

ISSUE 125 | NOVEMBER 2021 | DHS15

Mother *&* Baby Child

**IS YOUR PICTURE
IN THE EVENT
REPORTS PAGES?!**

**WORRIED ABOUT
YOUR CHILD'S
DEVICE USAGE?**

**EAR INFECTIONS
IN KIDS**

**CHANGING YOUR
DISCIPLINE STYLE
FOR TWEENS**

**HANDLING
A DENTAL
EMERGENCY**

**WOULD YOU
KNOW WHAT TO
DO IF A CHILD
SWALLOWED A
LITHIUM COIN
CELL BATTERY?**



**CHILD
SAFETY
BREAKFAST
EVENTS THIS
MONTH**



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MANAGEMENT

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

EDITORIAL

EDITOR: Kay Marham
Kay.Marham@cpimediagroup.com

ADVERTISING & SPONSORSHIPS

Mathew Tharakan
mbc.sales@cpimediagroup.com

MARKETING

marketing@cpimediagroup.com

DISTRIBUTION & SUBSCRIPTIONS

info@cpimediagroup.com

DESIGN

Froilan A. Cosgafa IV

FOUNDER

Dominic De Sousa
(1959 - 2015)

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FOR OTHER ENQUIRIES, PLEASE VISIT:

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HEAD OFFICE:

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

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EDITOR'S LETTER



Hello Mum!

Forgive me for getting straight down to business. I've spent the last few weeks becoming increasingly troubled. Why? Although we have two Free Breakfast Events on the topic of Child Safety this month, the focus of the first one (on 17th November) is about a horrific and often fatal kind of accident that affects thousands of children every year.

The issue that's disturbing me is that over 8,000 people swallow lithium coin cell batteries every year and either go through unimaginable pain and suffering; they'll go through life with life-changing injuries; or this 'battery ingestion' accident results in death. It's children under 6 years of age that are most likely to accidentally swallow these batteries and be affected. And we can help to prevent it, which is why our community events this month are important for creating awareness for every parent. (Details are on pages 20-23.)

Lithium coin cell batteries are the small, round batteries that are used to power common objects like TV, car and door remote controls; light-up/ flashing sneakers; toys; watches; calculators; mobile phones; electric toothbrushes; singing greeting cards; flashing pens; keychains; talking books - and many more common household items. It's easy to see why these little round things are tempting for a young child to instinctively put into their mouths - and the scary thing is that they are all accessible.

I know of many people who have given a small child an old or broken mobile phone to play with, thinking that it's okay as long as they remove the SIM card! More than once I've dropped a remote control and the battery compartment at the back becomes loose - and I'm not the only one. How many of us have given a child a musical birthday card? These things are examples of just three common scenarios where small children are put at risk and I'm certain that none of the parents of the thousands of children a year that accidentally swallow these 'button batteries' understood that risk.

This kind of accident is so distressing that I'm asking for your help in two ways. Firstly by registering on the website to attend our free Child Safety Breakfast event on 17th November in Jumeirah, so you can fully understand where the risks are. (I'll be asking a doctor to do a live demonstration to actually show you.) And secondly, I'm asking for your help in spreading awareness to other parents you know of the importance of keeping lithium coin cell batteries out of reach of kids. In a way, I'm asking if we can all be an Ambassador for child safety together, and by creating awareness in our community we could be saving lives, as accidental ingestion of 'coin batteries' is 100% preventable. Can we do this together?

I hope you enjoy this month's issue - do check out the photo gallery of last month's events (you might see yourself in the picture gallery) And when I see you at our events this month, breakfast is on me!

Email me directly (Kay.Marham@CPIMediaGroup.com) and I'll give you a fast track, guaranteed place at the safety event. Just put CONFIRM 17 as the subject line, and include your mobile number!

Kay

Editor

Mother, Baby & Child Magazine

EDITOR'S —PICK—

DERMOVIVA'S NEW SUPERFOOD SKINCARE? YES PLEASE!

If I had a dollar for every time I've heard the expression: "You are what you eat," I'd now have a total of \$7,216 stashed in my toiletries cabinet. Rich? The advice certainly is and it's shared by nutritionists the world over. So it always gets my attention when I hear about products that are based on foods - especially superfoods - that are cleverly transformed into skincare solutions. Yes, superfoods not only help keep us healthy, but also help rejuvenate the skin naturally and this is exactly what DermoViva Skin Superfood offers us with their latest skin care range.

Pomegranate is one of the oldest known superfoods - an oldie, but a goodie. It is packed with skin and health enhancing nutritional benefits and the bright red, juicy seeds of pomegranates are loaded with vitamins and antioxidants that protect the skin from damage, ward off the signs of aging and instantly revitalise the skin making it look younger from within. And that, ladies, is why I'm all shook up about DermoViva's new pomegranate skin care range, which includes the deliciously-named Body Dessert Cream and Body Smoothie Lotion, as well as the skin superfood Face Wash, Face Scrub and Skin revival Face Mask.

You'll find the range online at Amazon and Noon or from Carrefour supermarkets.



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EDITOR'S —PICK—

HYDROPEPTIDE POWER LUXE HYDRA-RICH INFUSION CREAM

Who doesn't want to treat themselves to something luxe, especially if you're getting an early start on your festive pampering preparations?!

The new Hydropeptide Power Luxe Hydra-Rich Infusion Cream (AED 675) is a deeply rich, ultra-restorative crème that is powerful at giving long lasting skin hydration, while delivering luminous, sculpted and firm appearance to the skin.

The cream is great for dry and dehydrated skin and it also helps brighten a dull complexion, as well as helping to reduce fine lines and wrinkles with all that hydration power. This is one of those products that helps to improve the skin's barrier function, which is important at this time of year when the weather is cooling down, but still surprises us with a few scorchers!

For more information, you can check out: www.enerbeauty.com





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THINGS • TO DO •



The best of family
brunches in Dubai
Marina; an interactive
kids' trip to ancient
Egypt; at last we have a
car boot sale; and a salon
discount for teachers
this month.





VALLEY OF THE KINGS: INTERACTIVE EXHIBITION FOR KIDS BY SHARJAH MUSEUMS AUTHORITY

Every child...and every adult has a fascination with the Pyramids and Pharaohs of ancient Egypt. It's therefore really exciting news that an interactive exhibition for children and families has just opened in Sharjah, to focus attention on a major archaeological discovery near Valley of the Kings in Egypt.

While most objects uncovered in the village are displayed at the Egyptian Museum in Turin, Sharjah Museums Authority's artefact-free exhibition will transport children back in time to interact with the story of Deir El-Medina, life in ancient Egypt, and the costumes and language of that time.

Organised by Sharjah Museums Authority (SMA) in partnership with the Egyptian Museum in Turin, Italy, the event brings to life the history of Deir El-Medina, an ancient Egyptian workmen's village that was once home to 800 builders, artists and painters who worked on Egypt's Pharaoh tombs in Valley of The Kings in 1500 BC. The event is brought to you complete with audio, visual and action-based activities to really bring this ancient world to life in a way that children will love.

Taking place at Sharjah Archaeology Museum between 10th November and 31st August 2022, the event is specifically aimed at children aged over four years and families. You'll find a line up of practical and educational activities that include restoring replicas of ancient artefacts, becoming archaeologists in a small-scale excavation replica site, and using touch-screens to write in hieroglyphs and transform into Pharaohs.

Children will also learn about archaeology and excavation expeditions that led to the discovery of the 3,400-year-old village of Deir El-Medina, including that by Italian Ernesto Schiaparelli during the early 20th century.

This event is part of a series of year-round events and activities specifically designed to cater to the needs of children, that are regularly organised by Sharjah Museums Authority to better connect youngsters to museums and promote learning and exploration.

For more information: www.SharjahMuseums.ae

CAR BOOT SALE MORNINGS AT REFORM SOCIAL & GRILL



Traditionally an online marketplace, Tied Up With String announces a new opportunity for UAE residents to up-cycle their pre-loved goods with the launch of its new Car Boot Sale Mornings, located at one of Dubai's

most-loved family friendly restaurants, Reform Social & Grill.

Free to enter, from 8 am to 10 am every Saturday, you can expect a farmer's market, breakfast food stations, drinks and much more. For AED 50 per car, those wishing to participate are invited to drive their car up onto the grass and embrace the opportunity to give their pre-loved items a second chance at a home!

Designed to reduce disposable waste, this is a plastic-free event so you're advised to bring your own shopping bags. Additionally, artists and brands who up-cycle materials are encouraged to participate.

Reform Social & Grill is a family-friendly restaurant, providing a pleasant atmosphere and the perfect spot to spend a Saturday morning.

- **WHEN:** Every Saturday morning, from 13th November
- **TIME:** 8 am – 10 am
- **WHERE:** Reform Social & Grill
- **ATTENDANCE:** Free to enter
- **CAR PRICE:** AED 50 per car

For more information visit: www.tiedupwithstring.ae

THAT HAIR THO OFFERS EXCLUSIVE TUESDAY DISCOUNT TO TEACHERS!



