

ISSUE 122 | AUGUST 2021 | DHS15

Mother Baby & Child

**ESSENTIAL
LIFE SKILLS
FOR ALL AGES**

**DIABETES IN
TEENS**

**EFFECTS OF
NOISE ON
CHILDREN**

**CHILD
CAR SAFETY
SEAT TIPS**

**LACK OF SLEEP
& SCHOOL
PERFORMANCE**

**KEEPING
YOUR COOL
IN SUMMER**

**PARENTS'
BACK TO
SCHOOL
EVENT THIS
MONTH**

SEE PAGE 41 FOR DETAILS!



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EDITOR'S LETTER



Hello Mum!

A quick story for you...I went to lunch with a friend and her 13-year old child. It was the first time I'd met her daughter (let's call her Leila), who is a lovely, friendly, sweet child. However, in the restaurant, when the server asked Leila if she'd like the child's menu, she responded by saying: "Yeah." Later, when she was deciding what to order, she was asked if she'd like a burger, and again, she replied with an enthusiastic "Yeah." When the food arrived (and the menu before that), she did not say thank-you. It struck me that Leila had never been taught to say 'please' and 'thank-you,' both of which are social necessities that help people enormously to get on better in life.

With this story in mind, our main story on page 34 is an article that looks at some of the basic life skills that we can teach children of all ages. These are things that will not only equip them on a practical level, but make them more competent, confident, independent and perhaps even more likeable as adults!

Still on the subject of preparing children, we're now in the 'back to school' run-up period and I'm inviting parents to a breakfast event later this month! We have a line up of experts discussing topics that include the psychological and emotional effects that the pandemic has had on children over the last year; as well as how to factor these into the new school term. You can read more about the event agenda on page 41.

Part of delivering our children safely back to school soon is the issue of keeping them safe from infection. It is with this in mind on page 42 that we look at how a humble sticker with a child's name printed on it can help children to remember to protect against viruses and bacterias. And not just any sticker! We're talking about durable, colourful, antibacterial name stickers that your child can help design and personalise, then be able to stick to their stationery, water bottles, lunchbox etc. It's a simple idea with a huge safety advantage, so do make sure you get your labels organised before the back to school rush!

Elsewhere in this issue, we've included some tempting suggestions for pool days, staycations and family food experiences to maximise holiday time this month. This month, you can also read about the frightening effects of lack of sleep on kids; a reminder of why fruits are such an important part of a healthy diet, and lots more that I'll leave you to discover for yourself!

Don't forget to enter our competitions this month...you just never know when it's YOU that will be receiving a winner's email!

Happy August!

Kay

Editor

Mother, Baby & Child Magazine

EDITOR'S —PICK—

SO COOL FOR THE POOL! HASK ARGAN SHAMPOO AND CONDITIONER TRAVEL PACK (AED 16)

Whether you're going for a pool day or a staycay, the chances are your hair will be exposed to chlorine and salt in the water. But I don't like to don't compromise on haircare when I'm going for a holiday splash, so HASK's travel-size Argan Oil holiday pack is an essential and lightweight little addition to my poolside bag. The products are free of sulfates, parabens and other harsh chemicals, which makes it the perfect choice to pack in the toiletries bag ahead of my little breaks this summer. These nourishing and hydrating products protect and revitalise my hair after a day in the sun. Try these little pocket hair rockets for yourself!

For more information, visit www.glambeaute.com or Instagram: @GlamBeauteUAE.



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EDITOR'S —PICK—

EVOLUT HAND SANITIZER WITH SILVER NANO PARTICLES (AED 12.50)

No! You're not catching me without hand sanitiser everywhere I go! Carrying a hand sanitiser is an important - and now normal - part of staying healthy these days, but it can be all too easy to forget to slip that stuff into your bag sometimes.

I love this organic sanitiser from Evolut because it ensures my hands are clean by forming a protective antibacterial layer on the skin for 8 hours. The ingredients? The silver nanoparticles eliminate all known microbes and help to build immunity against airborne germs, while the castor oil deeply nourishes the skin. And this makes a refreshing change from the pure alcohol ones that dry out my skin.

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THINGS • TO DO •



Ideas to refresh yourself with relaxing pool days, overnight hotel stays or great family dining experiences.



FUN IDEAS FOR THE LONG WEEKEND!

Make the most of your 3-day weekend this month with these ideas for relaxing staycations, delicious dining experiences and much-needed pool days!

A FAMILY 'FOODCATION' AT THE MEYDAN HOTEL!

If you want to take a break from cooking and leave it to the experts to indulge your family, The Meydan Hotel's Foodcation package is just the ticket for this long weekend. Head to the iconic hotel and relax in spacious rooms and later, indulge your tastebuds in a complimentary lunch or dinner experience at Farriers, Millennium Lounge or Qube Sports Bar. Enjoy access to the hotel's infinity pool, fully equipped gym and spacious rooms with a stunning balcony view and a next day breakfast, the perfect end to your stay.

Price: AED 670 per night. When: Valid until the end of summer 2021



RIVA BEACH CLUB'S FRIDAY FAMILY BRUNCH

RIVA Beach Club, the relaxed, family friendly venue located on the iconic Palm Jumeirah is back with the perfect afternoon Friday Brunch! Foodies, families and friends are welcome to enjoy a three course-set menu served directly to the table every Friday from 1 - 4pm with pool and beach access.

You begin your culinary journey with a selection of delectable starters including vegetable spring rolls, hummus, fattoush salad and buffalo wings while main courses feature highlights such as roasted fish, BBQ ribs, grilled beef sirloin, herb marinated chicken and more. Completing the meal with a sweet note, you can choose from an array of mouth-watering desserts. RIVA Beach Club also offers a special kids menu showcasing all-time favourites such as Pasta, Pizza, Hamburgers and French Fries.

Sit back, relax and sip on refreshing drinks whilst enjoying the 300-metre pristine beach boasting panoramic views of the Arabian Gulf or dip in the temperature-controlled pool – the perfect afternoon for the whole family to enjoy!

When: Every Friday from 1:00pm to 4:00pm; prior booking is essential

Where: RIVA Beach Club, The Palm, Dubai

Prices: AED 199 per person including soft beverages | AED 399 per person including house beverages & AED 99 per child (4 to 12 years); with children under 4 years dining for free.

For bookings, please contact +971 4 430 9466 or reservations@riva-beach.com



FAIRMONT THE PALM'S RESIDENTS STAYCATION DEAL IS BACK!

Pack those bags and look no further than Fairmont The Palm for an unbelievably luxurious staycation! Until 24th September, you can book a relaxing stay from AED 599 per room and receive a daily credit of AED 599 to spend on food and drinks, fully redeemable at any of the hotel's stunning dining outlets. Check into a luxurious Fairmont the Palm room and enjoy access to the hotel's private beach and eight temperature-controlled swimming pools, perfect to cool down from suite rooms for guests to kick back and relax with breath-taking views of Dubai's skyline. Fairmont the Palm is set in an idyllic location on the Palm Jumeirah, with direct access to the West Palm Beach and within walking distance from the newly opened Nakheel Mall.

For bookings visit: www.fairmont.com/palm-dubai/offers/stay-on-us-uae-residents-offer/

DESERT BREEZE SUPER SALE AT THE BAB AL SHAMS DESERT RESORT



With the 3-day weekend right around the corner, there's no better way to relax than at Bab Al Shams Desert Resort. Famed for their luxurious interiors and mesmerising Arabian views, bring the family for a relaxing stay surrounded by serene sand dunes. With a choice of superior rooms, make yourself at home or even upgrade your package to make it the ultimate summer escape. Making it more enticing is the 25% discount on food and beverages and exciting desert activities including desert tennis, archery and horse riding.

Price: Starting at AED 449 per night | AED 549 per night inclusive of breakfast in Al Forsan Restaurant | AED 649 per night inclusive of breakfast in Al Forsan restaurant and dinner in Al Hadheerah restaurant

When: Valid till August 31 2021.

'STAY AND SPLASH' DEAL AT THE AL JADDAF ROTANA SUITE HOTEL



Pack your bags and make a trip out of the long weekend with this family-friendly package at Al Jaddaf Rotana Suite Hotel. Awaiting you is a spacious family room with a pool view and a 20% discount on a mouthwatering array of food and beverages. Indulge in a sumptuous breakfast the next day and get ready for a fun-filled adventure as you

and your family get four complimentary tickets to Laguna Waterpark Dubai! **Price:** Starting at AED 545. **When:** Valid until 30th September 2021

Alternatively, take a break from the mundane and splash away your troubles at Al Jaddaf Rotana Suite Hotel's dreamy All-Inclusive Pool Day offer. Enjoy unlimited beverages and one main course from their enticing menu as you enjoy poolside serenity. **Price:** AED 180 per person for pool access including unlimited drinks and one main course. **When:** Daily, 12pm-4pm

Al Jaddaf Rotana are also hosting Mediterranean Nights every Friday at their Timo restaurant, where you can dive into a satisfying buffet menu filled with authentic delicacies including Beef and Chicken Souvlaki, Antipasti, Seafood Paella, Salads, Pizzas and more. **Price:** AED 200 per person inclusive of water | AED 225 per person inclusive of soft beverages | AED 325 per person inclusive of house beverages. **When:** Every Friday, 7pm-10pm

Look out for their Arabian food-themed nights on Thursday nights too!

