

ISSUE 126 | DECEMBER 2021 | DHS15

# Mother Baby & Child

**CHILD SAFETY  
EVENT REPORTS  
- ARE YOU IN THE  
MAGAZINE?!**

**CHOKING -  
WHAT YOU  
NEED TO DO**

**PLAYING  
ONLINE GAMES  
SAFELY**

**EDITOR'S  
FESTIVE PICKS**

**TREATING  
ECZEMA**

**READY  
FOR  
XMAS?**

**FESTIVE FAMILY  
FUN & GIFT IDEAS**



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# NURTURING THE DREAMERS *with* THE FRESHEST MILK.

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Al Ain Farms



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# EDITOR'S LETTER



## Hello Mum!

Can you believe it's December already?!

The first order of business is to thank you so very much for registering and attending our events this year, which we were able to resume after the pandemic restrictions started to lift. Your attending our events means that we can better support you with practical demonstrations, put you face to face with some amazing child development and parenting experts, and importantly, for us to meet each other and strengthen our relationships together. The more you attend, the more we can support you, and I really like that we've got each other's backs like this - so thank you again!

As a payback to our community, we've made a change to our popular Competitions section (page 48)! These pages give you the chance to enter prize draws to win some really fabulous prizes - like the AED 1,000 Festive dinner for four which you'll find this month! Because we want to better serve our regular readers, we're making sure that it's only you that can enter the competitions from this month onwards. This means you need to go online to enter and fill in your details, including your Instagram details, to be in with a chance to win.

I enjoy talking to you guys on the phone at our events so much that I've introduced another new feature that I'm excited about, because it means I can proudly feature YOU - our mamas and kids on our official Mother Baby & Child Instagram! It's our new 'Proud Mama & The Cutie Pies' picture gallery. This is where I'm inviting you to go to our Instagram and DM us pics of you as a proud mama and your favourite pics of 'your little cutie pies.' We'll be publishing the best of the clear shots every week on our Insta and in the magazine, so you become part of what we're all so proud of!

So back to this issue and our events - there is a full run-down (page 23) of the advice and expertise that was imparted at our most recent events under our Child Health, Safety & Wellbeing theme. I'd love you to find time to settle in with a cup of tea and read through these pages, as there are some crucially important safety messages there.

Elsewhere in this issue, you'll find an interesting piece on how to get children used to a new baby in the family (page 36), which is something that needs careful handling, as your children can feel a little lost when your attention is suddenly on a new baby. I'll leave you to unwrap the festive articles for yourself including my Editor's Picks this month!

Just before I go... if you haven't already added us to your Instagram, please do so, as I'll be talking to you there a lot from January and giving you the first heads up of our new breakfast events and exclusive content!

I'll sign off by wishing you a safe, healthy, happy and fun-filled holiday season and I'll see you bright and early in the new year!

*Kay*

Editor

Mother, Baby & Child Magazine

# EDITOR'S —PICK—

## 12 DAYS OF LUSH INDULGENCE THIS SEASON!

The word 'LUSH' can mean many things - especially around some dinner tables on Xmas Day. Thankfully though, today it means being able to indulge yourself, family and friends with something you know they will use and love from the LUSH festive range. Established over 25 years ago, vegan brand LUSH is one of the first creators of pioneering beauty products such as the fizzing bath bomb, shower jellies and solid shampoo bars. Just imagine being the friend, sister, mum or favourite auntie (or Editor?!) that receives this amazing gift of the 12 Days of Christmas Box from LUSH. Here's a peek at what's inside:

- Yog Nog Shower
- Gel Orange Pop Bath Bomb
- Baked Alaska Soap
- Jolly Shower Gel
- Golden Pineapple Lip Scrub
- The Golden Pudding Bath Bomb
- Candy Cane Reusable Bubble Bar
- Lime Bounty Body Butter
- Cinnamon Roll Bubble Bar
- North Pole Bubble Bar
- Golden Pear Body Scrub
- Snowman Dreaming Bath Bomb

*The LUSH 12 Days of Christmas Box (AED 600) and Christmas collection are available in all LUSH Stores & online at [lush.com/mena](http://lush.com/mena)*

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## EDITOR'S —PICK—

### A WEBCAM THAT ALLOWS YOU TO SHINE AT WORK!

Remember when lockdown forced us all into working from home? We all approached Zoom meetings with the boss or clients the same way - and using the built-in camera and audio from the laptop worked just fine. Fast forward 18 months and it's not fine any more. Now that remote working has become part of the new normal, you'll notice that some online meetings are much more slick and professional than others. The difference? The quality of the camera and the audio. If you work from home and want to let your professionalism shine through, it's time to invest in the right tools. The Poly P5 Studio webcam makes raising your quality and professionalism game so easy! No more distracting background noise and the 1080p HD quality camera can zoom to 4x to frame you perfectly for your work calls. And guess what?! It's a great way for family and friends abroad to be able to see you and the kids in such clear quality over the festive season too!