Teachers work incredibly hard to keep the kids of Dubai educated and entertained. One of the city's favourite hair and beauty salons, That Hair Tho, (THT), located in Cluster N, JLT, understands the commitment it takes to be a teacher and is eternally grateful for their efforts, which is why it wants to celebrate them by offering all teachers in the UAE an exclusive 30% discount every Tuesday!

All teachers need to do is present their unique Teachers' Card when paying, in order to receive the 30% discount – that's it! This is just a small gesture from THT to thank all the amazing teachers for their work and effort, offering them just a little bit of much-needed TLC at an extra-special price. So, tell your favourite teacher to book their Tuesday appointment and enjoy this exclusive discount!

For more information visit THT's Instagram page @thathairtho.tht



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THE ROMA MIA ITALIAN BRUNCH AT LEONARDO, IN DUBAI MARINA

If you're not a fan of big loud buffet brunches and enjoy great table service over a leisurely weekend brunch, the The Roma Mia Brunch at the Leonardo Restaurant, in the Stella di Mare Hotel, Dubai Marina is hands-down our Editor's Pick for this month.

The Roma Mia Italian Brunch has just been launched, tried and tested by MBC and gets a huge thumbs up as a perfect brunch option for families. The restaurant interior is nothing short of stunning, but in an elegant and comfortable way, with a little twist of 'Italian piazza' (a small square or marketplace in an Italian town or city.)

Leonardo is named after Leonardo da Vinci, the father of invention and known for his masterpiece, The Mona Lisa, as well as his detailed technical drawings and mechanical inventions, including the helicopter! Dramatic working model replicas of Leonardo da Vinci's inventions are all around you in Leonardo as installed art features adding a very special and grand ambience to your brunch experience.

Not only this, the art installations are a natural talking point for children, who get to wander around and look at some of the most

famous machines in the world and learn a little about the great man, Leonardo himself.

CHEF CARLO & THE FOOD AT LEONARDO

With a menu created and presided over by Chef Carlo, who is not only Italian but also from Rome, the Leonardo team will serve you some of the most authentically Italian culinary delights you can get in Dubai. And you can expect a twist or two here as well!

For example, all pasta dishes are individually made to order and served at the table, hot, fresh and perfect, just as they do it in Rome. Chef Carlo hand-prepares every risotto, cooked with the perfect bite and consistency, with the rare culinary flourish of giving each risotto its last stir directly on a wheel of fresh parmesan. It's an extremely rare treat to experience parmesan so

fresh that you discover its true sweetness, mingled with the nutty tang you'd expect. It's something you'll rarely experience outside of Italy - a real pleasure for lovers of authentic Italian food. If you are a real foodie, then for the risotto alone, take a trip to Leonardo, in the Stella di Mare Hotel!

The brunch is intelligently conceptualised - you can start with your own selection of 'Italian street food' bites, which include a selection of Italian meats and cheeses, with a choice of breads that include different flavours of focaccia, Pane Toscano (Tuscan bread) and the famous Neapolitan savoury bread, Baba Rustico - a bread that is traditionally prepared for parties or celebrations, and various festivities. The bread dough is filled with salami, prosciutto cotto, grated parmesan or grana padano, and cubes of Italian cheeses such as provolone, scamorza or fontina. Be careful not to fill up on this - it's dangerously delicious!

After you've chosen your appetiser bites from a cute selection of the cold cuts, cheeses - and even the kind of little bites that children like, such as crispy little nuggets of cheesy risotto (called Suppli), Porcini Soup (a classic Italian mushroom), you can settle at your table for table service all the way.

Expect the main courses to be freshly prepared based on the market produce of the day (very Italian!), but they should include your favourite pasta and meat dishes, hand-prepared under Chef Carlo's watchful eye.

For reservations, email: Leonardo.dubai@StellaDiMare.com or Phone: 055 619 4720



THE BURGER FEST MENU IN ORPHIC, STELLA DI MARE HOTEL, DUBAI MARINA



The Fabulous Orphic lounge (which we love to use for many of our events!) has introduced its Burger Fest menu, which unreservedly celebrates the fact that everybody loves a burger, and there is a perfect burger for everyone! Available every day from 11am - 3pm, you can choose from:

- **The Works:** Beef patty, sunny side up eggs, cheese, onion jam with squid ink burger bun
- **Moroccan Lamb Kofta Burger:** Grilled lamb kofta patty served with beetroot hummus and garlic sauce and zataar
- **Sloppy BBQ Beef Burger:** Slow cooked pulled beef short ribs with brioche burger bun
- **Spicy Chicken Strips Burger:** Breaded fried chicken breast served with a pink sesame burger bun
- **Surf and Turf Burger:** Grilled beef patty and grilled shrimps served with brioche burger bun
- **Aloo Tikki Burger:** Masala potato patty served with onion and turmeric burger buns

All burgers are served with side salad and French fries, just as nature intended! And here's something else...this is a perfect lunch whether you want to take a lunch break on your own and catch up with the news, or emails; or whether you're with colleagues, friends or family close to the Dubai Marina area. Orphic is full of cosy corners and spaces, comfy chairs and big sofas - so you can take your pick on how you like your burger...and also how you like to enjoy your burger! Prices for the Burger Fest menu are between AED 65-85, making it a great choice to pop in for a family lunch anytime!

For bookings email: Orphic.Dubai@stellaDiMare.com or Phone 055 619 2785

•HEALTH•



Details of two unmissable free breakfast events this month; accident prevention; dealing with ear infection and handling a dental emergency.





HOW TO HANDLE A CHILD'S DENTAL EMERGENCY

Here's a quick checklist of what to do if your child has an accident or emergency involving their teeth!

Children are naturally more prone to accidents than adults because they haven't yet learned to anticipate and avoid dangers. They also play a lot more, often with sports, scooter and bike riding, climbing, running, and some rough and tumble involved.

It's no surprise then that an accident could easily happen whereby they have a dental emergency as a result of a fall. In this case, it is useful to know what to do when your child has a dental emergency - and it could even make the difference between saving or losing a child's tooth!

In the case of any dental emergency, it is best to take your child to the dentist or to hospital as soon as possible.

What if my child tooth is knocked out?

Check your child's mouth to see if there has been any further level of injury and call for emergency help if necessary. The average child has their full set of 20 primary teeth by the age of 3 years and between the ages of around 6-7 years, the permanent teeth begin to come through, with most in place by the age of about 12-13. If your child is at an age where they have their permanent teeth, try to keep the stray tooth moist at all times by placing it in a container or in milk. Then, get to your dentist's clinic immediately.

If your child is under the age of five, a baby tooth (also called a primary tooth) does not need to be kept moist but, if possible, try to bring it to the dentist with you.

How to handle a cracked tooth

For a cracked tooth, immediately rinse your child's mouth with warm water to clean the area. In order to reduce any swelling, put a cold compress to the outside of your child's face and get your child to the dentist as soon as possible.

What to do when your child bites their tongue or lip

If your child bites his tongue or lip, clean the area gently with water and apply pressure with a clean piece of gauze or cloth to stop any bleeding. You see any swelling. If your child has caused a significant cut, you need to take your child for medical help for any injury that might need stitches.

How to treat your child's toothache

For toothaches, rinse your child's mouth with warm water to make sure it's clean. Sometimes, the toothache can be caused by a stuck or rotting piece of food particle, so gently use dental floss to remove any food caught between the teeth. See if the pain reduces, and if not, take your child to the dentist.

If your child breaks their jaw...

As horrible a prospect as this is, it does happen so you'll need to swing into action. Apply cold compresses to control the swelling and go immediately to a hospital emergency department. If you are not sure if the jaw is broken and your child is doing okay with the pain, get to the dentist clinic immediately instead!





EAR INFECTIONS IN CHILDREN

Most growing children will experience an ear infection at some point. This is a quick guide to recognising the symptoms and causes and what treatments are best.

Generally speaking, when a child gets an ear infection, it often starts with a bacterial infection, a virus like the common cold. It can be painful for a child (and an adult!) because the middle ear can sometimes get inflamed, which in turn results in the build-up of fluid behind the eardrum. Other causes of pain include the narrow passageways (called the eustachian tubes) that connect the middle ear to the back of the nose become swollen.

For various reasons, kids are more prone to both of these problems. The passages in their ears are narrower, shorter and more horizontal than the adult versions. Because it's easier for germs to reach the middle ear, it's also easier for fluid to get trapped there. The other important factor is that children's immune systems are immature - they're still developing and not always adept at fighting off infection as fast as an adult can.

It's not always easy for a parent to detect a child's ear infection because a young child will often pull at their ear as a self-comforting measure, or generally play with their ears to explore them.

WHAT ARE THE SYMPTOMS OF AN EAR INFECTION?