SPLASH AND DINE AT THE TAMANI MARINA HOTEL



Dive into the long weekend at TAMANI Marina Hotel with their family-friendly pool day package! Unwind by the pool and savour mouthwatering lunch bites from the hotel's stylish eatery, Café Society. Additionally, enjoy an access to the hotel's gym to keep your spirits high!

Price: AED 85 per person on weekdays | AED 120 per person on weekends | 50% discount for kids below 12 years old. **When:** Valid until the end of summer 2021 .

Breakfast at Tamani Hotel's Café Society

Bring a lovely start to your mornings at Café Society with their delicious breakfast options! Starting at AED 65, indulge in the elegant restaurant's breakfast classics including Toasted French Brioche, Breakfast Waffles, Eggs benedict, Blueberry and Banana Pancake, Mediterranean Breakfast, Smoked Salmon with Poached Eggs and more, perfectly paired with freshly brewed coffee.

Price: Starting at AED 65 including coffee
When: Daily, 9am-11am



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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

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

FAMILY EXPERIENCES

- A Family Deals Provider of the Year
- A Family Staycation Experience of the Year
- A Family-Friendly Restaurant of the Year

EDUCATION

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

CHILDREN AT PLAY

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

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

PARENTING SUPPORT

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

HEALTH & MEDICAL

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

RETAILERS

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

INSPIRATIONAL PEOPLE

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

- A School Principal of the Year

EDITOR'S CHOICE AWARDS

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

BRAND OF THE YEAR

- A 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!

•NUTRITION.



A look behind the scenes of the Mediterranean diet and what makes the fruits in the typical Greek diet so good for you!



EUROPEAN FRUITS IN THE MEDITERRANEAN DIET

The Mediterranean diet has been lauded in just about every study on the healthiest diets of the world. And the star feature of this delicious and healthy lifestyle is the fresh produce that is abundant in Europe.

One such study (carried out by the University of Athens School of Medicine) focused on the diets and lifestyle habits of people over 80 years of age inhabiting one of the many Greek islands. The key factors that contributed to their robust health were found to include a diet that included the consumption of fruits 4-5 times a week, as well as fresh veg, a low consumption of meat, lots of olive oil and fish included in their diet an average of twice a week. And who knows - maybe there's something in the soft Grecian rain and rich soils of this lush country that add that extra burst of goodness compared to other growing climates!

So, going from the elders of one of the healthiest countries in the world, back to our families here in the UAE... in this article we look at one of the



easiest ways to introduce your child to one of the amazing nutritional powerhouse secrets our Greek cousins enjoy - FRESH FRUIT!

Children are naturally attracted to sweet flavours and bright colours, and the locally grown fruits that are produced in Greece - the ones that help to set up their healthy habits for life - include apples, kiwi fruits, peaches, nectarines and cherries. Brightly coloured fruits are a sign that they are high in Vitamin C.

What is Vitamin C?

Vitamin C is necessary for our bodies to function healthily in a number of ways. For example, it contributes to the protein the body uses to heal wounds, maintain healthy skin and heal scar tissue. Vitamin C has long been known to play a role in helping to prevent some cancers, combat heart disease and maintain healthy bones and teeth.

Let's take a closer look at the nutritional benefits that the Greeks enjoy from their own harvests of the following fruits:

APPLES

Apples provide a huge variety of health benefits and are highly versatile. Not only are they delicious as they are, but they can also taste double-delish stewed into sweet or savoury jams, pureed, baked with a drizzle of Greek honey, juiced into drinks or even paired with certain meats and cheeses to enjoy as part of a sophisticated cheeseboard.

Apples are a rich source of Vitamin C (just one apple gives you approximately 14% of your recommended daily dose!); they are rich in fibre (2.8 grams per serving) so they help maintain a healthy digestive system. All this aside, apples contain important B Vitamins and contain the minerals Potassium and Manganese for



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healthy body function. An apple a day really does help to keep the doctor away - and it seems the Greeks have known this for centuries!

KIWI FRUITS

Did you know that weight-for-weight, kiwi fruit contains more vitamin C than oranges?! Kiwi is also a good source of fibre, potassium, folate and vitamin E, as well as containing substances that promote the health of your eyes. Adding just two kiwi fruits to your diet every day can help relieve constipation and contribute to a healthy digestive system, as well as clear and glowing skin.

PEACHES

Ahhh - there is nothing more juicy, flavoursome and pleasurable than Greek peaches in summer! These fruits are a natural hit with children and adults alike, and they also provide you with a valuable source of potassium, fibre and the antioxidant vitamins, A, C & E. No need to peel them, as the skin of peaches are also good for you - in fact they contain an even more concentrated amount of antioxidant vitamins.

As a quick Greek recipe idea for peaches, try baking an oven dish of halved, de-stoned fresh peaches for 10 minutes, then serve them as a dessert topped with Greek yogurt, greek honey and a sprinkle of toasted walnuts. Yum!

NECTARINES

These Greek favourites are bursting with nutrients! As well as being another fibre and Vitamin C powerhouse, the bright

colour of nectarines is due to its high concentration of beta-carotene. This is an important antioxidant that helps protect the body from damage from free radicals. Beta-carotene is also converted by the body into vitamin A, which helps build and maintain healthy skin, teeth, bone tissue, soft tissue and mucus membranes.

CHERRIES & CHERRY JUICE

Aside from the sheer beauty of this little fruit, the rich and vibrant colour of cherries signifies that they have lots of antioxidant vitamins. Drinking just eight ounces of tart cherry juice every day for 30 days will significantly reduce the signs of inflammation that are associated with chronic diseases, according to a study published in the scientific journal 'Food & Function.' Not only this, drinking the 8oz glass of daily cherry juice can help to ward off other conditions such as heart disease, because it helps to lower the triglycerides that play a part in poor heart health.

Why does fruit from the European Union give extra benefits?

In terms of the health benefits of Greek fruits in particular, the European Union (EU) works in the background to help back up the quality of these fruits. All agricultural practices and products in the EU are subject to safety approval processes, agreed at European level. For example, the use of pesticides, herbicides or the presence of any active substances are subject to approval before products are made available to consumers. Other guarantees of the high-quality and safety of European fruit and vegetables include the use of the EU organic leaf logo for some products, which signifies a commitment to healthy and green products.

So when you're buying your apples, kiwis, cherries, nectarines and peaches - and juices - look for the EU organic leaf logo as your assurance of the best quality for your family!



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•HEALTH•



A bumper section
this month that
explores the effects
of too little sleep,
too much sugar, an
excess of noise...and
keeping your cool!





WHY SLEEP IS SO VITAL FOR CHILDREN

Studies have shown that when children routinely don't get enough sleep, this will negatively impact many areas of their lives - including school performance and behaviour.

When children are not getting enough sleep you might notice the following changes in them:

- They are more clumsy and accident-prone
- They have slower reaction times
- They process what is being said to them more slowly
- They are less coordinated
- They are prone to getting sick more frequently

EFFECTS OF LACK OF SLEEP ON A CHILD

When a child is not getting enough sleep, their performance and achievement tends to decrease. Just to put it into context, studies have shown that a deficit of just one hour of sleep each night is equivalent to losing two years of cognitive maturation and development.

Lack of sleep also affects personal memory. One piece of research showed that tired children remember fewer positive events but more negative ones due to the effects on different areas of the brain. Not only this, lack of sleep in children negatively affects:

- Their interactions with others
- Their natural weight
- Their ability to focus
- Their emotional stability
- Their quality of sleep when they do go to bed

Lack of sleep affects children far more than adults because of the tremendous amount of development that occurs in their growing brains – all of which happens mainly during sleep.

HOW MUCH IS ENOUGH SLEEP?

Toddlers: 11-12 hours

Babies between the ages of 21 to 36 months usually need one nap a day, which may range from one to three and a half hours long. As a natural routine, they typically go to bed between 7 - 9 pm and wake up between 6 - 8 am.

3 - 6 Years: 10 - 12 hours

Children at this age would naturally need to go to bed between 7 - 9 pm and wake up around 6 - 8 am. At age 3, most children are still napping in the afternoons, while at age 5, most are not. Naps also gradually become shorter. New sleep problems do not usually develop after age 3.

7 - 12 Years: 10 - 11 hours

Between these ages, with social, school and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 pm. There is still a wide range of 'natural body clock' bedtimes that range from 7:30 - 10 pm, as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

12 - 18 Years: 8 - 9 hours

Sleep needs remain just as vital to health and wellbeing for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in their younger years. However, for many teenagers social pressures and screens often work against getting the proper amount and quality of sleep, so it's best to discuss these things with your teen and agree on a strategy for the school week before the new school term starts.

