

ISSUE 123 | SEPTEMBER 2021 | DHS15

# Mother Baby & child

**YOUR  
NEEDS ARE  
IMPORTANT!**

**GETTING  
COMFORTABLE  
BEING  
PREGNANT**

**ADAPTING  
TO A NEW  
SCHOOL**

**ANXIETY IN  
CHILDREN**

**HEALTHY  
EATING TO  
BOOST KIDS'  
IMMUNITY**

**CALLING  
ALL  
PREGNANT  
MUMS**



**YOU'RE  
INVITED to our  
free pregnancy  
breakfast event  
this month!  
(p. 27)**



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# EDITOR'S LETTER



## Hello Mum!

It feels like at last the summer heat has beat a retreat! I for one am grateful for this, but if you're pregnant, I can imagine how much of a relief it is that at least the weather has cooled down. That said, it's possible that at the same time, a range of emotions are ramping up for many of you mums-to-be as your pregnancy progresses.

I spoke to one dear reader who said that she feels terrible all the time - achy, emotional and uncomfortable. She said she resented that everyone was telling her how wonderful it is to be pregnant while she was feeling just the opposite sentiments - and nobody seemed to be listening to her.

There's no doubt that pregnancy is life-changing in many ways - starting with how you feel about your pregnancy. If you're pregnant, I'd love you to come along to a very special information event we're staging just for you on Tuesday 21st September, in Dubai. Join us for some lovely breakfast bites and let's get it all on the table - the good, the bad and the ugly.

I've invited some wonderful experts, including Dr Giovanni Bisanti, who will be talking about natural ways in which you can reduce nausea, ease the pain of backache and swelling, as well as prepare for an easier, smoother birth. We'll also be joined by experts who will provide a safe place for you to express how you really feel about the more uncomfortable aspects of your pregnancy - both emotionally and physically. If you're pregnant, we're here for you - all you need to do is to register on our website, under the 'Events' tab (all the details are there), and I'll see you on Tuesday 21st September. It's free to attend and breakfast is on us!

In this issue, you'll find some great reading about how to make sure you put yourself first sometimes. It might seem like an impossibility, given that you're a mum and your world seems like you're putting everyone else first, but it is important to balance life with looking after yourself, otherwise how can you do your best for others?!

Elsewhere in this issue, the article on Anxiety in Children on page 22 is an interesting read if you're worried about the effects of the pandemic and now going back to school might have on your child.

On a lighter note, we've found such a dream solution to getting kids used to social contact again, and it's in the form of the best kind of birthday treat - I'll let you read about that for yourself on page 32! And as usual, there are some great competitions to enter, and I look forward to sending the winners' emails...but remember, 'you've got to be in it to win it', so be sure to enter online!

Happy September!

Kay

Editor

Mother, Baby & Child Magazine

## EDITOR'S —PICK—

### WANNA BE AS SWEET AS COTTON CANDY?!

Finally the brunt of the summer heat is starting to cool off and it's perfect timing that I discovered Flormar's Cotton Candy scented make up wipes, lip balm and body mist. A little fruity spritz is actually a refreshing change from heavier perfumes and feels light, natural and playful for the daytime...oh and it smells divine!

The make up wipes do a great job of cleansing every last bit of make up off my skin and leaving a fruity little hint afterwards. The lip balm in this little trio gives you that cotton candy feeling of sweetness as you go about your day!

*Flormar products are available at all Flormar Stores in the UAE and online on [www.glambeaute.com](http://www.glambeaute.com) and [www.instashop.com](http://www.instashop.com)*

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**new season, new prices**

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## EDITOR'S —PICK—

### AND THE SWEETEST OF ALL SURPRISES... CANDY TOMATOES AT KIBSONS!

For someone who used to be afraid of tomatoes as a toddler (my brother told me that the stalk on top of tomatoes was a spider!) I have come a long way. We all know what tomatoes taste like and how to use them, and as a keen cook, tomatoes tend not to hold any surprises for me. However, at our Back to School event on 23rd August, Kibsons.com were kind enough to supply a gift box for all the mums that attended, and inside was the unexpected taste highlight of the month - A box of Candy Tomatoes from local grower, Pure Harvest Smart Farms.

It wasn't just me - the sheer sweetness and flavour burst of these little school snack-size boxes of tomatoes absolutely took everyone by surprise. They are as sweet as eating a box of candies and within 24 hours, I received 14 Whatsapp messages that were nearly identical - they said: "Those TOMATOES!!!" along with varying numbers of tomato emojis. I can't recommend these highly enough as a must try for anyone who loves healthy snacking and as a lunchbox addition for kids!

*Try them for yourself at [www.Kibsons.com](http://www.Kibsons.com)*





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# THINGS • TO DO •



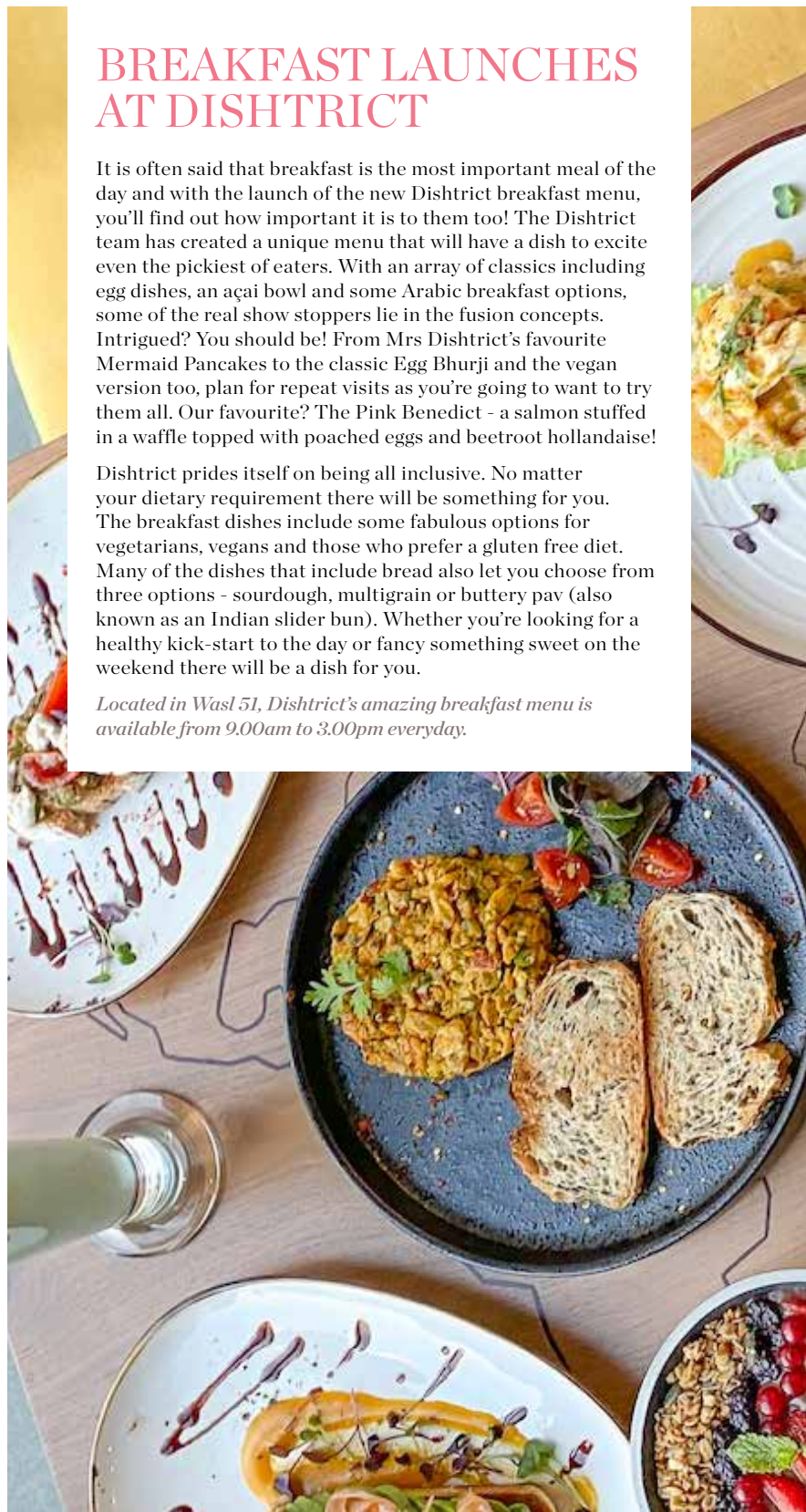
Time for a special  
date night, an exciting  
new breakfast menu  
for all tastes and  
a great place for  
adults and kids to get  
artistic this month!

## BREAKFAST LAUNCHES AT DISHTRICT

It is often said that breakfast is the most important meal of the day and with the launch of the new Dishtrict breakfast menu, you'll find out how important it is to them too! The Dishtrict team has created a unique menu that will have a dish to excite even the pickiest of eaters. With an array of classics including egg dishes, an açai bowl and some Arabic breakfast options, some of the real show stoppers lie in the fusion concepts. Intrigued? You should be! From Mrs Dishtrict's favourite Mermaid Pancakes to the classic Egg Bhurji and the vegan version too, plan for repeat visits as you're going to want to try them all. Our favourite? The Pink Benedict - a salmon stuffed in a waffle topped with poached eggs and beetroot hollandaise!

Dishtrict prides itself on being all inclusive. No matter your dietary requirement there will be something for you. The breakfast dishes include some fabulous options for vegetarians, vegans and those who prefer a gluten free diet. Many of the dishes that include bread also let you choose from three options - sourdough, multigrain or buttery pav (also known as an Indian slider bun). Whether you're looking for a healthy kick-start to the day or fancy something sweet on the weekend there will be a dish for you.