*Available from Amazon.ae (AED 530)*





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# THINGS • TO DO •



An amazing deal on  
festive menus in Dubai  
Marina and a mini  
vacation experience in  
Jumeriah this season.





# TAKE AN AFTERNOON VACATION TO PORTUGAL, IN DUBAI'S LANA LUSA

*The festive holidays are nearly here and if you're not going away on vacation, here's an amazing way you can have a mini vacation to Portugal right here in Dubai!*



Life can be so hectic and busy in the city, that we love introducing you to restaurants that transport you to another country and culture - it really feels like you're getting a proper break! Such places offer you the rare quality of making you feel like you are on a mini vacation, far, far away. There are not many of these places in Dubai, but the Lana Lusa Portuguese restaurant in Jumeirah is one such place.

The authentic tiled decor, gilded mirrors, light, airiness and greenery inside Lana Lusa

is just like walking into a cosy cafe-restaurant in a picturesque local Portuguese village. The country itself is a proud jewel of the Mediterranean, with a population evolved from a mixture of all the peoples who have inhabited and traded in the region over the centuries - the Iberians, Celts, Romans and the Moors, to name a few. All of this plays into the rich heritage of Portuguese cuisine and part of the national character itself is to be laid back, friendly, welcoming, and family-oriented.

A well-known everyday cultural aspect of Portuguese (and Mediterranean) life is spending hours at local cafés and restaurants, chatting together over coffee and bites. They'll typically take a spot on the outdoor terrace and watch the world go by; or sit inside in the cool air while enjoying a get-together over a few shared dishes. Of the 11 million people living in Portugal, nearly two-thirds of them live in the coastal areas, meaning that fresh seafood is a huge part of Portuguese cuisine.

The Lana Lusa restaurant is unique in Dubai and perfectly captures the heart, spirit, ambience and cuisine of Portugal. It's a rare recreation of the Portuguese cultural vibe, where you can come with family and friends and simply relax in each other's company as you enjoy fresh Portuguese sharing dishes, made to authentic family recipes.

Come, take your time to relax and be with each other - Lana Lusa is about being totally comfortable in treating yourself to a leisurely daytime coffee with the famous Portuguese pastry, Pastéis de Nata; sharing the dishes of a long lazy lunch or an early dinner that stretches out through the whole evening - just like you do when you're on vacation.

The recipes all come from the Portuguese grandmother of one of the owners and include a fabulous selection of traditional seafood dishes - with many based on the iconic bacalhau (salt cod) of Portuguese cuisine, hearty flavour-packed salads, hot starters and fresh main course dishes. For the real holiday experience, we recommend you order a selection of these to share, and make sure you order a couple to take home afterwards, as you'll be thinking about the amazing flavours of these delicious dishes for days afterwards and you'll need them!

**Lana Lusa is open between 8 - 12am on weekdays; and 9 -12am on weekends. Just turn up anytime, or to be sure of your spot in the Mediterranean, book ahead by emailing: [info@lanalusa.com](mailto:info@lanalusa.com) ; Call +971 4 380 1515**

## THE 'PARK & SELL' MARKET AT IBN BATTUTA MALL OLIOLI DROP-OFF WINTER CAMPS FOR ADVENTUROUS KIDS!

Dubai's Ibn Battuta Mall is hosting Park & Sell, a unique second-hand market concept which allows vendors to sell directly from their car, on Friday, 10th of December. Park & Sell allows vendors to park at their reserved stand and sell directly from their car for an easy, convenient second-hand market experience.

A family-friendly and one-of-a-kind experience for all, Park & Sell offers great deals on clothing, hand-made jewellery, vintage furniture, houseware and more

unique items. Strict health and safety measures will be observed during the market. Social distancing markers are in place, with regular sanitisation and all vendors and visitors required to wear a mask.

Taking place on the second Friday of the month, the event is from 11am to 5pm at Ibn Battuta Parking 3. Register to sell at [www.dubai-fleamarket.com](http://www.dubai-fleamarket.com), and be sure to arrive by 9 am to set up!

**For more information, visit [www.ibnbattutamall.com](http://www.ibnbattutamall.com)**



## OLIOLI DROP-OFF WINTER CAMPS FOR ADVENTUROUS KIDS



OliOli welcomes young inventors and young adventurers to two fun-packed programmes this winter holiday: The INVENTSHOP Morning Camp and the ADVENTURESHOP Afternoon Camp. The camps are running weekly, with two start dates, December 12th & 19th, with new content each week!

Especially curated for kids between 4 to 10 years old, OliOli Winter Camps are a drop-off programme offering different groups depending on your schedule needs and your kids' age group to ensure the maximum level of enjoyment and fun!

### INVENTSHOP MORNING CAMP (from 12th - 23rd December)

Let your child be inspired by amazing female inventors like Marie Curie, Joan Clarke, Rosalind Franklin and more, to create their own wonderful inventions. Skillset: Design thinking, Innovative thinking, problem-solving, creativity, and experimentation.