FACTORS THAT CAN AFFECT SLEEP

Beware of caffeine!

Caffeine is a stimulant, meaning that it increases activity in parts of the brain. It reduces both sleep time and the depth of sleep, as well as causing tension and anxiety in some people. A soda at lunch can affect your child at bedtime because of the amount of time it takes caffeine

to be processed by the body. When a younger child consumes a can of soda, it is like an adult drinking four cups of coffee! Caffeine is not only found in soda and coffee, but also in chocolate, so it's better to avoid these things.

Busy daily schedules

Is there too much packed into your child's day? This can cause stress, which can definitely work against getting a restful sleep. Be flexible and prepared to cancel something if your child is getting stressed by their schedule.

Exercising during the day

Studies show that physical activity during the day promotes healthy sleep. However, exercise too close to bedtime can have the opposite effect and over-stimulate a child.

Watching TV and screens in the evening

Because of the over-stimulation effect of the light from TVs, computers and other screens, watching these things before bedtime has been linked with delays in falling asleep, frequent waking and anxiety. Children tend to wake up more during the night and sleep less deeply when they fall asleep in front of a





TV. Studies show that a television in a child's bedroom is a powerful predictor of sleep disturbance. The best way to deal with this is to avoid letting a TV get into your child's room in the first place!

BEDTIME ROUTINES & CONSISTENCY

Children need and like consistency. Bedtime rituals, including brushing teeth, reading stories and stroking their hair all signal your child's body and mind to prepare for sleep. But the most important part of the ritual

is probably getting to bed at the same time every night - including at the weekends.

Bath time

For many families, baths provide a fun transition between the day's activities and sleep and help give the body time to unwind.

Evening snacking

Did you know that hunger can wake a child up at night. A high protein and/or wholegrain carbohydrate snack lasts longer than a candy and fruit lasts longer than sugar, which causes a spike in energy followed by a

crash. There is nothing left so your child gets hungry. Sugar has also been associated with nightmares in some children.

Winding down for calm evenings

If you are calm yourself, it will help your child be calm. A child who is not calm will have trouble falling and staying asleep.

Your child's sleep environment

The optimal sleep environment is a dark, cool and comfortable room, with a good flow of air. If children need a night light, make sure it is not one that flashes, and is a small, soft, dim light that is placed away from their bed.

Morning wake up time

Wake up time - getting up about the same time every morning - including weekends helps set the body's biological clock so you awaken naturally. If your child is up late, a longer nap or earlier bedtime are better solutions than waking significantly later.

Breakfast - a healthy breakfast, free from tension, sets the tone for the day and translates into a better night's sleep.

LISTENING TO YOUR CHILD

It is important to listen to your children. They may tell you in words or they may tell you by their actions that they are not getting enough sleep. If this is the case, discuss it with them and explain the ways that sleep benefits and helps them to grow and do well at school.

When children understand the reasons why sleep is important, they are far more likely to cooperate. At any age, help your child to identify any emotions or stresses that may have built up over the day or the week that may interfere with a good night's sleep. (For example, are they worried about an impending homework assignment? Are they being bullied?)

As with all parenting issues, you know your child best, so be guided by your intuition and see what works best for each individual child, remembering that children's sensitivities differ.

Remember, a good night's sleep doesn't just begin at bed time - it is affected by everything that happens during the day too!



TYPE 2 DIABETES IN CHILDREN AND TEENS

For many years, Type 2 Diabetes was called ‘adult-onset diabetes.’ Unfortunately, with a more sedentary lifestyle, developments in the food industry and many changes in our world, what was once a disease mainly in adults is now becoming more common in children.

Type 1 vs Type 2 Diabetes

Both types of diabetes are chronic diseases that affect the way your body regulates blood glucose (sugar). Glucose is the fuel that feeds your body's cells, but to enter your cells it needs a key. Insulin is that key.

Type 1 Diabetes means that your body is not producing enough insulin, whereas patients with Type 2 Diabetes don't respond to insulin as well as they should, and in later stages don't produce enough insulin.

Causes of Type 2 Diabetes

- ✓ Being overweight or obese - obesity numbers are annually increasing amongst children and adolescents
- ✓ High carbohydrate diet - regularly consuming sugary juices, fizzy drinks and candy
- ✓ Sedentary lifestyle – less activity and more screen time
- ✓ Genetic predisposition – even though Type 2 Diabetes is mainly caused by unhealthy lifestyle habits, genetics can put us at a higher risk

Until 2001, Type 2 Diabetes accounted for fewer than 3% of all newly diagnosed diabetes cases in adolescents. Studies from 2005 and 2007 show that Type 2 now comprises 45% of those diabetes cases. Between 2011 and 2012, about 23% of new diabetes diagnoses in children were Type 2 Diabetes, according to the CDC (Centers for Disease Control in the US).

Symptoms

These are the most common symptoms of Type 2 Diabetes:



- ✓ Increased thirst
- ✓ Frequent urination
- ✓ Unintended weight loss
- ✓ Fatigue
- ✓ Blurred vision
- ✓ Slow-healing sores
- ✓ Numbness or tingling in the hands or feet
- ✓ Areas of darkened skin, usually in the armpits and neck

Managing diabetes in children & teens

Managing diabetes in children and teenagers is quite challenging because of the interplay between the hormones of puberty, personality development and societal pressures - all of which impact compliance and glucose control.

The progression from pre-diabetes to diabetes is faster in teenagers than in adults. Mediclinic suggests the following to its pre-diabetic/insulin resistant patients:

- ✓ Target 60-90 minutes of physical activity daily
- ✓ Spend less than 60 minutes of screen time (television, computer and video games)
- ✓ Maintain a healthy, low carbohydrate diet with or without pharmacotherapy (the treatment of a disorder or disease with medication), which would be a shared decision between the doctor and patient.

It is vital to teach Type 2 Diabetic or pre-diabetic patients to lead a healthy active life to stabilise and in some cases reverse their insulin resistance.

Treatment

Treatment can be through oral anti-diabetic pills (and more importantly should target weight management and the prevention of complications. The early diagnosis and management of Type 2 Diabetes can reverse diabetes.

In conclusion, teenage diabetes management is not confined to the clinic. It requires the involvement of governments and local communities. These are some factors that could help in halting the catastrophic rise in adolescent insulin resistance:

- ✓ Limiting the availability of sugary drinks and snacks
- ✓ Providing healthy alternatives in venues frequented by children
- ✓ Encouraging programmes that value and reward physical activity (and make it fun!)
- ✓ Being aware of the importance of 'clean eating.'

The graph below (from the American Diabetes Association) shows the cut-offs of blood glucose readings.

	HbA1c (Percent)	Fasting Plasma Glucose (mg/dL)	HbA1c (percent)
Diabetes	≥6.5	≥126	≥200
Prediabetes	5.7 – 6.4	100-125	140 – 199
Normal	<5.7	<99	<139



KEEPING YOUR COOL THIS SUMMER

We can't say much about the UAE summer heat that hasn't been said before! You know the score - it's hot. Very hot! So, here are some tips to keeping your cool this month...

In the peak of August in the UAE, average daytime temperatures can reach anywhere between 43-50°C. It is essential to avoid sunburn or heat stroke by limiting the amount of time that you spend in direct sunlight, using plenty of high-factor sunscreen, drinking plenty of water and ensuring that your children are wearing protective clothing when outdoors.

Take a trip to the shopping mall

The indoor shopping malls and districts in the UAE are all heavily air conditioned. In fact, they are a delight to stroll through in the early morning, just before the crowds make their way in for the afternoon. If you find yourself getting hot under the collar, pop into one of these expertly cooled shopping paradises.

Wake up early!

Waking up earlier for a walk on the beach or an excursion means you can enjoy cooler temperatures. The best time for a trip is around 7am, because this will give you a good couple of hours before the sun reaches its hottest. Always carry plenty of bottled water, wear sensible shoes and cover exposed parts of the body with high factor sunscreen.

Indulge in a water park splashfest!

The Wild Wadi Water Park in Dubai is one of the biggest of its kind anywhere in the world. It has the largest water slide outside of the US, and it's amazing to see how fearless and thrilled kids are by tackling this giant!

Drink plenty of water

This almost goes without saying - don't leave home without a water bottle for everyone!

Cool down your wrists

Run your wrists under a cold tap for 5-10 seconds. There is a major vein passing through your wrists, so the blood will almost instantly cool on contact with cold water, leaving you feeling cooler. This is a good tip for children too, so it's a good idea to take a refrigerated water bottle out with you for this purpose.

Eat spicy foods!

Eating spicy food boosts your circulation and causes you to sweat, which cools the body down.

Avoid cold showers

You might think that taking a cold shower is a great idea in the heat, however it is much better to enjoy a lukewarm or even tepid soak before bed because a cold shock to the skin will only cause your body to produce more heat afterwards.



When indoors, cool your air in a healthy way

The summer heat can make you feel sluggish and lethargic, especially if you are spending most of your time indoors in an AC environment. In fact, between caution over the pandemic and the heat of the summer months and the school term break, we're now spending approximately 90% of our time indoors, according to Blueair, a Swedish air purification solutions company that sells its units all over the world.