*Located in Wasl 51, Dishtrict's amazing breakfast menu is available from 9.00am to 3.00pm everyday.*







## DATE NIGHT ON THE PALM OFFER WITH SOFITEL

Whether you're celebrating an anniversary or just want to treat your special someone, one of the most romantic ways to pamper the person you love is to spend a little quality time with them, over a romantic dinner for two. Enjoy an indulgent three-course dinner with an option of 2 or 4 glasses of grape and unlimited soft beverages for two at the award-winning Moana Seafood Restaurant for only AED 440.

At this exquisite restaurant, you can relax in the sophisticated surroundings on your special date night and enjoy the fresh catch of the day prepared with Latin, European and Pan-Asian culinary techniques. The beautiful pagoda-style terrace with distinctive indoor and outdoor dining areas offers beautiful garden views while the calming sounds of water streams flow around the restaurant. When at Moana, start with the refreshing street truck ceviche or the luscious flavours of the signature prawn soup. The menu continues with international-main dishes and sensational desserts.

*To book your date night for this limited time offer, email [dining.palmdubai@sofitel.com](mailto:dining.palmdubai@sofitel.com) or Call 044556677*



### SEPTEMBER ACTIVITIES FOR ALL AGES AT THEATRE OF DIGITAL ART (TODA)

Located in Souk Madinat Jumeirah, Dubai's Theatre Of Digital Art (ToDA) is one of the venues that helps to give our city a huge fix of art and culture - and this month has activities that families can enjoy together, as well as some amazing things to do for adults and kids separately.

From immersive art experiences, imaginative and aesthetic architectural designs, harmonious and instrumental music, yoga exercises styled to promote health and well-being, engaging activities for kids and much more, ToDA's new immersive, multi-diverse digital art space caters to everyone and promotes a distinctly creative and fun lifestyle focused on artistic exploration, immersive learning and aesthetic development.

ToDA is a place where your kids can tap into their budding creativity in a fun, enriching environment and where you can groove, stretch, paint and draw inspiration from a variety of colourful canvasses of classic and modern art.

#### Digital Art Shows

Immerse yourself in a phenomenal 360-degree experience set to music. ToDA's multi-sensory, multimedia immersive exhibition lets you discover the possibilities of a limitless space with painting, photography, video, performances, installations and other time-based creations. You will be spoiled for choice with ToDA's array of gripping digital art shows, organised especially for you for September:

- 5th September, daily from 12 until 10pm - Being Van Gogh show
- 6 - 12th September, daily from 12 noon until 10pm - Klimt & Impressionists
- 13 - 19th September, daily from 12 noon until 10pm - Klimt & Japan
- 20 - 26th September daily from 12 noon until 10pm - From Monet to Kandinsky
- 27th September - 3rd October, daily from 12 noon until 10pm - Being Van Gogh show
- Each Sunday of September at 7 pm - Being Van Gogh Live show

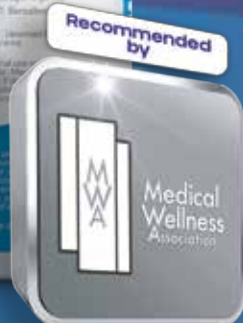
**Price:** AED 50 per child and AED 100 per adult; Balcony AED 75 per child and AED 150 per adult. Balcony tickets include beverages and the VR room experience. Up to 35% discount can be offered for group bookings.

**To book your tickets, visit [www.tickets.toda.ae/en](http://www.tickets.toda.ae/en) or call +971 4 277 4044.**





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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.



Here, we take a look at nutrition for kids to balance the demands of the new school term and boost their immunity.



## HEALTHY EATING TO BOOST KIDS' IMMUNITY

*As children go back to school after a year of distance learning, health and nutrition needs to be a top priority in order to help them thrive, says Dr. Dana Al Hamwi, Clinical Dietician, India Gate KRBL Ltd.*

As parents, our children rely on us to instill healthy eating choices, so that it becomes a lifestyle habit that they see as normal as they grow. Children naturally love helping in the kitchen from the youngest age, so involving children in preparing meals makes them learn about colourful, tasty ingredients and helps them to make good eating choices.

Nutrition and an active lifestyle are so important, as they make the body stronger and strengthen the immune system to help them fight diseases. Since children spend a large chunk of time concentrating and active in school, it follows that their bodies require the right nutrients to provide the high energy levels





they need to keep them active, healthy, focussed and strong. A healthy diet with plenty of fruits and vegetables, as well as protein will go a long way to boosting their performance at school.

Here, Dr. Dana Al Hamwi, Clinical Dietician at India Gate KRBL, shares her dietary tips to strengthen and build children's healthy eating habits.

### **FRUIT AND OLIVE OIL (No, not together!)**

Fruit to start the day is healthy for children as it provides a boost of vitamins and minerals, as well as fibre. A plate of nicely sliced mixed fruit drizzled with organic honey is a colourful feast for children's eyes as well as appetising and delicious for them to eat.

Olive oil is also daily essential, as it provides the body with healthy Omega 9, essential fatty acids as well as Vitamin E. Camouflage it in quick breakfast recipes such as scrambled eggs, which are full of protein and will help keep your child full until lunchtime. You can even add a few drops of olive oil to a pancake mix, but won't be able to taste it.

### **PROBIOTIC YOGURT**

Probiotic foods enhance the digestive system and boost children's immunity, as well as your own! Yogurt and kefir are excellent probiotic sources and should be a regular part of your child's diet if you want to instill good habits early. For tastier versions, you can even add a teaspoon of manuka honey and a bit of cinnamon and turmeric. Telling children

about these benefits when preparing meals will help them to understand the need for having them and actually want these benefits!

### **HEALTHY SNACKING**

Re-define your child's snacking moments with delicious and crunchy seeds like Chia and Flax, both of which are versatile enough seeds to elevate other foods, both in terms of taste and nutrition. Full of Omega-3 fatty acids, antioxidants and fibre, they are an absolute must for children's brain development, eyesight and concentration. While they can be had as an on-the-go snack, some children may not like them on their own. You can therefore mix chia and flax seeds into fruit smoothies, granola, salads and energy bars, and even pop them onto sandwich fillings.



### ZINC & WHOLE GRAINS

Zinc is another nutritional powerhouse that should be included in your child's diet, as it helps boost body immunity and also produces antibodies to fight viruses. Whole grains such as sprouted brown rice are a good source of zinc and can be used to prepare nutritious and tasty recipes. A mix of vegetables in brown rice makes for a complete meal; and a portion of protein served alongside plain brown rice can be a tasty lunch option for school.

### VITAMIN C

Supplement your child's need for hydration with a daily dose of Vitamin C. Fruits like oranges, lemons and strawberries; and green leafy veggies such as spinach are a good source of Vitamin C and can easily be added to a variety of dishes and smoothies. Dr. Al Hamwi recommends eating the fruits whole instead of juicing them, as the additional fibre helps to boost digestion. Hydration combined with nutrition helps children to tackle their hectic schedules without feeling a drain in energy.

### PROTEIN AND VEGETABLES

Protein and vegetables are no doubt an integral part of everyday meals. Be

creative in dishing up some delicious, colourful, flavour-packed recipes to keep children engaged with and enjoying healthy eating habits. Broths and soups made with vegetables such as broccoli, celery, cauliflower, zucchini, carrots, onion, and garlic are quick and easy recipes. Serving them with basmati rice, legumes, or sprouted brown rice makes a nutritionally complete meal. Sprouted brown rice has a high nutrition quotient, is easy to cook and tastes sweeter than its whole counterpart. It also has phytochemicals (Ferulic acid, Phytic acids and Inositols) to ensure ample nutrition in small servings.

### PROTEIN-RICH GRAINS

Protein-rich grains such as quinoa are essential for bone health and help with overall healthy growth in children. Quinoa has exploded in popularity in recent years because it is one of the best sources of protein, it is excellent in meeting the nutritional needs of a vegan diet and

is also gluten-free. Whether served as a main meal or used in desserts - or even processed and ground into a flour for bakes, quinoa is health and taste guaranteed!

### PHYSICAL EXERCISE

There is no substitute for taking lots of physical exercise as a child (and the same applies to adults too!) An active body ensures an active mind for better learning. An outdoor sport like cricket, tennis, swimming, or running helps in channelling a child's natural energy and makes their bodies tired enough for a good night's sleep.

It is important to remember that inadequate sleep can make the body more vulnerable to illnesses. To calm children before bed, make sure the last hour before bed does not involve electronic devices, the house is calm and peaceful and your children feel relaxed. And all the advice in this article can apply to parents too!





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# • HEALTH •



It's all about psychology this month as we look at managing anxiety in children and adjusting to a new school after the break.



## ADAPTING TO A NEW SCHOOL

*Going to a new school can be a traumatic experience for children. Changing from familiar surroundings, leaving their friends and feeling like a 'new kid' where they don't know anyone can make them feel very isolated.*

Moving home, or even moving to a new country is a fully life-consuming process and it can be hard to stop and really appreciate how these changes can affect your child. Moving to a new school is part of the upheaval that will bring its own challenges to a child. To help your child to transition from one school to the next, check out the following tips, which we hope will inspire some approaches you can use.



### **Help your child keep in contact with their old friends**

If the family is moving, take pictures of friends and familiar places and offer ways to keep in contact with close friends via phone, email, and letters. Help your child talk about what he or she will miss and about what will be new and different.

### **Find out more about the new school together**

Encourage your child to discuss the future transition by asking questions such as, 'What have you been thinking about your new school?' Make a list of your child's concerns and together try to find answers to the questions. Many schools have websites that describe procedures, show virtual tours, and answer common questions. Ask the school if they have a buddy system, or if there are any other children starting at the school at the same time as your child. If so, ask for the school's help in connecting your child to them.