Age Group, Times & Fees

- ✓ 4 - 6 years old | Group A: 8:30 am to 12:30 pm | Group B: 9:30 am to 1:30 pm
- ✓ 7 - 10 years old | Group C: 9:30 am to 1:30 pm
- ✓ Fees: AED 1090 per week. T&C Apply

### ADVENTURESHOP AFTERNOON CAMP (from 12th - 23rd December)

Your child will embark on different adventures across OliOli's galleries to solve games and challenges such as spy missions, treasure hunts, amazing races, and many more fun-filled adventures. Skillset: Collaboration, navigation, problem-solving, imagination, and creativity.

Age Group, Times & Fees

- ✓ 4 - 6 years old | Group D: 2:00 pm to 5:00 pm
- ✓ 7 - 10 years old | Group E: 2:00 pm to 5:00 pm
- ✓ Fees: AED 790 per week. (T&C Apply)

**Location:** OliOli Experiential Play Museum - 62 4 A St, Al Quoz 1, Dubai (Next to Oasis Centre)

**See website for sibling discounts: <https://olioli.ae/winter-camps/> or call 04 7027 30**





# Winter Wonderland - 2021

STARTS DECEMBER 5TH, 2021

## OUR PROGRAMS:

- STEAM ACTIVITIES - GINGERBREAD HOUSE
- SNOW MARK-MAKING
- LETTER TO THE NORTH POLE
- MAKING CARDS FOR OUR FAMILIES
- ICE PAINTING
- WINTER WONDERLAND ROLE PLAY
- GIFT SORTING BY SHAPE

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# DUBAI MARINA'S BEST DEAL FESTIVE CELEBRATION DINNER

Yes, it's a wonderful time of year, but the festive season is not without a certain amount of stress. Shopping for food, picky eaters, cooking angst and perhaps the worst - the hassle of trying to find taxis to get you across the city...and back home again.

The Leonardo restaurant in the Stella di Mare Hotel in Dubai Marina is therefore the perfect choice for families, friends and residents around the Dubai Marina, JBR, JLT and surrounding areas. Here, you can lose all the stress of the season and enjoy amazing value, superior quality festive dinner celebrations all season long, in a comfortable, luxurious setting that befits the season to celebrate. Here's what's on offer at the Leonardo Restaurant:

## **Christmas Eve Dinner** - 24th December

**7pm - 11pm**

- Ease yourself into the festive celebrations with this lavish 5-course Christmas Eve dinner
- AED 219 per person with a welcome drink / or AED 349 for food and unlimited house beverages.

## **Christmas Dinner (either a set menu, or Sharing Dinner)** - 25th December

**7pm - 11pm**

- Enjoy a wonderful 5-course Set Menu and let experts chefs make this one truly special and memorable for your family

- AED 219 per person with a welcome drink / AED 349 for food and unlimited house beverages.
- You also have the choice of a 4-course Special Sharing Dinner for only AED 199 per person, or AED 299 including unlimited House Grapes.

## **New Year's Eve 5-course Set Dinner & Countdown Celebration** - 31st December

**7:00pm - midnight!**

- A luxurious 5-course, Italian-themed Set Menu in Leonardo Restaurant to see off the year in style with your special and favourite people.
- AED 349 per person / AED 549 per person for the unlimited bubbly package
- The package includes entry and a complimentary drink for the big countdown at the Orphic lounge Closing Party after you've enjoyed dinner.
- Reserve your table on or before 10th December 2021 and you'll receive a special 'early bird' 20% discount.

**For More information, call or WhatsApp 05 5619 4720, or Email at [leonardo.dubai@stelladimare.com](mailto:leonardo.dubai@stelladimare.com)**



## Christmas Eve Set Menu

24th December 2021



Zuppa di Stracciatella



### Starter

Fried Calamari

Prawns Carpaccio  
with Lemongrass Citronete

Beef Tartare with Vegetable  
Caponata in Kataifi

Beef Wagyu Cold Cuts with Bread Stick

Burrata Cheese with Heirloom Tomato

Baked Eggplant with Tomato Sauce  
and Parmesan Cheese



### Pasta

Acquarello rice with Cheese and Pepper,  
Scallops and Lime

Beef and Porcini tortelli with Pecorino  
Cream and Crispy Bacon



### Secondi

Seared Salmon with Celeriac Puree,  
Orange Reduction and Baby Carrots

Gratinated Jumbo Prawns with  
Sicilian Bread Crumbs and Fresh Salad  
with Lemon