But remember, while we're escaping the heat by staying indoors more, we're also breathing in more of the dust that is kicked out by poorly-maintained home AC systems, so we have to be careful about this potential summer heat hazard too.

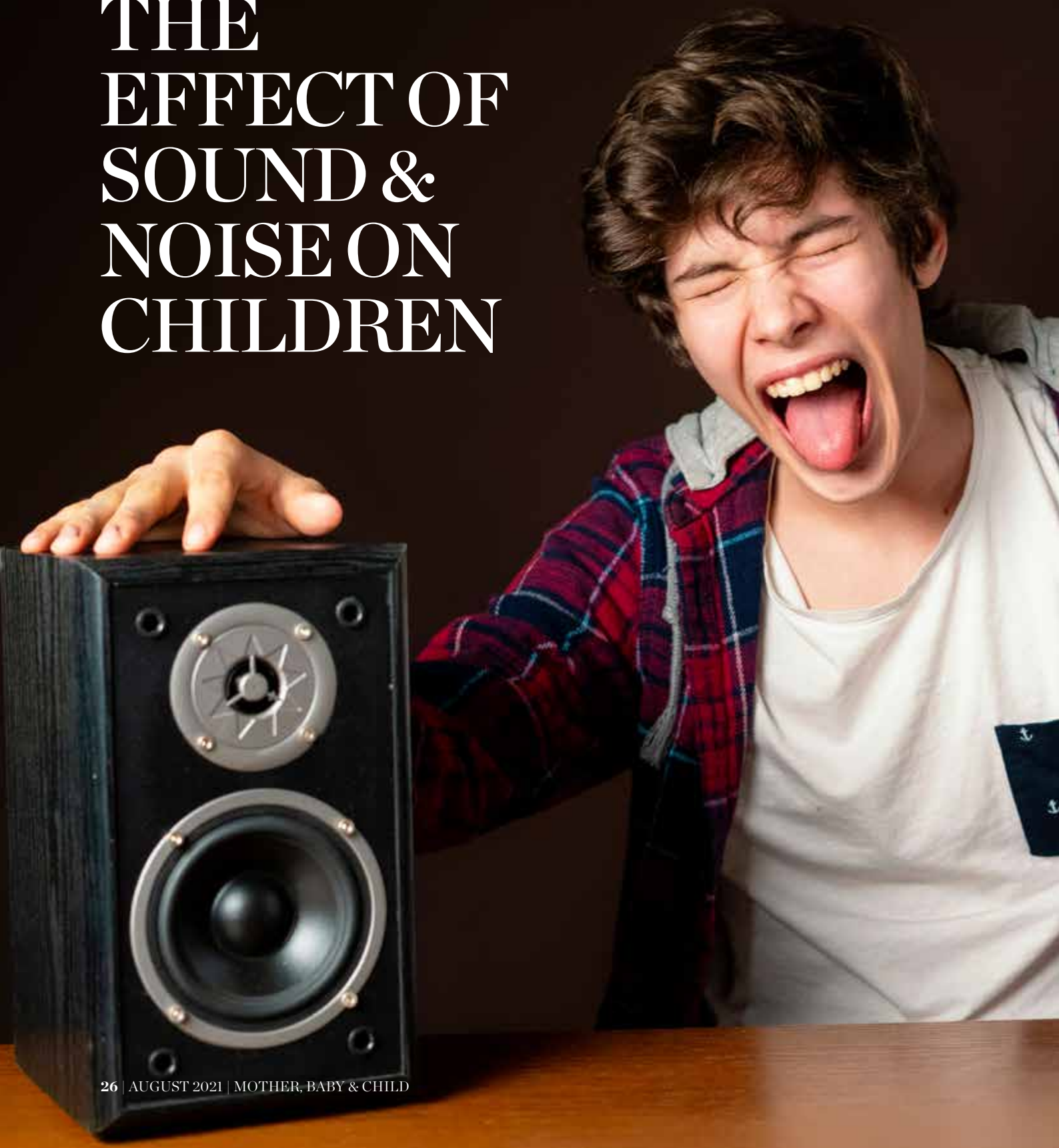
The value of quality indoor air doesn't always get the attention it deserves, but as we spend more time at home, there is a sharper focus on this. According to some research, the levels of indoor air pollutants can sometimes be up to 5 times higher than outdoor levels, and according to Dr Johnny Avoorkaran, Internal Medicine Specialist at Aster Hospital, Qusais: *"These air conditioning systems then may fail to remove contaminants from occupied*

areas, including carbon dioxide and monoxide, tobacco smoke, moulds and bacteria, cleaning products; and even pesticides and vehicle exhausts."

So it's as well to mention that there are ways you can beat the summer heat, but also make sure you're safe at home too! Blue Air has recently released a very cool (in more ways than one!) unit - the Health Protect 7400 Air Purifier - that is perfect for keeping kids cool while sleeping at night, and alert while home-schooling during the day. This clever unit is quiet, compact and contains HEPA-filtration technology that filters out dust, bacterias, impurities and even toxic chemical odours (called VOCs) from the air in the room.

These air purifiers are safe to operate all day and night to ensure that the air at home is cleaned as you enjoy its cooling effects. But, with any appliance that is running all day, energy efficiency becomes an important issue. So it is also good news that the Health Protect 7400 Air Purifier is low on energy consumption, as well as being quiet to run. The unit comes with 4 speed modes that can be controlled with just one button. It also adjusts to the real-time air quality conditions in your home, meaning that it is a safe way to help you beat the heat this summer!

THE EFFECT OF SOUND & NOISE ON CHILDREN



Have you ever been irritated by someone else's loud music? Children, and teenagers in particular, have a reputation for enjoying turning up the volume. But what is the real effect of excessive noise and sound on our kids?



People are affected by noise, according to research and in the case of children, studies show that noise pollution is linked with gradual hearing loss, which in turn can affect:

- ✓ Their speech
- ✓ Their language
- ✓ Children's cognitive, social and emotional development

Excessive noise is also linked with:

- ✓ Sleep disorders
- ✓ Increased blood pressure
- ✓ Poor digestion
- ✓ Slower learning
- ✓ Increased irritability
- ✓ Increased aggression.

Regular noise and hearing impairment

Would one loud party ruin a child's ears and cause this list of problems? Almost definitely not, but there are some interesting facts and perspectives to keep in mind if your teen likes to pump up the volume.

Hearing loss due to noise is something that usually builds over time, but then becomes permanent. You may think that no harm is being done by loud sounds, since your hearing seems to return to normal once you leave the noise of, for example, a concert.

In reality, however, each exposure causes a little damage; and the louder a noise is, the less time it takes for damage to occur. By leaving your children to believe that noise (such as loud music, loud gaming, movies and videos) is an essential part of fun, you increase the chances that they will choose to turn up the volume whenever they listen to devices. After all, 'kids just wanna have fun', huh?!

It is important to distinguish between sound - which is one extremely important way children learn about their world - and noise, which becomes a threat to health and well-being.

Test noisy toys yourself

Babies are naturally startled and frightened by loud noises - the vacuum cleaner, or a

blender, for example. Parents are able to define for very young children what sound is and what noise is, which can include the kind of toys you buy, the volume of music and television you listen to, and the loudness of other sounds to which you expose your children. But did you know that some toys are loud enough to harm your children's hearing – even some rattles and learning devices – especially if a baby is young enough to hold these things to their ears.

Therefore, before you allow your baby or child to play with a toy, test it yourself. If the toy is the least bit annoying when played right next to your ear, it is too loud for your baby, whose arms are much shorter and whose hearing is probably more sensitive than yours.

Many infants and young children hold their ears, wince, or step back when exposed to noise (or what you might consider sound) – reactions that indicate the noise is too loud or overwhelming.

Eventually they may get used to it, but this does not mean it is safe. Being able to mentally tune out noise does not mean that physiologically their hearing is not being affected. Avoid or minimise what excess noise you can, and rescue your baby when he/she reacts negatively to noise.

As they get older, some children may insist they study better or sleep better or do whatever better using an earbud or having the TV on, but there is no evidence that their school grades or quality of sleep habits backs that up. It's better to set limits on the amount of time and volume of sound.

Set the example you want your children to follow

If you blast your own phone videos, TV, or music loudly, your children will think this is normal and do the same. Conversely, if you keep your own sound levels moderate (including your voice!), your children are more likely to keep their sound levels moderate also.

Talk to your children quietly about noise!

Discuss the damage noise does with your children and the importance of hearing in their future jobs and social interactions. (For example, if they want to pursue certain careers, such as in the police force, or as a pilot, a translator or a businessperson, then point out how these careers need hearing to be intact). Calmly help your children to understand that exposure to noise over a long period of time (e.g. TV, iPod, computer volumes turned up) causes permanent damage and that the louder the noise, the more damage occurs. You can do this over family dinner and present it as a conversational fact, starting with *'Did you know...'*

However, do ask your children how they feel about it if they like listening to loud music, as children will usually come

up with their reasons for preferring to turn up the volume. Then brainstorm safer alternatives together. Calmly!

