, so do also check out the counselling facilities mentioned on our website.



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



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

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



HOW KETOSIS AFFECTS YOUR HAIR, SKIN AND BODY!

Our modern lifestyles have conditioned us to want quick results in everything we do - including weight loss. But what is the effect on our skin and body and how can a dermatologist help? Dr. Tabassum Behlim, Specialist Dermatologist, Kaya Skin Clinic ME explains.

What is 'Keto'?

The Keto diet is a process that puts your body in ketosis mode where it uses the fat that was earlier stored as well as consumed daily, to cause weight loss. With the daily calorie breakdown of a keto diet being 5% carbohydrates, 75% fat and 20% protein you eliminate most grains, fruits, starchy vegetables, legumes and sweets, and replace it with fat. Ketones from fat are the only fuel the brain can use under this diet plan. A low-carb and high-fat diet plan, that doesn't believe in calorie counting, has no limit on food portions, and delivers visible results in as early as two weeks! For many, it has worked like a charm but this superstar diet has its limitations too, especially if you are particular about your hair and skin.

Keto and your hair

Technically speaking, the Keto diet conditions the body to lose everything unwanted, and one of the things it fools the body to believe in is the need for hair follicles! It puts you in a 'Telogen Effluvium' stage of temporary hair loss condition and the meagre percentage of protein included in the diet plan worsens hair fall as the hair is all protein! Additionally, a ketogenic diet also causes your body to experience vitamin and mineral deficiencies, dietary stress, lack of biotin and unhealthy gut health—all triggers for hair loss.

Though reversible, the hair loss can start at about 3-6 months from the start of the diet and can last up to 3-4 months!

Keto and your skin

As keto diets are high in fat, it increases the production of oil (sebum) in your skin which can increase the risk for acne, psoriasis, and eczema. While the keto diet has the potential to clear up acne for some, it can bear an opposite effect on others and trigger a severe acne outbreak. The keto diet is also infamous for the side effect called 'Prurigo Pigmentosa' or 'Keto Rash'. A rare form of inflammatory dermatosis, Prurigo Pigmentosa appears on



people's skin in the early stage of ketosis. Typically, a keto rash or acne can crop up on the cheeks, chin, jawline, and neck. Being part of the U-zone, it takes longer to resolve than teenage acne as this area has harder and more stubborn nodules than other areas of your face.

Keto and your body

As you lose drastic weight in the ketogenic diet, you tend to suffer from stretch marks at unusual places in your body. The skin is pretty elastic and when stretched, the elastic fibres in the 'dermis', the middle layer of the skin weakens and breaks down at places, causing stretch marks.

Well, the good news is...

An experienced dermatologist can always do the trick with timely intervention during your Keto diet so that you enjoy the weight loss journey in the most beautiful manner. From reducing occurrences of acne through bespoke anti-inflammatory measures such as Acne Solution, Acne Scar Repair and Laser, to treatments that reduce stretch marks, and advanced hair strength therapies like Platelet Rich Plasma and Hair Cell Activation; the side-effects of a Ketogenic diet can all be managed to help you be more fit and beautiful.



ALLERGIES IN CHILDREN

Allergies in children are on the rise all over the world - and the UAE is no exception, says Paediatrics, Allergy and Immunology Specialist, Dr. Arun Jayaraman from Mediclinic.

The most common allergic problems seen in children are allergic rhinitis (commonly known as hayfever), asthma, eczema, food allergies and drug allergies. Also on the 'common list' is anaphylaxis, which is usually triggered by bee stings or certain food allergies such as peanuts, sesame, tree nuts or shellfish.

The most common 'aero-allergy' in the UAE

Unlike the western world where pollens are the main cause of seasonal allergies, house dust mites (HDM) are the most common 'aero-allergen' in the UAE. House dust mites are everywhere - invisible microorganisms present in household environments, especially in bedroom settings. Unlike pollens which causes seasonal allergies, house dust mites cause problems throughout the year (perennial allergic rhinitis), although symptoms can vary depending on the season.

Measures like washing bedroom linen with temperature more than 60°C and changing the linens frequently help to reduce the load of house dust mites. Using vacuum cleaners fitted with HEPA filters, avoiding carpets and soft toys are also useful. There is insufficient scientific evidence to prove the effectiveness of air purifiers, deep cleaning etc. to contain allergies. Contrary to the belief, humidifiers worsen allergies as HDM multiplies more in a humid environment and they are therefore not recommended.

The effects of allergies in children

Allergic disorders affect children's daily activities in many ways. Parents may find it difficult to recognise this, as children do not always report it. For example, children with allergic rhinitis could have a significantly

disturbed night's sleep due to ongoing nasal congestion, blockage and snoring. This disturbed night sleep could lead to irritability during the daytime, impaired concentration and poor performance at school. Similarly, children with eczema can regularly have poor sleep due to itchy skin. Not only this, many children with eczema have low self-esteem because of their skin problems, suffer from poor social interaction with peers and are often bullied in school.

Causes & treatment of allergies in children

Allergies often confuse both patients and doctors because the symptoms appear similar to other common problems and hence they are under-recognised and under-treated. For example, if a common cold keeps recurring in a toddler, it's not easy for the parents or even the family doctor to differentiate it from allergy. As allergy problems tend to persist long-term, patients require continuous medication which requires commitment and motivation from the parents and the children.

Although parents may recognise that their child is suffering from allergy, they may not know the allergen that is causing it. An Allergist (allergy specialist) will help in identifying the allergen through simple tests like a skin prick test or blood test. Identifying and avoiding the culprit allergen can significantly reduce the need for long term medication in many patients.

So when you're considering the treatment options for allergies, it is important to consider the impairment to quality-of-life that the allergy can cause to children (and also to parents), as proper treatment from an allergist can not only improve the condition causing the allergy, but also enhance the quality of life for the whole family.

•PARENTING•



A neat way to motivate kids for exercise; pitfalls in choosing baby names; and keeping kids entertained this summer.