Braised Veal cheeks with  
Crispy Potatoes

Lamb chop with Honey,  
Mashed Potatoes and Pecorino Romano



### Dolci

Tiramisu

Panettone

Sorbetto a limone

## Christmas Sharing Dinner Menu

25th December 2021



Zuppa di Stracciatella



### Starter

Mixed Fried Fish and Vegetables

Mixed Italian Cold cuts and  
Italian Cheese

Baked Eggplant with Tomato Sauce  
and Parmesan Cheese



### Pasta

Ricotta and Spinach Cannelloni Crepes

Signature Homemade Potato Gnocco,  
Cherry Tomato and Stracciatella Cheese

Fresh Stuffed Pasta with Gorgonzola,  
Pumpkin Cream and Fried Mushroom



### Secondi

Sea Bass with Mediterranean Sauce  
Baked in Foil

Gratinated Jumbo Prawns with  
Sicilian Bread Crumbs and Fresh Salad  
with Lemon

Sliced Beef Tenderloin with  
Parmesan Cheese, Rocket Leaves and  
Balsamic Vinegar



### Dolci

Tiramisu

Panettone

Sorbetto a limone

## New Year's Eve Set Menu

31st December 2021



### Antipasto

Slow Temperature Cooked  
Salmon with Tuna Sauce

or

Beef Tartare Shredded Buffalo  
Quail Egg and Fresh Truffle

or

Buffalo Mozzarella with Tricolore Tomato  
and Pistacchio



### Zuppa

Fish soup

or

Chickpea and porcini soup



### Pasta

Smoked Eggplant Cappeletti with Cherry  
Tomato, Shaved Parmesan and Basil

or

Duck Ravioli with Pumpkin  
and Gorgonzola Cream and Crispy  
Cabbage Leaves

or

Lobster Tortelli with Zucchini  
Cream and Oil lemon



### Secondi

Beef Wagyu Ribeye Tagliata with Rocket  
Cream, Cherry Tomato, Crispy Parmesan,  
Carrot Cream and Pine Nuts

or

Black Cod with Jerusalem artichoke  
Puree, Porcini Ragout, Baby Carrot and  
Rice Chips

or

Baked Eggplant with Tomato Sauce  
and Parmesan Cheese



### Dolci

Tiramisu & Rum Babba



# •HEALTH•



Let's not forget about head lice now that kids have more social contact! Also this month, we discuss symptoms and treatments for eczema & urge you to take a first aid course.







# LEARNING WHAT TO DO IF A CHILD IS CHOKING

*If a child is choking, it is often a life-threatening situation and you'll have just a couple of minutes to take the right action to save the child's life. For this reason, it is vital to ask your local doctor or clinic for instruction or a class on how to handle a choking event. In the meantime, this article is only for general awareness of choking, and NOT intended or attempting to replace the formal first aid instruction you should get from your doctor.*

As a parent, it will make an important difference to ask your local hospital or clinic about first aid courses that teach you what to do in the event of a child choking. That said, this is a guideline as to what you can expect to learn from taking such a first aid course...

Children, particularly the under 5s, often put objects in their mouths. This is particularly true for babies, as it is instinctive behaviour and a huge part of how they discover the world around them. Some small objects, such as buttons, wheels from toys, marbles, beads and (importantly) bites of food (such as peanuts or popcorn), are the right size to get stuck in a child's airway and cause choking. The best way to avoid this is to make sure that small objects like these are kept out of your child's reach and their food and play times are properly supervised at all times.

No matter how careful you are, it is still very easy for your child to choke on something. In some cases, you or someone else might actually see your child swallow the object that causes choking, but sometimes not. If your child suddenly starts coughing, isn't ill and has a habit of putting small objects in their mouth, there's a good chance that they're choking.



A child's airways can also become blocked when a child has an anaphylactic reaction (caused by a nut allergy, for example), vomits during a seizure or becomes unconscious.

Children can choke if their airways become partially or completely blocked. If a baby or child shows signs of choking, phone 999 and ask for an ambulance and advice immediately.

### Signs that a child's airway is partially blocked:

- Loss of voice
- Choking noises
- Coughing that keeps getting worse
- Gagging
- Wheezing and trying to catch a breath
- Anxiety and distress
- A shrill, rattling sound when breathing in
- Sudden chest pain

### COMPLETE AIRWAY BLOCKAGE - THE SIGNS OF CHOKING

The following signs will tell you that a child's airway is completely blocked:

- The child can't breathe
- The child can't make any sounds
- No air is getting out of the child's nose and/or mouth
- The child's skin goes pale very red or blue in colour
- The child starts to lose consciousness quickly

Make sure you discuss the signs with your local clinic or doctor and are familiar with what your emergency action plan should be if your child shows any of the above symptoms.

### FOR BABIES UNDER ONE YEAR

If a baby under one year is choking, this is what you'll learn to do on a short course from your local clinic or hospital:

- Phone 999 immediately
- Sit down and lay the baby face down along your thighs, supporting their head with your hand. Give up to 5 sharp back blows with the heel of 1 hand in the middle of their back between the shoulder blades. The aim is to angle the blows in an upwards direction to help dislodge the blockage. Check whether the blockage has cleared between each back blow.
- If the blockage hasn't cleared, lay the child on their back, and give them up to five chest thrusts. Check whether the blockage has cleared between each thrust.
- If the child is still choking, alternate five back blows and five chest thrusts until emergency help arrives.