Make 'peace and quiet' an enjoyable time at home

Family dinner and a regular family games night are a great time to enjoy each other and share stories of the day without the distraction of TV or phones. Among the many benefits of spending 'noise-free' time together are:

- ✓ Better and more enjoyable communication together
- ✓ Children will usually improve their vocabulary
- ✓ Children will develop in confidence
- ✓ The face-to-face social interaction builds a strong family bond.

Find other ways to enjoy quiet family time, such as regular baking or cooking together, which will give you the chance to chit-chat and interact as humans! By turning off the outside electronic noises, you can tune in to each other





better. Don't make a big deal of switching all the devices off - instead, you could get some paints and canvases (or a giant canvas!) and get the kids to join in to all create an artistic masterpiece for the house! Encourage your children to come up with other ideas for quiet activities or games nights/weekend days.

Monitor noise levels carefully

Is the noise from the iPad, TV, computer, or musical instrument too loud? A good rule of thumb: if you need to shout from one metre away to be heard, it is way too loud. Report to your children's doctor if your child tells you about any ringing or buzzing sensations in their ears, or if their speech or hearing feels muffled to them, take them to your doctor to get checked out.

Avoiding 'noise pollution'

- ✓ Does the TV really need to be on in the background while you are going about your daily household jobs, or while the family are eating together?

- ✓ Are there TV shows, YouTube videos and TikToks all competing for attention from various devices from one room of the house to the next?
- ✓ What about one person's music, another's TV show, and a YouTube video simultaneously streaming on the computer?

Sometimes just getting rid of one source of sound (even if it is not loud) can reduce the 'noise pollution' in your family's atmosphere.

In the US, where a large amount of studies have been undertaken, it was found that over 5 million children suffer from some degree of noise-induced hearing loss. Not only this, more noise-induced hearing loss (and effects resulting from this) are predicted to show up in young adulthood.

Do everything you can to protect your children from getting into such a preventable situation. Start when your children are young, with the toys they have and the situations you allow them to be in, and continue to be vigilant throughout their childhood and teenage years by offering education and guidance about noise levels.

•PARENTING. •



Teaching essential life skills to children; a look at common skin conditions in babies; and a reminder that it's okay that parents aren't perfect!



THERE IS NO SUCH THING AS A PERFECT PARENT!

It's very common for parents to compare themselves to other mothers and fathers, or feel guilt for something they did as a parent. If this rings a bell with you, then it's worth remembering that there is no such thing as a perfect parent!

While the summer break is great for kids, it can be hard going on parents who are juggling work demands with keeping the children entertained all summer long. Some parents will find themselves frustrated, tired, having less time to themselves, in need of a break from the kids - all of which can lead to guilt and self-doubt about their parenting. And yet, it seems so easy for other mothers to 'get it right', right? Wrong!

Many parents sometimes feel the pressure to be like those other parents who seem to have a perfectly smooth ride at parenting, with perfect kids. It doesn't help that TV shows and movies all seem to have smart, smiling, well-dressed, close-knit families who make it look so easy. Even in the mall or supermarket, you see parents whose children hold hands, walk beside their parents, stay next to them in the checkout line and even cooperate when asked to help out. The reality is that they have the same challenges and frustrations as you, and every parent is working it out as they go along.

Here are some things to keep in mind...



Don't compare yourself to others

Comparing yourself to others can be a depressing thing to do, but the reality is that you're basing your conclusions on only a small piece of the whole picture. No matter how great you think someone else may be at parenting, everyone makes mistakes and disappoints themselves with lack of information, a bad decision or poor judgment sometimes. Being hard on yourself when you compare yourself to other mums is unrealistic, unhealthy and unhelpful!

Don't take unsolicited advice to heart

Isn't it amazing how many people have opinions they want to share on parenting?! Included in this is well-meaning family and friends who don't live with you and can be quick to tell you how to handle your children. As a mother you know better, so politely thank them for their idea and for caring enough to want to help...then change the subject!

Don't churn over your past mistakes

Do what your children need in the present rather than trying to undo what you think may have been mistakes you made before. Understand that every parent makes mistakes, then forgive yourself.

Appreciate yourself for all that you do!

Parenting means being good enough for your child to feel secure, competent, and loved. So, when you have an internal conversation with yourself about how you are as a parent, be sure to recognise and appreciate what you do. This includes taking a step back to observe your family happily tucking into a tasty dinner; seeing the kids busily doing their homework; your child wanting to tell you when they feel proud of themselves; and all the moments that build great memories for your children, together as a family. Then remind yourself that you're the perfect mum for YOUR family!

WHAT YOU NEED TO KNOW ABOUT BABY SKIN CONDITIONS

There is nothing quite like the velvety soft, delicate skin of a baby, however, many skin conditions can affect their skin, leading to rashes, bumps and uncomfortable babies. Here, we look at three of the most common skin conditions mums encounter.

While it is true that many babies are prone to skin irritation in their first few months, there is always a way to treat this and ease any discomfort!

BABY ECZEMA

Babies often get red, scaly skin that could point towards a skin condition known as Eczema. This baby skin condition is a common issue but can be very itchy if left untreated. Some symptoms include patches of red, dry, itchy skin on the face, neck, elbows, or behind the ears.

How to treat eczema

To treat eczema, keep your baby's skin well moisturised with an unperfumed moisturiser. You can do this a few times a day - for example, when you feed or change your baby. Using products that are free of sodium laurel sulphate is especially important as this ingredient can dry out the skin and make it more irritated. Lastly, choose fragrance-free and alcohol-free wet wipes as they are gentler on the skin. WaterWipes are the world's purest baby wipes and provide gentle but effective cleansing for your baby's skin.



BABY ACNE

We don't often think of acne as something that younger children have to deal with, but this is one of those common baby skin conditions that many families learn to treat. It is usually characterised by small red or white bumps and often develops within the first two to four weeks after birth.

It can occur anywhere on the face but usually appears on the cheeks, nose, and forehead. Baby acne is temporary and usually clears up on its own within three to four months.

How to treat baby acne

Keep the area affected by the acne clean. It is best to clean

the skin 2-3 times a day with warm water only, don't use soap or lotions on the affected area. Also, do not use adult acne products on your baby's skin. If you need any products, it is best to speak to your doctor or paediatrician to get the right medication.

DIAPER RASH

Most babies will experience diaper rash at least once. This skin condition is commonly caused by irritation of the skin from the ammonia in the baby's pee and poo. When treated, diaper rash should only last around three days, but if it doesn't, it may be a yeast infection. In this scenario the diaper area looks sore or feels hot to the touch. You might find red patches or small spots and blisters.

How to treat diaper rash

Diaper rash is usually caused by a baby sitting in the used diaper for too long, or using wipes and lotions that are not suitable for your baby's sensitive skin. Change the diaper every time your baby uses it, since this will prevent diaper rash.

Also, use alcohol-free and fragrance-free products on your baby's skin. Clinically proven as the Number 1 wipe against the causes of diaper rash, WaterWipes can be helpful as

they are made from 99.9% water and a drop of fruit extract, making them the world's purest wipes.

There are a wide range of articles on baby skin on the WaterWipes website - check them out for more insight into your amazing new journey!

For more information, please visit the website: www.waterwipes.com/me/en

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®**

ESSENTIAL LIFE SKILLS FOR KIDS

The new school year means that your child is about to go into the next step of their educational development. The summer break is therefore a good opportunity to equip them with the next stage of life skills that will help them in their next step of growth and life.

We've all met people who don't know how to cook a meal, use a washing machine or clean up after themselves. These are also the people that others least want to be around! It is therefore a brilliant strategy to teach children life skills, so that they can cope with normal life and not end up being judged by other people!

But there is a more serious side to learning life skills - life skills training has been found to help children with their social, emotional and cognitive development, as well as

boosting their self-esteem and confidence. These are all valuable skills to have in all social situations.

Regardless of how old your school-aged children are, there are always life skills that you can teach them. On foot of the way they have adapted to the challenges of the pandemic over the last year, you know they can learn and adapt quickly!

Going back to school

When your children go back to school, time management is probably going to be a very important skill for them to learn. During the summer holidays - and even the at-home learning environment preceding the school break, many children kept more unstructured hours. Teaching kids the importance of a consistent routine and sleep schedule will therefore be valuable lessons, for returning to school, but also for their own sense of comfort wellbeing.

For those children who will still be learning from home, there will likely be more flexibility to learn life skills...without even realising it! All child development experts agree that children learn best through play, exploration and hands-on activities. That means that if you want to teach them skills like sorting the laundry into white and dark colours or how to prepare a simple meal, it's best to start by doing these things together.







LIFE SKILLS THAT KIDS CAN LEARN BY AGE

Basic manners - 'please' and 'thank-you'

Learning the basic manners of saying 'please' and 'thank-you' is something that children can learn from the earliest toddler stage. Simply remind them to say 'please' when they want something, and 'thank-you' when they receive something - and praise them often for remembering to say these all important words!

