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EDITOR'S LETTER



Hello Mum!

As we were seeing off the last of the summer heat at the end of last month, something really amazing happened. In my career as an Editor, I've met top business people, all the heads of the EU governments, high-profile investors and some very impressive people. But I have never been in a room full of true VIPs, which is what happened at our gathering of 40 pregnant mothers who came to the first of our pregnancy information breakfast events, held in Dubai Marina. That was my first time being surrounded by Very Important People.

I was absolutely bowled over by these 40 important women. Some are working exhausting jobs as high flying professionals while dealing with nausea and physical pain; some are battling the loneliness and isolation of being at home alone every day; others are doing their best to get to grips with the confusing changes in their bodies and emotions as they go through their first pregnancies.

The things all these VIPs had in common is that they are all putting the needs of someone else ahead of their own. They are putting up with strangers staring at their bellies in public, and in private, their well-meaning family and friends suddenly are telling them what they should do and how they should feel. Some can't sleep comfortably. Some burst into tears for reasons they don't understand. Some are having a great time enjoying every happy, exciting minute of their pregnancies.

And yet, they all came to our Pregnancy Event to arm themselves with the best kind of support, professional advice and help, in order to be the best pregnant mothers and new mothers they can be. I have never had the humbling privilege of being in a room full of such wonderful, human beings before - our pregnant mothers-be, our miracle-makers.

I'm using this introduction letter to let you know that we're with you all the way through your pregnancy journey and beyond. We'll be running a regular schedule of events where we're introducing you to friendly and highly knowledgeable experts who will be discussing ways in which life can be made more comfortable during your pregnancy - physically, emotionally and on a practical level too. These events are a safe place for you to ask for help and advice and pose any questions you have to our experts.

For all the ladies who could not attend the last pregnancy information breakfast event, don't worry, our next event dates for October will be announced online in the coming days and you're first on our list to invite! I hope to repeat my VIP experience and see you later this month!

In the meantime, here's a new magazine issue to discover!

Happy October!

Kay

Editor

Mother, Baby & Child Magazine

EDITOR'S —PICK—

REJUVENATED SKIN IN JUST 10 DAYS WITH FILORGA'S NEW NCEF-SHOT!

Thanks for ruining my skin and make up, summer months! In this season of AW21 launches, I'm thrilled to see the launch of FILORGA's NCEF-SHOT, a 10-day anti-ageing treatment that boosts the skin with new cells. Ten days! For every one of those days, my skin gets a dose of active ingredients equivalent to 1 Meso-Injection, a technique that uses injections of vitamins, enzymes, hormones and plant extracts to rejuvenate and tighten skin.

This treatment regenerates cells and activates new cells for glorious anti-ageing results. My skin quality visibly improved, my complexion and wrinkles felt smoothened, and my skin had a lovely healthy suppleness to it.

I might have known that marine biotechnology was behind this clever little product, as it is with so many health products!

The NEW NCEF-Shot is available for purchase at leading pharmacies including Bin Sina Pharmacies, Boots Pharmacies and online at www.basharacare.com for a retail price of AED 383.



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EDITOR'S —PICK—

THE BODY SHOP'S NEW NOURISHING, VEGAN-FRIENDLY, SUSTAINABLE BODY BUTTERS

I haven't had a chance to test these out just yet, but I have my eye on the Body Shop's newly launched body butters! The new improved formula is certified-vegan, made with a minimum of 95% natural origin ingredients (including Community Fairtrade shea butter from Ghana) and comes in a 100% recycled plastic tub, including Fair Trade plastic and aluminum lids.

The product's moisturising power lasts for 96 hours and comes in four texture categories, based on different skin needs. The new Body Butters are priced at AED 89 and have just hit all Body Shop stores across the GCC.

For more information follow @thebodyshopuae on Instagram.





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THINGS • TO DO •



Discover Dubai Marina's art deco-styled hidden gem, Orphic; & read how one Dubai mother is leading a change in restaurant drinks offerings.



A PLACE FOR EVERYONE AT ORPHIC, STELLA DI MARE HOTEL, DUBAI MARINA

Orphic is a well kept secret among those living the busy modern Dubai lifestyle around Dubai Marina, JBR and surrounding areas. Orphic is one of the few truly comfortable venues in Dubai Marina that very cleverly suits all people for all things!

Continental, American or Arabic breakfast & coffee and pastries

- If you work remotely and want a secluded, comfortable corner to set up your laptop and work, Orphic is lovely for this, as the venue manages to offer both privacy and a sense of community belonging too.
- If you work solo, Orphic provides a comfortable 'at home' feeling as you treat yourself to your choice of Continental, American or Arabic breakfast, with your preference of coffee. Dubai Marina and JBR local residents love Orphic for a bit of 'me-time' and a catch up with the daily news shown on the screens in the mornings!
- Being all things to all people, Orphic is also a stylish venue for a friendly daytime meet with authentic Italian coffee and frivolously indulgent pastries on hand to elevate your catch-up to Carrie Bradshaw levels.

Late lunch, early dinner, date night & happy hour drinks

From 3pm, the Orphic space becomes a lounge-cum-bar with a 'private members club' feel to it, where you can enjoy drinks and some light bites from a menu of gorgeous bites made from quality ingredients. These include hot finger food, intelligently crafted salads; tortilla wraps; pastrami on focaccia sandwiches; smoked salmon bagels, mini sliders and a variety of well crafted burgers.

Orphic is the Marina go-to place for people in the know who want a high quality steak for dinner, without paying exorbitant prices. The main course steaks include: Angus Beef tenderloin, Rib Eye, Slow Cooked Short Ribs

A sophisticated ladies' night:

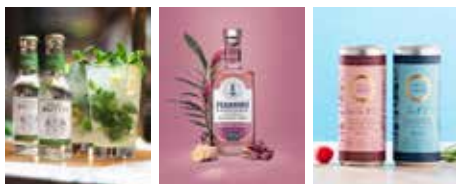
Every Tuesday from 6pm to 11pm, Ladies' Night is a regular feature of Orphic and a popular venue for ladies to take a mid-week break and meet friends in the stylish art-deco inspired space. Friends and neighbours from Dubai Marina, JBR, JLT and the local surrounds find Orphic an ideal mix of local to home, cosy and civilised for catching up and having a little me-time. Orphic provides two free drinks to enjoy while you choose from the menu to complete your evening with a range of delicious bites! The DJ helps you to relax and enjoy an evening out with your friends in a sophisticated ladies night environment. No cooking for you this evening!

A perfect place for a relaxed family lunch watching a sports match

Orphic has multiple TV screens discreetly positioned so they can be seen from every comfy sofa. If your family enjoys a weekend sports match, come for lunch, settle into your own cosy corner and enjoy an exciting sports match in an atmosphere the whole family will love! Book ahead to book your favourite couches or table and relax as you enjoy the excitement of Premier League, La Liga, Champions League matches and other sporting fixtures.

‘DRY’ OCTOBER WITH A LITTLE HELP FROM DRINK DRY

Founded in 2019 by mum of three girls, Erika Doyle, the Drink Dry range of high quality alcohol-free drinks are now available in a growing number of restaurants across Dubai.



Before we get to the restaurant list where you can enjoy these sophisticated, alco-free adult drinks, this is the story behind Erika's brand. She tells us: *"I gave up alcohol in order to have children, it was kind of my last resort. We had been trying for a few years prior to that, but without success. We ran all possible medical tests but no obvious reasons were found and the next logical step was to have a closer look at my lifestyle. So six years ago, I ditched all the booze, all social smoking and instead started exercising more, sleeping more and eating better. And voila! I now have three little girls aged 4, 3 and 6 months!"*

I have not gone back to drinking alcohol because, as every parent with young kids knows, it's just not a lifestyle choice that goes hand-in-hand with being a mother. And because of the enormous benefits, the Drink Dry brand was born!"

The online marketplace offers a curated selection of non-alcoholic hops, spirits, still and sparkling grape, cocktails and tonic mixers – all one click away and conveniently delivered to your doorstep. Not to mention that Drink Dry's premium non-alcoholic beverages contain less sugar and calories compared to average adult drinks, making them the perfect indulgent drinks that you can enjoy guilt-free.

Here are the restaurants where you can try the products this month:

FAMILY RESTAURANTS

- Reform Social & Grill, Family Friday Brunch
- Phileas Foggs, The Big Family BBQ
- Maison Mathis (Arabian Ranches Golf Club)
- Pier 7, Dubai Marina

Marina, JLT, The Palm

- The Scene
- Mamazonia
- Atelier M
- Nola Social House
- Phileas Foggs
- Adagio The Palm
- Shisheo Desserts & Drinks
- Media Rotana Hotel (Barsha Heights)
- Millennium Place (Al Barsha)
- Sofitel The Palm

Jumeirah

- Kayto, Jumeirah Al Naseem
- Rockfish, Jumeirah Al Naseem
- Belgian Beer Cafe, Madinat Jumeirah

- Trattoria Toscana, Madinat Jumeirah
- Just Vegan
- Lana Lusa, Al Wasl
- La Fabbrica, Al Wasl

Downtown, DIFC, Business Bay

- BB Social
- Roberto's
- Clap
- Gaia
- Amazonico
- Four Seasons Hotel, DIFC
- Prime 68, Marriott Marquis
- Kitchen 6, Marriott Marquis
- Vida Downtown Hotel
- Al Manzil Hotel Downtown

DIFC - Various Outlets

This month, there are plenty of Drink Dry opportunities to get dressed up for a date night, alcohol-free parent style!