HELPING KIDS DO THEIR BEST WITH EXERCISE

Exercise carries extremely important benefits for everyone, so getting children used to moving - (and enjoying it!) is a fundamental cornerstone of their current and future health.

Experts recommend that children get at least 60 minutes of moderate-to-vigorous exercise each day to not only promote their health but also for many other important other reasons too. Exercise has been shown to stimulate brain growth in children, helps them to focus and can even make it easier for kids to learn. Exercise also improves mood - and with the challenges presented to children over the pandemic, taking regular exercise is an important boost to their mental health in both childhood and in adulthood too.

Playing a sport they like helps children to learn why it is important to try your best, even if this doesn't always mean winning. It's about competing only against themselves and enjoying the challenge of doing better than their own previous best.

THE FITBIT ACE 3 TRACKER ESPECIALLY FOR CHILDREN

The makers of Fitbit - the popular brand of smart watches that track



activity, sleep and exercise - have recently launched Fitbit Ace 3, specifically for children. The product is a fun and easy way for kids aged 6+ to get active and build healthy exercise habits with the family. You know how kids are when they get a sought-after gadget - especially one that they'll immediately want to use! The big difference with Fitbit Ace 3 is that the whole family can get involved.

In the Fitbit app, kids can connect with parent-approved friends and family, engage in friendly competition via Family Face Off challenges, and celebrate milestones with virtual badges and trophies.

Kids can easily set personalized goals and track their activity by reviewing their stats on the bright, easy-to-use touchscreen, setting timers and racing against the stopwatch. Sleep tracking, bedtime reminders and silent alarms help parents and kids work together to develop a consistent sleep schedule that gives kids enough time to rest and energize for another day of staying active and building healthy habits.

Priced at AED 349 and available online and in electronic stores, Ace 3 has up to 8 days of battery life in a swim-proof design, which means kids can keep track of all their summer activities, while building healthy habits for life!

HAPPY FATHER'S DAY: CELEBRATING DADS ON THEIR PARENTHOOD JOURNEY!

Fatherhood comes in many forms today. You may be the main wage-earner or you might be the primary caregiver. You may be a single parent doing both, perhaps you're a stepfather. Either way – you are your child's father and you are important.

WHY DADS ARE CRUCIAL AT THE NEWBORN STAGE

We see biological mothers are prioritized around the time the child is born, as they go through labour and often breastfeeding. This can sometimes make a father feel helpless. However, fathers are greatly cherished during this sensitive time, as their support is most needed. By being a kind, empathetic, helpful partner, and a loving and attentive dad who cuddles, rocks, cleans, dresses and entertains his baby, a father will be invaluable to both mother and child right from the beginning.

THE IMPORTANCE OF DADS AS BABY GROWS UP

Little things can have a big effect - spending time with your child can help to form a special bond, creating memories you both will treasure for a long time. Be proud that your baby is receiving such love and care from you, as it is a brilliant thing, both for their development and your relationship. A strong early relationship between a father and a newborn is crucial to build bonds and happiness within



the family. Did you know that fathers experience less stress and increased confidence when they have their own special time with their newborns?

TIPS TO HELP YOU ON YOUR FATHERHOOD JOURNEY

1. Always have WaterWipes to hand

If they're not already, then WaterWipes are about to become your best friend. The key thing with cleaning and new parenting is not to let the house get out of control. Always having wipes handy means you can mop up baby food mess in a flash (before it dries and becomes the most stubborn substance known to man). And if your child has somehow got hold of a permanent marker, try using a WaterWipes with a bit of toothpaste on it. It works, we promise – just don't ask us how. WaterWipes are also great for cleaning leather sofas – a couple of wipes and your sofa is as good as new.

2. Get down to their level

Babies spend a lot of time on the floor and while a few germs won't hurt them (in fact, they can be beneficial), you don't want them hanging out with too many. By getting down to their level you can see just how dirty things have got from their vantage point – and clean accordingly – and maybe spot some runaway items, too, that would be safer out of your now mobile baby's reach.

3. Make cleaning a game

The best time to clean is while baby is having a nap but if you're

too exhausted (or one of those unlucky parents whose babies don't nap) then try involving your little one by making chores into a game. Lots of young kids love the sound of a Hoover and will delightedly sit and watch while you tackle all those neglected nooks and crannies.

4. We have a wide range of

articles on fatherhood on our website www.waterwipes.com/me - check them out for more insight into your amazing new journey. For more information, please visit www.waterwipes.com/me and follow us on @WaterWipesMiddleEast



**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**

Powered by: **WaterWipes**
THE WORLD'S PUREST BABY WIPES



CHOOSING THE RIGHT BABY NAME

Choosing the right name for your baby is a beautiful decision to make, but one that can also carry some subtle opportunities and potential pitfalls!

By Kay Marham

Prince Harry, the Duke of Sussex and his wife have named their new baby 'Lilibet' - a very personal and private nickname of the Queen of England, used by only her father during her childhood, in private by her late husband and a very small number of close, lifelong friends. Since the announcement, the Sussex baby name has elicited a strong public reaction, divided social media users and polarised commentator opinions.

Some people see only charm and respect in the official Sussex announcement claiming that the name Lilibet honours the Queen. Others believe that the choice of name is somewhat cheeky, especially since the broadcast of the recent Oprah interview and Harry's subsequent criticisms of his family on the Dax Shepherd podcast.

It's an extreme example of the impact a baby name can have on people - and Baby Sussex herself will inevitably draw a lifetime of scrutiny and comparisons to the Queen of England. So no pressure there, then! Another high-profile baby name that made the news recently is Elon Musk and his partner's naming of their new baby son as 'X./E A-I' (pronounced 'X-Ash-A-12'). A child's name can have a profound effect on their lives and

relationships, so it's as well to consider a baby name very carefully!

So what about you?! If you're currently mulling over the list of possible baby names, or even have a name picked out for your new baby, here are a few things to consider.

A surprising number of parents regret their chosen baby name

Some parents opt to name their baby after the hottest Hollywood or music stars of the day - so names like Demi, Carrie, Drake and Blake are fashionable for a while, with several children at school with the same name. (There were 5 kids called Jason in my own class at age six, 3 called Darren and three named Amanda!)