Recently, I had lunch at a new restaurant with a friend and her 13-year old daughter, who is a really sweet, gentle and polite kid. The waitress was very attentive and kind to the child, however, it quickly became apparent that the kid had never been taught to say 'please' or 'thank-you', nor how to use cutlery properly. The child was otherwise smiley and friendly with the waitress, but when asked things like 'Would you like to see the child's menu?' or 'Would you like me to bring you a nice burger and fries?', the child simply said: "Yeah", because she didn't know any better.

This was awkward, because I didn't want to say anything that would appear to criticise my friend's parenting - nor the child herself, obviously. The result is that I'm not in a hurry to meet them at a restaurant again because the lack of manners was a bit embarrassing - which I'm sure

the waitress also noticed. But most of all, I felt sorry for the kid herself because manners really do count in social situations and she could easily be perceived negatively (or avoided altogether) simply because she hasn't been taught to say 'please' and 'thank-you.' Using both of these are essential to get on in life!

Here's a breakdown of some of the best life skills you can teach your kids this school year by age group, along with suggestions for how you can tie many of them to academic life.

TODDLERS AGED 2 - 4

Some toddlers in this age range can manage some life skills independently, but some will need your help to do the task together, and they will keep improving as they get older.

Tidying up

Ask toddlers to put their toys in the appropriate place after they've finished playing. It helps them to see it as fun, so sing a little song out loud together like:

Tidy, tidy 1-2-3

I'll help you

And you'll help me!

And make sure you and your toddler enjoy clapping hands at the end to say well done, as this associates tidying up with a happy feeling of fun and achievement.

Definitely tasks to do together are to sort their books by colour on the shelf, or line up their stuffed animals on their bed by size. You can even invite older toddlers to help you sort the laundry after it's dry by sorting the socks into pairs. Be sure to give them lots of praise for their achievements.

Laying the table for family meals

Family mealtimes are extremely crucial to how a child develops, in terms of communication, bonding, learning good nutritional habits, feeling secure, and so much more. So it also makes sense to ask the little ones to help set the table - even if it's taking the salt and pepper pots to the table, serving spoons or napkins.

CHILDREN AGED 5 - 7

These ages are perfect for little helpers at home because kids this age love to feel like they're doing meaningful jobs. Plus, they *can* actually do stuff! One thing you have to work out is when you need to step in and help and when to step back and let kids problem-solve independently.

Unless they could create a potentially unsafe situation try to hang back, while also being on hand to help or encourage as necessary. You'll be surprised at what your child can handle.

Empowering kids at this age is particularly important in the wake of the pandemic. So much of their lives have felt uncertain and out of control. Providing structure to do basic chores will help them feel more confident and in control, and hopefully minimise any background stress they may feel.

Basic cleaning tasks

Children aged 5-7 can help clear the table after meals, take some of the things to the sink, help wipe down the table and put different items into different bins for recycling. Learning which materials are recyclable leads to good conversations about taking care of the environment, producing less waste and making sustainable decisions.

Sorting the laundry

Teach kids how to separate light and dark colours. Ask them to empty pockets before putting something in the washing machine, and talk about why one red sock will turn an entire load of whites pink! Aside from helping you with the laundry, you're teaching them a core life skill.

Making their bed

This skill is often overlooked during the school term rush to get out the door in the mornings. But if your kids are studying at home, you may have more time to teach them how to make their beds. Teach them that making their bed in the morning is always the first good accomplishment of the day, and no matter how hard the day might get, they have a lovely cosy bed to get into at the end! This little job will help to instill a lifelong habit that will benefit them for the rest of their lives.

Developing cooking skills

Little children love helping in the kitchen! Stirring, mixing, shaking, whisking - all these activities are hugely popular with toddlers and the under 8's. They also get lots of fun from cracking eggs, pressing or pulsing the blender button (which must *always* be with supervision), and making sandwiches. Look for ways for your kids to



help with making meals, as it's always a nice opportunity to chat and have some fun with them. Consider also allowing them to assist in the meal planning for the week.

KIDS (AGES 8–10)

Understanding kitchen safety

Kids in this age group can manage most child-friendly tasks and can begin to take on some of the tasks you didn't quite trust them with at six or seven, such as stirring onions on the stove, and pouring in water or sauce, while teaching them about hot splashes and safety around heat. No matter how much they contributed to the cooking, kids also love taking all the credit for "cooking the meal" by the time the family sits down to eat!

Be creative in how you get children aged 8-10 involved around the house. Even if they're back in school soon, these are important skills for them to learn at this age.

Mastering basic cooking

You can probably teach your kids to scramble eggs, boil water for pasta and make pancakes at this age. But you can also teach them fractions by setting out measuring cups and asking them to double, triple, or even quadruple an easy recipe.

Learning to grow plants

Growing plants is one of the best ways to blend life skills with science - and in a way that children really enjoy too.

For example, you could save the base of a spring onion or lettuce, show your child how to put it in a pot and watch it re-grow. Sprouting seeds on moist tissue paper (mustard seeds will germinate and grow within a couple of weeks) are also fun for kids.

Loading the dishwasher

Believe it or not, you need some spatial intelligence to load a dishwasher, so everything fits and actually gets cleaned. Tell your kids it's a bit like doing a jigsaw. Plus, making the task of loading (and unloading) the dishwasher a regular chore shows kids the importance of contributing to the efficient operation of the household.

TWEENS AND TEENS (AGES 11+)

Tweens need to learn how to be responsible for their time, money and personal hygiene.





Teens should be focusing on the life skills they will need to live independently one day, like balancing a bank account and performing basic household tasks.

So, while it's normal for teens to want to binge on Netflix over the summer holidays, help them refocus their attention and stay positive. Learning new skills can help them feel empowered and confident and help them avoid developing a sedentary lifestyle.

Managing their money

This is maths, obviously—and while it's important to teach your kids how not to overspend on their income (from allowances, pocket money or gifts), they also need to know several other related skills. This might be comparing prices on purchases to shop around for the best deal, keeping a record of all money received and spent (with a running balance always maintained, so they always know how much they have); or establishing a budget to manage their cash flow.

Learning basic maintenance

Can your teen change a light bulb? Use a screwdriver? Wash dishes? If not, it's time for them to learn. One day your kids will be living in a dorm or an apartment in college or working, so they will need these basic skills. So there is no better way to learn them than by participating in family chores - which they might be happier to do when rewarded with pocket money for the chores.

Learning to take personal responsibility

Older kids need to get comfortable making phone calls, setting up appointments, ordering food, planning meals and planning their own time. In other words, it's usually time to stop hounding them to clean their room - instead, encourage them to set a weekend schedule that leaves time for doing these things, and also making time for their friends and other interests. Learning these skills now will establish the importance of caring for themselves in the future.

Taking charge of their hygiene

If you're still hounding your teens to shower regularly, use deodorant and properly care for their skin, it's time for them to take charge of their hygiene! Let them choose their own products, decide what time of day they want to shower (morning or evening), and maintain a haircut or style of choice. Giving them some autonomy here will go a long way toward motivating them.

If it feels too overwhelming right now to start teaching your kids life skills, don't worry. You don't have to add more tasks to your daily schedule if you've got too much going on. However, keep in mind that teaching your kids some of these skills now may free up your time later.

So it might help to look at it as an investment for both you and your children! Putting the time and effort into teaching them today will help your kids become independent, confident young adults later.

•EDUCATION.



How visual learning helps children to understand concepts; the important new role that kids' name tag and stickers are taking...and our BTS event!





JOIN US AT OUR BACK TO SCHOOL EVENT IN AUGUST!

Mother Baby & Child is gathering experts together for a mini-conference event in August, designed to help parents with a new school term that, given the last 12 months of coping with the pandemic, is different to all others.

The theme of the event is: **‘Preparing your Child for Success in the New School Term’** and our speakers will talk about topics such as:

- What Psychological and Emotional Effect has the Pandemic had on Our Children Over the Last School Year?
- How Does This Impact the Coming School Year & How Do We Manage These Psychological & Emotional Effects?
- Why Extra-curricular Activities are More Important than Ever: The Transforming Effects of Activity & Exercise
- Panel Interview - Setting Our Children Up for Success at Home:
 - Study needs at home (including study lighting, furniture, ergonomics and creating
 - the right environment for the new school year).
 - How to help your child to achieve focus, motivation and good study habits.
 - Health: Nutrition, Sleep, Hygiene, Family Time & Communication

What we know about the new school year so far...

More than 50% of Dubai students are now attending school lessons in person, according to the city's private school regulator, the Knowledge and Human Development Authority (KHDA). The KHDA also confirmed that this is the highest number of school returners since private schools re-opened after the lockdown phase of the pandemic last year. But this means that 48% of students will continue to study remotely from home.