Your doctor is the best person to examine and diagnose an ear infection in your child. However, if you suspect that your child is affected by this, you'll want to check! These are the symptoms to look out for:

Pain

The most common symptom of an ear infection is pain. Older children can tell you that their ears hurt. Younger children may only seem irritable and cry. You may notice this more during feedings because sucking and swallowing may cause painful pressure changes in the middle ear.

Loss of appetite

Your child may have less of an appetite because of the ear pain.

Problems with sleeping

It stands to reason that if your child is in pain, they may have trouble sleeping.



Fever

Your child may have a temperature ranging from 100°F (normal) to 104°F.

Fluid leakage from the ears

You might notice yellow or white fluid, possibly blood-tinged, draining from your child's ear. The fluid may have a 'rotten' smell. The pain and pressure your child feels will often decrease after this fluid leakage, but this doesn't necessarily mean that the infection is resolved. If this happens it's not an emergency, but your child will need to see your doctor.

Your child may have trouble hearing

During and after an ear infection, your child may have trouble hearing for somewhere up to 2-3 weeks. This happens because the fluid behind the eardrum interferes with their normal sound transmission. This hearing impairment is usually temporary and will resolve itself after the fluid from the middle ear drains away.

You should get your child's ear complaint seen by your doctor to test whether there are signs of inflammation or any accumulation of fluid.

OTHER CAUSES OF PAIN IN THE EARS

When a child experiences pain in their ears, it is possible that there are causes other than an infection. These include:

- An infection of the skin of the ear canal, often called 'swimmer's ear'
- Reduced pressure in the middle ear from colds or allergies
- A sore throat
- Teething or sore gums
- Inflammation of just the eardrum during a cold, without any fluid build-up present.

TREATMENT FOR EAR INFECTIONS

Unless a child is very young, or the ear infection is very severe, it's not often that common childhood ear infections actually need medical treatment. An increasing number of studies show that a child's natural immune defences can usually deal with ear infections, even though their immune system is not as strong as that of adults. One study compared two groups of children with ear infections. One group was given antibiotics and the other did not receive any medication. The researchers were surprised to find that the level of healing was the same after ten days!

Many doctors therefore have good reasons for taking a 'wait and see' approach, rather than prescribing antibiotics at the first sign of infection in a child. Your doctor may ask you to keep an eye on your child's ear infection for 2-3 days, but that does not mean you should make that decision on

your own! Your doctor may well give your child some numbing drops for the pain to help your child on a more comfortable path to recovery.

MINIMISING THE RISKS OF EAR INFECTIONS

Every parent wants nothing more than to keep pain and infection away from their child. While it's not possible to protect children in this way, there are some measures you can take to reduce the risk of your child contracting an ear infection.

Breastfeeding

Breastfeeding is the best way to help your child to build up and strengthen their immune systems in the first year of life. The breast milk itself contains antibodies that can help your baby to fight infection. Through these antibodies, a nursing mother

can even pass on some level of protection from infectious illness she has had in the past and give babies a head start in preventing and fighting infections.

Supervising good hygiene practice

When children spend time in different environments, such as school, they are more exposed to bacteria. Bacteria exposure can also result from drinking from poorly-cleaned bottles and sippy cups and water bottles, which have more surface area upon which germs can attach. Help your children to learn about how a frequent hand washing habit can prevent the spread of germs that cause infections.

Childhood vaccinations

Research has shown that vaccinated children are prone to getting fewer ear infections than unvaccinated kids. Talk to your doctor about the vaccines that can protect against ear infections.



IMPORTANT ADVISORY LITHIUM COIN CELL BATTERIES: THE DANGER TO CHILDREN

Al Jalila Children's Specialty Hospital and Duracell have partnered to raise awareness about the risks of children accidentally swallowing lithium coin batteries - an extremely serious accident that no child or parent should have to go through.

In this article, we are inviting mothers to attend an important safety information Coffee Morning on 17th November at the Lana Lusa Portuguese Restaurant in Jumeirah. This event is not only an important safety eye-opener for parents of babies and children, but we're also seeking to get your help in raising awareness around the issue of all little ones accidentally swallowing Lithium Coin Cell batteries.

The Coffee Morning event is free to attend - and here's a taste of why we're seeking your help in spreading awareness about this serious safety threat to children...

THE DISTURBING FACTS EVERY PARENT SHOULD KNOW

As an example of the scope of the problem, each year in the US alone, more than 3,500 cases of children swallowing all sizes and types of button batteries are reported to poison control centres. The number of cases where young children have been seriously hurt or have died has been increasing over the last few years, in line with the number of uses for these kinds of batteries in family homes.

WHAT ARE BUTTON BATTERIES & LITHIUM COIN BATTERIES?

Thousands of children are treated in emergency departments all over the world each year after ingesting either button batteries or lithium coin batteries. Both types of batteries are small, shiny and appealing to children. And both can cause major injury if stuck in a child's nose or ear, and possibly even death if swallowed.

Lithium coin cell batteries are about the size of a 25 fil coin, with the 3-volt versions being the most hazardous, as they are big enough to get stuck down a child's throat and burn faster.

Button batteries and lithium coin batteries are not exactly the same, but both are small round batteries that are found in remote controls and many other household items. Products designed for children may

also contain button batteries or lithium coin batteries, such as remote controls, some games, toys and flashing shoes and even some clothing and jewellery.

WHAT HAPPENS WHEN A LITHIUM COIN BATTERY IS SWALLOWED?

When it comes into contact with body fluids, the lithium coin battery generates a current that produces small amounts of sodium hydroxide, a harsh corrosive similar to lye (a chemical used to make commercial and industrial cleaners and treat clogged drains.) If the battery gets stuck somewhere in the body, the lye burns a hole at that spot. Infection usually follows. The result can be serious injury and illness, long-term disability, or even death.

Swallowed batteries can burn through a child's digestive tract in just 2 hours, leading to an urgent need for surgery, followed by months of using feeding and breathing tubes. Swallowing the kind of lithium coin cell batteries that can be found in remote controls, toys and many other common items also causes fatalities. Even one baby or child affected is one too many, hence asking for you to attend the Coffee Morning this month on the 17th, to help raise awareness of the safety measures that need to be taken to prevent this particularly horrific kind of accident.

EXAMPLES OF HOW BATTERY SWALLOWING ACCIDENTS CAN HAPPEN

- ✓ Most of us have seen a TV remote control that has been dropped, leaving the back broken, loose, or secured with tape to hold the battery compartment in place. TV remotes are often left on low coffee tables, or left lying on a couch, meaning they are in perfect reach of a curious baby or toddler. Young children can never be underestimated in their ability to fiddle with things, climb or surprise us with their dexterity. And the colourful buttons of a remote control are very attractive to young children.
- ✓ In cases where both parents are working and a young child is in the

RISK OF BATTERY INGESTION

- Unlike other battery chemistries, the ingestion of 3V lithium coin cells can cause serious injuries and, if left untreated, can be fatal.



SIZE

20mm, which is the same size as a baby's esophagus, gets stuck in the throat if ingested.



VOLTAGE

The high voltage of a lithium coin cell, 3V vs alkaline 1.5V, provokes tissue burning.



TIME

If left undetected, internal bleeding might occur within 2 hours of ingestion, leading to serious consequences.



- **8,000+** cell ingestions per year globally*
- **>3x** number of ingestion accidents since 2002**
- **52%** ingestions by <6 years old children**

*Estimation based on: Pediatrics in US, Centres antipoison et de toxicovigilance in France, Great Ormond street hospital, Antipoison centers in Germany
**source: National Battery Ingestion Hotline (NBII) Biennial Report (July 2014-June 2016)

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care of a nanny or carer, it can be all too easy to leave the child in front of the TV, or playing with toys that contain lithium coin batteries while the nanny goes to the washroom, or attends to other duties. This is a natural window of opportunity for accidents.

- ✓ If children are put to bed with a favourite talking toy, or one with lights or sounds to keep them company, this is again an opportunity for an accident.

WORKING TOGETHER TO RAISE AWARENESS

Given the serious consequences to children of accidental swallowing, Al Jalila Children's Specialty Hospital and Duracell have joined forces to work with parents to raise awareness together on how to maintain safety around lithium coin cell batteries and safeguard children.

Duracell's new technology to help reduce childhood battery ingestion accidents

Duracell has launched a clever way to help reduce the number of accidents involving babies and children. Its 'Baby Secure Technology' features Bitrex, the world's most bitter substance, on its lithium coin cells. Bitrex is safe, but will deter a child from putting a Bitrex-coated object into their mouth if they get

a taste of its extreme bitterness. The Duracell lithium coin cells are also manufactured with double blister child safety packaging to help reduce accidental ingestion.

Duracell Middle East & India General Manager, Amer Afifi said: "Through the ground-breaking innovation, Duracell has taken the lead to improve child safety through

the bitter coating on lithium coin cells, as we want to help parents across the UAE to protect their children from serious harm. Duracell is devoted to giving parents and caregivers another line of defence when it comes to helping avoid accidental ingestions, which is why we have launched a safe bitter coating on our most popular lithium coin battery sizes, designed to discourage swallowing."