Some parents feel pressured into continuing a family tradition of naming a child, but if both the mother and father have this family tradition, someone may feel that they have 'lost out' in the baby naming, or it may even upset one side of the family.

800 NURSING
6877464



Emirates
HOME NURSING
الإمارات للتمريض المنزلي

20% DISCOUNT
ON BABYSITTING SERVICES

Book now

When your child goes to school, will other children taunt them over their name?

David Bowie famously named his son Zowie. Zowie Bowie. As soon as he was old enough, the kid had his name changed legally. If you choose a 'unique' name for your child, or one that has an unusual spelling (such as 'Rybekkah' or 'Ribekkah' - pronounced 'Rebecca'), the chances are the child's life will be spent being asked to explain, spell, or correct their name, in both spoken or written form. And nobody will spell it correctly anyway! If you don't wish on your child a lifetime of explaining their name, consider swerving the temptation to get too creative with name spellings.

Find baby name inspiration from your family history

If you are at the stage of wondering where to start thinking about names, your own family tree can be a great source of inspiration. Naming a child after grandparents, or even great-grandparents is a lovely way of connecting your family's heritage with its future.

Similarly, your culture will have plenty of significant names to refer to and give you some ideas. This includes prominent figures in literature, history or the arts.

Be sure to research the meaning of names you like!

Many people have found out too late that their name means something comical or vulgar in another language. In a region where we have so many nationalities, it's a good idea to do some basic research to find out if your chosen baby name is going to cause some embarrassment down the line. For example:

- ✿ The name Chloe' sounds like the German word 'Klo', which is colloquial for 'toilet.'
- ✿ When said aloud, the name 'Nick' sounds like a vulgar French slang word for...um...sexual intercourse'.
- ✿ The name Cara, while popular in many countries, sounds much like the Arabic word 'khara', which (putting it politely) means poo.

Think about possible nicknames

Kids can be both imaginative and cruel when it comes to name-calling, especially if they can get inspired to twist someone's name into something derogatory. At school, we had a teacher called Mr Grazey who was quickly dubbed "Mr Greasy", and then simply 'Grease' for short. One poor schoolmate named Virginia went through most of her school years with some of the letters of her name tweaked around to form a word used in anatomy.

Try recalling your school days and thinking about the nicknames given to other kids and bear in mind that children can be mean about these things! You could also run possible names past your friends and see whether they can come up with any nicknames that you might want to steer away from.

Do a final check on your baby's initials

I had a friend at school called Carol-Ann Wallis. Her initials spelled 'CAW', so unsurprisingly, she went through her school years nicknamed 'Crow',



later (inexplicably) morphed to 'Crabby', and then simply 'Crab.' This is a mild example of the unfortunate possibilities that initials can spell, so do be careful to consider this issue!

The most important element in naming your child is raising your child to be a self-assured, proud, achieving kid and confident in how special and wonderful they are, meaning they are less likely to be bothered about what other people think of their name!

TRAVEL IN STYLE THIS SUMMER!

Wherever you are planning on going this summer, 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 summer. Use the Code MBC15 to get a 15% discount!

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, Riyadh, KSA (opening soon)

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



Travel on your
mind...

EXPLORE THIS
SUMMER WITH
TWELVELittle

12

USE CODE
MBC15
TO GET 15%
OFF

WWW.TWELVELITTLE-ME.COM
@TWELVELITTLEME

KEEPING KIDS ENTERTAINED AT HOME THIS SUMMER

The school summer holidays are here at last! This one is a bit different though - the pandemic has of course had a big effect on the choices that families can make this year. If you and your crew are staying home for the summer, here are some ideas for structuring fun time for the kids.





First off, it's good to remember that the year of social restrictions will likely have had an effect on your child. Kids are super-resilient, so this may not be obvious, but it is like they'll need fun, stimulation

Are you desperate to shake up your quarantine routine during your kids' time off from school? This article suggests some safe staycation alternatives for kids of all ages. COVID-19 has squashed all summer travel plans and large group gatherings, but it doesn't mean that this summer can not be fun and educational.

GIVE EVERY DAY A THEME

Without the usual schedule for school, it can be hard to keep track of what day of the week it is. To make the summer break feel more exciting and activity-packed than just long weeks at home, give each day a theme to break up the week and allow your children the anticipation of a fun week, every week.

Make a list together of all the things they'd like to do over the summer. These could be as simple as going for an ice pop on the beach and some lunch, or having a fun day on the rides at DUBai Parks & Resorts. Go through the list with your child and circle the activities they're most excited about, then use their chosen activities to plan a staycation week they won't forget. For example:

Monday LEGO Challenge:

A LEGO challenge can be something like 'build a dinosaur farm' or 'make something inspired by your favourite movie.' There's lots of room to be creative here and because the challenges are open-ended, they can easily build something new each time they get to that day on the weekly calendar. Do join in with them - younger children love when you join in and play along with them.

Tuesday Painting Day:

Time to paint some pictures to put on the walls at home! Painting is always a favourite activity to spark creativity and imagination in kids. Simply lay out the paints or crayons, glue and glitter and they'll be excited to get stuck in. Get some ideas from the Mother Baby & Child website, Pinterest and Google, and you'll find lots of painting projects and craft ideas that will hold their attention all afternoon. Best of all, these activities do not involve an electronic device or an app, so you don't have to worry about too much screen time.

Wednesday Baking Day:

It's no secret that kids love sweet things like cookies and cakes. Check out the recipe ideas on our website for low-sugar recipes you can bake at home with the children. The good thing about baking over the summer holidays is that you can get your kids used to low-sugar bakes and also introduce 'cleaner' ingredients, such as oats, seeds, maple syrup, and dried fruits.

Thursday Lunch Day:

Taking your children out to lunch is a real treat for them, but also an opportunity for you as a parent to stress the importance of good table manners. A lunch date with your kids makes them more receptive to behaviours like not playing with their cutlery, saying 'please' and 'thank-you' to the staff, handling their cutlery properly, eating with their mouth closed, using the napkins correctly and being considerate of other people in the restaurant. Learning good 'table manners' will stand them in really good stead as they grow up. Table manners are an important life skill, because people always notice and often judge people for having poor table manners.