These measures are designed to create an artificial cough, increasing pressure in the chest and helping to dislodge the object. Your doctor or local clinic will show you how to perform back blows and chest thrusts correctly and effectively.

## Chest thrusts for children under 1 year

- Lay your baby face up along the length of your thighs.
- Find the breastbone and place 2 fingers in the middle.
- Give 5 sharp chest thrusts (pushes), compressing the chest by about a third.

## CHILDREN OVER A YEAR OLD

### For children and teenagers

For children aged between one year and teenage:

- Encourage the child to lean forward and cough. If that doesn't clear the blockage immediately, phone 999 straight away
- Use the heel of your hand to give five firm back blows while they are leaning forward. Check whether the blockage has cleared between each back blow.
- If the blockage hasn't cleared, place one hand in the middle of the child's back and the other hand in the centre of their chest.
- Using the heel of the hand on the chest, do five chest thrusts. Check whether the blockage has cleared between each thrust.
- If the child is still choking, alternate five back blows and five chest thrusts until emergency help arrives.

## Back blows for children over 1 year

Lay a small child face down on your lap as you would a baby.

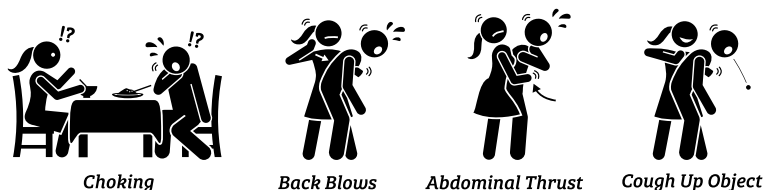
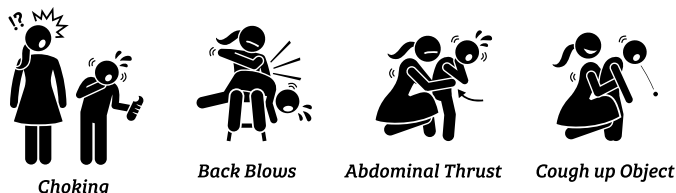
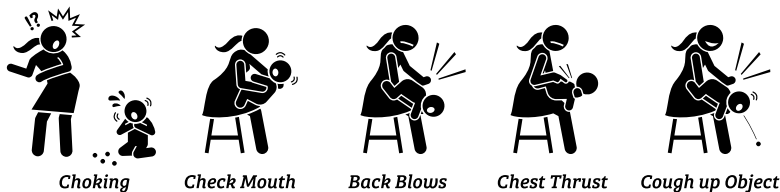
If this isn't possible, support your child in a forward-leaning position and give 5 back blows from behind.

If back blows don't relieve the choking and your baby or child is still conscious, give chest thrusts to infants under 1 year or abdominal thrusts to children over 1 year.

## Abdominal thrusts for children over 1 year

- Stand or kneel behind your child. Place your arms under the child's arms and around their upper abdomen.
- Clench your fist (with your thumb tucked in) and place it between the navel and ribs.
- Grasp this hand with your other hand and pull sharply inwards and upwards.

# First Aid for Choking



- Repeat up to 5 times.
- Make sure you don't apply pressure to the lower ribcage, as this may cause damage.

Following chest or abdominal thrusts, reassess your child as follows:

- If the object still isn't dislodged and the child is still conscious, continue the sequence of back blows and either chest or abdominal thrusts.
- Call out or send for help, if you're on your own.
- Don't leave the child.
- Call 999 if the blockage doesn't come out after trying back blows and either chest or abdominal thrusts. Keep trying this cycle until help arrives.

Even if the object has come out, you'll learn in a First Aid class that you still get medical help, because part of the object might be left behind, or the child may have been hurt by the procedure.

## If the child is unconscious

- If a choking child is, or becomes, unconscious, put them on a firm, flat surface and shout for help.

- Call 999, putting the phone on speakerphone so your hands are free.
- Don't leave the child at any stage.
- Open the child's mouth. If the object's clearly visible and you can grasp it easily, remove it. If you can't see it, do not push your fingers in to try and find it, as you may be pushing it down even further.

## Tips to help a choking child

- If you can see the object, try to remove it. Don't poke blindly or repeatedly with your fingers. You could make things worse by pushing the object further in and making it harder to remove.
- If your child's coughing loudly, encourage them to carry on coughing to bring up what they're choking on and don't leave them.
- If your child's coughing isn't effective (it's silent or they can't breathe in properly), shout for help immediately and assess whether they're still conscious.

If the child's still conscious, but they're either not coughing or their coughing isn't effective, use back blows. Even if the object has come out, get medical help. Part of the object might have been left behind, or your child might have been hurt by the procedure.