The vaccination status

As it stands, 97% of eligible school staff have had at least one Covid-19 vaccine shot. According to a report in The National newspaper, the authorities have expanded the vaccination drive to teenagers aged 16 and 17; with a smaller number of students aged 12 to 15 having received the vaccination shots.

“Parents have always had the choice of distance or face-to-face learning for their children,” said Abdulla Al Karam, Director General of the KHDA, adding: “It’s great to see that parents have placed their confidence and trust in schools and that the Government’s safety protocols continue to be rigorously implemented. It’s also great that pupils are able to spend time with their friends and teachers in person every day.”

Subscribe to our newsletter and look out for the announcement on our website for the date and time!

NAME STICKERS HELPING TO KEEP KIDS VIRUS-SAFE AT SCHOOL!

As a mother, you'll know how much kids love stickers! But now, in these times of virus awareness, name tag stickers have taken on a new significance, with mothers now using stickers as an important (and clever!) part of helping to protect their children from virus spread at school.



Less virus-spread worry with name tag stickers at school

We know that one of the common ways that viruses, bacteria and other germs spread is through touch. With the new school term looming, it can be hard for a child to remember not to touch or borrow things from other children, and to only use their own items. Name tag stickers that label everything that belongs to your child have therefore

become an absolute necessity - and a very clever way for mums to protect their kids while they're away at school. The stickers also help teachers to easily identify items that belong to your child, with no confusion or extra handling of the items.

But be careful, as not all children's name stickers are equal! In these days of virus caution, children's name tag stickers need to also be able to repel germs, as well as being resilient through the school term and beyond. Quality is the key when it comes to children's name stickers and our recommendation is My Nametags.

My Nametags is a company with arguably the best reputation in the world for producing high quality, sustainably-produced name stickers, iron-on name tags for school children. The company is used by mothers in 130 countries and produces a variety of iron-on name labels for children's clothing, as well as an array of children's name stickers that are manufactured with an antibacterial coating that makes them safe to use for face masks, lunchboxes, food packs, stationery and items of clothing. As a mark of the quality of thinking behind the products, the My Nametags stickers and labels are also washing machine



and dishwasher safe - something that is appreciated by mums all over the world.

Available in A-Z alphabet & Arabic lettering

The 'My Nametags' name stickers and labels are already popular in Saudi Arabia and Bahrain, children's name labels and stickers from Name Tag are available in Arabic typography, as well as in the A-Z alphabetical format of other languages.

Children's name stickers and labels include:

Maxi stickers

These are a larger sticker, best used for labelling your children's lunchboxes, water bottles, books and school bags. These maxi stickers are particularly important, as children eat with their hands - the same



hands that touch their lunchbox, water bottle, juice cartons, snack packs and books. Available for you and your child to custom design your own unique maxi stickers in a variety of sizes and shapes, these stickers are expected to play a significant role in keeping your child's items safe.

Mini stickers

These mini sticker name labels come in a pack of 175 stickers with your child's name printed on them. Older children and teens seem to prefer a smaller, more understated sticker, which is why the mini stickers are their preferred choice for discreetly labelling the inside of sunglasses, phone covers and books. However, in these pandemic times, labelling their water bottles, pens, devices and other items with a small name sticker makes sense to even teenagers!

Iron-on name tag labels for kids' clothing

In this era of pandemic precautions, name labels ironed into your child's clothing items are

no longer a 'nice-to-do,' but 'must-do' element of equipping a child for the new school year. Labelling your child's items will enable teachers to quickly identify what belongs to your child and avoid a scenario where children accidentally pick up and handle each other's school gym gear, uniform items and other clothing. There's a nice article on how to apply the iron-on labels on the My Nametags website.

And remember, school uniforms are expensive but they all look the same! For this reason, iron-on name labels are a part of giving mums the comfort of ensuring that your child doesn't lose any items - as well as helping to stay safe at school.

Have fun customising your child's labels together!

You can check out the My Nametags website for more information and the ordering process is easy. But the best part is that you



can customise your labels together with your child, who can choose the background and images they love - and you just need to type their name or other text and order!

NOTE: Be sure to allow 2 weeks between the ordering and delivery of your child's name labels!

You'll find lots of information and inspiration on the website: www.mynametags.ac

WHY IS VISUAL LEARNING SO SUCCESSFUL FOR STUDENTS?

The truth is, most students enjoy learning by looking at words and reading images. Here, Anthony Koshy, Principal, Global Indian International School looks at the young mind to understand why it prefers flipping through a photo book but not so much a textbook.

Eliza is an intellectually curious second grader who is preparing a project on 'Your Favourite Shape.' She chooses to draw a plane figure with four equal sides and four right angles (a square!) However, would the word 'square' have any meaning if her mind had no 'image' of the square to compare it to? This example demonstrates not just the power but also the necessity of visual learning.

A picture paints a thousand words

Going back to the example mentioned above, it's easier to understand why neither one nor 11 words can do what a single image can. But more importantly, this "picture superiority effect" is supported by science. The Visual Teaching Alliance found that the human brain processes images 60,000 times faster than text.

So, what happens when your child learns complex concepts by pairing them with meaningful images? They're able to retain gargantuan volumes of information with ease! Students are never afraid of learning; they simply detest the black-and-white text-only approach.

2+2=4 is not always as simple as it sounds

Ever wondered why your child sometimes doesn't get 2+2 right? Well, the definition of 'simple' is worlds apart between a five-year-old and us adults. Your ideal approach could be something like this: Promise to reward your young child with two chocolates for good performance, then give two more as a special extra for

doing so well. Then ask: 'How many chocolates do you have?' The child will exclaim in excitement, "four!". This way, they will have a clear understanding of the simple concept of addition, and a feeling of utter joy.

Now, what sped up the learning process here? The visual learning approach involved the child's emotions, where your child associated the 'addition' of two more chocolates with 'joy.' Similarly, if you take back the two chocolates, it would generate 'negative' emotions, helping your child relate them to the concept of 'subtraction.' The lesson learnt here will remain in the young mind for a lifetime.

Pictography existed long before written text

Long live pictographs! Well, they have always been in existence way before the written text or even the camera came into the scene. The pre-tablet-scriptwriting era had their teachings passed down orally from one generation to the other. So, how did the ancients manage to write down long epic poetry years later? The 'camera' of the human mind locked images of the larger-than-life vivid descriptions, much like the visual storytelling you see in the silent films of Charlie Chaplin.





Virtual reality (VR) technology

Perhaps nothing can beat VR technology in bringing the world into the classroom. Take the Google Expeditions Tour Creator, for instance – With over 900 VR expeditions, students can explore any part of the world they want. From Mount Everest to the Louvre of Paris, VR makes it all accessible simply with the help of a VR headset. Or, let's consider the scientific VR game, InMind2, wherein students get the rare opportunity to learn inaccessible processes such as brain chemistry responsible for controlling human emotions. By helping a teenager named John to become his future self, students learn all about complex emotions in a fun and easy-to-understand way. The multi-sensory experience that VR provides ticks all boxes for visual learning, which is learning by seeing and doing, engaging the visceral emotions, and becoming a part of the story.

Robotics

The students of yesterday enjoyed driving remote-controlled cars and flying remote-controlled planes. But today's students can build, run, and interact with remote-controlled robots! Mainly helpful in STEM (Science, Technology, Engineering, and Mathematics) disciplines where practice precedes theory, robotics encourages spatial learning, instils perseverance, and boosts creativity. For example, the Makeblock mBot is an easy-to-make and control robot-on-wheels designed to introduce students to robotics, electronics, and programming. Another example is the Robo Wunderkind, for which students need to connect a set of blocks to build their own robot, which can later be controlled using an app.

Use of 'relatable' images can make it easier for your child to understand an unknown concept. For example, some concepts like the functioning of the brain or the digestive system cannot be shown in person; however, visual learning can help in two ways –

- Interactive VR technology
- Visual storytelling (like comparing the brain to a computer and the digestive system to a masticating juicer in this case)

This way, students not only understand the otherwise challenging concepts but also discover how "everything connects to everything else."

Stories are much more appetising than mere data

Why is it that most students still choose to watch a Shakespearean drama rather than read it? Because getting into the characters' shoes happens more naturally in the case

of the former. The true-to-life visuals and the ebb-and-flow of emotions invite the students to be more than just spectators and become a part of the story. As a result, they decode the script better, know the chronological order of events by heart, and remember the scenes for years to come.

BRIDGING THE TEACH-LEARN GAP WITH VISUAL AIDS

Collaborative virtual whiteboards

There was a time when classrooms used projectors for learning; that time was yesterday. Today, interactive virtual whiteboards are replacing projectors. Through touching, drawing, or writing on a whiteboard, students can interact with the learning material. Or even play educational games to keep the learning sessions fun. Such whiteboards also help teachers to provide immediate feedback and assess student progress more effectively.

Is your child learning visually?

The desire to learn is an innate one that simply needs to be nurtured the right way. Do you want your child to learn in an environment most conducive to their needs? At our GHS campus, imparting holistic education is at the forefront with fully equipped learning tools and infrastructure to offer children of today a world-class learning experience to make them global citizens of tomorrow.