Not only this, going out to lunch is a good way to introduce children to new foods to try - they'll be out of their usual comfort zone and more receptive to trying new things - especially since restaurants manage to make dishes look so appetising!

The recently-opened Hunter & Barrel restaurant, located in the Vida Hills Hotel in Emirates Hills is a lovely example of the kind of venue where kids can learn many life skills around food. The interior is smart, chic and interesting, with the decor (and even restaurant name) telling a story. The restaurant has a sharing concept, with generous portions of steaks, grills, fish dishes and sides, so you can all tuck in and enjoy the dishes together. The staff are also very knowledgeable about the food and its origins, so there is a great learning curve to be had in a place like this. (And the prices are astonishingly reasonable for families!)

Friday Movie Day:

The school summer holidays means you have the opportunity to spend lots of quality time together as a family - and what better than a family movie day?! Pull out the blankets, popcorn and your favorite movies or series, cuddle together while laughing at your favourite movies and shows.





After some fun movie time, when the weather will be cooler later in the afternoon, take the family for a walk to stretch your legs and get some fresh air. Use this opportunity to get your child involved in coming up with ideas for the dinner theme for the night and when you've decided, make sure everyone comes to the table dressed to impress!

Saturday Games Day:

There's never been a better time to break out Monopoly and Scrabble! Looking for some new board games to add to your collection? These are the year's best family board games. Break out all your child's favorite games, from classic board games to their favorite video game, and have a marathon. Board games are also an excellent way to spend quality time with children while helping them enlarge their range of vocabulary; check out our 7 best word games for families to play anywhere!

Sunday Cooking Day:

By getting your kids involved in the kitchen, you'll be setting them up for a lifetime of culinary know-how that will serve them well for the rest of their lives. At any age, kids who learn to cook will learn to be independent. Even the youngest in the family can get involved by shaking salad dressing in a jar, tossing salad ingredients in a bowl and stirring mixtures on the kitchen counter.

One great way to get culinary creativity going in teens is to go through a cookbook with them and find out what looks delicious to them. Choose a book with plenty of pictures and step-by-step instructions, then, encourage your child to try their hand at making a dish from the book - even if it's a simple side dish or a dessert.

GIVING THEM A BREAK FROM SCHOOL PRESSURES

Don't forget that our kids are used to structure at school, so try to maintain a loose schedule each day, so put the week's schedule on the calendar for everyone to see, but don't be authoritarian about sticking to rigid timings. Young children (and even teens) appreciate predictability, so talk about your plans for the next day at each evening dinner time. As a parent, use every chance you can to build anticipation for the activities planned for the next day, as it'll help your child feel included and excited about your family staycation this summer.

•EDUCATION.



Top summer camp picks from the Editor; and a look at how babies develop their sensory awareness.



CIRCUS THEME SUMMER CAMP FOR KIDS WHILE YOU WFH AT REFORM SOCIAL & GRILL

Reform Social & Grill has launched a circus themed summer camp that provides the space for parents to 'work from home' in comfy surroundings, while your kids have supervised fun from 8.30am-2pm. Hosted by Sharm Circus School (SCS) there are 20 slots available each week at Reform Social & Grill, The Lakes Dubai, where parents can book their little ones for an exciting one, three or five day package.

Kids can clown around as they follow an action-packed schedule which includes activities such as kids' yoga, arts & crafts, ribbon dancing and trampolining. Supervision, activities and nutritious meals are all included in the price of AED 300 for one day, AED 435 for three days, AED 950 for five days, inclusive of all their activities, materials and meals.

The circus-themed summer camp is open to kids aged 4 to 7, and drop off time begins from 8.30am, with the classes running until 2pm, so you can enjoy a few hours of freedom out in the city or settle in at the Reform Social & Grill British gastropub as your 'work-from-home' ('WFH') spot. Availability is from Sunday 4th July to Thursday 15th July, Sunday to Thursday, 8.30am to 2.00pm.

*Reserve your spot by calling: 04 454 2638
or WhatsApp: 058 647 8692*

www.reformsocialgrill.ae



HUMMINGBIRD SUMMER CAMP: SUMMER FUN FOR KIDS AGED 2-6

If your little one is aged between 2-6 years old, don't let your happy, vibrant, beautiful, curious child become bored and unstimulated this summer! Get them engaged in a fun, positive and safe learning environment by signing them up for the Hummingbird Summer Camp 2021!

The activities they can look forward to:

- The Investigation Lab
- The Puppet Show
- Body And Mind Fitness Club
- Little Foodies
- Around The Moon
- The Gallerists
- Master Minds
- Little Authors
- Big-School Catch Up

To enrol your child, call: 04 3799 800 (Dubai), or 02 6717 701 (Abu Dhabi)

Alternatively, you can DM or Email: info@hummingbird.ae, to know more.

Check out the Hummingbird.ae website for more details!

FLEXIBLE SUMMERLEARNING AT ORA NURSERY OF THE FUTURE

Summer is key for learning! Catch up on development or brush up your child's life skills with this flexible summer camp programme. The weekly programmes will help your child prepare for the next transition in their lives, along with getting ready for the school year. They will learn essential skills like Internet safety, problem-solving, communication, public speaking and much more.

Starting July 1st from 10:00 am – 4:00 pm with flexible attendance. Enrol now!

Activities:

- Exploring Solar Energy
- Public Speaking
- Science Experiments
- Pre-Coding Craft
- Duplo Pattern Play
- Optic Illusions
- 3d Printing Workshops
- Making a Robot
- Stem Story Time

Find out more by visiting: events.ora.ae/ora-summer-camp/



OLIOLI'S SUMMER CAMPS

for Adventurers & Discoverers

OliOli has prepared its biggest, most exciting summer camp yet! This year's themes will leave children spellbound and make the adults wish that they could be children once again to attend such amazing camps, according to OliOli.