Help your child get to know the new environment beforehand. When possible visit the school together. Even viewing it from a car or seeing a photograph of the building is better than leaving the first day to the child's imagination.

### **Involve your child in the decisions**

If you have a choice of schools, listen to your child's ideas about what is important to them. After visiting various schools, openly discuss the strengths and weaknesses of each. Although the final decision is yours, it is important that your child feel included in the decision-making process.

### **Let your child know it is natural to feel apprehensive**

Your child may be stressed about not having any friends in the new school and worried about whether they will be accepted by other kids. It is intimidating for a child knowing that everyone already has their friendship groups, whereas they don't belong in any of them as a new kid. They know that they will not know their way around, and may fear that the academic demands may be higher.

Make sure you reassure your child with stories about your own childhood experiences of when you were new at school. Go into lots of detail and let them know that it is normal for everyone to feel nervous, but the feeling only lasts for a very short time. Remind your child that they are only new at the start and after that, they won't be new anymore. Make sure they understand that every single child in the school was new at one stage and felt the same, and it didn't take long for them to make friends in class. Tell them your stories of the good things that happened, such as how you met your best friend or which teacher was your favourite and why. Also remind your child that when they get to school, they will be doing exactly the same things as everyone else, so will quickly make friends.

### **Empower your child**

Empower your child by discussing actions he or she can take if a problem arises. Ask, 'What concerns you most about the new

school? Listen and then ask: 'If that happens, what will you do?' Help your child think of constructive ways to deal with any difficult situations that may arise. It helps to take the fear out of the situation if your child is confident they know how to handle such situations.

### **Let your child know that you totally believe in them**

Let your child know that you absolutely expect the transition to be successful, but they have to just wait it out with a short time of feeling overwhelmed at the start – which is entirely normal. Your attitude can go a long way in helping your child!

### **Provide extra support after school starts**

Understand that your child may need extra time, attention and support. When such a fundamental change happens for your child, whereby he/ she cannot enjoy some predictability, your child may regress to an earlier developmental stage. Do plan time for family fun because when such overwhelming transitions occur, you and the family are a crucial anchor for familiarity, predictability, routine, love and support.

### **Encourage your child to express his or her thoughts and emotions**

Even when a concern seems minor to you, be respectful and know that it could seem like a major crisis to your child. Try to put yourself in his or her place and understand how a child might feel when overwhelmed and without the right perspectives or coping skills. Ask open ended questions like, 'How's it going?' or make comments like, 'You seem sad.' Then listen to your child – in fact, it is more useful to listen carefully than interrupt and start giving advice!

### **Know when to seek help**

If after a period of time your child is reluctant to go to school or seems truly unhappy, seek help and talk to the school. Express your concerns and meet with your child's teacher and/ or school principal for advice. Together, perhaps with your also child being present, work out a plan of action.

# 5 TIPS TO PROTECT & CARE FOR YOUR BABY'S SKIN

By Dr. Wafaa Faysal

Parenthood does not come with an instruction manual and learning to care for your baby's skin can be tricky. However, do not worry, says Dr. Wafaa Faysal, who shares her go-to guide on newborn skin appearance, newborn bathing tips, protecting baby's skin during the hot weather, the best ingredients to look for in baby wipes and how to manage diaper rash.

## 1. NEWBORN SKIN APPEARANCE

Did you know that baby skin is about 20% to 30% thinner than adult skin? This means that it is ten times more sensitive to rash, causing red bumps and blemishes on a baby's skin. This is natural and quite common in most babies, so parents should not be alarmed, advises Dr. Faysal.

## 2. NEWBORN BATHING TIPS

Dr. Faysal recommends limiting bathing your baby to three times a week, in order to avoid irritable and dry skin. You can do this by washing your baby's body; while taking extra care of the more sensitive areas such as behind the ears, around the neck and more importantly the diaper area. It is considered normal



Dr. Wafaa Faysal is a Consultant Pediatrician.

to replace daily showers with quality wipes, as this goes a long way in protecting your baby's sensitive skin.

## 3. CHOOSING THE RIGHT BABY WIPES

Avoid using wipes that contain ingredients like alcohol and harmful chemicals, in order to prevent dryness and skin rash. Dr. Faysal recommends using high-quality wipes that are water-based for a gentler and safer feel on your baby's skin.

## 4. DIAPER RASH TIPS

Does your baby suffer from diaper rash? Diaper rash is very common in babies, as one in four babies suffer from this condition. To avoid rash in the diaper area, try to always keep the area clean by changing the diaper when needed. Also, use alcohol-free and fragrance-free wipes, and protective lotions to clean and hydrate the area. 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.

## 5. PROTECTING BABY SKIN IN THE HEAT

Plenty of fluids and the right garments for your baby will guarantee you and your baby beat the heat. Choosing the right clothes and materials can help you protect your baby's



skin. Light and breezy clothing allows their skin to breathe during the hot months. Using cotton material instead of more

harsh materials can be softer and gentler on their skin.

## WATERWIPES

We have a wide range of articles on baby skin on our website [www.waterwipes.com/me](http://www.waterwipes.com/me) - check them out for more insight into your amazing new journey. **For more information, please visit [www.waterwipes.com/me](http://www.waterwipes.com/me) and follow us on @WaterWipesMiddleEast**



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# ANXIETY IN CHILDREN: CAUSES, SIGNS & HOW TO HANDLE IT

*This term sees the highest percentage of children going back to school classes since the pandemic began. Many younger ones will experience 'separation anxiety', as will some parents. Either way, this kind of anxiety is a health issue more than a school issue, so let's delve into the topic!*





At the best of times, children have never relished going back to school at the end of the summer break, but with their educational routines firmly rooted to being home-based and around a parent, many will experience anxiety being separated from their parents as they return to the classroom.

Having spent more than a year being discouraged from having contact with others, the idea of a baby/toddler now leaving you and going to nursery care, or an older child going into a classroom with other children is daunting. As a parent, how do you know whether this is normal nervousness about going to school after a break, or something more serious?

## **SEPARATION ANXIETY IN BABIES**

At around seven months of age, you'll commonly see separation anxiety in babies - they become panicked, cry and become distressed when their mother (or primary carer) walks away from them or leaves the room. In just an instant, they miss your presence, your familiarity, and the security and comfort of you being with them. Because babies and very young children do not have a sense of time, they don't understand that you may only be gone for a matter of minutes - all they really know is that you are leaving them, and this is distressing.

### **Handling separation anxiety in babies**

Get your child accustomed to separation gradually by playing games such as peek-a-boo, which teaches them that you'll always be back after you're out of their sight. You can also introduce them to spending small, but increasing amounts of time with other people (such as family, grandparents or trusted friends) who can feed and change them; read to and play with your child - make sure this time is fun! By making these small doses of separation more normal in your baby's life, they grow in confidence that you haven't abandoned them.

### **Dropping your child off at nursery**

When it's time to drop your child off at their nursery or daycare, childcare experts recommend that you keep your 'goodbye' brief, affectionate, and with a clear statement that you will be back. They advise that you don't drag out the process of leaving because this can make the experience more upsetting for a young child.



It is also important not to sneak away without saying goodbye, as your child might feel that they can't trust you. Finally, it's a helpful comfort to your child to bring their favourite stuffed animal, blanket, or other comforting object to the nursery with them.

### SEPARATION ANXIETY IN TODDLERS

For a little person who has rarely been away from you, the concept of 'going to school' is an unknown concept - they can't visualise it or have any frame of reference to understand the experience of it. As a parent, you'll know that your child will probably be uncomfortable or anxious around unfamiliar places, people and routines. But bear in mind that this is completely normal - it just means they have a strong attachment to you.

### Signs your toddler is anxious about school

You may notice one of a variety of stress or anxiety-related symptoms, such as the need for reassurance by asking you to stay at school with them, or trying to refuse to go. Another common symptom is telling you they have a tummy ache, their arm hurts, or another ailment when it comes to the time to leave for school. And being toddlers, they also know how to throw a tantrum when they want to make a point!

### Helping your toddler's 'new school' anxiety

If your toddler is going to pre-school, take them to visit the nursery a few days in advance. Talk to your child about all the fun things they do in nursery, such as singing songs, painting, colouring, reading stories and lots of fun toys they can use with the other



children. Let them know the teacher is lovely and everyone likes her. Talk enthusiastically to your child about the routine for school and even all the snacks they can have at school, that you don't have at home.

To help your child with this new social situation, arrange for playdates with some of the other new classmates before school begins.

Don't underestimate the power of role play at home! You can use your child's teddy bear or stuffed toy to act out the social situations that make them anxious, such as meeting the teacher for the first time and saying hello to the other children.

Before they start nursery, tell your child you'll stay for a few minutes to see the lovely new school and all the nice children. Part of your child's anxiety when you leave is sometimes not knowing where you have gone and what you are doing, so help them to visualise what is happening. Let them know in advance that after you take them to school, you'll be going to the supermarket to get some nice things for lunch, then you are

going to tidy up and come back to get them. And explain that while you're gone, they will be playing and colouring with the other children, and when you have both finished, you will be there and you'll both go home together. You can act out this whole scenario with teddy bears in a role play!

It is usual for toddlers to be tearful at first, but the teacher knows how to handle this and most children cheer up in a few minutes.

### SCHOOL ANXIETY IN OLDER CHILDREN

After the early years at school, older children have higher demands placed on them by school life, which include peer stresses and pressures, the homework schedule and academic performance. Everyone is different, so not all children handle these different elements in the same way - and when children openly compare themselves with others, it can often make them anxious.

In some cases, a child may have a learning difficulty that is undiagnosed or

misunderstood, either of which can be very stressful for the child, especially if they feel like they are under-performing compared to their classmates.

Another factor could be a non-specific anxiety that makes the child anxious about a myriad of things, such as homework they find difficult, not comprehending what is being taught, speaking up in class, doing school tests and the fear of being embarrassed in front of other students.