Visit the Drink Dry online store
www.drinkdrystore.com to find out more.



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An interesting look at why we need to choose one of our favourite foods very carefully; and let's tackle the issue of getting kids to eat more fruit & veggies!



GETTING KIDS TO EAT MORE FRUITS & VEGGIES

Are you rolling your eyes at the thought of getting your kids to eat their fruit and veggies? You are not alone! But eating fruits and vegetables is crucially important, so how do we get kids on board with these foods?



The vitamins, minerals, fibre and antioxidant vitamins found in fruits and vegetables provide benefits that you just can't replace in any other way :

- ✓ They create good, robust health in your child and protect against disease, both now and in the future
- ✓ They are vital building blocks for your child's healthy growth and development
- ✓ They play a huge role in strengthening your child's immune system and helping to fight illnesses
- ✓ They can play an important part in your child maintaining a healthy weight

The most successful ways of getting your children to eat more fruit and vegetables include:

- ✓ Involving your child in the food planning and preparation

- ✓ Everyone else enjoying fruit and vegetables at relaxed family mealtimes
- ✓ Presentation - make the food look amazing to a kid!
- ✓ Keep trying
- ✓ Keep stress away from food and never make food a battleground
- ✓ Include fruit and vegetables wherever possible in meals

KIDS LEARN BY EXAMPLE

When you follow healthy eating habits, your child will eventually follow your lead, though it can often take time. Keep offering fruit and vegetables in a variety of ways, as children are more likely to eat what is familiar to them. Never assume your child dislikes a particular fruit or vegetable. The next time you offer it may be the day they decide to try it. Children's tastes do change with age.

Encourage them to want to try new foods

We're all familiar with the effect of seeing someone eat when they say out loud: "Oh yummy, this is delicious!" - the effect is usually that we want to try the food for ourselves! So it is no exaggeration to say that having daily family mealtimes together can have a powerful influence on a child's physical health, emotional wellbeing, confidence and future.

Remember that sometimes a child may prefer their vegetables raw rather than cooked - so good options include a few carrot and cucumber batons on their plate - alternate them to make them look colourful!

Rather than searching for new recipes, try to increase the variety or amount of vegetables added to your favourite family recipes such as pasta sauces, soups or stir-fries.

Make family mealtimes happy times

Research shows that kids eat more vegetables and fruits and less fried foods and sugary drinks when they eat with the entire family. Set the example by always making either fruit, veg or both available on the table every day and let your child know by example that everyone is enjoying them, without pressuring or making a big deal of your child eating the foods.

Keep your family mealtimes relaxed and fun. Use this time to tell your child about things they did well today, things you're proud of and get their opinions on plans for the weekend. Make your family mealtimes the happy times they look forward to every day and with some time and patience, the food choices will slip seamlessly into this enjoyment.

MAKE FRUIT AND VEG LOOK AMAZING TO A KID

Quite often, parents give up offering vegetables or fruit because it seems children tend to leave these on the plate or in their lunchbox. Persevere gently every day, never give up and continue to offer your child a variety of fruit and vegetables every day, and not just the type they like.



Rather than plonking a whole fruit into their lunchbox, try chopping it into thin slices or bite-size chunks, adding a sprinkling of blueberries and some chunks of kiwi. Put the fruit chunks on a toothpick and suddenly it is much more attractive for a child to consume the fruit this way.

GET YOUR CHILD INVOLVED PLANNING AND PREPPING FOOD

- ✓ Involve your child in choosing which fruit or vegetables they would like
- ✓ Take your child fruit and vegetable shopping every week and let them see, smell and feel the fruit and vegetables with you. Get them to choose the best ones themselves
- ✓ Ask your child to help you decide how the dinner should be presented at the table - whether that is on individual plates, or in serving dishes. Ask them to draw a picture of how the food you make together will look and get them involved in the finishing touches, like sprinkling parsley or fresh coriander as a garnish, or dressing the salad
- ✓ Let your child help wash and prepare fruit and vegetables

- ✓ Encourage them by letting them invent and make a simple dish to serve as a treat for everyone at dinnertime. This could be as simple as choosing which veg to add to a potato and bake with a cheesy or tomato-based sauce, or creating their own signature salad, such as one that uses only purple and red ingredients! Name the dish after them, eg. 'Chef Aisha's Special Salad'

NEVER FORCE YOUR CHILD TO EAT VEGGIES

It is absolutely wrong to force children to eat more fruit and vegetables, as this can cause a level of emotional distress that can last a lifetime. The best way to encourage your child to eat more fruit and vegetables is to remove all stress around eating these foods and set an example of enjoyment. Whatever you do, do not make food into a battleground with your children, it doesn't work and just causes extreme distress to a child, and therefore negative emotions around these foods.

KEEP TRYING AND NEVER GIVE UP!

- ✓ Children need to have the opportunity to learn, or sometimes to re-learn, to

enjoy fruit and vegetables and they rely on you to always make them available

- ✓ Remember your child may need to see a fruit or vegetable 10 or more times before they are ready to try it!
- ✓ Always include a small serving of vegetables on your child's plate. Encourage them to try but let them decide whether or not they eat them
- ✓ Offer crunchy, raw vegetables cut into thin strips before the main meal, when children are often most hungry
- ✓ Avoid preparing alternative meal options for your child at dinner. Your child may choose to leave certain foods, but will learn to accept the meal offered if nothing else is put forward.

VARIETY IS IMPORTANT

Try to choose different coloured fruit and vegetables, particularly orange, green and red. Some examples are melon, stone fruit, broccoli, spinach, leafy greens, tomatoes, carrot and pumpkin. Sometimes vegetables and fruit can seem expensive, but you can keep the cost down by choosing produce in season and using frozen fruit and veg too!



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THE BENEFITS OF EUROPEAN HONEY

Honey is a much-loved natural food product with many health benefits. However, its popularity means that a widespread problem exists with ‘counterfeit honey’ being produced in some parts of the world. So here, we focus on the benefits of honey from the EU, where stringent laws are in place to protect its purity.

HOW IS HONEY ACTUALLY MADE?

Honey is made when honey bees collect two things: sugar-rich nectar from flowers around the environment of each hive; and secondly, pollen from the flowers. In the same way that flowers have different colours, so do their pollen. Once they bring the nectar and pollen back to the beehive, the bees continually consume, digest and regurgitate the nectar, passing it mouth-to-mouth from bee to bee until its moisture content is reduced from about 70% to 20%. This process changes the nectar into honey.

WHAT IS IN THE FINAL HONEY?

The colour, aroma and flavour of the honey depend on the types of flowers used to collect the nectar and pollen. Honey is considered to be healthier than refined sugar, but while honey may be slightly better than refined sugar for people with diabetes, it should still be consumed with caution.

In terms of nutritional value, 1 tablespoon of honey (21 grams) contains 64 calories and 17 grams of sugar, including fructose, glucose, maltose and sucrose. Honey contains virtually no fibre, fat or protein, but is known to contain trace amounts (typically less

than 1%) of numerous vitamins and minerals. While honey is lauded for its content of bioactive plant compounds and antioxidants, the darker varieties tend to be even higher in these compounds than lighter coloured honey types.

HONEY AS A NATURAL MEDICINE

Honey applied directly onto the skin has been used to heal wounds and burns throughout history and is still commonly used in European households today. Researchers believe that honey's healing powers come from its antibacterial and anti-inflammatory effects, as well as its ability to nourish surrounding tissue. Here are a few examples of how it is used:

Honey helps to heal burns

A review of 26 studies on honey and wound care found honey most effective at healing partial-thickness burns and wounds that have become infected after surgery. (Manuka honey is considered especially effective for treating burn wounds.)

Honey promotes other wound healing

One study reported a 43.3% success rate with honey as a wound treatment. In another study, topical honey healed a whopping 97% of patients' diabetic ulcers. What's more, it can help treat other skin conditions, including psoriasis and some lesions.

Honey helps soothe coughs in children

Research that looked into the healing and soothing properties of honey found that honey worked better than two common cough medications. Honey may therefore be a good choice to try when your child's cough first starts, as the evidence indicates it can be effective. Beware though, honey should never be given to children under one year old, due to the risk for botulism.

A WARNING ABOUT FAKE HONEY

To enjoy the health and taste benefits of honey, you need to...actually be using real honey! That may sound like an obvious statement, but honey is in fact the third-

most-faked food in the world, after milk and olive oil. So, one of the biggest problems that consumers face with honey is being sure about its purity and quality.

Although honey adulteration is illegal in most countries, pure honey is often mixed with glucose solution, high fructose corn syrup and many other ingredients that consumers are not aware of. There have even been recent cases where major honey manufacturers in India, China and other countries failed purity tests, with traces of adulteration found in their honey.

'Honey launderers' fool authenticity tests by making chemical modifications, making it hard to trace where the honey came from. On a global level, the industry still doesn't always use sophisticated tests that efficiently screen chemical modifications, and consumers have to rely on government regulators in each country. The quality and purity of honey is an area where EU honey adopts high quality, and also testing standards for honey that is imported from outside the EU.

How the EU is protecting bees, honey producers and quality for consumers

The European Union is the world's second biggest producer of honey after China. Every year, about 600,000 beekeepers and 17 million beehives produce about 250,000 tonnes of honey. While the EU's beekeeping (apiculture) industry is small, it is important for agriculture, food security and biodiversity, because bees are crucial in pollinating cultivated crops and wild plants.