# TOP TIPS TO KEEPING YOUR SKIN HEALTHY

## AVOID THE PEAK HOURS OF THE SUN

Exposure to UV rays from the sun is the number one cause of premature ageing of the skin. Sometimes this is visible, sometimes the damage is happening without you being aware of it. Obviously, we need a certain amount of sunlight every day for the Vitamin D benefits, but do make sure to avoid direct sun exposure at the hottest times of the day, between midday and 4pm. Your skin will thank you for it later!

## WEAR SUNSCREEN!

In this region, a daily covering of sunscreen is a must in order to protect your skin, and that of your children. As a minimum, it should be SPF 30, but SPF 50 is recommended for kids. Even on cloudy or cooler days, the sun's harmful UV rays will affect your skin, which is why it's important to make it a daily habit.

## CHANGE YOUR PILLOW CASES FREQUENTLY

If you think about what happens to your

pillowcase as you sleep, you'll quickly realise why it needs to be washed and changed frequently. You are rubbing dirt, dust, oil and dead skin all over it, for hours at a time. Of course, these things make it easy for bacteria to breed, so you might find yourself in a cycle of breakouts if you don't wash and change the pillowcases every 4-5 days; or a week at the most.

## BE CAREFUL HOW YOU EXFOLIATE

There is a big difference between exfoliating your skin and doing something abrasive to it. If you are using anything that is too harsh or scratchy, you risk causing irritation, inflammation or even breaking the skin. Instead, opt for a gentle exfoliating pad (like a konjak one) every other day; or even using a clean cotton face cloth daily will do a great job at preventing the build-up of dry skin.

## CLEANSE YOUR FACE THOROUGHLY BEFORE BED

During the day, your skin picks up dirt, dust and sweat that is enough to clog your

pores. If you also wear makeup, it's essential to thoroughly wash these impurities from your face. If you have a 'cleanse - tone - moisturise' skincare regime, consider using a mild hyaluronic acid based product before moisturising, to help keep your skin fresh, radiant and easy to exfoliate.

## FACE NECK & DECOLLETAGE

A common skincare mistake is just to look after the skin on the face and not pay equal attention and diligence to the neck and chest area. For healthy glowing skin, it's important to wash, cleanse, tone, moisturise and use a high SPF sunscreen in all these areas.

## DON'T PICK & POKE AT YOUR FACE

One hundred percent of dermatologists and beauty therapists agree that you should never pick and poke at your face. This includes squeezing pimples, which can cause a deeper infection, leave your skin looking more traumatised and increase the risk of scarring.

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



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

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



# ECZEMA

## SYMPTOMS, CAUSES & TREATMENTS

*Eczema is a condition where the skin becomes dry, irritated, very itchy and therefore sore, bleeding, red and scaly when scratched. It can be very painful for children, so here's a run-down of the condition and how to treat it.*

Eczema is a condition that exists in different forms, with the most common being atopic dermatitis.

The symptoms of eczema include:

- ✓ Dry, itchy skin
- ✓ Redness, bumpy, scaly skin, that can leak fluid and form a hard, dry scab that is prone to cracking
- ✓ Intermittent flare-ups
- ✓ Possibly more of a problem at night

It is not known exactly what causes eczema, but one theory is that the condition might occur because of a difference in the way a person's immune system reacts to things. Skin allergies may be involved in some forms of eczema. Eczema is fairly common and experts believe it is passed from parents to kids through genes,

which is why many kids with the condition also have family members who have it too.

People with eczema also may have asthma and other types of allergies, such as hay fever. Eczema, asthma and hay fever are known as 'atopic' conditions and they affect people who are overly sensitive to allergens in the environment. For some, food allergies may either spark these reactions, or worsen them. For others, allergies to pet hair, household dust, pollen or other things might be the triggers. Either way, eczema is not contagious.

### Eczema in babies and children

In babies under the age of one, eczema usually flares up on their cheeks, forehead or scalp. In many cases, it also appears on their knees, elbows and torso.

In children aged from the toddler to the teen years, the eczema rash will typically affect the elbows, the area behind their knees, the neck, or the inner wrists and ankles. Older children will often find that their skin is thicker, more dry, more bumpy and scaly and drier than when their eczema first began. Their skin also can be darker, or scarred from all the scratching.

### How Is Eczema Diagnosed?

There is no specific test used to diagnose eczema. Your doctor will examine the rash and ask about symptoms, your child's health, and the family's health history. If family members have any atopic conditions, that's an important clue. Your doctor can rule out other conditions that can cause skin inflammation and might refer your child to a dermatologist or an allergist. The doctor may also ask you to eliminate some foods



(such as eggs, milk, soy, or nuts) from your child's diet, change the detergent, shampoo or soap you use on your child, or make other changes for a time to see if your child is reacting to something.

## Treatment

There is no cure for eczema, but careful skincare and lifestyle choices can help with symptoms.

A doctor will typically recommend different treatments based on how severe the symptoms are, your child's age, and where the rash is. Some treatments are 'topical' and applied to the skin, while others are taken orally.