### Signs your child is anxious at school

Research has firmly proven the link between stress/anxiety and physical symptoms. So it may well be a sign of school-related anxiety if your child complains of headaches, stomach aches, nausea, diarrhea, has problems in sleeping, or even develops a rash.

Other children will flatly refuse to go to school and tell you they hate it, so take it seriously if your child talks in these terms. Children may also show fear about going to school, which can manifest in being unusually quiet or uncommunicative.

It is crucial for parents to be aware that children suffering with school-related anxiety

will struggle every day, and it's not something that only affects them occasionally.

### Managing school-related anxiety

If your child has symptoms that are occurring regularly, then it is important to get these checked out by your doctor, to rule out any medical causes. If your doctor confirms that your child is physically healthy, you need to balance being firm about not allowing them to miss school, but at the same time, reassure them that feeling nervous does not mean they won't enjoy themselves.

Remind them that new situations feel scary for everyone, adults included, but they will only be new at the beginning, and after that, it's not a new situation anymore. Also make sure your child understands that most other children are feeling uneasy about going back to school, and they are not alone in feeling this way.

It's also important to rule out problems at school or home. Ask your child and their teacher if something upsetting happened, such as bullying or teasing. Events at home—a move, a divorce, the death of a family pet, etc. might also be causing these negative feelings. Dealing with these issues accordingly might relieve some negative symptoms.

If the school anxiety doesn't ease for several weeks, or if it affects your child's everyday life, have them evaluated by a mental health professional who specialises in working with kids. School anxiety is not a psychiatric diagnosis, but it may be a symptom of an anxiety disorder. Treatment usually begins with cognitive behavioral therapy, which teaches relaxation and coping skills and can result in improved behavior over several months. Doctors may also prescribe medication for severe cases. Work with the expert and your child's teacher to help your child feel more comfortable in the classroom.

### PROFESSIONAL HELP FOR YOUR CHILD

At our Back to School event last month, Psychologist and Education Director at the Lighthouse Centre for Wellbeing, Christine Kritzas spoke to the audience of mothers about ways in which they can communicate with children about their anxieties. You can read more about their services on the Lighthouse website, but they include:

- Acceptance: coming to terms with a physical or learning disability
- Adjustment: reactions to specific life events, such as a stressful change of school, divorce or other major changes
- Anger: and also the appropriate expression of negative emotions
- Anxiety
- Attention problems
- Bereavement and grief
- Depression
- Eating disorders

Christine is one of those people who has a rare ability to connect and communicate with everyone - child or adult! She will be able to help both you as a parent and your child to get through the period of school-related anxiety and/or any of the other issues listed above.

*For further information, you can contact the Lighthouse Centre for Wellbeing on:*  
*Tel. +971 (0)4 380 2088*  
*Email: [info@lighthousearabia.com](mailto:info@lighthousearabia.com)*  
*Website: [www.lighthousearabia.com/services/child-adolescent/](http://www.lighthousearabia.com/services/child-adolescent/)*



# •PARENTING•



Details of our event  
especially for pregnant  
mums; how to get  
comfy in pregnancy;  
myths around gender;  
and a reminder of your  
important needs!







## JOIN US AT OUR FREE BREAKFAST EVENT FOR PREGNANT MUMS!

**Pregnancy & Baby's First 6 Months'**  
**Dubai: Tuesday 21st September 2021**

Pregnancy is a miracle that brings with it fundamental changes to your emotions, your body and your life. But have you noticed that everyone seems to have an opinion on what you should and should not do?! It's not easy to make sense of it all, especially when you're constantly receiving conflicting advice from well-meaning family and friends!

And it can be especially confusing and unsettling if you're pregnant with your first baby.

Mother Baby & Child has hand-picked some of the most caring and experienced health and pregnancy experts to prepare you with the guidance and confidence you need to better understand yourself during your pregnancy and the first six months of life with your new baby.

The experts will also be answering questions from pregnant and new mothers in a comfortable setting, designed to enable you to address your fears and things that are getting you down. This is a safe place to talk about the tough aspects of your pregnancy and get your questions answered, as well as boost your confidence during the amazing journey that lies ahead.

**The breakfast event is free to attend, but places are limited, so you'll need to pre-register if you'd like to attend!**

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### PRELIMINARY EVENT AGENDA:

8.30 - 9.00 am: Mums-to-be arrive, register & settle in for breakfast bites

9.00 am: Welcome Address from MBC Editor, Kay Marham

9.05 - 11 am: **Q&A Topics with Panel of Experts:**

- What is the Usual Physical Progress of a Pregnancy?
- Discomforts, Feelings, Fears and Anxieties in Pregnancy
- Common Physical Symptoms & How to Deal with Them
- Preparing for a Comfortable Birth
- The Changes in Your Body, During & After Pregnancy
- Life With Baby for the First 6 Months
- YOUR QUESTIONS TO THE PANEL

***Please Note: There may be some changes to the agenda, based on speaker preferences.***

### IMPORTANT NOTES:

- The breakfast event is free to attend, but places are limited, so early registration via our website is strongly advised in order to secure your place.
- The Dubai venue will be confirmed by email to those registering, 1 week before the event.

Please note that we will have photographers and videographers to record the event, so you should register to attend only if you freely give your permission to be included in any photography/video, as we will be using these in our event media coverage!

**If you have any questions or concerns regarding the event, email: Kay Marham, Editor of Mother Baby & Child on: [Kay.Marham@cpimediagroup.com](mailto:Kay.Marham@cpimediagroup.com)**

# GETTING COMFORTABLE BEING PREGNANT

*If you're pregnant, then you might find that everyone is congratulating you while you feel physically uncomfortable most of the time! Here are a few suggestions that might help.*


It can be a little unnerving when people react to news of your pregnancy by getting hysterically excited and telling you how wonderful and amazing it is, especially if you feel under pressure to pretend everything is okay if it isn't. Think about it, that never happens before pregnancy, does it?!

Every pregnant mother who goes through an uncomfortable pregnancy will tell you that it's 100% worth every minute of it once the baby arrives. But are there ways in which you can be more comfortable through your pregnancy? Yes - let's have a look at what you can do!

## **Swelling and blood circulation**

As your pregnancy progresses, the increased weight that you carry affects your blood circulation, which can slow down due to the increase in body weight, resulting in the swelling that most women experience in their ankles, feet and legs. This swelling can be extremely uncomfortable and can unfortunately last throughout your entire pregnancy.

The best way of combating the extra swelling is by keeping your feet and legs elevated whenever you possibly can. For example, if you're at work, place an



upside down bin, or a box under your desk to rest your feet on this. When you're at home, get your feet up on the sofa and avoid sitting down with your legs crossed at any time! This is guaranteed to make your blood circulation slower and increase your discomfort from the swelling.

### **Body aches & physical activity**

Regardless of whether it is your first pregnancy or not, your body will be more prone to aching - specifically in your muscles, joints and bones. (For some women, that means everywhere!) Counterintuitive as it might seem, low impact exercise is actually a good way of reducing your joint and muscle pain. Safe exercise such as swimming, pregnancy yoga and walking are good examples of physical activities that can help you to feel more comfortable. Staying mobile and active is important in countering any discomfort from body aches, but it is important to remember to listen to your body. Don't push yourself beyond what your body needs for comfort, and make sure you're resting as much as possible.

If you need advice on safe and beneficial exercise in pregnancy, Aneta Haider, Founder of Pregnancy PA is a wonderful resource. Her background as a fitness trainer, combined with her excellent work in supporting women through their pregnancies can really help you.

### **Water, water, water!**

Even though women in the later stages of pregnancy feel the need to pee more often (due to the pressure the baby puts on the bladder), most healthcare professionals agree that staying hydrated is one of the most important factors in having a safe, comfortable pregnancy. Some even say that by the time you feel thirsty, your body is already dehydrated. And as you can imagine, your baby is relying on you to keep up your water consumption and stay hydrated, in order to help grow, develop and have healthy organs. Around 8-10 glasses a day will give you the hydration you need.

### **Take more rest, even if you don't want to!**

UAE life means that we're used to being on the go, juggling work demands with family life and personal goals. So, the idea of anyone telling you to take it easy and rest up, especially if you don't feel the need, might seem unnecessary. But the fact is, when you're pregnant, it is important to allow your body to rest. Sleep is the time when your body does its building, repair and maintenance work, but it becomes even more important in looking after yourself when you're pregnant. So treat yourself to a ClevaMama Therapeutic Body & Bump Maternity Pillow and use it to help you get a restful sleep, and plenty of it as your pregnancy progresses.

### **Stay in balance**

The reality is that you will likely feel pain and discomfort at some point during your pregnancy in the most vulnerable parts of your body, including your back, neck, head and legs. According to Dr Giovanni Bisanti, Chiropractic Doctor & Medical Director of the Chiropractic Neurology Center in Dubai's JLT, women who are feeling physical discomfort during the three trimesters of their pregnancy can benefit from a visit to a chiropractor in many ways. These include:

- Reducing your morning sickness and feelings of nausea in the first trimester
- Providing significant relief from back pain that results from curving the spine in an effort to compensate for the distribution of pregnancy weight
- Helping you to achieve an easier and smoother labour and delivery by gently adjusting the alignment of your spine and pelvis
- Helping your baby get into the optimal position for birth and ensuring the little one has sufficient space to move into the head-first position
- Helping women who are overdue (past the 40 week stage) to induce labour naturally through gentle realignment, and without the need for any invasive medical interventions to induce labour in hospital.

### **Prioritise your needs**

Pregnancy is a time to take things slower and put yourself first when you need to feel more comfortable, happy and relaxed. Make time for relaxing lunch dates with friends, visit a spa that specialises in relaxing pregnancy massages, spend some afternoons watching a good movie, join a pregnancy yoga class, let the salon take care of your nails, or treat yourself to a long, soothing bubble bath with candles.