The role of Al Jalila Children's Specialty Hospital

Highlighting the importance of parental awareness, Dr Mohamed Al Awadhi, Chief Operating Officer, Al Jalila Children's Specialty Hospital, explains: "Al Jalila Children's Specialty Hospital's collaboration with Duracell Middle East comes as a part of a move to join hands and help us raise awareness about the dangers of coin battery ingestion, which is an extremely important and hidden danger today.

"Young children are curious by nature, and part of their exploration of the world around them includes putting things in their mouths. This makes it particularly important to keep dangerous objects like small batteries safely stored away. Through more discussions about this important topic, we can make sure parents don't have to go through such a horrendous experience with their children."

Your role!

As part of this important awareness campaign, Mother Baby & Child is inviting 30 mums to

attend a free Coffee Morning information session on the 17th of November this month, to learn more and help the awareness discussion around the dangers of babies and children swallowing the lithium coin batteries that are so common in household devices and children's toys.

We can't underestimate the power and role of mothers in talking to other mums to help them become aware of the dangers and safety measures around children ingesting lithium coin batteries. By joining us and absorbing this vital information, you could help play an important role in our community.

YOUR INVITATION: SAFETY INFORMATION COFFEE MORNING

Mother Baby & Child Editor, Kay Marham will be doing a live interview with Dr. Christos Tzivnikos, a Paediatric Gastroenterologist at the Al Jalila Children's Specialty Hospital, who has been involved in similar awareness campaigns around the world. We'll be asking Dr Christos what a parent should do if a child accidentally

swallows a lithium coin cell battery and we'll be chatting with parents too. You'll be free to ask questions to Dr Christos and the panel.

As the number of Lithium Coin cell powered devices steadily increases, safety awareness around those cells becomes increasingly important.

WHEN: Wednesday 17th November

TIMING: Arrive, Register & at 9.30am, enjoy coffee and breakfast bites. Event starts at 10am.

WHERE: The Lana Lusa Portuguese Restaurant in Jumeirah, Dubai.

PARKING: Yes!

If you would like a priority attendance place at the free Coffee Morning event: email the Editor directly, include your name and mobile number - and the word 'SAFETY' as the email subject line; and send it to: Kay.Marham@CPIMediaGroup.com

FREE BREAKFAST EVENT: CHILD HEALTH & SAFETY

Monday 29th November, at the Stella di Mare Hotel in Dubai Marina

Mother Baby & Child stands with every parent on the main priority of keeping our children safe and healthy. These are the details of our Child Health & Safety Breakfast Event and an idea of what to expect.



The right nutrition builds children strong, their brain development has influences on their physical abilities and behaviours, accidents happen...and on top of these, we're living in an ever-evolving Covid climate. So, we're gathering some of the best (and most friendly!) experts in the UAE to look at some of the child health issues that are not talked about, and some that we need to be aware of to help ensure that our children are safe, well, healthy and happy.

WHAT: Child Health & Safety Breakfast Event

WHEN: Monday 29th November 2021

TIMING: Arrive to register between 9.15 - 9.45 am / Event starts at 10.00 am

WHERE: Stella di Mare Hotel, Dubai Marina

WHAT'S HAPPENING AT THE EVENT?

- ✓ The event is free to attend and includes luxurious breakfast bites, tea, coffee, juices & water.

- ✓ Editor Kay Marham will be doing live interviews with child health and development specialists, and they'll be taking YOUR questions too!
- ✓ We have a prize draw to win some goodies at the end of the event
- ✓ Everyone goes home with a Goodie Bag to say thank-you for attending
- ✓ We'll be taking lots of photos, so check the next issue to see if you're in the magazine!

EVENT AGENDA

- ✓ **What is "normal" child development in the first 3 years, and how do you know if your baby is on track?**
- ✓ **Fussy Eaters: How Do You Make Sure Your Child Has the Nutrients They Need for Healthy Growth?**
- ✓ **What Happened to Covid? Which Hygiene Practices Are Still Crucial?**
- ✓ **Accident Prevention & How To Handle Emergencies**
- ✓ **Kids' Behaviour: A Revealing Insight at a How a Child's Brain Controls Their Behaviour**

HOW TO REGISTER TO ATTEND

Online Registration opens on Sunday 14th November - keep an eye on the website, our social media and your email inbox!

WANT TO FAST-TRACK & GUARANTEE YOUR PLACE TODAY?

If you are sure you'd like to attend and want to fast-track and guarantee your place early, just do the following:

- ✓ Email the Editor at Kay.Marham@CPI MediaGroup.com
- ✓ Type 'CONFIRM 29' in the subject line
- ✓ Include your full name and mobile number in the email.

We'll email you back within 24 hours to confirm your place!

•PARENTING•



A run down of what happened at our events last month (are YOU in the picture gallery?); a new discipline style for tweens and a look at bedwetting.





POST EVENT REPORT:
**‘PREGNANCY CARE &
BRINGING YOUR NEW
BABY HOME’**

**On 31st October 2021, at the Orphic Lounge in
the Stella di Mare Hotel, Dubai Marina.**

The 3rd part in our regular series of three Mother Baby & Child Pregnancy breakfast events was held in association with our Community Sponsor Babyshop; and Supporting Partner, Fakeeh University Hospital. The event took place in the art deco surroundings of the fabulous Orphic, in the Stella di Mare Hotel in Dubai Marina, on Sunday 31st October.

There was something very beautiful about every individual woman who came through the huge wooden doors of Stella di Mare's Orphic lounge and took her place at the event. Regardless of how tired, how excited or how much back ache was involved, every lady that attended the event was coming to find out more about providing the best care for their newborn babies, as well as learn how to be more comfortable in their pregnancy.



The event started with mothers-to-be taking a seat at one of the cosy tables for four, getting comfortable and enjoying a breakfast canapes, colourful platters of fresh fruit, pastries, juices and delicacies with new friends - the other pregnant mums attending.

We opened the event with a welcome address from Mother Baby & Child Editor, Kay Marham, followed by an interactive introduction to breathing and relaxation techniques from Fakeeh University Hospital Marketing Manager, Bhawana Sahu, in an 11th hour switch from the original schedule.



Breathing for Relaxation and Pain Control

Bhawana explained how most people tend to breathe only from the top third of their lungs, thereby depriving themselves of the paradoxically calming and energising benefits of fully oxygenating their bodies and organs. Everyone joined her in a breathing exercise designed to induce relaxation, connect at a deeper level with their growing baby and dull down aches and pains. Bhawana's breathing relaxation techniques paved the way for Dr Bariah Dadari, Head of Department and Consultant Pediatrician at Fakeeh University Hospital (FUH) to take the stage.



Newborn Baby Care

Dr Bariah is a highly experienced Consultant Pediatrician and an integral part of the Fakeeh University Hospital senior team that provides an authentically kind and human level of care, comfort and support to pregnant women - from the time of conception to delivery of the baby and beyond. Herself a mother of two girls, her natural warmth and connection to women was obvious as she made sure that our mums-to-be knew that they could avail of free antenatal classes, regardless of which hospital they planned to have their baby.



Dr Bariah talked at length about the vital importance of breastfeeding for the utmost wellbeing of newborn babies. She emphasised how unmatched and irreplaceable breastfeeding is in

terms of providing the correct consistency, building immunity and nutrition for new babies, as well as lowering the mother's blood pressure and decreasing the risk of diseases such as breast cancer, cardiovascular disease and diabetes, among many other conditions.



Expert Help for New Mums-to-be in Buying Baby Necessities

While taking questions from the audience, Dr Bariah touched upon the topic of sleeping habits of newborns, at which point we invited to the stage two of Babyshop's Personal Shopping Experts, Pearl and Purnima, to discuss how help is available in each of the Babyshop stores to help parents navigate their way around baby equipment, including baby cribs. One of the audience questions came from a mother-to-be who said she simply did not know what she should be buying to equip herself adequately with everything she needed, and certainly did not know the criteria for which she should choose one crib over another.



With over a decade of experience and knowledge in the area of baby necessities, the Babyshop Personal Shopping Experts pointed out that they can make a free appointment in any store and talk through their needs. Purnima explained to the audience that they never make recommendations without first knowing about the new mum, her needs, environment, space, budget and requirements. Pearl then talked through the value of a dedicated appointment time in the stores for individual new mums, to really understand the options offered by different brands of baby products.



Ending on a Fun Note!

The event ended on a fun note with a prize draw of names randomly drawn from the attendee list of ladies at the event! Australian natural skincare brand QV Baby gifted one mum a hamper of QV Baby products; Himalaya Skincare provided a gift basket of Aloe Vera pampering goodies for mums; and Babyshop provided a Medala Swing electric breast pump worth over AED 500 as a prize draw gift for one of the ladies. Ending on a happy high, Babyshop also provided separate gift cards for two of the mums to spend AED 250 in Babyshop, as well as a goody bag for every lady to take away!