There are two unique camp concepts: The Discoverer's Camp, which runs through the morning; and The Adventurer's Camp, for the afternoons.

THE DISCOVERER'S CAMP

This morning camp follows a Time Travel theme, where children go on a journey to explore key eras such as the Prehistoric & Ancient, Modern, Contemporary and Future Eras. Each week will introduce a different period and events through immersive hands-on activities that address historical challenges and provide a purview into the future.

THE ADVENTURER'S CAMP

The afternoon Adventurer's camp is focused on active play and experiments with unique themes for each day of the week, such as Science Sundays, Messy Mondays, Tech Tuesdays, Wacky Wednesdays, and Treasure Hunt Thursdays. Here kids will experience a series of fun-filled, guided interactive activities with creative subjects that will sharpen their imagination.

OliOli prides itself on pioneering the concept of 'play with purpose' and their workshops and camps have been carefully curated to deliver on that ethos. Both summer camps give the utmost importance to health and safety measures, including social distancing norms, in-line with the government guidelines.

Dates: 4th July - 26th August 2021

Age groups:

4 - 6 years & 7+ years

Schedule:

Morning: The Discoverer's Camp

• Group A (4-6 years) & B (7+ years): 8:30am - 12:30pm

• Group C (4-6 years) & D (7+ years): 9:30am - 1:30pm

Afternoon: The Adventurer's Camp

• Group A (4-6 years) & B (7+ years): 1:30pm - 4:30pm

• Group C (4-6 years) & D (7+ years): 2:00pm - 5:00pm



Prices:

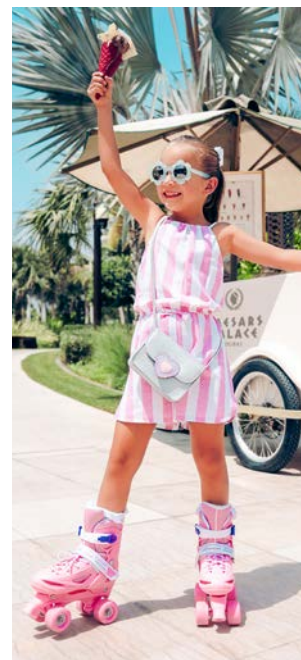
• Morning Discoverer's Camp - Regular price AED 1,090 / Early bird discount* AED 990

• Afternoon Adventurer's Camp - Regular price AED 790 / Early bird discount* AED 690

• Full Day Camp - Regular price AED 1,650 / Early bird discount* AED 1,550

**The Early bird discount is offered until 16th June 2021 with discount code EARLYCAMP. Sibling discounts of AED 100 are offered for the second and subsequent siblings. Limited spots available!*

Bookings: www.olioli.ae



A DUBAI ISLAND SUMMER CAMP...FOR ALL THE FAMILY

Located on the pristine, sandy shores of Bluewaters, Caesars Palace Dubai is the ultimate destination for staycationing families looking for a lively summer escape packed with family fun, relaxed and luxurious retreats, perfectly chilled pools and much more!

Between 1st July and 4th September 2021, Caesars Palace Dubai will host a complimentary daily line-up of exciting, interactive games, workshops and challenges for children staying at the hotel.

AN EPIC SUMMER CAMP FILLED WITH FUN DAILY ACTIVITIES FOR THE WHOLE FAMILY

From 11am to Sunset, kids aged between 3 to 7 years can experience the Empire Club activities, which include creative arts & crafts using natural marine elements from the beach or recyclable items, light fitness such as yoga, aerobics and animal flow to Gladiator Sword Training, just like Caesar. For added excitement, Sandcastle Competitions run twice a week for the whole family to enjoy together.

Children aged 7 to 11 years can take their pick of art, science and music sessions, participate in role play, cookery and dance classes, learn how to perform magic tricks, explore the gardens and learn about the environment. Held across the resort, children will be immersed in innovative and stimulating activities guaranteed to pique their interest and spark their imaginations.

Older children aged 12 and above can enjoy a specially created calendar of events, such as learning the latest TikTok dance crazes and smartphone photography tips; take part in thrilling watersports

held off the hotel's 500m private beach; as well as drama and theatre sessions and much more. Specialised workshops, like learning how to build a website, can also be arranged at an extra cost.

Mums and dads can get involved in the fun, too. Parents and kids can compete in all sorts of fun games for the chance to be crowned 'Family of the Week' at the Caesars Family Olympics, held three times a week at sunset on the resort's private beach.

WELCOME SURPRISES FOR CHILDREN

Children are in for a delightful array of surprises during their stay, courtesy Hamleys, the resort's partner for the season. At check-in, younger children will receive a welcome bag with cuddly soft toys plus beach and pool toys and a Hamleys gift voucher. The welcome bag for teens will include a multi-use pouch and a AED 250 voucher, redeemable on select Caesars Palace Dubai retail items. Youngsters can treat themselves to items from the Kids Menu at select F&B outlets using vouchers gifted on arrival and even earn more vouchers by taking part in daily activities during their stay.

Terms & Conditions:

- ✿ Only available for staying guests
- ✿ Not applicable for daycations
- ✿ Caesars vouchers are valid for children's use during booked stays, between 1st July – 4th September 2021
- ✿ Applicable for booked stays between 1st July – 4th September only

For bookings or more information, visit caesars.com/dubai

HOW BABIES DEVELOP SENSORY AWARENESS

Both parents and teachers can heighten children's awareness of the world around them by stimulating the senses.

At birth, babies' sensory systems are functioning at a basic level, but become more complex, coordinated and sophisticated during the early months of their life. In the first six months, your baby's eyesight develops rapidly, since vision is closely linked to brain development. So as your baby's brain matures in leaps and bounds, so does his/her eyesight.

Babies' Eyesight

Young babies can see, but see best when something is 30-45 centimetres from their eyes, such as when you hold them in your arms for feeding. They are adept at discerning colours when they're only a few months old, which is why you might catch them staring at a coloured wall, or article of clothing you're wearing. Imagine seeing colours for the first time - it's fascinating to

them! By 4 months, you wave an object, like a toy or your hand back and forth in front of their eyes and see them follow it with their eyes.