Whatever you do in the name of putting yourself first, remember that as a miracle-maker, you deserve to put your best interests first. You'll have plenty of time after the baby is born to keep up with your baby's sleep, feeding and cuddle schedules, but right now, this is YOUR time!

### **You're invited to our free breakfast event for pregnant mums, on 21st September!**

Come along and enjoy breakfast bites with us on Tuesday 21st September and listen to live interviews with some of the best and most caring healthcare professionals for pregnant women in Dubai. There's no cost, but places are limited, so you just need to register first. Full details are on the Mother, Baby & Child website!





# MYTHS & FACTS ABOUT HAVING A GIRL OR A BOY

*Ahead of our free Pregnancy Information breakfast event on 21st September (where some top experts will be on hand to discuss emotional and physical health in pregnancy) let's have a little fun by looking at some of the methods that were used generations ago to determine whether a pregnant mother was carrying a boy or a girl.*

In the old days, women relied on a diverse array of old wives tales to tell them their baby's gender before birth. Because they were 50% right on guessing the gender, amazingly, some of these myths persist today.

## Your baby bump is low

### MYTH

If your baby bump is 'slung low', even before your baby 'drops' into position in your 3rd trimester before labour, then you may be pregnant with a boy.

### FACT

While carrying low can help you avoid some pregnancy indigestion symptoms, it doesn't necessarily mean your baby is a boy. The appearance of your abdomen largely depends on the position of the baby and the number of children you've had before.

## You only gain weight around your belly

### MYTH

According to the myth, if people can't tell you're pregnant when looking at you from behind, and all your weight is around your belly area, then you may be pregnant with a boy. And if your weight is gained around your hips, waist and behind, then this signifies you're having a girl.

### FACT

Not true! The distribution of the weight you gain when pregnant just depends on your own natural size and shape, not the gender of the child you're carrying.

## Your skin is clear and glowing

### MYTH

The old wives tale says that 'a girl will steal your beauty', leaving you with problem skin - usually in the form of pregnancy acne. But if your skin has a healthy glow, it's a sign you're having a boy.

### FACT

Maybe and maybe not! A healthy glow to your skin is usually related to an increase in blood flow and volume, which is common to all pregnancies.



## You only have minimal morning sickness

### MYTH

The first trimester of pregnancy can be an uncomfortable physical adjustment for you, regardless of whether or not you have morning sickness. Some amount of nausea is normal during the early weeks, but if your morning sickness is easily manageable for you, it indicates you're having a boy.

### FACT

Afraid not! Research shows that up to 80% of women will contend with some level of queasiness and nausea while carrying their child, regardless of their baby's gender.

## The colour of your urine

### MYTH

This old wives tale is downright silly, but here goes... Some say that all you need to do to determine whether you're having a girl or a boy is to monitor the colour of your urine. They say that a bright yellow colour indicates a girl, but a dull, dustier shade represents a male baby.

### FACT

No, no, no! The colour of your urine during your pregnancy will depend on your diet and levels of hydration - all of which can vary during the day and has nothing to do with whether you will have a boy or a girl!

## The baby's heart rate reveals the gender

### MYTH

You'll probably hear that amazing beating sound sometime around 8-10 weeks at one of your first doctor's appointments. Some people used to believe that you could tell the baby's gender based on listening to the baby's heartbeat at around 10 weeks. This came from the belief that male fetuses supposedly have a heart rate that's 140 beats per minute or less, whereas a baby girls' hearts beat a little faster.

### FACT

As you can imagine, this has been studied and the conclusion that this is 100% false!

## You have a craving for sweet things

### MYTH

The old adage goes that 'little girls are made of sugar and spice and all things nice' and if your pregnancy cravings are for these things, the chances are you're carrying a girl. This was followed up by the assertion that cravings for salty or savoury foods signifies that you'll deliver a boy.

### FACT

Um...no again. The old saying may have its origins in cultures that view little girls as 'sweeter' than boys, but craving either sweet or savoury foods has no bearing on whether you're carrying a little miss, or a little mister!

## THE GENDER REVEAL...

Somewhere between 18-21 weeks into your pregnancy, your doctor should schedule an ultrasound where you'll finally find out! It's an exciting time regardless of whether you keep it a secret for your own gender reveal.





# A DREAMY WAY TO HELP KIDS SOCIALISE AGAIN

*This month, we talked with Dubai-based firm Dream Party about their very clever and thoughtful way of helping kids to get back to being fun-filled and joyous after 15 months of disruption to their social development.*

Fourteen months ago, we ran a story about the birthday party of a little girl. Her parents bought her a beautiful pink dress for the special occasion and ordered a luxurious cake themed with her favourite cartoon characters. There were balloons, streamers, decorations and plenty of gifts and surprises to celebrate her 3rd birthday. This little girl had a birthday party complete with everything a child could ever want, except for one thing. There were no guests. Zero. Nobody came to her birthday party. She celebrated alone at home with her parents, in the middle of the lockdown, meaning that not even other family members could come to the party, never mind her little friends.

This toddler was told that there was a virus that some people had, so we all had to stay away from people until this virus was gone. She was taught that hand-washing kills the nasty virus, and, as was the case with every other child at the time, she took

this in her stride and spent her birthday alone. She is now used to not having her friends at home, nor visiting them at theirs.

Fast forward to now, and parents across the world have been limiting the contact their children have had with others for around 15 months. Unsurprisingly, child development experts agree that the lack of socialisation has had an effect on children.

Now that children are back to school, we're expecting them to seamlessly resume their social contact with other children, after a developmentally disruptive 14 month period of avoiding and minimising this. Part of the increased socialisation expected of them will involve both being invited to, and holding their own birthday parties again. If you're dealing with a child who is out of practice in social situations, this profile of a clever idea to get your child enjoying social contact again should help!





## RE-INTRODUCING CHILDREN TO NORMAL SOCIAL CONTACT

The advent of the new school term means that parents now have to figure out ways to reintroduce normal social contact to their children's lives, but in a way that is safe and enjoyable for them. This social contact must also give peace of mind to parents, who need to know their children are truly hygiene-safe, as well as being fun and natural for children, according to a spokesperson at Dream Party, a company owned by mothers that provides all the equipment, accessories and lighting to stage a fun-filled, high-end sleepover party for children of all ages, in the comfort and security of their own homes.

The Dream Party team brings to your home everything needed to create a fun party. This includes comfy full-size mattresses, hotel quality bedding, rugs, fairy lights and individualised trays laden with goodies for every guest; with themes such as a Jungle Safari, Disco Inferno, Magical Unicorn, Mermaid Dreams and Secret Garden.

Says Dream Party: "We share the same concerns regarding hygiene, safety and high standards of sanitisation as our clients, and we also understand that kids need to get back to being kids and teenagers need to hang out and socialise with other teenagers again in the safety of their own home. Now more than ever, it's important and emotionally healthy that children of all ages should feel the excitement of their own birthday, instead of having to celebrate it isolated from their friends. Time and time again, we've seen that our themes, the styling of the room, the comfort and luxury laid out to make each child feel special, the lighting and excitement

- they all work together to melt away any anxiety a child may have about seeing other kids and having a sleepover party. It is a really fun and natural way for children to instantly feel like carefree children again."

While Dream Party provides an exciting, fun-filled, birthday sleepover party for kids - there are serious sides for parents too. Dream Party added: "A memorable birthday party for your child and their friends is just part of it, the parents need to benefit too."

## MINIMISING STRESS & PRESSURE ON PARENTS

### Cost-friendly in the era of 'the new normal'

Pre-pandemic, the average spend on a child's party for around 4-5 children was typically between AED 4-5K, depending on the chosen venue, activities and lunch options, as well as gifts. A Dream Party experience for a similar number of children might average a cost of around AED 1,900 for a themed Dream Package.

### Thoughtful about parents' time

The Dream Party Team of expat mums are experts at saving time for busy mothers, bringing everything needed for the birthday event, taking care of setting up the space, right down to the last detail, including any desired items such as a milkshake station, a dance floor, karaoke and many more thrilling options for children. As mothers, they are even careful to consider younger siblings who may well have to go to bed before the party starts! The team then comes back the next day to clear everything away after the sleepover party and restore your space to its original condition. The time-saving aspects of this are much appreciated by busy parents!

## THE EFFECT ON CHILDREN

When the child comes in for the big reveal, there is nothing that compares to their reaction of pure joy when they come into the room and see the magical transformation of the space, created especially for them. It's at that moment that the pre-pandemic child comes bouncing back with sheer happiness and excitement.

**For further information:**

**Website: [dreamparty.me](http://dreamparty.me)**

**Email [info@dreamparty.me](mailto:info@dreamparty.me)**

**Tel. +971 (0) 58 553 7326**

# ALWAYS REMEMBER THAT YOUR NEEDS ARE IMPORTANT!

*Mothers are well known to prioritise the needs of their family life, their husband and especially their children, meaning that their needs are always put ahead of your own. If this sounds familiar to you, then please, please read on!*





As humans, we all have needs. As a mother, part of your role is also teaching your children how to meet their own needs (such as dressing themselves, how to perform self-hygiene, stay safe, etc.). Aside from teaching children this, the responsibilities of a mother seem never-ending:

- ✓ Meeting your children's needs for education
- ✓ Providing intellectual and developmental stimulation
- ✓ Ensuring healthy levels of social interaction
- ✓ Making sure your spouse and children know they are loved and appreciated.

### **But what about YOU and your needs?**

Every mother is a woman. The young, vibrant woman who loves to laugh and feel beautiful resides in every mother, and every mother's emotional needs include the need to feel loved, appreciated, strong and confident in her ability to handle everyday life. However, if we look at the sleep-deprived realities of having a baby; looking after young children; the energy required to provide a home; put food on the table; facilitate education and nurture family life - it's already extremely demanding for any mother. And let's add the past year of navigating the pandemic to the mix and it's easy to see why there could be a lot of daily stress added to your life as a mother.