The European Commission encourages EU countries to come up with new measures to protect bees and help beekeepers, as well as members of the European Parliament seeking a ban on harmful pesticides. The EU offers a variety of honey-related products including pollen, propolis, royal jelly and beeswax. Furthermore, strict laws on labelling and purity ensure the transparency of EU honey in more ways than one! Here are just two examples of much-loved EU honeys, and what makes them individually so special:

The secret of Greek honey

Greece has a long history of bee-keeping and there are more bee hives per acre in Greece than any other country in Europe. A wide biodiversity of flora (which includes over 850 species not found anywhere else in the



world), combined with the Aegean summer sun is what some consider to be the secret behind Greek honey being reputed to be among the best in the world. Scientists and botanists consider Greece a country with the richest flora in the Mediterranean basin, with more than 7,500 different species of herbs, plants, wild flowers and trees. Greek honeys are richer in aromatic substances, compared to other honeys produced in other countries, they have less humidity, which means they are dense and rich in texture

The tradition of Italian honey

Italy has developed a particular culture about honey that is partly tied to its geographical position. Italy's land diversity ranges from the highest alpine mountains, to the hot mediterranean climate of Sicily, passing through the hills of Piedmont and Tuscany, the Appennini mountain chain and a lot of coasts such as Liguria, Campania and Calabria. All these areas are home to different species of trees and flowers that have developed their own perfumes and characteristics. This has been an amazing opportunity to make new beehives, resulting in a diversity of wonderful honey unique to this Mediterranean country.

LOOK FOR THE EU LABEL!

The EU countries with the largest honey production include Romania, Spain, Hungary, Germany, Italy, Greece, France and Poland, all of which are located mainly in Southern Europe where climatic conditions are more favourable to beekeeping. The European Union's largest honey yields are found in Spain, Germany, Romania and Hungary.

•HEALTH•



We're looking at exercise and sports injuries in children this month, as well as managing childhood constipation and learning about allergies.





CONSTIPATION IN CHILDREN

It is common for children to suffer from constipation, but thankfully, the cause is rarely serious. However, it can be painful and unhealthy, so needs to be taken seriously in order to avoid future problems.

Constipation in kids is quite common, but usually doesn't have a serious cause. There are lots of things you can do to help if your child gets constipated. But what does constipation mean and how can you tell if your child's bowel movements are normal?

As children and their diets are different, the definition of 'normal' depends on your child, to some degree. Most children will have a bowel movement at least once every 1-2 days, but some may do so up to 3 times a day. You can see constipation occurring when your child is having trouble pushing out stools, or the stools themselves are hard-packed. Constipation is also often present if a child isn't regularly having bowel movements. That said, it is relatively common for healthy children to experience constipation problems from time to time. Even in toddlers, this can happen around the time of toilet training.

CONSTIPATION IN BABIES

Sometimes your baby isn't actually constipated and simply needs time to set their own schedule for a bowel movement. Normally, an infant's stool is soft and easy to pass, but constipation can occur if they're receiving insufficient breast milk, or because their formula milk isn't made up to the optimum consistency.

In rare cases, constipation may be caused by a lack of nerves or by structural problems in the lower large intestine. Your baby can be tested for these conditions if your doctor feels it is necessary.

The signs of constipation in babies can include:

- Infrequent stools that are difficult to pass
- Straining more than normal to have a bowel movement
- Stools formed like small, hard small pebbles, stools that are soft and mushy; stools that are wide and large
- Liquid stool (like diarrhea) that may be passing around a solid stool that stays inside
- Abdomen (belly) swollen with gas
- Painful cramps

If you are unsure about when to take your child to the doctor, you should do so if your baby is irritable and seems to be having abdominal pain; or if you see blood in your baby's stool.

SIGNS OF CONSTIPATION IN CHILDREN

There are certain signs you can look out for that your child could be constipated, which include:

- Telling you they are uncomfortable or in pain when doing a bowel movement
- Refusing to sit on the toilet, or getting irritable or upset at the idea
- Experiencing intermittent pain in the lower abdomen
- Being off their appetite
- Rocking, hunching, fidgeting, crossing their legs and looking like they are trying to hold back going to the toilet
- Soiling themselves unexpectedly
- In babies, constipation can cause dry, crumbly stools, or your baby will experience pain while passing a motion

When some children are constipated and strain too hard to pass a stool, this can sometimes result in an anal fissure - a small tear in the anus that causes pain and bleeding. Given that it can become so painful and uncomfortable for a child, it's important to look at the causes of constipation, in order to arrive at the solutions.

CAUSES OF CONSTIPATION IN CHILDHOOD

Children will quite often hold back bowel movements, rather than going when the urge arises. Sometimes they hold off because they simply don't want to stop doing an activity; sometimes there are times when this can happen if it's been painful for them to pass a stool before. Other causes of constipation in children include:

- Not eating enough fibre in their diet (a lack of fresh fruit and vegetables)
- Not drinking enough water
- A bout of illness that means they consume less food and drink





- A diet that has too much milk and not enough solid foods
- Certain medications, such as some cough medicines
- In rare cases, some medical conditions can cause constipation in children

TREATING AND PREVENTING CONSTIPATION

If your child is constipated, it can be painful and/ or very uncomfortable for them, so it's important to take action quickly. While a short episode of constipation in itself is not a serious medical condition, it can cause further problems such as faecal incontinence.

Children need help in learning healthy bowel habits, such as not holding on, and getting them to sit on the toilet after every meal. When they are young (and toilet trained), praise them when they go and talk to them about their reluctance if they are worried about going to the toilet.

From the earliest age, make sure your child's diet includes foods that are high in fibre by giving them natural laxatives in the form of vegetables, fruits and colourful salad in their main meals...even if you are sneaky or creative about it! You can read about ways to encourage kids to eat more fruit and veg on page 13.

WHEN TO SEE THE DOCTOR

If increasing the amount of fruit, vegetables and water in your child's diet don't appear to solve the problem, see your family doctor for advice. The doctor can help your child in situations such as:

- If your child has not passed a stool in a week
- If they pass motions accidentally
- If your child has other symptoms such as fever or vomiting
- If your child's bottom area is very sore

If you believe your child needs a laxative to help them along, never make a decision to give them one without medical advice. Laxatives are very commonly misused and can cause significant pain, discomfort and emotional distress to a child if not administered in the correct way.

WHAT'S THE DIFFERENCE BETWEEN A COLD & AN ALLERGY?

Here, we look at some of the common differences that can help you tell the difference between a cold and an allergy.

As this month sees a change in the season from summer to winter it's common for us to catch a cold with the switch to cooler temperatures. Colds and allergic reactions can manifest themselves in similar ways, and the signs and symptoms can range from a runny nose and sneezing to a cough and sore throat, and more.

SYMPTOMS OF ALLERGIC REACTIONS

When you're exposed to a generally harmless substance like pollen, pet hair, or certain foods, your body can react in an effort to protect itself from what it sees as a threat, or a 'foreign invader.' Allergic symptoms can range from mild to life-threatening, with the milder symptoms

including a rash or itchiness on the skin, an irritated and runny nose, sneezing or itchy, watering eyes.

Children can experience an allergic reaction when certain irritants enter their body and their immune system generates antibodies and histamine to fend off these irritants. This develops an inflammatory response that leads to the above symptoms, as well as other allergy signs.

Depending on the reason, your child's allergic reactions can be either year-round or seasonal. Year-round allergies can often be attributed to indoor irritants such as pet hair or dander, dust mites or moulds present in the home.

Between symptoms such as sneezing, coughing, wheezing, a runny nose and itchy eyes, it's not always easy to tell the difference between seasonal colds and allergies. Even though there is a fair bit of overlap in the symptoms of colds and allergies, learning to tell them apart is essential for diagnosis as well as treatment, and therefore helping you or your child feel far better quicker.

Symptoms of allergies include:

- Sneezing
- Runny nose with clear, thin mucus
- Nasal and sinus congestion

- Headache
- Postnasal drip
- Mild sore throat
- Coughing
- Itchy, watery, or red eyes
- Sinus pressure
- Itchy nose
- Worsening of asthma symptoms
- Allergic shiners (dark circles under the eyes)

SYMPTOMS OF A COLD

Common colds happen when a virus (usually a rhinovirus) enters your body through the eyes, nose, or mouth. Once the virus is in your body, it replicates until your immune system or medication are able to fight it off. Symptoms usually appear within a few days of exposure to the virus, and they might include:





allergens (such as pet dander, dust mites, and mould) may occur throughout the year.

Allergies can hang around for longer

Usually, a common cold can last for 7-12 days, whereas a seasonal allergy can hang around for weeks or months at a time, depending on the cause of the allergy. The average number of colds a young child will experience under the age of seven is around 6-8 bouts of the common cold a year. Older kids will catch two colds a year. This is because the younger the child, the more immature their immune system is; whereas the immune system of older children has had more 'experience' in creating the antibodies and histamine to fend off the viruses that cause colds.

Allergy symptoms will get worse when exposed to certain substances

Allergy symptoms will usually get worse the more you're exposed to the allergen, and conversely, the symptoms will be less severe when your exposure to the allergen is reduced. For example, let's say your child has a dust mite allergy. They'll probably experience sneezing and a blocked or runny nose at home, but the symptoms will calm down while they're at school. Because of this, allergy symptoms can be intermittent and may vary throughout the day and week.