We finished off by taking photos of the gorgeous mums-to-be at the event. Check out our picture gallery over the page!

P A R E N T I N G







POST EVENT REPORT: ‘A TRIP TO THE HOSPITAL’ FOR PREGNANT MOTHERS WITH FAKEEH UNIVERSITY HOSPITAL

If you are one of the pregnant mums that missed out on the ‘trip to the hospital’ event for pregnant mothers at Fakeeh University Hospital last month, this is a summary of the beautiful and intimate occasion.

Fakeeh University Hospital (FUH) is a state-of-the-art, multi-department hospital that is also well-known as a teaching hospital. It was therefore very fitting that - FUH provided a wonderful opportunity for young pregnant women - mostly first time mothers - to come and meet a team of Specialist Obstetricians, Gynaecologists, Neonatologists and Head of Departments for an informational event to help them prepare for the third trimester, birth and life as a new mother.

The event was open to all pregnant mums, regardless of which hospital they planned to give birth. The event was intended as a tour and explanation of a birthing suite and an 'interview on stage,' with Mother Baby & Child Editor, Kay Marham posing questions to:

- Dr. Jayacy Jayankar, Specialist Obstetrician and Gynecologist
- Dr Alaa Younus Mohammed, Specialist Obstetrician and Gynecologist
- Dr. Bariah Dardari, HOD and Consultant Pediatrician
- Dr. Rima Mounla, Lead Consultant Neonatologist



A BEAUTIFUL OCCASION

The four Specialist Doctors are not only highly experienced professionals in all aspects of their pregnancy and newborn baby care fields, but the audience of mum-to-be also found them to be warm, open and passionate about supporting pregnant mothers. So much so, that the audience spontaneously collaborated in

a joint interview that turned out to be more of a trusting chat between a group of young mothers-to-be and these amazing, experienced women. In effect, it was the kind of reassuring talk you might have with favourite aunties, when you want their advice, except that they had the opportunity to talk to one of the top Obstetrician and Gynecologist, Consultant Pediatrician and Consultant Neonatologist teams in the UAE!

This very special team at Fakeeh University Hospital were happy to take as much time as needed by the audience of first-time pregnant mothers, who had lots of questions, wanted to seek their expert opinions and check up on different aspects of their pregnancy and labour journey.

A DIFFERENT APPROACH TO GIVING BIRTH

The 'trip to the hospital' event revealed just how different the Fakeeh University Hospital approach is to labour and birth. The traditional scenario with hospitals is that mothers are moved to a delivery room when their contractions start, only to find themselves moved back to their beds when it turns out to be a false alarm - which can often happen several times!



Fakeeh University Hospital provides comfortable birthing suites for women, with sweeping views, lots of natural light and everything a mum-in-waiting needs to be comfortable and relaxed. The birthing suite is huge! This means that when it comes time to give birth, all the facilities and equipment are right there in the suite, meaning that she does not need to be moved around to different rooms unnecessarily and can give birth where she is comfortably settled.

For further information about Fakeeh University Hospital's facilities or maternity packages, please visit www.fuh.care



THE ZIPPY AW21 LAUNCH EVENT AT DUBAI MALL

Last month mums joined us for a fun event at the Zippy store in Dubai Mall to view the Autumn Winter 21 collection.

Well-loved in Europe, Portugal's leading kidswear brand unveiled the theme of the AW21 Collection as 'Brothers & Sisters,' which takes its inspiration from the unique memories we create in family albums through the adventures of siblings - the ultimate best friends. The Heroes Collection was also on show and remains a firm favourite this Fall-Winter. Little ones are always excited and ready for school with Mickey, Minnie and the superheroes from Marvel and DC!

The new collection launch is an exciting part of Zippy's presence as a go-to destination for parents and children, combining quality with fashion and design, and offering a wide range of children's clothing at prices ranging from just AED 85 - 180.

The kids accompanying our lovely mothers were happily entertained by balloon twisting and got to meet fun mascots for some great photos and memories! And here are some of the memories we created on the day!

www.zippyonline.com





CHILDHOOD BEDWETTING

At some point, most children will wet the bed during their sleep - this is entirely normal and they will usually grow out of it. This is a quick guide to bedwetting and what you can do to help.



If your child is wetting the bed during sleep, it will be extremely embarrassing for them, especially if they have other siblings making fun of them. Children have no control over their bedwetting, so the number one priority is to make sure your child knows that it is not their fault and something that you will treat together. If there are any siblings with too much to say about it, then they should also be made aware that they must not do this, as it is very hurtful.

HOW COMMON IS BEDWETTING?

The medical name for bedwetting is nocturnal enuresis, which specifically means wetting the bed at night, during sleep. The condition is very common in children and roughly speaking, it affects the following numbers of children:

- ✓ 15% of 5 year olds
- ✓ 5% of 10 year olds

✓ 2% of 15 year olds

✓ 1% of adults

Paediatricians don't tend to consider bedwetting a problem until children are around 7 years of age, which is an optimum age to look at treatment options if the bedwetting is becoming a frequent occurrence or a distressing issue. At some stage almost all children grow out of night time bedwetting, but some children will also experience poor bladder control during the day.

TYPES OF BEDWETTING

Bedwetting is usually categorised in one of two types:

- ✓ Primary Enuresis - this means children who have never had dry nights for more than a few months at a time

- ✓ Secondary Enuresis - this refers to children who have been completely dry for more than 6 months but start wetting the bed again

CAUSES OF BEDWETTING

Bedwetting does not have one single known cause but the following may be factors:

- ✓ A pattern of bedwetting running in families
- ✓ A child cannot control the bedwetting because the waking up aspect of their bladder control reflex is not fully developed
- ✓ A child's bladder your child's bladder is still growing and cannot yet cannot hold the amount of urine they produce overnight
- ✓ A child's bladder may be overactive (which also gives them an urgency to get to the

toilet quickly during the daytime)

- ✓ Constipation can sometimes lead to bedwetting

HOW TO HELP

- ✓ Be kind, patient and understanding - reassure your child, especially if they are upset
- ✓ Praise and reward your child for getting up to use the toilet
- ✓ Respond gently when your child wets the bed, even if you feel angry
- ✓ Prepare the bed and your child - use a heavy plastic mattress cover and protect the mattress with towels
- ✓ Give your child the majority of their fluids during the day to help their bladder become accustomed to holding larger amounts of urine
- ✓ Avoid giving any drinks that contain caffeine such as tea, chocolate or colas
- ✓ Make sure your child always goes to the bathroom before bedtime, regardless of whether they feel like passing urine
- ✓ If your child wets the bed, it is very important to shower your child in the morning before they go to school, as the smell of urine will intensify and likely lead to embarrassment, poor self-esteem, teasing from other kids and even depression, or a reluctance to go to school.

THINGS TO AVOID

- ✓ Never humiliate your child in any way for wetting the bed. Reassure them it is very common and that most kids at their school do the same thing, but nobody is comfortable talking about it because they are too embarrassed
- ✓ Never punish your child for what they can't control - bedwetting is not their fault and it has nothing to do with laziness
- ✓ Do not use or even suggest that your child uses diapers or plastic pants if your child is over 4 years old, as it blows up the issue into a much bigger one, affects their self-esteem and will embarrass them.



WHEN TO GET PROFESSIONAL HELP

Seek professional help under the following circumstances:

- ✓ If your child is wetting themselves or leaking during the day during the day
- ✓ If your child has been dry at night for over a year and suddenly starts to wet the bed again
- ✓ If your child is still wetting the bed after the age of 6 or 7 years and it is upsetting them
- ✓ If the bedwetting is causing family problems such as teasing, you getting angry or your child being regularly upset over the bedwetting

TREATMENT FOR BEDWETTING

Under the age of 7

If your child is under the age of seven, there may not be the need to take any action, other than lots of gentleness, encouragement and managing how they feel while you wait it out and see if they will grow out of it naturally - which they should do.

Alarms

An alarm that awakens your sleeping child as soon as they wet the bed is a good long-term treatment, as it has around a 70% success rate. The alarm trains the child to wake up before they need to pass urine. They are

more likely to work if your child is keen and if you have professional support.

Medicine

Your doctor may arrange medication for your child to use for overnight stays or trips away.

Treatment for constipation

If your child suffers from constipation, then treating this may stop bedwetting in some children.

Night waking

Waking your child up during the night to go to the toilet might help but your child could end up missing too much sleep.

Specialist help

Your family doctor may refer your child to a paediatrician or a doctor who specialises in bladder and urinary conditions.

Psychological problems

Psychological problems are very rarely the cause of bedwetting, but if there is a psychological cause, your doctor can help you investigate this and refer your child for help.