Very young toddlers who can handle three-dimensional blocks and toys with dexterity need to learn to decode two-dimensional visual images. Colourful pictures in storybooks are perfect to hold your toddlers' visual interests, so it's a great idea to start early with books that have lots of colourful pictures. Engage them fully - for example, if you have a picture in a book of children playing with a ball and a dog outside, alternate between pointing out where the ball, tree, girl, (etc.) is, and then asking them: 'Where is the ball? Where is the tree? Where is the girl?' If they can't point the objects out immediately, gently guide their finger to the object and say: 'There it is!' - they'll soon be doing it for themselves!

Take your toddler on outdoor walks together around the block or to the park so they can see grass, flowers, trees and other interesting sights. Stimulate, but do not overstimulate their visual sense by decorating your room walls with artwork placed at toddler eye levels. Point to and talk about the different colours and images in the pictures.

Taste and Smell

Young infants have hundreds more taste buds for sweet tastes than do adults and they enjoy naturally sweet things, such as fruit such as bananas. However, babies naturally turn their heads away from strong smells, such as cheese, vinegar or spices.

Toddlers love to explore, feel, squish, taste and lick foods - playing with their food like this at a very young age is normal. To help

them develop their 'library' of tastes and smells, draw your toddler's attention to the wonderful aromas of foods prepared for snack and meal times.

Listening

Newborns hear sounds well and will get startled when they hear loud sounds. This is a natural reflex. Babies are extremely sensitive to making sense of sounds and very early on, they can discriminate the contrasts in your speech that involve the rhythmic high and low-pitch sounds of voices. These special auditory powers that babies possess enables them to learn any language. This ability decreases by 9 or 10 months, at which point infants will begin to tune in only to the sounds of the language you are speaking with them.

Babies and toddlers love music, so be sure to frequently sing along to nursery rhymes with your baby. Interestingly, research has consistently shown a link between playing them some gentle classical music (for example at bed time) and their brain development. You'll notice that babies love swaying and clapping to easy rhythmic nursery rhymes and really enjoy music.

Touch

Infants are extremely sensitive to touch. In fact, studies have shown that babies who are rarely touched have smaller brains than babies who are routinely touched and cuddled. Make sure your baby gets lots of loving 'touch time' throughout the day, including a very gentle massage after bath time, or before bed. Provide lots of textures for them to interact with - soft and furry toys, smooth surfaces, and even the 'harder' toys like basic jigsaws and blocks, so your toddlers can learn to discriminate how different textures feel.

Sometimes toddlers have a tough time settling into an afternoon nap, so a calming back rub with some gentle music can help toddlers to deal with the sensory overload of being too stimulated to sleep.



Heightening Sensory Awareness

With babies:

- ✓ Look into your baby's eyes every time you interact with them and also communicate with a happy smile, a soft tone of voice and smiling eyes. Never shout at a baby - ever.
- ✓ Offer foods with interesting textures for babies to explore.
- ✓ Vary your tone when you talk to babies and use some long, drawn-out vowels and interesting tonal patterns, which will attract babies to focus more on your face as you talk to them. (This also helps them to copy your mouth movements as a precursor to talking!)

- ✓ Hold and cradle babies with a loving touch.

With toddlers:

- ✓ Display colourful posters, pictures, plants and wall hangings to arouse their aesthetic awareness and appreciation of beauty.
- ✓ Provide brightly coloured foods that have attractive colours and textures.
- ✓ Play gentle music and songs each and every day. Alternate between new and familiar songs.

Offer a gentle touch and soft vocal tone when babies get agitated. This helps to soothe toddlers who are overstimulated by tiredness, or by frustration - for example when playing with difficult toys or puzzles, or when they move from an infant to a toddler group.

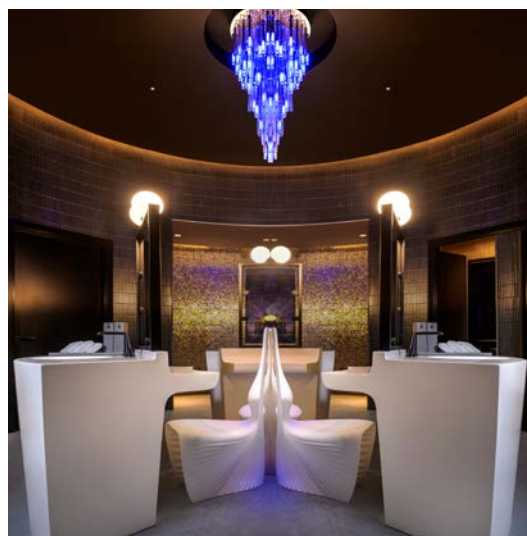
GOOD LIVING.



Competitions
galore to enter
this month;
protecting your
hair and eyes
against the
heat; and an
unbeatable offer
for a massage!



**50%
DISCOUNT
PACKAGES
FOR UAE
RESIDENTS
AT AWAY SPA!**



AWAY Spa at W Dubai - The Palm has a great offer available until the 15th of September 2021 for mums in need of a relaxing massage. As a UAE resident you can experience a summertime rendezvous at the unconventional spa with 50% discount on all 30, 60 and 90-minute massages, giving you the perfect excuse to make AWAY Spa your go-to summer hotspot.

Serving up a glow better than any Instagram filter, AWAY Spa has seriously transformed the traditional spa experience, offering relaxing massages and rejuvenating treatments, all within a distinctive social space with a seriously playful vibe.

This summer, as a resident you can choose from a variety of 30, 60 and 90-minute massages including, Detox, De-Stress, Go Deep, Reset, Arabian and Thai.

Located on the Palm Jumeirah, W Dubai - The Palm, AWAY Spa follows all the guidelines and directives set by the authorities, ensuring the wellbeing and safety of both guests and staff.

Are you a busy mum in need of a relaxing bit of 'me-time'? Book now at AWAY Spa, the ultimate spa destination this summer. Simply stroll in and strut out!