Cold symptoms will stay the same throughout the day

The viruses that cause common colds will keep on reproducing themselves in the body until you/ your child's immune system or medication learns how to fight them off. Because of this, the symptoms of a common cold will stay at roughly the same severity throughout the day, or suddenly change very noticeably between one day and the next.

Seasonal allergies don't show up in the winter, but colds usually do

Common colds are more likely to occur during winter months, when the season changes from summer. A seasonal allergy will more commonly appear in the summer, with the exception of indoor allergies, which might crop up all through the year.

- Runny or stuffy nose (the mucus could be yellow or green)
- Sore throat
- Cough
- Fatigue
- Congestion
- Muscle aches
- Sneezing
- Low-grade fever
- Mild headache

ALLERGIES OR COLD: HOW TO TELL THE DIFFERENCE

Still not sure if your child's symptoms point to allergies or a cold? Here are six common differences between them, which can help diagnose your child and get them proper treatment.

Colds are usually accompanied by a fever

Common colds and allergies have some overlap in symptoms. That said, low-grade fever rarely happens with allergies. Headaches, sore throat, and hoarseness are also more common with colds.

Allergy symptoms tend to follow a pattern

Many patients with allergies have experienced symptoms before. Symptoms will develop in a pattern, depending on the type of allergen. Allergy symptoms caused by outdoor allergens (such as pollen, grasses, trees, and weeds) often occur at the same time each year in a given geographic location. For example, a child with pollen allergies will experience sneezing, sniffing, and itchy eyes at the same time every year.

That said, symptoms caused by indoor



EXERCISE & SPORTS INJURIES IN CHILDREN

Playing sports has many health and social benefits that can last a lifetime. However, sports also come with a risk of injury, including internal injuries. Here we look at the signs and treatments for common sports injuries in kids.

Everyone knows that exercise is important for children, but now that children are spending more time than ever before looking at phone, computer and tablet screens, taking regular exercise and playing sports is of more crucial importance than ever before.

BENEFITS OF PLAYING SPORTS FOR CHILDREN

Children are encouraged to play sports for good reasons! There are many physical, emotional, and interpersonal benefits that children will reap when playing sports, which include:

Motor skills development

Participating in sports helps children to develop their coordination skills



Healthy vision

Research shows that children who spend time outdoors playing, especially organised sports, are less likely to develop vision problems. The reason is that cardio exercise increases the flow of blood to the optic nerve and the retina and because of this, children's overall eye health and vision can be healthily maintained.

Healthy weight

Data shows that children who are active, especially after school, are more likely to have a healthy weight than kids with sedentary habits, such as playing computer games. Playing sports reduces the risk of obesity in children, as well as increasing their cardiovascular fitness.

Physical development

Playing sports facilitates the healthy growth of bones, muscles, ligaments and tendons in children, as well as improving their coordination and balance.

Social skills development

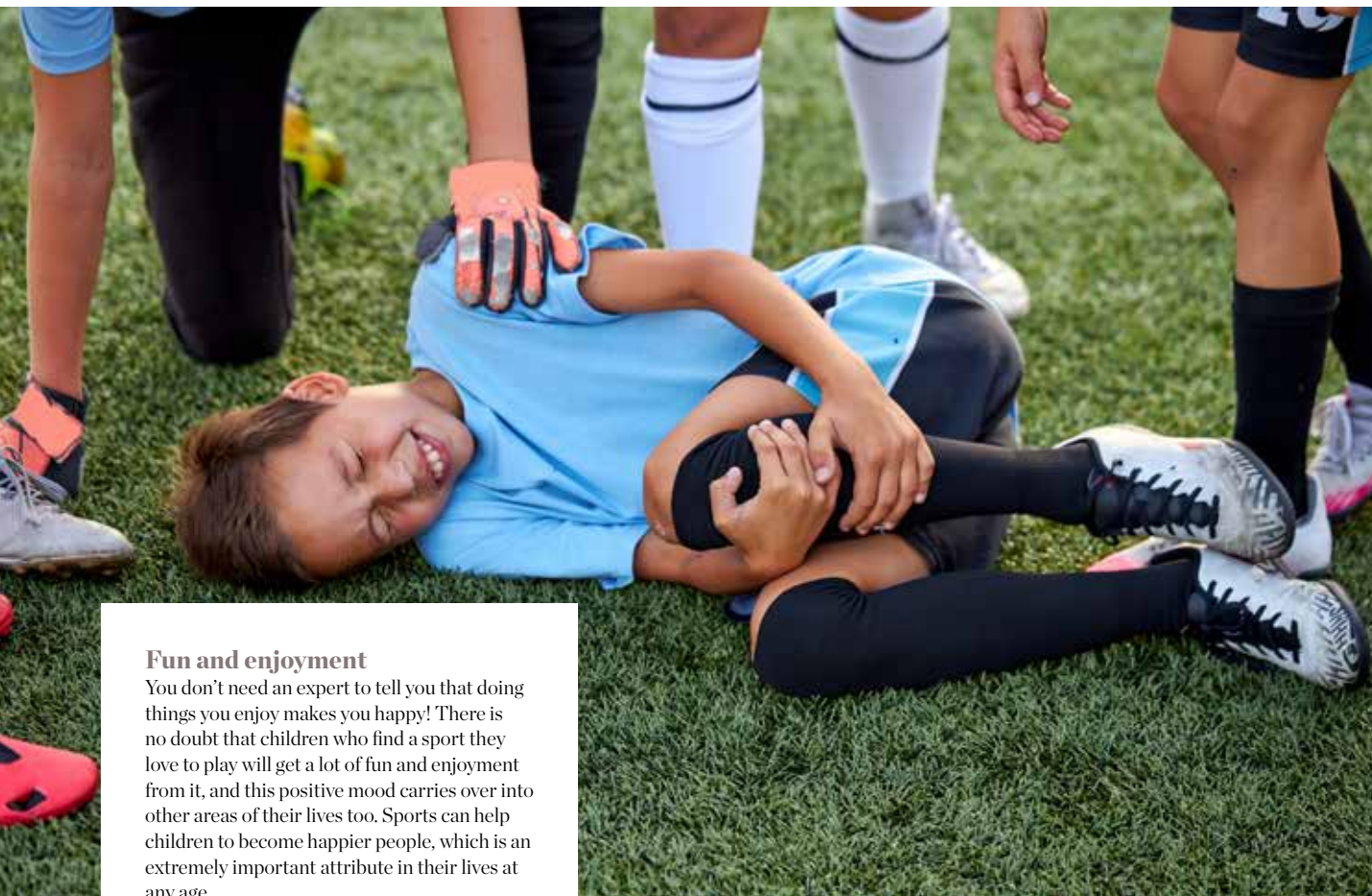
Playing on a team means learning to work with others and support them. Playing sports teaches children to learn to cooperate, to be less selfish and to listen to other children. It also gives them a sense of belonging to groups and helps them to make new friends. Importantly, in this era of reliance on social media to make friends, playing physical sports, particularly team sports, helps children to build their social circle outside school.

Self-confidence

Success as a team member and a sports player increases confidence and self-esteem in children, and facilitates a growth and achievement mindset that sets them up for success in the future.

Sportsmanship

Learning the rules of the game, respect for coaches and referees, and how to stay positive even when losing are all valuable life lessons for children to learn. Sports also gives kids the opportunity to practice social skills, such as listening and taking turns, which will be valuable skills to take into adulthood.



Fun and enjoyment

You don't need an expert to tell you that doing things you enjoy makes you happy! There is no doubt that children who find a sport they love to play will get a lot of fun and enjoyment from it, and this positive mood carries over into other areas of their lives too. Sports can help children to become happier people, which is an extremely important attribute in their lives at any age.

Friendship

Sports build relationships, giving kids the opportunity to spend time with their friends, bond over their experiences, work hard together, and compete in a healthy way against each other. By participating in sports, children are able to strengthen existing friendships and create new ones.

WHAT TO DO IF YOUR CHILD GETS A SPORTS INJURY

The more a child plays contact sports, or engages in vigorous physical activity, the more the chances that they'll fall over at some stage, or get a minor injury.

If your child does get injured while playing sports, the best treatment plan is 'R.I.C.E,' which stands for the following:

Rest

- ✓ Keep your child from using the injured area until it has been evaluated by a doctor

Ice

- ✓ Apply ice to the injured area to help decrease the pain and swelling
- ✓ Only apply the ice for a maximum of 5-10 minutes at a time
- ✓ Crushed or cubed ice; or even a bag of frozen peas work best, but avoid using chemical cold packs if you can
- ✓ Apply ice to the injury for the first 48 - 72 hours after injury
- ✓ Never let your child sleep with ice on the injured area

Compression

- ✓ Use an elasticated wrap or compression sock to reduce the swelling
- ✓ Apply wrap to the injury starting below the injured area and wrap upwards
- ✓ Always leave the body extremities (fingers or toes) exposed
- ✓ Keep an eye out for any numbness,

discoloration or changes in your child's temperature, and be prepared to loosen the bandaging if needed

- ✓ Do not let your child sleep with the wrap on the injured area

Elevation

- ✓ Use gravity to control swelling by propping up the injured area higher than your child's heart.

INTERNAL INJURIES

While exercise has vitally important physical and social benefits for children, playing sports also carries some risk of injuries - both external injuries that you can see, and internal injuries that you can't.