There are multiple ways to approach treating the bedwetting issue and you and your child can decide together which is best in your situation. If you have previously tried one of the treatments below before when your child was younger without success at the time, it might be worthwhile trying it again.

CHANGING YOUR DISCIPLINE STYLE FOR TWEENS

The discipline techniques parents use for young children often stops working when a child reaches the tween-age of 10-12. Here's how to replace it with a stronger relationship to help your tween stick to the boundaries!

It is very common for many parents to see a child's attitude change and wonder what happened to that sweet little boy or girl once they hit the tween ages of 10-12 years. What seems like all of a sudden, tween-age children often show the signs of being influenced by their friends, popular culture, 'cool' kids shows on TV, and of course social media.

HOW DOES A CHILD'S BEHAVIOUR CHANGE?

Between the ages of 10-12, it becomes really important for tweens to 'fit in' with their peer group and gain the respect of their friends. And this can be hard for a parent to navigate, as the desire to be 'cool at school' is usually at odds with the rules and norms at home.

One difficulty for parents is that their child can change from being automatically respectful at home to a young person that seems to require you to earn their respect. It is a confusing time for parents, as the traditional discipline measures of giving a child consequences for unacceptable behaviour tend not to work when a child hits their tweens. During this time, it usually dawns on parents that it's actually not possible to control their children when they're out of their sight at school, or with their friends. Many experts agree that the best way to retain influence is to earn it, even though this requires a drastic re-think on the part of parents. In order to re-think your discipline for tweens, it is crucial to understand WHY your child's behaviour has changed.

UNDERSTANDING WHY A KID'S CHARACTER CHANGES

The ages of 10-12 are when a child is typically in the early stages of puberty. During this time, your child's emotions may become







stronger and more intense. Their mood might change often and the mood change might come quickly or randomly. Your child may have strong emotions that they've never experienced before, so it is very common for them to feel confused or angry without them knowing why, or being able to explain how they feel.

Some tweens will go through a stage of getting angry with their parents or siblings, but it is important to know that this is not necessarily done by choice, or because of bad behaviour, and it is something they can't automatically control very well.

Sometimes it can be difficult and confusing for tweens to deal with all these new emotions, so it's good for parents to be aware that while a child's body is adjusting to the new hormones, so is their mind. Try to remember that your tween child doesn't usually intend or mean to hurt your feelings or upset you on purpose at this stage of their development - it is often just your child's new 'puberty brain' trying to adjust.

TIME FOR A NEW APPROACH

The problem is that if a parent has relied on one approach to discipline for children when they are under 10, such as taking a time out in their room, or talking through the unacceptable behaviour with the child, the same approach doesn't work so well when they reach 10-12 years of age. It is often a sign that a parent needs to now handle their discipline approach differently to ensure that their tween operates within healthy boundaries.

If you think about a time when you have clashed with an adult, or needed to discipline a colleague, you'll see that there is a big difference between how you handle an adult and a small child when they annoy you with their behaviours! Obviously, you can't compare dealing with a tween and an adult in the same way, but it's a good way to see that YOU need to adjust, depending on the person in front of you. And the kid in front of you at home is a more evolved version of

the one that you've dealt with over the last decade.

According to child development professionals, the most productive approach for both of you needs to focus on strengthening the parent-child relationship, rather than weakening it with any conflict caused by 'handling things the old way' of trying to impose the time out, etc. By making a relationship stronger, the child will WANT to cooperate, rather than disappoint the parent.

EMPATHY WITH THE CHILD'S FEELINGS

Strengthening your relationship with your tween includes being as calm as possible, as much of the time as possible so you can talk to them about how they feel. Empathising with their feelings is a good way to help your child to make sense of how they feel and act, so your child can be better equipped to learn

how to regulate their emotions. This in turn helps them to regulate their behaviour.

Unfortunately, traditional parenting styles of previous generations have included some punishments (such as hitting) that weaken the parent-child relationship, to the point where the child is less likely to communicate healthily and less motivated to cooperate. In many cases and cultures, the traditional ways of discipline and punishment don't actually help children learn to regulate their emotions, meaning that they don't have the tools to improve their self-discipline. More recent research shows that by contrast, kids who are not punished, but are instead lovingly guided to solve problems, are quicker at developing their own internal discipline and regulating their behaviour.

So it works a lot better to just begin with respectful, positive guidance right from the beginning. This approach helps to raise young adolescents who are respectful, considerate, responsible, communicative, self-disciplined and more cheerful, throughout their teenage years.

IT ISN'T TOO LATE TO CATCH UP!

A respectful tone allows a child to model your communication

If you're shouting at your children, then stop, because it does little besides vent your own frustration, rather than help your child. Not only this, children lose respect for parents who shout at them, meaning you actually gain less influence by yelling, rather than more. Kids also learn that yelling is the way people express emotions and solve problems, so they will simply model your behaviour, too. If you can foster a good relationship with your child by speaking to them respectfully, there will be no urge to shout at them.

Work on strengthening your relationship, rather than weakening it

Make the time to have one-on-one time with each child every day, where you mostly listen to them. Talk about news stories, ask their opinion on topical things such as how they think the Qatar World Cup will be; what to plan for National Day; what to do at the weekend as a family; what's happening on TikTok; what special dinner you should plan that everyone likes; Harry and Meghan gossip, etc. You can't hope to have any

influence if your kid doesn't enjoy being with you. This easy relationship means that when you want to ask your child to do something, such as homework, or shut down the screen, your child will be more ready to cooperate.

Discuss and agree some family rules together

It's best not to overwhelm a tween with a long list of rules, so stick to the basics such as doing homework, helping to clear up after themselves, screen time limits (and explain why!) and never talking rudely to people. Have a good chat about it and ask your child if they think there should be one or two other rules added and let them explain. A key to getting tweens to cooperate is letting them have some say in their lives.

Encourage your child to develop critical thinking and judgement skills

Rather than lecturing a tween with a big speech about what they should and should not do, they are at an age where they can start to work things out, with your help! If they do something wrong (which is a normal part of development), ask questions such as:

- ✓ 'When you did this, what result did you have in mind?'
- ✓ 'Did you know in the back of your mind this was a bad idea? Why did you think that?'
- ✓ 'Why do you think you were tempted to do this?'
- ✓ 'How did it work out for you?'
- ✓ 'What do you think you could have done differently?'
- ✓ 'Okay, if you had done XYZ differently, what do you think the outcome would have been?'
- ✓ 'What do you think you should do if the same situation comes up again?'

Encourage your child to fix their mistakes

From the earliest age possible it's a good idea to get your child thinking in terms of fixing their mistakes. If they push their younger sibling over, or upset them, explain to your child that they have hurt their sibling's feelings, or upset them, and ask them to say sorry, hug and make up. Teaching your child to be accountable for their actions



should not feel like a punishment, but rather something that helps them to think about the consequences of their actions.

For a tween, you could ask your child if there's something they can do to make the situation better now. Let this be an empowering opportunity for your tween to learn that we all make mistakes, but we can always take action to make things better.

BE FIRM, CONSISTENT & KIND TO YOUR TWEENAGER!

Part of the territory that goes with being a tween is to test your boundaries. It is important to remain calm and positive while you enforce the boundaries of what is acceptable and not acceptable. For example, if you have been used to shouting at your child for not doing homework, start by simply being there during homework time to let your child see that they need to stay on track, instead of spending the time chatting to friends on their phone or computer. Encourage them...and give out plenty of smiles as they work! After a while of doing this consistently, you should find that the homework rule becomes a habit and that your child will enjoy the praise and feeling of achievement.

Making a transition from child to teenager is not easy for your son or daughter, but it is a natural process for which they will really need your full support, patience and understanding. Persevere with a calmer communication style, strengthening the relationship, spending more chatty time to bond with 'the new tweeny character' that used to be your little child and you'll end up with a more cooperative, respectful and responsible child, as well as a sweeter, stronger relationship with this marvellous little person!

•EDUCATION•



A great perspective on kids' internet usage from Kaspersky; free kids' yoga during November and a look at how we can get kids to be sustainability-minded.

TEACHING KIDS TO RESPECT THE ENVIRONMENT

It's amazing how even the youngest of children can be encouraged to get enthusiastic about sustainability - they just need the opportunity to learn.

This month has put sustainability and the environment in the international spotlight with the opening of the two-week long COP26 UN climate conference in Glasgow in the UK. The event includes input from 120 heads of state, with one claiming the event to be "the moment that we get real about climate change." Serious efforts to safeguard the environment for our children's futures is something welcomed by every parent, but did you know that children as young as three or four can also learn how to be environmentally-minded?!

Good practice in environmental care works best when everyone pitches in and plays a role. Bearing in mind that it is our children's future that is at stake, it makes sense that the work being done at government level is rippled through to our schools, parents and to children themselves.

Schools

At the school level, the UAE now has many schools that include sustainability topics within their curriculum. The Arbor School has gone a step further and based the entire school ethos around sustainability. Having recently become the first UAE school to provide children with sustainable school uniforms, Arbor has just launched a great initiative to host and organise sustainable kids' birthday parties.