GOOD LIVING.



Part of good living is 'safe living,' so here we look at child car safety seat tips; and of course bring you our exciting monthly competitions!

CHILD CAR SEAT SAFETY TIPS

There is no good outcome from any car accident, regardless of how minor the incident. However, using the appropriate types of child car seats correctly means you can prevent or minimise harm to your child.

I recently met a mother who said she always holds her 1-year old daughter on her lap when travelling in the car because "the baby hates her car seat and always cries when we put her in it." We've therefore included this article, as this mother's mistake is genuinely scary and a good reason to remind parents that babies and children must never be given the choice about whether they "want" to ride in a car seat - it's the law! According to UAE traffic law: "children up to four years of age must be provided with a child safety seat. Violators will be fined AED 400 and slapped with four black points. The front seat passenger should also be at least 145 cm tall and not younger than 10 years old."

It is firmly proven that baby and child car seats significantly reduce the risks of fatal injury in infants and toddlers in the event of a crash. Given that this is staycation season and many of us will be spending more time on the road this month, it's useful to run through this quick check to make sure your child's car seat is appropriate for them - especially if you haven't done a road trip for a while!

CHOOSING THE CORRECT CHILD CAR SEAT

If you're a new parent or have never had to worry about purchasing a car seat before, how do you know whether your child needs a front-facing, rear facing or a booster seat? The short answer is that it depends on your child's age, weight and height.

Rear-facing infant car seats

These car seats are usually for children aged under one year old, but if your child can still fit in a rear-facing car seat until they are 1 to 3 years old you can use the seat.

These feature a harness strap system and a cradle design to protect a child's neck and spine in a crash.





Front-facing car seats

These kinds of car seats are typically designed for children aged 4 to 7 years old, or children under 4 years old who have outgrown their seat's maximum height and weight. These seats usually feature a tether strap system that is much safer than a standard seat belt for young children.

Booster seats

Booster seats are designed for children 8 to 12 years old, or children under 8 years old who have outgrown their seat's height and weight maximum. Booster seats are built to add extra height so the car's seat belt fits your child properly.

THINGS TO CONSIDER WHEN INSTALLING A CHILD CAR SEAT

Always read the manufacturer's instructions!

Even if you have a firm understanding of how things fit together and can always work practical things out, don't try to guess and figure out how to install a child car seat for yourself! Read the instructions thoroughly and make sure you clearly understand how to install the car seat safely and securely.

Position car seats in the back seat

The back seat of the car is the safest location in the car for a child to ride. Take a look at the manual of your car before installing a child seat, as some cars have lower anchors built into the seats that can be used to attach a car seat. Older cars may not have these and may require the seat belt to secure the car seat. The owner's manual will help you find what you need.

Lock the seat belt

If your car doesn't have lower anchors, refer to your owner's manual to find out how to lock a seat belt once the seat is in place.

Secure the seat tightly

Once the car seat is in place and attached with either the seat belt or lower anchors, wiggle it side to side, back and forth. It should not move more than a centimetre in any direction.

Adjust the recline angle

For rear-facing seats, it is important that the



base of your car seat is level to prevent your child's head from flopping forward. Most seats will have indicators on the side to help!

Connect the tether strap

Forward-facing infant car seats have an extra strap at the top as an added safety feature. Double check your vehicle and attach and tighten the tether strap if possible to prevent head movement in the event of a crash.

POSITION YOUR CHILD SAFELY

Once you have finished installing the car seat, you still need to place your child into it properly to ensure his/her safety. Below are specifics for the harness system in both rear- and front-facing seats.

To properly position your child in the car seat, you will need to:

- Remove any bulky clothing or unnecessary layers before placing your child in the seat
- Place your child so their bottom and back are flush against the seat without arching or slouching
- Make sure all straps lie flat against your child without twists or knots

- Check that the straps are snug but not too tight
- Check that the chest clip sits level with their armpits
- Ensure that the shoulder straps connect to the seat either at, or directly below their shoulders.

Here are a few additional tips all parents should bear in mind when it comes to child seat safety.

- Use a car seat every time your child rides in the car - no exceptions, even if it is for a short ride!
- If you're transferring your seat to a different car, refer to that car's manual for specific installation directions.
- Keep your child in a rear-facing seat as long as possible, as it's the safest travelling position.
- Size, not age, should be the key factor in moving your child up to the next seat type.

The back seat is always the safest place in your vehicle for a child to ride for children and kids over 12 years of age should always, always wear a seat belt.

COMPETITIONS

motherbabychild.com/competitions



WIN! A FAMILY DAY OUT AT THE JUMEIRAH ISLANDS CLUBHOUSE, WITH **AED 600** TO SPEND ON FOOD & DRINKS



Jumeirah Islands Clubhouse is offering a prize to enjoy the ultimate pool day with a AED 600 voucher to spend around The Pool and at Isola Ristorante. The lucky winner can enjoy a laid back day of blissful relaxation at

the riviera-inspired, temperature-controlled pool and facilities, including sun loungers and delicious F&B options. The lucky prize winner will spend their AED 600 voucher on the day at Isola Ristorante, the Italian restaurant at JIC, which takes its culinary inspiration from Sardinia, Capri and Sicily. You'll find tasty Italian dishes to please all, with a kids menu to keep the little ones happy after a day at The Pool. The chic clubhouse venue is ideal for guests to rejuvenate with relaxed vibes and a range of food and drinks options to suit the whole family, so enter today to win a chance to experience it for yourself!

WIN! A 30-DAY HEALTH RESET PACK FROM REJUV WELLNESS WORTH OVER **AED 2,000!**

The 30-Day Health Reset Pack from Rejuv Wellness, the research-backed, evidence-based whole food supplements brand founded by Dr. Simone Laubscher PhD, will provide you with everything you need to cleanse all 11 systems of your body. Whether you are looking to do a general detox or if you also need to lose those extra pounds and do a full metabolic reset, this pack will allow you to reach your wellness goals to help shift into the best version of you. This pack includes Dr Simone's eight favourite products and a complimentary naturopathic urine test kit, with two tests personally analysed by Dr Simone. Enter today for a chance to win!

WIN! A FREE EYE CHECKUP FOR YOUR CHILD WITH MOORFIELDS DUBAI PAEDIATRIC EYE SPECIALISTS, WORTH **AED 550!**



Many parents will be familiar with the importance of immunisations, routine screenings such as hearing tests, weight, and growth charts for their children, not to mention dental health when the time arises, but what about their vision? Some eye conditions do not display any signs or symptoms, so the only way to know for sure is to take your child for a sight test. The free eye checkup enjoyed by the winner is a free consultation with an expert paediatric eye specialist at Moorfields Dubai that is usually charged at AED 550. Enter today!

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

WIN! A CLEANING HAMPER FROM ZOFLORA WORTH AED 500

Zoflora's impactful 3-in-1 action formula not only kills 99.9% of bacteria and viruses that can cause illnesses and bad odours, but also ensures your home stays smelling beautiful with a long-lasting fragrance. From crisp and breezy Linen Fresh to uplifting and floral Bluebell Woods, to regionally inspired scent exclusively available in the Middle East, Rose Noir containing notes of Rose and Oud; Zoflora comes in a wide range of luxurious, perfumer developed fragrances to leave your home smelling divine all day-long. Not only is Zoflora extremely versatile and easy-to-use, but it can also be utilised through a range of different cleaning methods including spraying, mopping, wiping etc. One Zoflora 500ml bottle can make up to 20L of full-strength disinfectant to wipe or mop and can also be used neat for odour elimination and busting bugs down drains, plug holes and toilet bowls. Zoflora fragrances are available to purchase online and instore including major ecommerce platforms, but one winner will be treated to a hamper of these fresh-fragranced goodies!



WIN! A ZIGGY SCOOTER WITH CYCLE SOUQ, WORTH AED 249!



Cycle Souq is an e-commerce platform that supplies the latest cycling equipment all in one place, offering convenience, accessibility, and most importantly, affordability to the people of the UAE. With a wide range of children, teens, recreational and professional bicycles and accessories available, Cycle Souq are here to take the stress out of buying a bike! And a fun, bright and unique ride awaits toddlers who want to scoot their way back to school, and the Ziggy Scooter from Cycle Souq is exactly the right fit for them! The chic scooter also features three flashy LED wheels and a steer lock, making it easier for youngsters to navigate. What could be a better way to celebrate going back to school than this epic prize?! Enter today for a chance to win!

WIN! A FREE FAMILY VISIT TO OLIOLI® WORTH AED 630 TO EXPERIENCE THE JOY OF DISCOVERY!



Unforgettable moments of joy await you in a place where there's something new to discover around every corner. Embark on a unique adventure with your little ones OliOli®, as you explore, create and tinker together in our 8 interactive galleries! One lucky winner is on course to win 3 single visit passes, (for 2 adults and 1 child), valid for 2 hours.

Please note that these passes will be valid on all days of the week, except on public holidays. Advance booking is mandatory to redeem the passes.

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



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