### **The link between stress and unmet needs**

There is a direct correlation between high stress and unmet needs. Needs become more acute in times of stress, and needs that are insufficiently met may cause stress.

If you feel burned out, you may become frustrated and find it difficult to be patient with your children and appreciate their needs.

As your children's needs are not met, they may become more stressed.

This can result in a downward spiral of unmet needs, increased stress, and greater frustration.

If you feel depleted, exhausted, drained, and burned out, you will not feel like taking care of your children's needs. You may feel resentful and not be physically or emotionally up to the task. You may miss out on the joys and pleasures of parenting your youngsters.

### **Times of high stress**

You may experience this vicious cycle very strongly during certain stages of parenting, such as when you have a newborn, an active toddler, and/or teenagers. You may also feel increased stress and be less able to handle your needs or those of your children during times of transition, such as a divorce, moving home, or a serious illness.

### **Reasons for not getting your needs met:**

- ✓ Unhelpful Thoughts
- ✓ Certain beliefs may get in the way of your meeting your needs:
- ✓ Children's needs always come first.
- ✓ I can only be happy when my children are happy / well-behaved / quiet / doing well in school, etc.
- ✓ I have no right to put myself first.
- ✓ I must be a "perfect" parent.
- ✓ I asked for this!
- ✓ I can do it better myself.
- ✓ I can not rely on anybody else to help me.
- ✓ It is too much work to get my needs met.
- ✓ It doesn't count if I have to ask for help.
- ✓ Only other people can satisfy my needs; I can't take care of myself.
- ✓ It is weak to have needs.

### **Circumstances**

In addition there are certain parenting realities which are obstacles to getting your needs met.

- ✓ You may not even know what would make you feel better.
- ✓ You may not have enough support from other people.
- ✓ There may be time or money constraints holding you back.



“How can I fit in anything for myself when I am already doing as much as I can in a day. I have a toddler who is on the move all the time and a child in elementary school who has extra-curricular activities. Plus I am working part-time. When I get back from getting the older one where he has to be, I still have to cook dinner, help with homework, and do the bedtime routine....”

You can fill in the details of your own life, but you get the picture. Doing something for yourself might feel like one more thing on your “to-do” list.

### Your upbringing

If you were shamed or criticised for having needs when you were a child or your needs were not met, you may believe that:

- ✓ It is not okay to have needs.
- ✓ Your needs will not be met now.
- ✓ You do not deserve to have someone comfort you now.

In addition, if your needs were not met when you were a child, you may have trouble accepting and meeting your children's needs because it wasn't modeled for you. You may be resentful of your children's requests, or you may go overboard trying to satisfy every whim in an effort not pass on to them your childhood feelings of deprivation.

On the flip side, if your childhood history included you getting your needs predictably, you will probably:

- ✓ Feel okay about having needs now and finding ways to meet them.
- ✓ Be comfortable taking care of your children's needs now.
- ✓ Have the ability to meet your children's needs graciously and deny some of their requests appropriately.

### Children's needs vs. wants

Parents often think that in order to be a good parent, they must put their own needs on a back-burner so they can meet all of their children's requests. But there are some problems with this kind of thinking.

### Children do not know the difference between needs and wants

Babies' wants and needs are one in the same. And of course, you do try to meet all the needs of newborns





and babies. It is their developmental job to learn that the world is a safe place, one in which they are cared for and loved.

It is your job as their parent to teach them that they are worthy by nurturing them and responding to their needs.

However, as your children grow, it becomes your responsibility to teach them the difference between:

**needs** – those things they need to survive and develop in healthy ways, such as food, shelter, medical care, education, and some intellectual stimulation.

**wants** – those things they desire but are not essential, such as specific brand of food, designer clothing, extra classes, electronic devices used for recreation and entertainment, or play dates every day.

Meeting children's needs is your obligation; satisfying some of their wants is a matter of choice and based on your values.

### **Children lobby for needs and wants with equal intensity**

For example, a two-year-old may tantrum just as intensely because you won't give her a cookie as she would when she needs a drink of water because she is thirsty. Your children need guidance from you to prioritise their wants and to learn to tolerate frustration and delay gratification in order to eventually function well in the world. You can do that by not meeting all their desires and saying "no" to some of their requests.

### **Children are not always good judges of their needs**

- ✓ Not giving a four-year-old a snack that she is demanding just before dinner time will reinforce healthy eating habits. She wants the snack; she needs to eat nutritious food.
- ✓ Not allowing a teen to drive with friends in his car when you don't think he has the judgment and skill to handle distractions even though he is assuring you that he does is a way to keep him safe. He wants to have fun; he needs more experience behind the wheel.

You can acknowledge the request but know that you do not have to agree to it. For healthy emotional development,

sometimes children need to not get their wants met. Teaching a child to put her needs ahead of her wants is one of the greatest gifts parents can give.

### **Why it is good to get your needs met**

- ✓ You are a better parent.
- ✓ When you feel rested and on top of things, you can handle situations more effectively and with more patience; this includes responding to your children.
- ✓ You need a degree of physical and emotional well-being so you can preserve your most important resources – your energy and your good will.

Believing that your needs matter will free you up from unnecessary guilt and give you permission to distinguish more clearly between which of your children's demands are truly essential for you to meet and which you can and should deny. Instead of feeling selfish for denying a child's request, you can view it as teaching healthy limits.

You are modeling self-care for your children. If you don't practice such behavior yourself, how can you teach them to do the following:

- ✓ Ask for what they need,
- ✓ Stick up for themselves,
- ✓ Disengage from negative relationships or interactions

Many parents, especially mothers, have been conditioned not to speak up for themselves and not to think of their own needs. You may end up feeling resentful if the people around you can't figure out on their own what you need.

By being assertive on your own behalf, you can increase the odds of getting what you need. Self-care means believing that:

you deserve to have someone be there for you, it is okay to reach out, there is no shame in needing someone to lean on from time to time, you don't need to do everything alone, including parenting your children.

These are critical beliefs for a parent to have to avoid feeling depleted and exhausted.



### How you can get your needs met

Making the changes that are in your and your family's best interests will feel empowering to you and will be a step toward your being assertive on your own behalf. Below are ways to support yourself and re-charge your battery so that you can then more energetically take care of your family.

### Abandon trying to be perfect

Aim for progress, not perfection. Remember that mistakes are opportunities to learn and to make changes in the future. Recognise them, apologise, make amends if needed, and then forgive yourself. Allow your children to make mistakes and learn from them as well.

### Identify, understand and accept your own needs

Decide how well you are currently meeting your needs for each of the following categories:

- ✓ Physically
- ✓ Emotionally

- ✓ Socially
- ✓ Intellectually
- ✓ Spiritually
- ✓ Intimacy

For those categories where you are meeting your needs, congratulate yourself.

For those categories where you are NOT meeting your needs, take some time to consider what might "fill you up." Know that it might take a bit of trial and error to figure which activities and how much time you need. If you are truly on empty, you may feel like a bottomless pit. Be kind to yourself as you figure out what works for you.

### Make a list of people who can help you

Remember that you can be strong and still ask for help. Because friends and relatives cannot anticipate your specific needs, let the people in your support system know how they can help you. Tell them what you need and how they can best respond:





- ✓ Do you need some childcare assistance?
- ✓ Do you need someone to listen to your feelings and give you a chance to vent?
- ✓ Do you need help with chores?
- ✓ Do you need people who will do something fun with you?

You may face resistance or criticism from certain people within your family and friend network who are happy with the status quo because things are currently working well for them. You will need people who will:

- ✓ Listen without judging you.
- ✓ Respect your needs.
- ✓ Appreciate your efforts to care for yourself.

### Tips

- ✓ At the beginning of the day, create a “to-do” list that includes something for yourself even if it is only for 10 or 15

minutes. A small turn is better than no turn at all.

- ✓ At the end of the day, write down everything you accomplished in the day—create a “Done” list and congratulate yourself for your efforts, successes, and what you have done well, no matter how small.
- ✓ Give yourself affirming messages. You can even keep a “Positive Journal” to record the moments that went well.
- ✓ If child care is an obstacle for you, find a babysitter, mother’s helper, or someone with whom you can take turns babysitting.
- ✓ Lower household cleaning standards, delegate tasks to other family members, eliminate some tasks, and pay for some services. You don’t have to do it all yourself to be a good mother.
- ✓ Do something fun with your children. This will enliven your relationship, increase optimism and joyfulness, and be great modeling for your children.
- ✓ On the other hand, accept your feelings about not wanting to do certain things for or with your children; for example, if you don’t like playing board games, don’t play them.
- ✓ Celebrate the things you do love to do with and for your children; for example, doing crafts or playing basketball.
- ✓ Do something fun with other adults. Personal relationships can minimize isolation and can bring joy into your life.
- ✓ Develop interests and hobbies as “de-stressors.” The more fulfilled you are as a person, the more energy you will have for your children and the less you will use your children to fulfill your needs.
- ✓ Discover and use calming techniques that work for you – music, a bath, meditation, reading, massage, etc.
- ✓ Set firm limits and personal boundaries. Learn to say, “No!” to others and “Yes!” to yourself.
- ✓ Adopt a healthy lifestyle and take care of your body (this includes healthy eating, sleeping, and exercising).
- ✓ Know the importance of time management. Set priorities and reasonable expectations. Structure your time.

### Take time to do things you enjoy

What you enjoy may surprise you, especially since it may have been a long time since you have done things you like to do. In order to be good to your children, you really need to be good to yourself; and if you want your children to have fun, you need to model having fun.