This initiative helps young children to link learning and excitement to the core values of eco-literacy and sustainability. The birthday eco-packages include paperless invitations, compostable cutlery, natural and reusable decorations, biodegradable balloons, ecological party bags, and sustainable giveaway gifts - the benefits of all of which young children are learning. Brett Girven, Principal of The Arbor School, says: "As an ecological school and for the future of our planet, our mission is to educate the community about sustainability and the environment and to do so, we need to give them the option to choose sustainably."





Parents

Brett Girvan is right! When children understand the benefits of looking after the environment, they are keen to do their bit. If you think about it, it actually makes no sense to a child to pollute the environment, deplete resources and fill land with non-biodegradable waste that could be recycled. This is where parents can help to convert children's natural enthusiasm to do good deeds by providing them with the opportunities to do so.

Children

In the case of young children, ask them to decorate and label recycling boxes, then you can turn recycling into a sorting game and put them in charge of 'policing' everyone in the house to put the plastics, glass paper and aluminium into the appropriate boxes. This will help recycling to become an important issue and will also train recycling practice to become second nature to them.

A trip to your local recycling centre will really help your children to appreciate how useful recycling is. Many apartment buildings and local communities have recycling bins in parking areas, so be sure to also make use of these, to get your child familiar with sustainability at the earliest age.



YOGA: THE GIFT THAT KEEPS ON GIVING

Neha Holtzhausen is leading free Mommy & Me Yoga classes every Tuesday throughout November at Dunecrest American School, near Al Barari.

The research is clear - yoga and mindfulness offer both physical and mental benefits for children. Regular yoga practice improves children's strength, balance, endurance and cardiovascular capacity. Yoga also offers a range of psychological benefits by reducing anxiety and stress, improving focus, self-esteem - and even academic performance and classroom behaviour!

The academics at Dunecrest American School in Dubai understand this and have started incorporating yoga into their daily routines, as well as implementing an in-house motor lab featuring the acclaimed 'Ready Bodies Learning Minds' programme.

Dunecrest is also launching free community Mommy & Me Yoga classes at their campus throughout November, inviting moms to join them with their little ones aged 1-3 years old, and get started on a journey to fitness and balance!

With two young children attending Dunecrest, qualified yoga professional Neha Holtzhausen is already a familiar face around school and will be leading the classes. Yoga has been her constant companion in maintaining holistic wellbeing and now, kids yoga has become a passion and part of her everyday life.

Mother, Baby & Child recently caught up with Neha to learn more about her own journey and the importance of yoga for children.

How did you become interested in yoga?

My yoga journey began right from my school days where sun salutations were part of the curriculum. Yoga for me has always been about connection - with myself, relationships and the world around us. It is not a means of escapism from our chaotic world, but rather an acute awareness of how to deal with life's daily stresses.

How did you train to become a yoga teacher?

After completing my formal training under the guidance of Guru Dharmajyoti from Yogapoint, a well-renowned yoga-focused university in India, I have been teaching in Dubai since 2007. In 2013, I returned to India to deepen my practice and completed



the Ashtanga Vinyasa 200-hour teacher training course.

What type of yoga do you teach?

My classes are rooted in the Hatha lineage, along with creative flows which focus on strengthening the body with Asanas, breath with Pranayam and mind through meditation.

How does yoga make a difference in someone's life?

Regular spiritual, mental and physical yoga practice can empower and ground you. It helps to bring stress under control, cultivate balance and bring a purpose in life amidst the chaos. Yoga helps a person to remove mental 'blockages' - ie. inhibitions, fear and stress in the mind and body, bringing a sense of openness. Yoga also helps to cultivate better relationships with the world around us.

Why is Yoga important for kids?

It's a fun way to relax and encourage a connection between mind and body. Yoga is not competitive, so children develop their strength, balance and flexibility in a joyful environment. This leads to a boost in immunity, better eating and sleeping habits. It also helps to improve their cognitive abilities and creative skills. Yoga is a gift that keeps on giving!

Neha Holtzhausen is leading free Mommy & Me Yoga classes every Tuesday throughout November at Dunecrest American School, near Al Barari. Neha is also qualified to teach Therapeutic Yoga and Prenatal/Postnatal Yoga. Her motto is to give you the most authentic yoga experience. She aims to leave her students revitalised and floating out of class!

For more information and to register for the classes, please visit www.dunecrest.ae/yoga

WORRIED ABOUT YOUR CHILD'S DEVICE USAGE? DON'T, SAYS KASPERSKY!

Parents often complain that their children spend too much time on their smart phones and are wasting their time! But is it really wasted time, asks award-winning online security provider, Kaspersky.

Andrey Sidenko, Head of Online Child Safety at Kaspersky, explains that confronting them or simply taking away their devices is not the best approach, instead he urges parents to speak their kids' language by finding a common interest and understand what exactly they're doing on their phones.

The rapid inclusion of children into the digital world is the status quo and the inevitable new reality: according to a Kaspersky survey, more than half, around 55%, of children across the United Arab Emirates are bought or get access to their first Internet connected device by the age of seven. While this figure catapults to 99% for those aged 13-years-old. Naturally, the parents' first reaction to this phenomenon is to try to control its usage by prohibiting access to the Internet or by blanket restriction of smart devices. However, implementing such measures will deprive the children of valuable and useful skills, whether technical or social, that will prove helpful as they grow older.

What children do while on the Internet

The first thing parents worry about, of course, is the amount of screen time: 8% of families in the UAE are uncertain about their children's digital life, with 73% of parents claiming that their child spends too much time on the phone or doing nothing useful.

According to The "Responsible Digital Parenting" survey, 73% of children in the UAE watch video blogs, including those

dedicated to games and toys (68%), music (40%), computer games (38%) and movies (38%).

Children are basically interested in the same things as many adults: music, movies, TV series, memes, lifestyle bloggers. This means that in these areas we can and should look for something in common: ask, discuss, recommend and also teach your kids how to approach their choice of content consciously.

Parents are simply unaware of what their children are interested in – and most of them are equally afraid of the unknown. In fact, when studying the content children are interested in and subscribed to, it is unlikely to find anything out of the ordinary. Children are primarily visiting sites to download programs, movies, music, or messaging apps.

As an initial step, getting a better understanding of what attracts children towards these gadgets is instrumental to guiding their habits. At first glance, the majority of the content they like may seem frivolous and somewhat unimportant to the parents. However, according to UNICEF, all online activities undertaken by kids, regardless of how pointless they may appear, help them acquire and even master vital digital skills. Playing video games and watching video clips, for example, can motivate young children to engage in educational, informational, and social digital experiences.

The ability to analyze and make decisions quickly as well as work in a team can be

developed through encouraging children to expand their online activities beyond entertainment. Children at that age are generally supposed to experiment, try new things, and change their interests from time to time.

The benefits of YouTube and TikTok as an example

Arrange a family viewing of a YouTube show, interview, popular science video or even stream a game, and at the end share your thoughts and feelings about what you watched. Nowadays you can find a lot of unique and fascinating content on the web, such as videos of a rover landing on Mars or the nocturnal life of a lion in the savanna. There are a lot of informative YouTube channels, for example:

- ✓ National Geographic Kids
- ✓ Crash Course Kids
- ✓ Kids Learning Tube

YouTube has also recently launched its kids' app in the Arabic language for MENA users. Parents can take advantage of the app's diverse content and range of parental controls allowing every family to customize their experience based on their preferences and interests. By finding a common interest and channel to subscribe to, families can make it a tradition to gather around weekly and watch their favorite channel together. Members can take turns choosing what they want to watch each week. The goal here may not be the actual viewing, but the fact that everyone has common preferences



and topics of conversation, which is great, isn't it?

Though TikTok is mainly considered a dancing app, the platform introduced new digital series to support surge of online educational content, which has witnessed a 300% growth in 2020, under the #LearnOnTikTok umbrella. The network's algorithms will gradually adjust to preferences, and before you know it, users, adults and kids alike, will learn maybe the solution to a mathematical theorem, discover an interesting historical fact, or a practical application of the laws of physics. Accounts run by teachers, scientists, and people who cover a range of subjects such as psychology, chemistry, art, language learning, physics and history have already gained popularity on the social network.

Parents can get involved in setting up search algorithms on TikTok for their children to include more educational videos to the feed, by using the proper hashtags. There's a lot

of useful information under the hashtags #Education and #EducationalVideos. Subject-specific tags also work, for example, #SchoolLife, #History, #Geography, #BacktoschoolCheck, #Chemistry, #Science, or #Experiments. To search for videos about learning languages, try combinations like #EnglishVideo #MathQuiz, #LearnOnTikTokMath and so on.

In addition to watching videos on popular social networks, parents and children can listen to audiobooks and podcasts together or play video games. When you know exactly what the child is interested in, also try finding suitable online courses, such as drawing, video editing or creating cartoons.