## Moisturisers

Skin should be moisturised often - ideally, two or three times a day. The best time to apply moisturiser is after your child's bath or shower, with their skin gently patted dry, not rubbed with a towel. Ointments (such as petroleum jelly) and creams are soothing because they contain a lot of oil. Many lotions have too much water content to be the best choice, so a good moisturising cream is far more effective at preventing your child's skin from becoming dry.

## Topical corticosteroids

These also called cortisone or steroid creams or ointments and will be recommended by your doctor to ease skin inflammation. These creams and ointments vary in strength, so using the wrong strength in sensitive areas can damage the skin, especially in infants.

## Oral medications

These can include antihistamines (anti-allergy medicine) to help reduce itchiness and help kids sleep better at night; antibiotics if a rash gets infected by bacteria; and corticosteroid pills or other medicines that suppress the immune system.

## Other types of treatment can include:

- ✓ Phototherapy - treatment with ultraviolet light
- ✓ Wet wraps - damp cloths placed on irritated areas of skin

## PREVENTION TIPS

Help prevent or treat eczema by keeping your child's skin from getting dry or itchy and avoiding triggers that cause flare-ups. Here are some suggestions:

- ✓ Kids should take short baths or showers in warm (not hot) water. Use mild unscented soaps or non-soap cleansers and pat the skin dry before putting on cream or ointment
- ✓ Teens should use unscented products on their skin and oil-free facial moisturisers
- ✓ Kids should wear soft clothes that allow their skin to breathe, such as those made from cotton
- ✓ Keep your child's fingernails short to prevent skin damage from scratching. Try having your child wear comfortable, light gloves to bed if scratching at night is a problem
- ✓ Children should avoid becoming overheated, which can lead to flare-ups
- ✓ Get your child to drink plenty of water during the day, which adds moisture to the skin
- ✓ Get rid of known allergens in your home and help your child avoid others such as pollen, mould, and any kind of smoke
- ✓ Stress can make eczema worse. Help your child find ways to deal with stress, such as regular open communication with you, exercise, deep breathing, or talking to a counselor, if you believe that will help.

## WHEN TO CALL THE DOCTOR

Children and teens with eczema are prone to painful skin infections, so see your doctor immediately if you notice any early signs of skin infection. These signs include:

- ✓ Fever
- ✓ Redness and warmth on or around affected areas
- ✓ Pus-filled bumps on or around affected areas
- ✓ Areas on the skin that look like cold sores or fever blisters

Also take your child to the doctor if you notice a sudden change or worsening of their eczema, or if it isn't responding to the doctor's previous recommendations.

For many children, eczema begins to improve by the age of 5 or 6, and in some cases it goes away on its own. In other kids, it may start again as they enter puberty. Some people still have eczema as adults, with areas of itching that look dry and scaly.

## EDITOR'S PICK



## IRRITANT-FREE PRODUCTS, SUITABLE FOR ECZEMA

Winners of our Child Skincare Brand of the Year Award 2020, the QV Baby and QV Kids range of skincare products was voted by mothers as best for helping to look after the delicate skin of babies' and children. Originating from Australia, the QV Baby and QV Kids range of products consist of gentle, hydrating skin cleansers, shampoo, lotions, bath oil and moisturisers that are free from colour, fragrance and other common irritants, making them suitable for sensitive skin. We recommend the QV Baby Moisturising Cream in particular as suitable for everyday use with conditions such as eczema, dermatitis and psoriasis. You'll find the QV Baby and QV Kids ranges in pharmacies.

## CHIROPRACTIC ADJUSTMENT TO HELP YOUR CHILD'S IMMUNE SYSTEM



This isn't always an obvious choice, but taking your child for chiropractic adjustment can help your child's immune system

to function at its best, according to Dr Giovanni Bisanti, Medical Director of the Chiropractic Neurology Center in Dubai, and also the holder of the Mother Baby & Child 'Editor's Choice Award for Child Development Professional of the Year.' By putting the body back into its natural alignment and balance, chiropractic treatment is a safe, natural, drug-free and pain-free way to strengthen both your child's immune system and its responses to irritants and allergens.