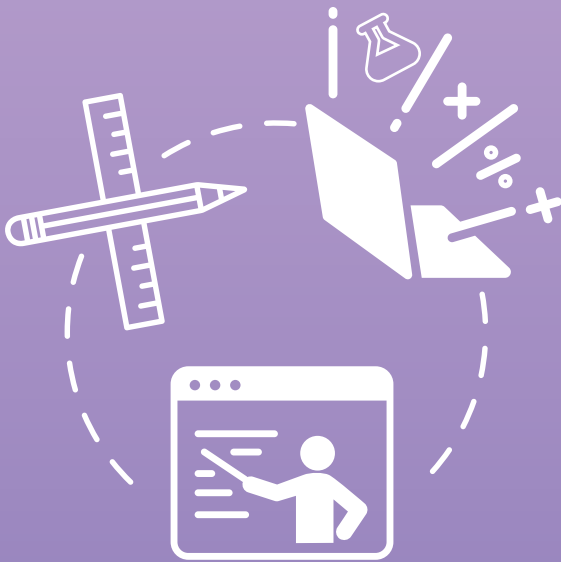
You may feel that you don’t have enough time to do all the things you want to do. And you probably won’t have that luxury, at least while your children are small. But you can carve out some time to do some things you find pleasurable, thereby “taking your turn.”

### Healthy messages to tell yourself

- ✓ It is okay to have needs. My needs are important and it is essential to focus on getting some of them met.
- ✓ I deserve to have some of my needs and wants met. I’m not selfish; I am entitled to take care of myself.
- ✓ It is okay if I don’t know exactly what I need or how to take care of it; I can work to figure this out.
- ✓ I can take responsibility and be assertive in getting my needs met.
- ✓ I can get my needs met from other adults. It is okay to ask for help.
- ✓ It is important to have interests other than my children to build my self-esteem.
- ✓ Kids are better off if parents’ needs are met.
- ✓ Taking care of myself is good modeling for how my children can act as adults.
- ✓ My needs can be in conflict with each other and with other people’s needs. I can prioritise which ones I attend to.
- ✓ Imperfect is okay. The perfect parent is a myth.
- ✓ I don’t have to defend what I need.

Doing everything for my children is not the best thing for them in terms of their long-range development. When my children learn to delay gratification or complete tasks on their own, they become more competent, resilient, responsible, grateful, and empathetic. It is okay and even healthy to deny children some of the things they want us to do for them.

# •EDUCATION.



We have a run-down and picture gallery from our recent back to school event; and a reminder of why parents now love kids' stickers as much as children!



## POST-EVENT REPORT:

# ‘PREPARING YOUR CHILD FOR SUCCESS IN THE NEW SCHOOL TERM’

*Supported by Babyshop as our Community Sponsor; and WaterWipes & Al Ain Farms as our Supporting Partners, Mother Baby & Child staged a free breakfast event for parents on 23rd August. The theme was ‘Preparing your Child for Success in the New School Term’, with a particular focus on the psychological, emotional and physical effects the pandemic has had on our children over the last 14 months.*



Children's brains are in a state of continued development until they reach their mid-twenties of adulthood. Until that time - and especially obvious in the case of the under 18's - children are largely led by their emotions. The pandemic affected children by giving them hugely increased screen time, greatly reduced social interaction and fewer opportunities for physical exercise. The event was led by two experts in their field, who discussed the impact of

### **Psychological Health Expert, Christine Kritzas MA.**

Christine Kritzas is a Psychologist and Education Director of The LightHouse Centre for Wellbeing, a community mental health and wellness clinic that supports children, families, individual adults and couples with caring, understanding, and quality psychological, psychiatric and wellness care. Christine is also known as the creator of the Smart Heart Board Game - a board game that helps children with emotional expression.

At the complimentary breakfast event for parents, Christine talked about the various psychological effects of the pandemic on all ages of children, as well as their parents. Keep an eye on the Mother Baby & Child websites for details of the podcast with Christine, who will be re-capping on the information she gave, as well as expanding on these psychological and emotional health topics.

### **Dr Giovanni Bisanti, Functional Neurologist & Chiropractic Doctor**

Dr Giovanni Bisanti is a Chiropractic Doctor, Functional Neurologist and Medical Director of the Chiropractic Neurology Centre in Dubai, as well as the current recipient of the Editor's Choice Award for Child Development Professional of the Year in the Mother Baby & Child Awards.

At the event, Dr Giovanni discussed the ways in which physical activity and exercise helps to balance the impact on brain development seen as a result of the pandemic. He also discussed the impact on the brain of excessive screen use, as well as discussing just some of the ways that a chiropractor can help to improve posture, mood, focus and concentration, and even the body's ability to heal itself more efficiently, by restoring its natural balance.

**Check out the picture gallery overleaf!**

### **NEXT EVENT: Tuesday 21st September, 2021**

### **'Pregnancy & the First 6 Months of Life with Baby'**

We are holding a free-to-attend breakfast event for pregnant mothers on Tuesday 21st September. If you are pregnant and want to talk about your discomfort, mood, fears, or any aspect of your pregnancy with our panel of experts, our event is a safe place for you to come and learn more. Dr Giovanni will also be there to discuss the natural ways in which you can reduce nausea, alleviate back pain and swelling and prepare for an easier and smoother birth.

***Check out the [motherbabychild.com](https://motherbabychild.com) website to register to attend!***







## WITH THANKS TO OUR SPONSORS

### Community Sponsor



As Community Sponsor, Babyshop yet again showed that they care about your experience as a mother; and were keen to collaborate with us in helping bring together the experts to help ensure success for your children.

### Family Sponsor



As well as school age children, many families also have a baby at home! WaterWipes supported the event in recognition of this and to help mothers to care for their baby's skin in a pure, natural way.

### Supporting Partner



We were proud to partner with Al Ain Farms to bring you this event and we thank them for their reminder of the importance of nutritious food choices for all families.



# KIDS LOVE STICKERS... AND NOW SO DO MUMS!

*When you were a kid, did you have your name label sewn into your new school uniform to start the term?! This year, name labels and children's stickers have taken on an interesting new significance.*

With the new school term underway, iron-on labels in your child's clothes are the best way to avoid situations where your child loses their belongings, accidentally brings home or touches someone else's stuff. But this year is different. Now more than ever, iron-on labels are one of the best pandemic-precautionary measures against other people accidentally handling your child's items, especially since school uniforms are designed to all look alike.

Iron-on labels do exactly as the name implies - you simply place your child's name label into the position you want, then run the iron directly over it. However, not all iron-on labels are made to the same quality and it is important to use iron-labels that are built to last and do their job properly.

## Get your child to customise their own name label!

You can have fun with your child personalising the labels together from the My Nametags website, where you'll find thousands of design combinations to suit your child's tastes for favourite colours, animals, icons, hobbies, etc.

What most mums like to do is to ask their child to choose the colours they'd like for their name tags, as a nice way of getting them engaged with the idea of looking after their property and understanding that it is theirs alone to use. Getting your child into the

mindset of only touching and using their own things is so important in this climate of virus-spread awareness.

## Available in A-Z alphabet and Arabic typography

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

## Getting creative with stickers

Who says that the stickers need only have your child's name on them?! You have the option to design your own sticker with up to 2 lines of text (max 15 characters for each line).

- Included in the 'Design Your Own Label' option is a choice of designs such as stars, unicorns, rainbows, animals...and my personal favourite, a shark!
- Choose your background from an array of colours and textures that make the sticker unique and personal to each child.
- Finally, choose the text colour and style from options that include a handwriting font, typewriter, plain fonts, script - and even child's handwriting!



Mums use these to create their own stickers that read things like:

- Well done!
- You're a star!
- Best kid ever!
- I love you!
- Your child's name & phone number to put on all their property.

## Using stickers to keep school work organised

Some parents like having different colour stickers for each child; or using different coloured stickers to help them keep organised. For example, school materials and paperwork can have a red sticker with 'Maths'; a blue sticker for English; a green sticker for History, etc.





## Maxi Stickers

These maxi stickers come in a variety of shapes and sizes and are bigger than the name stickers. They're therefore ideal for labelling your child's lunchboxes, water bottles, books and school bags. Don't forget that children also get a nice sense of pride in themselves seeing their name on the things they use - particularly since they can personalise the maxi stickers themselves with the designs of their choice from a selection of themes.

And while children care about their things - toys, stationery, lunchboxes, etc. - they can still be forgetful about them. Labelling their things with their name stickers helps your child to not lose items at school, or at friend's houses.

## Wall Stickers

As children are now spending more time than ever before in their rooms, the Wall



Stickers are a great way to personalise (and even re-vamp!) their rooms. And don't worry mum - these stickers are also designed with you in mind, as they are made with a flexible material that can be easily removed in a matter of seconds, without leaving stick marks or damaging the wall surface!

The My Nametags website has some lovely images that show you how stunning effects and transformation can be achieved by using the wall stickers. Check out the images - it's easy to imagine how excited your child will be with the finished results. Getting a child to choose the theme stickers is also a good way to get your child involved and enthusiastic about creating a space that is their own, and therefore comfortable to be in.

The wall stickers are an extra special touch if two children are sharing a room, as the stickers allow each one to personalise their own patch and create a lovely, cosy, personal space for a tiny fraction of the cost of redecoration.



## Involving your child is important!

Two weeks' ordering time is optimal to get your child's name tag stickers and iron-on labels, but it's a great idea to involve your child in choosing the colours and types of stickers in advance. All you have to do is:

- Choose the type of stickers you want from the website
- Get your child to choose the colours and background they like
- Type in your child's name... and add it to the basket.

When the stickers arrive, sit together and label all your child's items together. This is a fun way to get them into the mindset of being careful with their belongings.

**For more information and inspiration, check:**  
[www.instagram.com/mynametags.ae/](https://www.instagram.com/mynametags.ae/)  
[mynametags.ae/our-products](https://mynametags.ae/our-products)

# GOOD LIVING.



Editor's beauty picks for you; your chance to win a fabulous brunch for 4 and more competitions to some great prizes.