So, if you're the parent of a young sports enthusiast, you're probably used to dealing with cuts, scrapes, bruises, bumps and sprains. If, however, your child plays a contact sport such as rugby, netball or football, there is a

small chance they could one day experience the kind of internal injury that results from a hard impact, such as another player running into them with force. Injuries that happen this way can be serious when a child's body hits or collides with another object or person, because the soft underbelly area is usually exposed and therefore vulnerable to internal abdominal injury. This types of injury are most common in contact sports such as:

- ✓ Rugby
- ✓ Netball
- ✓ Football
- ✓ Hockey
- ✓ Basketball

An internal abdominal injury can cause rapid blood loss, so it's important to recognise it as soon as possible. If you, your child's coach, teacher or doctor suspects this type of injury, your child should be taken immediately for an emergency care assessment in hospital. Sports abdominal injuries in children are rare, but the most commonly seen injuries include:

Abdominal injury

This means an injury to the pancreas, diaphragm, stomach, gallbladder, bladder, or intestines. Any organ in the abdomen can

be injured - either a single organ or multiple organs at the same time.

Liver injury

This will cause pain in the upper right side of a child's abdomen. The liver has 2 lobes, but the one most often injured is the right lobe, because it is bigger and presses against the ribcage. A torn liver can cause severe internal bleeding.

Spleen injury

This would cause pain in the upper left side of the child's abdomen. The spleen filters almost 10% of the body's blood supply every minute. Tearing of the spleen can cause rapid and life-threatening internal bleeding.

Kidney injury

This may cause flank pain and in this case, blood can often be seen in a child's urine.

Signs of internal abdominal injury

These are signs and symptoms to look for:

- ✓ Abdominal pain
- ✓ Tenderness over the injured area
- ✓ Rigid abdomen

- ✓ Left arm and shoulder pain (spleen)
- ✓ Right-sided abdominal pain and right shoulder pain (liver)
- ✓ Blood in the urine (kidney)
- ✓ Cold, sweaty skin (early signs of shock)
- ✓ Blu-ish discoloration of the belly or bruising around the belly button and flanks
- ✓ Nausea and vomiting
- ✓ Rapid pulse
- ✓ Low blood pressure
- ✓ Loss of consciousness

Treatment for internal abdominal injuries

Obviously, your child will need to go to hospital immediately for an emergency evaluation in the event of a suspected internal injury. The hospital will check your child's pulse and blood pressure because a faster pulse and falling blood pressure means there is internal bleeding. If this is the case, then the treatment involves stabilising their blood pressure by giving fluids via IV.

Blood tests may be also done, as well as the hospital also checking to see if the liver is injured. Often, a CT scan may be necessary to look for any internal damage. If there is no evidence of bleeding, your child may be kept in hospital for a short time for observation, or sent home.

Prevention of internal abdominal injuries

Internal abdominal sports injuries are rare, but can be serious. For this reason, it is crucial that, if your child plays a contact sport, you take some important safety steps:

- ✓ Make sure that the contact sport your child plays is properly coached and supervised
- ✓ Make sure that a certified medical professional is on hand at every sports session to assess any injuries immediately
- ✓ Ask your child's school about their emergency plan in case of a severe abdominal injury or other serious injury problem
- ✓ Make sure your child wears all of the appropriate protective gear properly. Sports safety gear should meet all safety standards and be worn at all times while your child is playing the sport.



•PARENTING•



Check out our pregnancy event report and find out who was there; meet a wonderful obstetrician and let's talk about safe exercise in pregnancy!





PREGNANCY EVENT REPORT

**The beautiful art deco
surroundings of the
Orphic lounge in Dubai
Marina's Stella di Mare
Hotel was the setting for
the first in our series of
Pregnancy Events for
this year, on Tuesday 21st
September.**

*The event was held with thanks to our sponsors:
Fakeeh University Hospital, QV Baby, Al Ain Farms
and Future Health Bio Bank. Special thanks also to
Mister Baker for providing wonderful congratulatory
cakes for every guest; and to Emirates Home Nursing
for their superb child care services on the day.*

فقيه.

مستشفى فقيه الجامعي
Fakeeh University Hospital



The venue was Orphic, in Dubai Marina's Stella di Mare Hotel - one of those 'best kept secret' intimate lounge-style venues that wouldn't look out of place in *The Great Gatsby* because of its art deco decor and feel of easy private luxury. Our pregnancy breakfast events are free for expectant mums to attend and included a colourful, delicious and extensive array of breakfast bites, canapes, juices and hot drinks.

The arrangement of the event was carefully created. We provided comfy couches and supportive seating, in clusters of clusters of 4 ladies at each table. This meant that when a mum-to-be walked in by herself - potentially feeling a little awkward and alone - we seated her at a table with other women who are also on their pregnancy journeys. For even the most shy of ladies, the smiles and conversations struck up immediately as each of our expectant mums chatted and compared notes with her three new friends at each table. As we waited for all our mums-to-be to arrive to start the event, this camaraderie amongst the mums-to-be set the tone for a friendly, supportive event.

'The Hidden Realities of Being Pregnant'

Tazeen Jafri, PR Professional...and 7 months pregnant!

Comfort is everything in pregnancy, whether this is physical or emotional comfort. The event opened with Tazeen Jafri, a smart, sassy PR Manager who is well known in Dubai's media scene for her 'get-things-done' ability to handle anything. At seven months pregnant, Tazeen talked openly about some of the really tough, unexpected challenges that she has faced in her pregnancy so far. From extreme nausea (known as 'hyperemesis gravidarum,' the medical term for severe nausea and vomiting during pregnancy) to the feelings of isolation and disconnect when everyone else had been telling her how wonderful her pregnancy was.

Tazeen said: "I feel like there is a big secret around pregnancy that nobody tells you about - that everything is sunshine and rainbows when you're pregnant - and it's NOT! I love my baby already, even though I'm still pregnant, and I'm really looking forward to being a mother, but the fact is that pregnancy can be tough, and nobody tells you this."

Tazeen talked passionately about how pregnant mothers are often under pressure from family, friends and society to present an image of 'sunshine and rainbows', while the reality is that it is common for them to feel nauseous, achy, scared, physically exhausted, unwell and emotionally low. She also discussed the difficulties in trying to maintain a healthy diet, hydration and appropriate exercise when affected by severe morning sickness. Tazeen's words resonated with many women in the audience who identified with the difference between how they really feel sometimes, and how people can unintentionally dismiss their feelings with phrases like: 'you'll be fine...it'll be worth it in the end.'

'Physical Comfort & Health in Pregnancy'

Dr. Alaa Younus Mohammed, Specialist Obstetrician and Gynecologist at Fakeeh University Hospital

With Tazeen finishing her talk with references to some of the physical discomforts in pregnancy, this topic was taken up by the next speaker, Dr. Alaa Younus Mohammed, Specialist Obstetrician and Gynecologist at Fakeeh University Hospital (FUH), in Silicon Oasis. Dr Alaa spoke about the role that good nutrition plays in pregnancy, both for the physical health of mother and baby, and also mood.



Dr Alaa is a lady that comes with a warm smile and a caring disposition, and is specialised in both low-risk and high-risk pregnancies. She has over 25 years of experience in helping, supporting and caring for women in pregnancy, as well as guiding them through birth. Dr Alaa told the audience of mums-to-be that her experience in both Canada and the Gulf region has shown

her that every pregnancy is unique and no two pregnancies are the same, which is reflected in the care she provides at Fakeeh University Hospital.



Among the concerns that expectant mothers expressed was newborn care. Dr Alaa talked about FUH's antenatal classes, specifically provided to help parents-to-be to prepare for labour and birth, breastfeeding, care and safety tips for your baby. The classes are available for every mother to attend free of charge, regardless of whether she intends to deliver her baby at Fakeeh University

Hospital. These free classes take place every Saturday morning and are valuable in helping parents to make informed decisions as their baby's birth approaches.

'The Role of a Chiropractor in Easing Nausea, Backache, Low Mood & Facilitating a Smoother Birth'

Dr Giovanni Bisanti, Chiropractic Doctor & Medical Director, Chiropractic Neurology Centre, Dubai

After answering audience questions on some of the physical discomforts of pregnancy and preparing to give birth, Dr Alaa was joined by speaker Dr Giovanni Bisanti, Medical Director of the Chiropractic Neurology Centre in Dubai's JLT, as well as a 30-year experienced Chiropractic Doctor and Functional Neurologist.



Chiropractic care has typically included the care of pregnant patients to help with a comfortable pregnancy and to help facilitate an uncomplicated labour and delivery. Dr Giovanni addressed interview questions from MBC Editor, Kay Marham, around the research on pregnant women that looks at how they benefit from chiropractic care. When asked about some of the conditions highlighted by Tazeen Jafri (nausea, low mood), Dr Giovanni pointed out that these conditions are controlled by the 'right (side of the) brain' and are conditions that can be improved with chiropractic treatment.



According to a study published by the US National Library of Medicine, approximately 50% of all pregnant women experience back pain during their pregnancy and 50% to 75% of women experience back pain during labour. However, only 21% of pregnant women with back pain actually seek consultation with their doctors.

The interviewer referenced a 2005 study in which chiropractors reported that 72% of pregnant women were likely to have benefited from chiropractic care and highlighted the benefits for pregnant women to work with both their obstetrician and also a chiropractor.

Stem Cell Banking Explained

Banan Zubi, Sales Manager at Future Health Bio Bank

The last speaker of the breakfast event was Banan Zubi from Future Health Bio Bank, who explained how far stem cell technology has come in helping mums to safeguard their baby's future health.