News and information

In the modern world, children are involved in the information space, perhaps at the same level as adults: they're interested in what is happening around them, and they're

trying to figure things out. The internet is a reliable assistant for them. For example, when the COVID-19 pandemic began in the United Arab Emirates, there was a sudden surge of interest in news resources among schoolchildren.

When it comes to acquiring new information online, the main task for parents is to distinguish fake from real and help children to develop critical thinking skills (both their own and their children's). Try to find and compare different opinions on the same issue together, explain how to get confirmation of this or that information from different sources.

Finding common ground in the digital world with children is definitely hard work that requires a lot of time and effort. But if, as a result, it's possible to find common interests, have fun and spend time together, the invested resources will be repaid in full. After all, calm and trusting family relationships are priceless.

GOOD LIVING.



We're highlighting
glowy skin solutions
in the Editor's beauty
picks this month
and some cool
competitions you can
enter online!





A HEALTHY SUN-KISSED BRONZE & GLOW WITH WHIND

There is a feel-good factor to having a healthy bronzed glow to your skin! That's where skincare brand, Whind provides a secret to a perfect summer glow all year long with its latest Bronzing Glow Duo, Ourika Sun Instant Glow Tinting Water and Marrakech Light Illuminating Magic Oil.

Ourika Sun is a lightweight tinting water that gives an effortless, gradual tanning, for a healthy, bronzed complexion, using plant-based Erythulose, a natural botanical alternative to DHA. The lightweight formula is also infused with super hydrators, hyaluronic acid and glycerin, that lock in moisture for a long lasting, healthy glow. It's liquid sunshine in a bottle!

Marrakech Light is a lightweight, fast absorbing luxurious face oil that nourishes, conditions and protects for a velvety skin with a radiant glow. Thanks to its carefully calibrated blend of 9 antioxidant and vitamin-rich sun oils, it deeply nourishes and locks in moisture for skin that feels smooth, sun-glossed, with an instant glow and the perfect base for makeup.

Whind products have a gentle footprint in the world: all products are dermatologically tested, vegan, cruelty free and carbon-neutral certified; and its packaging is at least 90% recyclable with a commitment to build towards 100%.

Get a 10% discount by using code WHINDGLOW10 on the brand's website at www.whind.com

This month we focus on two brands of natural skincare that promise to leave your skin nourished, hydrated and positively glowing!



NATURAL, MINERAL RICH HYDRATION FROM HERBAL ESSENTIALS

How do you navigate the stresses of life while looking a million dollars? By using the right skincare products! Herbal Essentials uses mineral-rich 'super water,' aka Himalayan spring water as a key source of enrichment for its skincare products. These minerals act as catalysts for many biological reactions necessary for helping maintain naturally beautiful skin. Sourced from the foothills of the Himalayas, the super water has been clinically proven to boost cellular regeneration in skin cells, with skin hydration boosted by up to 184%.

The Herbal Essentials brand stands out by not only providing some of the best skincare products that can

transform the way the skin looks and feels, but also by making them available at a fraction of the price you would pay for another premium brand. Our picks are the: Miracle Cleanser (AED 45); Refreshing Toner (AED 65), Hydrating Eye Gel (AED 70); Get Up & Go Cream (AED 70). Herbal Essentials products are cruelty free and with at least 90% natural origin content and no nasties such as sulphates or parabens. The majority of their collection is also certified Vegan.

Herbal Essentials skincare is available online in the UAE at kibsons.com, lifestyleshops.com, amazon.ae and projectbyouty.com as well as in stores at Lifestyle.

COMPETITIONS

motherbabychild.com/competitions



WIN! STORE CREDIT WORTH AED 500 WITH MARKS & SPENCER

As the most magical time of the year approaches, get into the festive spirit with Marks & Spencer, the ultimate shopping destination this holiday season. Discover the finest gifts to spoil your loved ones...and yourself!. From comfy pyjama sets for the whole family, to magical snow globes to add cheer to a shelf; to delicious festive treats like the Shortbread Light-Up House to feast on, and Reindeer Bath Fizzers to help relax and unwind. With no shortage of gift options, spread holiday cheer and find the perfect present for everyone on your shopping list, no matter if they've been naughty or nice!

Enter the competition today for a chance to win store credit worth AED 500!

WIN! A FOXYSKIN NATURAL PRODUCT HAMPER WORTH AED 500

In a world where the beauty industry is rife with an overwhelming variety of chemical-based formulations and skincare routines, Foxy Skin is an ethical skin and body care brand that champions natural, sustainable and organic beauty and skincare products - for mamas and babies too! Foxy Skin is passionate about bringing together the best in personal care the world has to offer and the range includes: Cleansers & Exfoliators, Moisturisers & Serums, Mineral-based Sunscreens, Eye Care products, Masks and Peels, Toners & Mists, Body Care products, Natural Baby Skincare solutions, Hair treatment and scalp care products and much more! Enter the competition today for a chance to win a hamper of goodies to the value of AED 500!



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

WIN! A 1-NIGHT STAY AT THE ROVE AT THE PARK HOTEL & THEME PARK TICKETS WORTH AED 500

Win a 1-night stay including breakfast for 2 guests at the award-winning lifestyle hotel brand Rove At The Park, along with theme park tickets worth AED 500! Rove At The Park is the perfect hub to start your Dubai Parks and Resorts adventure - the region's largest theme park destination. The Rove At The Park Hotel immerses thrill-seeking 'rovers' in the heart of the action. Visitors can access more than 100 fun and adrenaline-packed rides and attractions spread across MOTIONGATE™ Dubai, BOLLYWOOD PARKS™ Dubai, LEGOLAND® Dubai and LEGOLAND® Water Park. This is in addition to free access to themed zones, a street ambiance and numerous shops and restaurants at Riverland™ Dubai. You can also explore the nearby Outlet Village, a shopping destination featuring some of the world's most exclusive brands at discounted prices. Buckle up and enter today for your chance to win!



WIN! BRUNCH FOR 2 AT FOGUEIRA'S NEW CASA LATINA BRUNCH IN JBR

While the weather is cooling down things are heating up at the all-new Casa Latina brunch at Fogueira Restaurant in Delta Hotels by Marriott, in JBR. One lucky winner will enjoy an all-you-can eat package for two of South American delicacies with incredible house beverages and refreshing cocktails. Your culinary journey at Fogueira Restaurant will take you and your plus one on a brunch trip to Latin America to enjoy traditional dishes from Brazil to Argentina, via Peru and Colombia, with live stations for succulent and juicy, fresh off the grill Churrasco BBQ, Brazilian Street Food, delicious and spicy Nikkei, authentic Parrilla with Argentine Asados, delectable mixed cold Seafood Buffet as well as an assortment of cold cuts and antipasti, Churro's station and lots more as you enjoy the rhythm of a live Latino band and DJ. Located on the 35th floor of Delta Hotels by Marriott in JBR, the restaurant offers a perfect view of the recently launched largest and tallest observation wheel in the world, Ain Dubai as well as the Arabian Gulf and Dubai Marina. Cha-cha your way to an unforgettable Latin American brunch experience by entering the competition today!

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

WIN! CAR DETAILING WORTH AED 500 FROM GARGASH AUTO

As a parent it's important that the car you drive is always reliable and the servicing is kept-up-to-date. Specialising in German cars, Gargash Auto has earned its reputation as a friendly, efficient, professional, trustworthy and transparent one-stop-shop for servicing, repair and body shop work. Their level of service is second to none, meaning that regardless of whether you know about cars or not, you can trust that they have the best safety and service interests of busy mums at heart. Gargash Auto is delighted to offer a top-notch car detailing experience to the value of AED 500 for your car. If you have never had this before, professional car detailing is the art and the craft of cleaning and restoring a vehicle to like-new condition, using best-in-class products and a deep level of cleanliness that you just can't achieve at home. Enter the competition today to win an amazingly detailed spring clean for your car!



WIN! A HAMPER OF KOREAN SKINCARE GOODIES FROM THE FACE SHOP, WORTH AED 500



Korean beauty products have taken the world by storm and are now included in the skincare, body care and hair care routines of women who strive for glowing skin and shiny, healthy hair! As one of Korea's pioneer beauty, skin and hair care companies committing to natural products, The Face Shop creates products from around 600 natural ingredients such as flowers, grains, plants, fruits, mineral waters, and oriental medicine to nourish and revitalise the skin, in the most natural way possible. Launched in 2003, The Face Shop now has a global presence of 3,000 stores in 35 countries including the USA, Canada and the Middle East. It's no surprise then, that The Face Shop is firmly established as the go-to in Korean skincare around the world. Now's the time to try the brands for yourself by entering the competition for a chance to win a gorgeous hamper of Korean pampering goodies!

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



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CHRISTMAS CAREGIVING

This Christmas, while you're planning the gathering at home or elsewhere we are there to help looking after your little one, book our Child Care providers in advance!

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