## NEW LIHT ORGANICS ETHICAL BEAUTY RANGE

New beauty products are always exciting, but more so when they are infused with nourishing and skin benefitting ingredients. And even better when they are organic, non-toxic, vegan, cruelty free and sourced through ethical means. Welcome to Liht Organics, a sustainable organic makeup brand, formulated with up to 90% USDA certified organic ingredients and 100% natural ingredients that not only promise to heal your skin while it conceals, but also helps you safeguard the environment. In terms of colour options, the foundations, blushers, lip and nail products are available in an extensive colour palettes, meaning there's plenty of choice of looks for every gorgeous mama!

*Liht Organics products are available from [www.lihtorganics.ae](http://www.lihtorganics.ae)*

## A LUXURIOUS SOLUTION FOR TIRED SKIN & EYES FROM FILORGA

Global-Repair Eyes & Lips from Filorga is the latest addition to the French brand's supreme anti-aging range. The Global-Repair Eyes and Lips acts as an ultra-targeted double agent and contains a microcirculation-activating tuberose extract to give an intensive rejuvenating effect on the eye contour, as well as smoothing sesame seed extract to redefine the lip contour. This product is perfect for treating dark circles, puffiness, crow's feet wrinkles and furrows. A thin layer of its lightweight melting texture to the eye and lip areas in the daytime and/or evening is recommended. From devitalised to revitalised in one easy step!

*Filorga's Global-Repair range, which also includes the new Global-Repair Eyes & Lips is available at leading pharmacies and online at [www.basharacare.com](http://www.basharacare.com)*



## VICTORIA'S SECRET TEASES ITS NEW FRAGRANCE FOR THE SEASON

Victoria's Secret has revealed a flirty new look for its Tease Eau de Parfum. Mums are not just mothers, we're women too! So a new Tease day fragrance is a nice way of celebrating ourselves and indulging our senses. Crafted by Victoria's Secret's perfumers, the Tease range "introduces a dazzling feel as Petally Gardenias are wrapped in the delicious warmth of Black Vanilla, and a fresh bite of Anjou Pear tickles the senses", according to the brand. The description itself is a delicious Tease, and actually it does rather put an extra spring in your step!

*Victoria's Secret's new Tease Eau de Parfum is available in stores and on [VictoriasSecret.ae](http://VictoriasSecret.ae)*





# COMPETITIONS

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

## WIN! A FABULOUS 'FAMILY FRIDAY' BRUNCH EXPERIENCE AT REFORM SOCIAL & GRILL WORTH AED 1,100



A place where parents can truly relax whilst their children enjoy the Lakeside play area and spacious green surrounds, Reform Social & Grill is introducing a weekly brunch for the family for the cooler months. The brunch will launch in Reform Social & Grills summer tent, moving the outdoor Lakeside in the cooler months. And what better way to treat the kids after getting back into the swing of school than a great family time meal together at the end of the week?!

Launching on Friday 10th September, and running every Friday from 1.00pm to 4.00pm, the venue's 'Family Friday's' event schedule includes live music by Oli and Kane, also known as The Kick; and entertainment for the little ones with stations set up for arts and crafts, ceramic design and jewellery making. Comedian and magician, Alistair Stevenson will be keeping both

the adults and kids entertained with table-side magic while you tuck into classic British brunch favourites with free-flowing fizz.

On the menu there's a choice of ploughman's or meat platter, hearty mains which include Asparagus & Lemon Risotto, Chicken Kiev, the famous Reform Burger, and traditional British Fish & Chips. The kids' menu offers smaller portions of their favourite dishes. Finish up with an unlimited offering of British classics from the dessert bar, and check out how excited the kids will be as they make their own creations at the separate Sundae Station. You'll make happy family memories at the Reform Social & Grill Family Fridays!

**Enter this fabulous competition today for a chance to treat the family to a truly special brunch experience!**

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

# WIN! A COOL GEL BABY MATTRESS FROM CLEVAMAMA WORTH AED 620, PLUS A LUXURIOUS MATTRESS PROTECTOR

Your baby's mattress is so important for a good night's sleep, particularly during the hot months. ClevaMama, who has been supplying mattresses to parents for over 15 years and are giving one lucky mama the chance to win their Cool Gel Mattress plus a soft breathable luxurious mattress protector. ClevaMama Cool Gel Mattress is ideal for warmer climates because of the following:

- Cool Gel temperature sensitive foam which disperses body heat, reduces heat retention and creates a cooler sleeping surface
- Naturally hypoallergenic, breathable and durable reflex support foam
- Breathable, soft, removable and machine washable outer cover
- Independently tested for harmful substances according to the strict global criteria of STANDARD 100 by OEKO-TEX® and Each mattress comes with a 3 year guarantee.
- Recommended for infants from 0 months+. Available in cot and cot bed.

ClevaMama has a range of ClevaSleep mattresses, soft cotton fitted sheets, mattress protectors and blankets. Gorgeous Pillow cases



are also available to perfectly fit your ClevaFoam Pillow. They're available at Mothercare, Eggs & Soldiers, Firstery, Five Little Ducks and other retailers, but one lucky reader can win the ClevaMama Cool Gel Baby Mattress by entering the competition!

## WIN! A SNACK BOX SUBSCRIPTION, SPREADS BUNDLE & BREAKFAST PACK FROM KOALA PICKS WORTH AED 500



Start the new school year in the best way possible with Koala Picks – the healthy snack brand for children (and equally as delicious for adults too!) The brand knows only too well how coming up with new and creative ideas for your little ones can be tricky, so they've done all the hard work by providing a range of sweet and savoury snacks hand delivered weekly. Each item is not just super tasty but full of healthy ingredients and nutrition too.

Koala Picks help teach and encourage little ones to get into the habit of healthy eating, and their subscription service can be custom made every week according to your own child's preferences. This way, you can be safe in the knowledge that they will enjoy each and every snack in their school lunch box. Koala Picks deliver to your door all over the UAE with a minimum spend of AED 50 per order. They're also available from Café Confetti, Cheeky Monkeys, Fun City, Fun Block, Velocity Trampoline Park, Farm Box app and Depachika Food Hall in Nakheel Mall.

This prize consists of a large snack box subscription, a spreads bundle and a breakfast pack including pancake mix, peanut granola and choco rice puffs – delicious!

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

## COMPETITIONS

### WIN! ONE OF 3 GROCERY E-VOUCHERS WORTH AED 500 EACH FROM 'FENIX F10' (FOR REEM ISLAND ABU DHABI DELIVERY ONLY!)

FENIX recently launched its groundbreaking 10-minute fresh grocery delivery service, F10, in Al Reem Island in Abu Dhabi, UAE. F10 is the first rapid delivery service in the region and the world's first launched by a micromobility operator.

FENIX promises to deliver fresh groceries and a wide range of baby products to mothers within 10 minutes of placing the order with no minimum order and free delivery! From baby food and diapers to fresh produce, household essentials and healthy snacks for the little ones; FENIX offers mothers the convenience and flexibility to relax and give their babies undivided attention, without having to worry about doing grocery runs! Mothers in and around Al Reem Island can easily order what they need by downloading the F10 mobile app from the Google Play Store and iOS App Store. For a limited time only, new users can place their first order for free, up to AED 50 off. FENIX, through F10, is offering 3 lucky mums the opportunity to win a month's groceries and baby products for free, up to the value of AED 500, with the F10 rapid delivery service! If you're in the Reem Island area, then enter today for a chance to win one of these 3 fabulous prizes!



### WIN! A 3-COURSE DATE NIGHT DINNER FOR TWO AT COPPER CHIMNEY, WORTH CA. AED 300

Nestled away in the Millennium Plaza Hotel, Sheikh Zayed Road is the Copper Chimney restaurant - an establishment that has been causing quite a stir! Copper Chimney was originally founded by Bollywood filmmaker J K Kapur in Bombay in 1972 to highlight and celebrate the amazing local recipes and techniques of the slow-cooked dishes found across North India, from Peshawar to Delhi. Now almost half a century later, the restaurant, which is open daily 11.30am-11.30pm, is famed for its tandoor grilled meats, vegetables, biryanis and small plates.

The exposed red brick walls and subtle, soothing lighting gives the restaurant a comfortable and vibe that creates the dining experience for a date night. But it is the authentic Indian cuisine that makes Copper Chimney truly special. You can choose from a mouth-watering variety of kebabs, curries, breads and desserts, all of which are prepared in-house, from-scratch and made to order during every service. All meats are cooked in custom-made tandoors, which you



can observe from the restaurant's open kitchen as you enjoy your date night. By entering this lovely prize, one reader will win a cosy date night at Copper Chimney that includes 2 starters, two main courses, two desserts and soft beverages.

### WIN! A VOUCHER WORTH AED 400 TO SPEND AT THE LUXURIOUS LALOGUE HAIR & BEAUTY LOUNGE



Located on the 6th floor of the prestigious Address Downtown and open from 10am-10pm daily, LALOGUE is a French-inspired beauty lounge offering signature services for both

men and women, including haircare; full nail services; hair removal; face and body treatments for women; and hair, shaving and nail care services for men. Known for its quality beauty and grooming services, LALOGUE offers its guests the full five-star experience, with an opulent setting, first class interior finishes and only the best beauty products on offer. A private VIP room is also available for ladies who seek a little more privacy.

The five-star chain has five existing branches: in Address Montgomerie Dubai, Address Boulevard, Downtown, Address Skyview, Caesars Palace Bluewaters and the Mandarin Oriental Jumeirah. To celebrate its new branch, one lucky lady will win a voucher for AED 400 to spend at LALOGUE in the Address Downtown. Just enter today for your chance to win!

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





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