Stem cells are special human 'building block' cells that have the ability to develop into many different types of other cells including muscle cells, cells in organs, brain cells, etc. In some cases, stem cell therapies are used to repair damaged tissues.



Banan explained how Future Health Bio Bank is accredited and specialised in collecting stem cells at birth, and providing a service whereby parents can securely store them for future use in the event that it might help to treat an illness, or help with a medical need your baby (or their siblings) may have in the future, where a stem cell transplant could be life-saving.

A show of hands among the ladies present revealed that many mothers were aware of the benefits of banking stem cells, with many already having investigated stem cell storage for their family's future.

CONGRATULATING OUR PREGNANT MUMS

The event ended on a congratulatory note to our audience of pregnant mums. Australian brand, QV Baby, manufacturers of gentle skincare products for babies gave away two hampers to randomly drawn winners in our audience, as well as giving every attending mum-to-be a gift pack and product samples to help look after their babies with the gentle skin care they need.

Both the event and the celebratory ending literally finished with a cherry on the cake! Master Baker, one of the UAE's oldest and best known bakery chains, provided a sumptuous celebration cake for one lucky prize draw winner. As the nation's favourite go-to brand for celebration cakes that include beautifully decorated Gender Reveal Cakes, Newborn Celebration Cakes, and Children's Birthday cakes, Mister Baker sent every mum-to-be home with a personal cake to congratulate them on being simply amazing in their pregnancy!



Obstetrics & Gynecology Specialist

MEETING THE OBSTETRICIAN!

Dr. Jayacy Jayankar is a Specialist in Obstetrics & Gynecology, Minimally Invasive Surgery & Reproductive Medicine at Fakeeh University Hospital. We talked to her to get some more insight into her work with mums-to-be!



Tell us a little about your job

I am an obstetrician and gynecologist by profession, but beyond that, I'm not just a job title! My field of work doesn't just come about because of study and a degree, it's a passion that I have for caring for mums-to-be and delivering their babies! For me, each patient is different because each baby is different. So I think beyond that name, "doctor", there's something much more that we relate to with pregnant women, because we go through a very special journey with her for up to 10 months. It becomes something like a family relationship for that time, so it's exciting for me.

How do pregnant mums feel about meeting you for the first time?

When I meet a new mother-to-be the first thing I notice is how they feel to meet me. I'm aware that I'm the person in the white coat, the doctor, so in our first meeting I can often see some apprehension. They already understand a certain amount because of Google, but sometimes the information they have might be understood out of context. But once we have a chance to talk and get to know each other, women quickly feel settled and relaxed, which is so important for us both.

What happens at your first consultation with a new mother?

The first meeting is usually the longest, because we need to get to know each other. I like to find out about the woman herself, her daily activities, what she eats, how she sleeps, the environment around her, how her typical day goes, etc.

All of these things contribute to who she is and how she is and therefore how her pregnancy will go. So, with this information, I can plan and tailor things specifically for her, according to her own individual needs.

What is the main cause of anxiety women have with their pregnancy?

The most common anxiety every woman has is the question of 'is my baby well and healthy?' Quite often, pregnant women hide their anxieties. In my experience, some women don't feel able to share their fears with a partner or a family, because they assume they would just brush it away as just being nothing major to worry about. I think they feel safe talking with me because I don't judge and I can help her to better understand the issues that she's worried about.

What do you say to women who are feeling anxious?

I tell my patients to try and let go of these fears because pregnancy is not something like a job you're doing, and they don't have to prove anything to anyone. You don't arrive at pregnancy in the perfect form to cope with everything at the outset - none of us do. We all have an image of how the perfect mother should be, but it's a false one! So, I advise my mums-to-be to simply settle in with who you are and don't try to be like someone else. Every woman should know that she is special. Her baby is special. She and her friends are different. So once you get into that mindset, I think that your pregnancy journey becomes your own journey. And it's wonderful!





FREE PREGNANCY EVENT CALENDAR FOR THIS OCTOBER

If you're pregnant and you missed out on attending this event after registering, we'll be sending you a priority invitation to attend one of our next Pregnancy Events on:

- ✓ Monday 18th October and
- ✓ Tuesday 26th October

Keep an eye on the website and your email for details... and returning mums-to-be are also welcome!



IS IT SAFE TO EXERCISE WHILE PREGNANT?

Taking the right kind of exercise during pregnancy can be beneficial for your mood and physical health. But what kind of exercise is best and how much is too much?

In the past, it was common for doctors to tell pregnant women to take bed rest during pregnancy. But for the majority of healthy women with low-risk pregnancies, doctors no longer recommend bed rest. Healthcare professionals now say that an excessive bed rest approach can be harmful because during pregnancy, it increases a woman's risk of blood clots and also decreases muscle mass and aerobic capacity, which can make childbirth and caring for a newborn more challenging than it would otherwise be.

The benefits of exercise during pregnancy have been researched and proven across many studies, including the safety aspects of exercising during the nine months. Exercise has been linked with a lower likelihood of gestational diabetes, hypertensive disorders in pregnancy, fewer cesarean deliveries, and less extra weight gain.

Recommended safe exercise activities in pregnancy include:

- ✓ Brisk walking
- ✓ Swimming
- ✓ Stationary cycling with an exercise bike
- ✓ Low-impact aerobics
- ✓ Yoga

EXERCISE TO AVOID IN PREGNANCY

It is important to treat yourself gently enough to avoid any kind of strain during your pregnancy, as some can potentially be harmful to your baby. For this reason, it is important to avoid certain kinds of exercise, any kind of exercise:

- ✓ Avoid any kind of exercise that requires you to hold your breath
- ✓ Steer clear of activities where falling is likely, such as climbing, rollerblading or skiing
- ✓ Don't engage in any contact sports or team sports during pregnancy, as the risk of getting accidentally knocked is high
- ✓ Do not get into any exercise that might cause even a mild amount of abdominal trauma - things like badminton or tennis, where there are sudden changes in direction and jarring motions
- ✓ Activities that require extensive jumping, hopping, skipping, or bouncing should all be avoided



- ✓ Avoid workouts that require bouncing while stretching, deep knee bends, full sit-ups, double leg raises and straight-leg toe touches
- ✓ Don't engage in exercises that require you to lie on your back for more than 1-2 minutes, particularly after your first trimester
- ✓ Avoid circuit training or any workouts involving heavy spurts of exercise, followed by long periods of no activity
- ✓ Never exercise in hot, humid weather when pregnant, which is particularly poignant to this region
- ✓ Avoid any kind of diving, including scuba diving or diving at the pool

Before continuing a current exercise regime or starting a new one, expectant mothers need to talk it through with their obstetrician first, as there are numerous conditions in pregnancy that could make exercise dangerous, including:

- ✓ Persistent bleeding in the 2nd or 3rd trimester
- ✓ Carrying twins, triplets...or more!
- ✓ Placenta previa after 26 weeks
- ✓ Preeclampsia or pregnancy-induced hypertension
- ✓ Severe anemia

HOW MUCH EXERCISE IS GOOD FOR YOU?

A good goal is to exercise throughout pregnancy for 30 minutes at least five times a week at a moderate intensity, which

means you can comfortably carry on a conversation while you exercise. Pregnancy is not the best time to take on a new sport, but for mums-to-be who have a high level of skill and comfort with certain regular activities, it may be safe to continue those activities throughout the majority of your pregnancy, but you will need to check with your obstetrician first!

If you experience warning signs, such as regular painful contractions, bleeding or amniotic fluid leakage, a shortness of breath at rest, any dizziness, headache, chest pain, calf pain, swelling or muscle weakness that affects your balance - stop exercising immediately and check with your obstetrician.

As well as the numerous physical benefits of exercise during pregnancy, the mental health benefits of exercise during pregnancy should not be overlooked. One study confirmed that a moderate level of exercise reduces the risk of depressive disorders in pregnant women.

REMEMBER: KEEP ALL YOUR MOVEMENTS SMOOTH!

Regardless of the kind of exercise you do when expecting, the changes that occur in your body during pregnancy can make it easier to injure your joints, so steer clear of exercise that requires sudden, jerky or high-impact movements! Some women are more prone to dizziness if they change position quickly. Also good to remember is that your centre of gravity shifts as your belly grows, so it's easier to lose your balance and fall doing activities that would have been easy for you before your pregnancy.





IMPORTANT ADVISORY: CHOOSING A BABY CRIB

Sleep is crucial to your child's health and well-being, so choosing the right crib is therefore an important decision. Here, we take guidance from the Personal Shopping Experts at Babyshop, who are trained in product knowledge and safety specifications to ensure parents get the right crib for their needs. Following this important advice will get you a safer crib and help save you money.

Good sleep habits start from when your baby is born. Your baby is going to spend a huge amount of time of the first two to three years of their life in a crib, so it's appropriate to see it as an important investment in your baby's wellbeing. Aside from quality of sleep, one of the most important factors for choosing a crib is safety.

“SAFETY FIRST, ALL OTHER CONSIDERATIONS LATER”

While a crib or bassinet is still the safest place for a baby to sleep, safety needs to be the number one priority in choosing a crib. ‘Safety first, all other considerations later’, says Babyshop, echoing its ‘best for baby’ ethos. But why such a heavy statement? What could possibly go wrong when a baby is sleeping in a crib?

CRIB-RELATED ACCIDENTS

According to an ABC News article from early 2011, looking at a study into the incidence of crib-related accidents in just the US, “between 1990 and 2008, more than 180,000 children under the age of 2 were treated in hospital Emergency Rooms for injuries related to cribs, bassinets or playpens. Of these injuries, 83% involved cribs, and almost half involved injuries to the baby's head and neck, including concussions.”