The UAE Residents' Exclusive Offer:

- **What:** 50% discount on all 30, 60 and 90 - minute massages throughout the summer
- **When:** From now until 15th September 2021
- **Bookings:** Weekdays only, except on Tuesdays

Call +971 4 245 5533 or Email w.dxbtp.spa@whotelsworldwide.com

Please Note: This offer is valid for UAE residents only and a valid Emirates ID is required at the time of payment for verification. The offer is not valid on retail items or ongoing promotions. Prior reservations are required!

SUMMER PROTECTORS FOR YOUR HAIR & EYES

In this issue, we've asked the manufacturers of two 'summer protector' products to explain the science behind the protective properties of Dabur Amla Hair Oil and Herbal Essentials' Hydrating Eye Gel. Here's what they say!

AMLA HAIR OIL IS SUPERFOOD FOR HAIR!

Amla, also known as the Indian gooseberry, is a popular superfood in Ayurvedic medicine. With eight times more Vitamin C than an orange (weight for weight), twice the antioxidant power of acai berry, and about 17 times, that of the pomegranate; amla is said by iconic Indian hair oil firm Dabur to be a 'nectar of life' and a nourishing haircare and skincare essential.

A Vitamin C powerhouse, amla is a treasure trove of fatty acids that can help strengthen the hair follicles to nourish and add lustre. It is no wonder that in modern times the Indian Gooseberry has found favour in hair care products and has become the hero ingredient in a range of hair care products such as hair oils, shampoos, conditioners and even hair masks.

Passed on and trusted by generations in India and the Middle East, Dabur Amla is a dedicated range of hair oils that champions the formulations with amla as a key ingredient in helping to combat hair issues like frizz, hair fall and dandruff.

ACCORDING TO DABUR, THEIR AMLA HAIR OIL HELPS IN THE FOLLOWING WAYS:

Helps to combat hair fall

With amino acids in abundance, a regular massage with amla hair oil provides enough oxygen and nourishment to the hair follicles to reduce hair fall.

Helps to boost hair growth

Vitamins, minerals, and phytonutrients present in amla aid in stimulating blood circulation thus, stimulating hair growth.

Helps protect against external damage

Amla being calcium-rich saves the hair from external damages caused by blow-drying, ironing, heat treatments...and of course the drying effects of the hot, humid summers in this region. Hair that's often exposed to these conditions can be rejuvenated by using amla-infused hair masks and stay-on oils.

Helps to dodge dandruff

Vitamin C is said to help combat dryness and prevent the accumulation of the flakes of scalp skin that eventually become dandruff. Its anti-inflammatory and anti-bacterial properties are also effective in combating this dreaded dandruff.

An unhealthy lifestyle, pollution, hair colourants, hot weather, lack of sleep and the regular use of harmful chemicals on hair can weaken it and leave it prone to problem hair issues and in need of some hair TLC this summer!

You can investigate the Dabur Amla range of hair oil on www.amazon.ae



SUMMER EYE CARE TIPS FROM HERBAL ESSENTIALS



We're contending with a summer season of bright sun and squinting our eyes whenever we go out and lots of screen time working from home - and there is no escaping the eye fatigue that comes with it!

Lines around the eyes can make us look a lot older than we are, and while spending less time squinting and straining our eyes is probably one way to avoid lines and wrinkles around our eyes, the use of specially formulated eye products that combat signs of aging is even more important in the hot summer months.

The makers of Herbal Essentials' Hydrating Eye Gel (AED 70) tell us it is a hydrating, refreshing and visibly plumping formulation that instantly absorbs upon application, awakening the delicate eye area. The product contains Sodium Hyaluronate, which retains 1,000 times its weight in water to deeply moisturise; Aloe Vera to calm and condition the skin; and Shea Butter to nourish and soften - keeping the delicate skin around the eyes supple.

THE EXPERTS AT HERBAL ESSENTIALS HAVE OFFERED THE FOLLOWING ADVICE ON EYE CARE:

Eye contour has the thinnest skin on the body

The eye contour has the thinnest skin on our entire body and is very delicate. Our eyelids lack oil glands and are therefore prone to dryness. As your skin ages, it tends to become drier because the sebaceous glands begin to produce less sebum or oil. Eye products with humectant ingredients help reduce puffiness around the eyes and prevent dryness in the area.

Use an eye cream and not just any face moisturiser

Usually, the consistency of an eye cream differs from that of a normal face moisturiser, and they contain more potent ingredients formulated specifically for the under eye.

Look for these ingredients

Hyaluronic Acid acts as a humectant to

moisturise and plump, Vitamin E soothes, conditions and nourishes the delicate skin and Vitamin C, contains powerful antioxidants with skin brightening properties. We also love Arnica in eye care products as it is known to reduce the appearance of dark circles.

Other tips to maintain healthy skin around the eye area include:

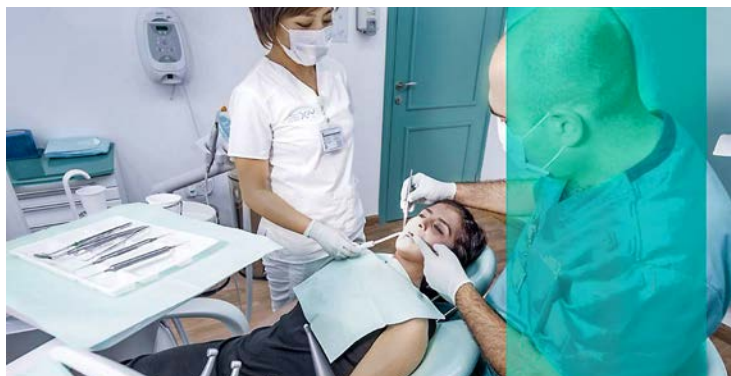
- Using an eye mask that has been cooled in the fridge before use
- Being gentle when removing and applying makeup around your eyes
- Getting enough sleep
- Exercising to improve blood circulation
- Drinking plenty of fluids
- Maintaining a healthy, balanced diet

Herbal Essentials skincare is available to purchase at Lifestyle Stores and online at www.lifestyleshops.com in the GCC.