At the time of the study, one of the lead authors of the study, who was also a director at the US Center for Injury Research and Policy at the time, said the numbers quoted in the research “underestimated the issue” because there was no way to ascertain how many additional children were seen by



their family doctor's or received other kinds of care for crib-related injuries that didn't warrant an emergency hospital visit.

Change in safety standards for cribs

The ABC News article was published just weeks after the law was changed in the US regarding the sale of baby cribs, with stringent new safety regulations and certifications put in place. For this reason, it is important to buy a crib only when you can be certain that it is certified as conforming to the most rigorous of safety standards.

Areas where parents unwittingly put their child at risk include choosing a crib with poor design (for example, the slats too far apart), the wrong kind of bedding (babies can't regulate their own body temperature) incorrect setup of the crib and the use of outdated cribs all continue to pose a serious risk to babies and toddlers.

HOW TO CHECK CRIB SAFETY AND QUALITY YOURSELF

We're in an era where online ordering has become the norm. While many online sellers are legitimate, unfortunately, the online selling environment also makes it easy for scammers to use the anonymous nature of the internet to pass off fake or substandard goods to unsuspecting shoppers. NBC News published an article in May of this year reporting that Amazon had blocked more than 10 billion suspected counterfeit product listings since 2019, which is 67% more fake listings than the previous year.

While it is tempting to go online in an attempt to get a good deal, in the case of a baby crib, this is one item you should physically see in a store, according to Consumer Reports, an independent, nonprofit organisation that works on behalf of consumers for transparency and fairness in the marketplace. They also advise:

Ask the store about the safety certification

Be satisfied that the safety certifications are authentic. Lean in and smell the paint that your baby will be sleeping next to and ask questions about it. The crib needs to be certified as having non-toxic paint as part of its safety certification. Talk to the store's personal shopping expert about the safety features, the correct kind of mattress and bedding to ensure your baby's safety.

Check the base of the crib - here's how...

When you're in the store, look at the base of the crib. You should see one or more stabiliser bars (the metal rods attached to the end boards under the crib). These are used in the manufacture to help to make the frame more rigid. To test this in-store, shake the crib a little to see if the frame seems loose. Without applying too much pressure, try rotating each slat to see if it's properly secured to the

railings. What you're looking for is no loose slats or spindles on the crib, or any sign that they are cracked, in the case of wooden slats or parts.

Check for safety hazards - bring a ruler with you!

When you're going to visit a store to look at or buy a new crib, bring a ruler with you to the shop to check the spaces between the slats and other places on the crib. If the slats are greater than 6 centimeters (2 3/8 inches) wide, they're too far apart for safety.

Also check for any sharp edges and protruding screws, nuts, corner posts, decorative knobs, and other pieces that could catch your baby's clothing at the neck. Buying a new crib could protect your baby from such hidden dangers as drop sides, slats, or hardware that might have been weakened by rough use, as well as loose hardware or glue joints caused by changes in humidity during storage.

BUY FROM A BRAND TRUSTED FOR CRIB SAFETY & QUALITY

All Babyshop cribs conform to the highest of safety standards of either American ASTM (American Society for Testing and Materials), or the European equivalent certification. This means that rigorous safety testing and quality checking is done on your behalf and you'll only find cribs that are certified as safe in stores and online at babyshopstores.com.

On a practical level this means that with the cribs you'll find in Babyshop:

- ✓ The spacing of the slats is optimum, as well as being strengthened to prevent breakage
- ✓ The paints used are not toxic and safe for your baby to breathe safely
- ✓ The Mattress supports are durable
- ✓ All Babyshop cribs have undergone rigorous safety testing

CRIB BUYING TIPS

Basic is Best:

The safest cribs have simple lines and no decorative features or knobs. Infants can be harmed if their clothing gets caught in this kind of detail work.

Buy the Mattress and correct-fitting sheets at the same time:

Pair the mattress and crib you plan to buy while you're in the shop, to make sure they're a good fit. (Mattresses are usually sold separately.) When buying a mattress, make sure you also buy crib sheets designed to fit tightly. If a sheet isn't the correct fit, your baby might pull it up and become entangled. Mattress thickness is a safety issue, so make use of Babyshop's Personal Shopping Experts who are trained in all things baby, including crib safety, and will advise you on the best option for your child.

WHICH CRIB SHOULD YOU BUY?

Having a baby is expensive and obviously, it pays to shop around for the best deals. But did you know that the price of some crib models can vary by as much as double the price between one UAE store and another?!

Babyshop has a quiet ethos of supporting mothers in the region with lots of choice, with ever-present quality and importantly, a range of price points to suit all budgets. Here we have included a couple of examples that we recommend from the vast range of crib models you'll find at Babyshop.z

Juniors Fairway 2-in-1 Crib (AED 799)



Your baby will sleep cosy, safe and relaxed in this wooden, height-adjustable crib. It can also be converted into a bed courtesy the different levels of adjustment. The rails are designed with the perfect distance for airflow and visibility. The surfaces easily wipe clean and there are three adjustable mattress positions to meet baby's needs.

Giggles Patricia Cot Bed (AED 1,099)



This is a beautiful cot for your baby which is designed with fence-like banisters so that your baby is safeguarded against hazards. Crafted from wood and painted in a neutral hue, the crib complies with European safety standards, and therefore uses a non-toxic paint for its luxurious finish. We recommend this crib for its safety, price, aesthetics and practicality. As with our other recommended crib, the Giggles Patricia Cot Bed has easy wipe clean surfaces and there are three adjustable mattress positions. Babyshop will assemble it safely for you... and do it free of charge.

HOW MUCH TIME YOUR BABY SPENDS IN THE CRIB

Every baby is different and some will sleep less or more than others. However, this is an approximate guide to the amount of sleep children need each day, included the naps:

- ✓ Newborns from birth to 4 months - up to 18 hours a day
- ✓ Babies 4-12 months old - 12-16 hours
- ✓ Toddlers 1-2 years old - 11-14 hours

When you look at the long number of hours babies sleep, it becomes clear that comfort and safety are the number one considerations for parents when choosing a crib. With over 400 stores across the UAE, one of the largest variety of baby cribs available, and all the safety standards built into every product in the range, Babyshop provides a free 'Personal Shopping Expert' to parents to help them navigate the vast range of options available. After all, when faced with multiple crib styles, colours, sizes and price points, how do you decide what is best for your baby? Ask an expert!

•EDUCATION•



An important advisory to getting the balance right when you help your child with their school homework.

HOW MUCH SHOULD YOU HELP WITH HOMEWORK?

Helping your child with their homework can present a real dilemma in terms of how much help you should give. Let's take a closer look at the issue.

An issue that often causes a fundamental dilemma for parents is working out how much help to give their children with their homework. Lumped in with this issue is 'how often' you should help with homework.

Keeping an eye on the school assignments and checking whether your child has completed them is basic parental involvement. This helps you monitor that your child is on track with their studies and allows you to spot any difficulties they may be having. But this is a very different scenario from actually working on the homework assignments for them, in an effort to 'help and support' them. Sometimes, the motivation for a parent to do this is to help their child to get good grades at school!

But consider this - the more involved you become in your child's homework, the more you remove their sense of responsibility, accomplishment and even their ability to truly comprehend the work themselves.

The level to which parents get involved with a child's homework depends on how they view homework in the first place. Some parents see their child's homework assignments as a way to help them with the valuable life skill of independent learning, thinking for themselves, developing a work ethic and getting them used to taking responsibility. On the other hand, some parents will view homework as the school placing an unfair burden on their precious child, or view it as a 'necessary evil' that gets in the way of family time and extracurricular activities.





The common ground that many parents have is how often homework can be a source of tension and fights between them and their child. Many children will naturally procrastinate, saying that they'll "do it later," or when pushed, rush through it and produce ill-thought out or substandard work. When tensions over doing homework arise, the parent is treated as 'the bad guy', which doesn't feel great. However, it's a danger point when homework becomes a battleground, and the parent's focus is on the negative aspects of homework, both the parent and child want to 'get through it' as quickly as possible. If the child can't do the homework fast enough, or if it's getting late and they should be ready for dinner or bed, then parents may be tempted to hurry things along by helping their child to do the work.

BENEFITS OF CHILDREN DOING HOMEWORK

We know that kids will often complain about their homework, but it's important to remember that a parent's job is to help prepare their child for adulthood. This includes instilling a work ethic in them, a sense of responsibility, the ability to think critically and problem-solve, as well as take responsibility. With this in mind, there are huge benefits to children doing homework assignments, which include:

- Learning to be responsible for organising their school papers and books
- Listening to instructions and taking responsibility for whatever is required
- Learning to manage their time

- Learning to ask for help when needed (from a parent, the teacher, or a classmate)
- Better absorbing the information learned in the classroom
- Developing a sense of capability from mastering tasks and skills
- Feeling pride and a sense of achievement in completing an assignment
- Earning their results!

OVER-INVOLVED PARENTS

Providing too much input

It is not difficult for a caring parent to cross the line into over-involvement, especially with

the desire to see their children succeed and do well at school. At the same time, only one person is responsible for doing the homework, and that's your child. So, the more responsibility you try and take for doing homework (and your child may well be delighted to sit back and let you do it!), the less your children learn - both academically and in terms of taking responsibility. The motivation to do homework needs to come from within the child, which won't happen when parents are the ones taking charge of the homework!