COMPETITIONS

motherbabychild.com/competitions

WIN! A BEAUTY VOUCHER FROM 'YOUR DENTAL & MEDICAL CENTRE' IN ABU DHABI, WORTH AED 1,000



Located in Khalifa City, Abu Dhabi, Your Dental & Medical Center (YDC) provides cosmetic and restorative dentistry services, combining technical and state-of-the-art equipment to offer customers high quality results. YDC ensures they provide patients with the individual attention they deserve, thus aspiring to build a trusting and long-term partnership with them. YDC's vision is to provide patients with the most advanced dental care, give them the exact solution required and to deliver caring and straightforward solutions. One lucky person will receive a beauty voucher from YDC!

WIN! A HALF BOARD ONE-NIGHT STAY FOR TWO AT GROSVENOR HOUSE DUBAI, WORTH OVER AED 2,500



Grosvenor House Dubai is offering two guests a memorable half board, one-night stay in a Deluxe Room. Towering elegantly above Dubai Marina and the stunning skyline, the iconic hotel is an urban destination unlike any other. Sophisticated and modern, each of the hotel's exquisite towers boasts a gym, a terrace pool and a serene spa. These luxurious facilities unite with signature dining concepts, modern meeting facilities and access to the private beach at Le Royal Méridien Beach Resort and Spa for an inimitable 5-star hotel experience. Enter today for a chance to try it for yourself!

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

To celebrate the relaunch of its popular in-store bakeries, Marks & Spencer is offering one lucky winner store credit of AED 500. With a striking new pastel colour scheme and catchy slogans such as 'You're a smart cookie', the brand's selection of elevated bakery treats is perfect for sharing or simply indulging in by oneself. From savoury twists with classic Marmite and cheddar, to sweet and flaky lattice pastries filled with crunchy pecans and sticky maple syrup, Marks & Spencer promises great quality and taste. Enter today for a chance to win AED 500 in store credit and discover the goodies for yourself!



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

WIN! AN E-VOUCHER WORTH AED 500 TO SPEND ON DRINK DRY PRODUCTS: SOPHISTICATED ALCOHOL-FREE ADULT DRINKS!



Is there anything more pleasurable than holding a sophisticated barbecue experience or dinner for friends and family? Marinating your grills with exciting flavours, creating vibrant fresh salads & sides, showing off your hosting skills and spending time with your favourite guests over a delicious, carefully prepared meal - it really is one of life's pleasures.

However, where some people fall down after all the careful planning is the choice of drinks they offer their guests. The big mistake is offering a lacklustre selection of ugly big plastic bottles of fizzy sodas for the 'non-drinkers'. For a variety of reasons, not everyone drinks alcohol, so the best hosts will always provide something more sophisticated than the cliched old fashioned choices of sugary cola or acidic juice when having friends over for dinner.

The Drink Dry range includes beautifully packaged, sophisticated and delicious adult drinks options of alcohol-free spirits, beers and wines - from their online store, www.drinkdrystore.com Popular in the UK and Europe, sophisticated alcohol-free adult drinks are spot-on for both impressing your guests, or simply indulging in a glass to unwind after the children are in bed, or on a cosy movie night at home with your partner!

Enter this very special treat of a competition today for a chance to win an E-voucher worth AED 500 to spend on still or sparkling wines, spirit-based cocktails and beers.!

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

WIN! A DINE-IN EXPERIENCE AT MONDOUX DUBAI CREEK HARBOUR, WORTH AED 500



Situated in the picturesque Dubai Creek Harbour, European-inspired lifestyle restaurant Mondoux is one of the neighbourhood's must-visit destinations. Combining incredible food, attentive service, upscale interiors and stunning views, it is the perfect venue for all occasions, be it a family meal, a dinner date or a coffee catch-up. Mondoux's extensive all-day menu includes dishes such as croque madame, mushroom risotto and tuna steak with toasted butternut squash and zucchini, as well as sweet and savoury crepes, delightful cheesecakes and hot beverages. Enter today for a chance to win an amazing dining experience worth AED 500!

WIN! GIFT SETS FROM OLEW, WORTH OVER AED 800

This Welsh haircare brand specialises in natural, vegan and cruelty-free products that are specifically designed for curly hair. Founded by Elinor Davies-Farn, the brand was born out of a frustration at a lack of natural hair care products. After a long journey of self-discovery, Elinor decided to ditch hair straighteners and embrace her natural curls, which lead to the creation of Olew products, packed with natural and hydrating ingredients. Olew is giving one lucky winner gift sets which include their full range of hair care products. Enter today for a chance to win!



WIN! A HAMPER OF PRODUCTS FROM EAT BETTER FOODS, WORTH OVER AED 500

Eat Better Foods is a local plant-based food brand offering a range of gluten-free wraps and pizza crusts. Formulated without any preservatives or additives, the range is a good choice for those looking to improve their diets on their own terms. Offering versions of much-loved foods, consumers can whip up quick meals at any time of the day without guilt, or negative effects on their health. The brand is offering one lucky winner a hamper of products such as coconut wraps and spinach wraps, gluten-free, frozen pizza crusts and more!



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



PureSurfaces
surface disinfectant



**21
Day**

*of germ protection
with a single spray*



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



حضانة المستقبل
nursery of the future

SUMMER OF THE FUTURE

When:

From Thursday, July 1

10AM to 4PM

Emirates Towers, Dubai

For whom:

Ages 3-6

What's in store?

July

Pre-Coding Crafts

STEM Story Time

DUPLO Pattern Play

Speaking in Public

August

Science Experiments

Exploring Solar Energy

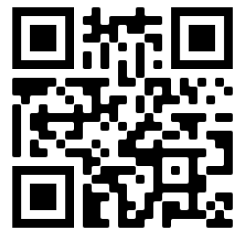
Optic Illusions

3D Printing Workshop

Making Robots



Scan to know more!



15% Discount when you bring a friend!