Providing too little supervision

Another interesting phenomenon is that parents tend to be over-involved when children are in their early years of school, and then drop back abruptly when children reach their teenage years. This can be confusing for a child who is suddenly told that 'homework is your responsibility now,' but doesn't have the routine, problem-solving mindset or learned discipline in place to handle it.

How can children suddenly be expected to be accountable if they haven't been given the opportunity to learn through small steps along the way? By giving children a chance to make mistakes, work it out, bounce back and learn to pay more attention in class when they are young, we allow them to experience being trustworthy and to learn from their mistakes and mis-steps.

Being overly anxious about school performance

Many teachers in the region report that parents show a peak of interest in homework as children enter their late teenage years. Part of this concern is to do with the timing of being able to maximise their children's grades, and therefore opportunities for college.

Parents worry that if their kids don't maximise the value of their education by getting the best grades they can, capitalising on the school's extracurricular activities and studying hard, they are risking their future potential for success as an adult.

Getting the balance right

When children are very young, 'normal' means 'whatever we usually do at home.' This includes getting them to help with little chores from an early age (such as toddlers putting their toys away in a box after play); reading together, then getting into a reading habit in bed, and a study habit to take care of their after school homework. If homework becomes part of a 'normal' routine at home, then children will expect to do it.

Similarly, if children get into an early habit of asking the teacher any questions about the homework while in school, and asking you to check it over at home, this will be the routine. And again, if you are the one who takes over and does



the homework for them, then this kind of educational and developmental sabotage becomes their 'normal.'

A good way to achieve a healthy balance is giving children the responsibility for their homework, and some freedom early on. Make sure you keep in touch with both your child and the school to understand what is expected from your child, and provide the space, peace and calm for them to do it, with plenty of encouragement and praise! Keep it up, rather than focus your main supervisory efforts on the teenage years.

As a parent, it is important to realise that academia does not come naturally to every child and it's good to create a positive environment by focusing on a child's strengths, not their shortcomings. Nagging and criticising a child over homework sets up a negative and upsetting mindset for any child, which are not good conditions under which they can focus at their best.

That said, children still value and need engagement from their parents, as well as guidance and help in managing their time. The older a child gets, the more social and extra-curricular activities will also need to be fitted in, so they'll need your support in making sure they can fit everything in with a good balance.

GOOD • LIVING •



Editor's beauty
picks especially for
you; and a preview
of the fabulous
competitions you
can enter online
this month!



LIHT ORGANICS: NATURALLY ORGANIC MAKEUP THAT'S VEGAN & CRUELTY-FREE

Are you putting bugs on your face?! Well, that's how most conventional makeup brands add red pigments to their makeup.

Wondering what it is? Carmine is a dye made by crushing a female cochineal insect. Around 70,000 of these are crushed just to make 1 lb of dye that's used in cosmetics. So cruel and unnecessary, isn't it?!

Liht Organics uses minerals to replace Carmine for colour pigmentation and takes immense pride in providing everybody with naturally organic makeup that is completely vegan & cruelty-free.

Organic makeup that's safe enough to eat! Yes, that's what Liht Organics is all about!

Made with up to 90% USDA-certified organic ingredients, Liht Organics products are 100% Natural, Vegan, Gluten-Free, Cruelty-Free and contain ZERO Nanoparticles, Parabens and Harmful Chemicals promises to heal your skin while it conceals.

***Liht Organics products are available at:
www.lihtorganics.ae***



COMPETITIONS

motherbabychild.com/competitions



WIN! A JUNIORS FAIRWAY 2-IN-1 CRIB WORTH AED 799

Sleep is one of the most crucial components necessary for a baby to grow, develop and be healthy. And let's face it, babies spend a lot of time in the pursuit of sleep! So, with its 'best for baby' ethos, Babyshop has partnered with the brand in providing this crib to help your baby be comfortable, relaxed, cosy and safe while sleeping in this very special baby crib. As a clever part of its design in considering your needs as a parent, the Juniors Fairway 2-in-1 Crib comes with different levels of adjustment, so you can easily convert it into a bed when you need to.

Safety standards are of paramount importance, so for your peace of mind as a mum, the rails of the Juniors Fairway 2-in-1 Crib are designed with the perfect distance for airflow and visibility. The wooden crib also has three level adjustable mattress positions, and you can also adjust the height. And understanding your needs as a mother, the crib has wipe-clean surfaces for the kind of ease-of-use, quality and attention to detail UAE mums have come to expect from your 'best for baby' partner in motherhood, Babyshop.

One very happy winner will be getting this fabulous prize simply by entering the competition, and it could be YOU!

WIN! A SEBAMED GIFT HAMPER WORTH ca. AED 400

A baby's skin has a big job to do! It needs to protect against dehydration, cold and heat, pollutants and irritants. Not only this, a baby's skin has pH levels that are higher than those of adult skin, which is usually characterised by a pH value between 5 and 5.5. Healthy skin has a biological slightly acidic surface called the acid mantle. The delicate skin of a newborn is lacking this protective acid mantle, which is established during the first few months of life. Containing ingredients that include botanical oils and vitamins, Sebamed products work with the needs of baby skin as they moisturise and protect.

Sebamed represents one of the leading brands for medicinal skin care with a pH value 5.5 of healthy skin. All products of the Sebamed range contain high-quality active ingredients which cleanse and nourish the skin without destroying the natural acid protection mantle. More than 120 scientific studies have tested the high effectiveness and skin compatibility of all Sebamed products and confirm their suitability for sensitive and problematic skin. This stunning gift hamper contains the best range of Sebamed products to take care of mother, baby and child! Enter today for your chance to win!



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

WIN! A MEDELA SWING FLEX BREAST PUMP WORTH AED 750

The electric Swing Flex Breast Pump from Medela is thoughtfully designed to help breastfeeding mothers with one of the most important aspects of caring for their baby. The Swing Flex Breast Pump is one of the most popular choices for mothers, as it works to your comfort level with 11 different vacuum levels to comfortably express milk. As an added support to feeding mums, the four button function makes it easy and straightforward to operate.

Importantly, this breast pump is fully certified to meet quality standards, it contains no BPA material, so is safe for use, as well as gentle on your delicate skin. Fitting right into the lifestyle of new mums, Medela's Swing Flex Breast Pump has a small, compact design, which is easy to carry and also comes with a battery option for additional flexibility if you're travelling.

Enter today for your chance to win!



WIN! AN ERGOBABY OMNI 360 COOL AIR MESH MAUI CARRIER WORTH AED 850

As International Baby Wearing week is upon us, we are giving away a fabulous Omni 360 Cool Air Mesh Maui carrier by Ergobaby. For new mums everywhere, baby wearing comes with a host of beautiful benefits for both mum and baby including strengthening the bond between mum and baby, aiding in your baby's development both physically and emotionally, decreasing the risk of SIDS (Sudden Infant Death Syndrome) and flat-head syndrome. The Omni 360 Cool Air Mesh Maui carrier also allows mums to breastfeed discreetly on the go and allows parents to be hands-free and multi-task whilst holding the baby, to name but a few benefits!

The Ergobaby carriers are ergonomically designed to cradle your baby in a natural sitting position and evenly distribute your baby's weight between your hips and shoulders. Offering the utmost in comfort and ergonomics, you can carry your baby in Ergobaby carriers from birth up to a weight of 20kgs.

To be in with a chance of winning an Omni 360 Cool Air Mesh Maui carrier, just enter the competition today!

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

COMPETITIONS

WIN! A COUPLE'S DATE NIGHT BRUNCH FOR TWO AT BRASSERIE 2.0, AT LE ROYAL MERIDIEN BEACH RESORT & SPA WORTH AED 900

Brasserie 2.0 at Le Royal Meridien Beach Resort & Spa, Dubai is celebrating its Thursday night brunch by offering one lucky couple a fabulous date night experience, inclusive of food and selected house beverages. Now running every Thursday, from 7 - 11:00pm, this brunch will truly leave you spoilt for choice with the sheer range of gorgeous food offerings, all bursting with flavour.

On your date night, you can choose from succulent meats and ocean-fresh fish cooked to perfection on the BBQ chargrill by skilled chefs. A number of other live cooking stations will serve food from around the world. Take your time to enjoy the sushi and sashimi counters; experience a great Italian classic from the authentic pizza oven; lose yourself in the aromatic offerings of the Indian counter, and don't leave without trying the slow cooked beef brisket from the smoker for an elevated BBQ taste sensation.

All you have to do is to enter online for a chance to win this wonderful culinary delight of a prize!



WIN! A GEALES SATURDAY FAMILY LUNCH EXPERIENCE FOR 4, WORTH ca. AED 400



Geales, Le Royal Meridien Beach Resort & Spa, Dubai is one of Dubai's favourite family-friendly lunches and is making its return just in time for the cooler winter months! If your children are under 12 years of age, enter the competition today for a chance to win a Geales Saturday Lunch experience for two adults and your two children! You'll be treated to a set menu of classic British dishes whilst the kids are kept entertained with the endless activities in the sunken garden in front of the restaurant. The activities include face painting, arts and crafts, a bouncy castle and more! This prize is for the food and soft beverages package, and Geales is open every Saturday from 1pm to 4pm. The usual price is AED 195 for food and soft beverages, AED 345 for food with house beverages and kids under 12 eat for free (max two free kids with every adult main meal). To enter, just go to the MBC website!

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



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