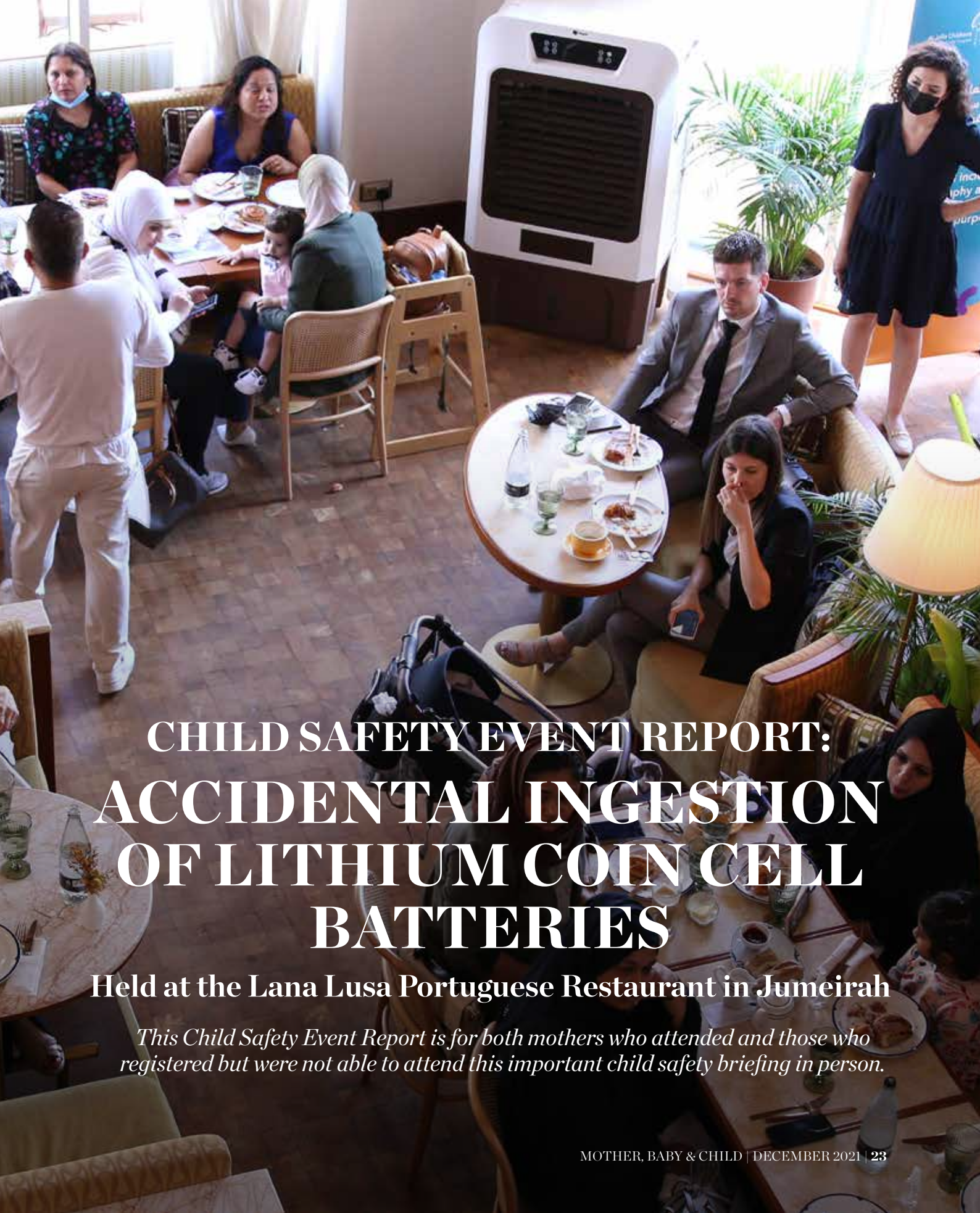
# • EVENTS •



These important Event Report articles give you the major takeaways from the two recent Child Health, Safety & Wellbeing events we staged.







# CHILD SAFETY EVENT REPORT: ACCIDENTAL INGESTION OF LITHIUM COIN CELL BATTERIES

**Held at the Lana Lusa Portuguese Restaurant in Jumeirah**

*This Child Safety Event Report is for both mothers who attended and those who registered but were not able to attend this important child safety briefing in person.*





Last month, we held the first of two important Child Safety breakfast information events, both of which affect every parent. This one was held in association with Al Jalila Children's Speciality Hospital and Duracell Arabia, who joined forces with Mother Baby & Child to highlight:

- The dangers of children accidentally swallowing lithium coin cell batteries (also known as button batteries)
- What the symptoms of accidental ingestion are
- What actions parents should take - and should NOT take to get emergency treatment
- How to avoid this horrific accident

The venue was the charming setting of Lana Lusa Cafe & Restaurant in Jumeirah.

### SCOPE OF THE PROBLEM

Over 8,000 cases a year in the world of accidental battery-swallowing happen each year. Of these, more than half are by children under the age of 6 years. The event itself, and the role of the mothers attending, were therefore crucial in raising awareness of how we can all play a part in spreading awareness about how we can protect children from this horrific, life-changing accident.

### WHAT HAPPENS WHEN A CHILD SWALLOWS A LITHIUM COIN CELL BATTERY?

If a lithium coin cell battery gets stuck in a child's food pipe (called the esophagus), energy from the battery will react with moisture

and create caustic soda. This is the same highly-corrosive chemical used to clean drains, and it can cause devastating damage to a child's food pipe (esophagus) and other internal organs.

- Damage can occur within two hours
- The battery damages the food pipe
- It damages the stomach and intestines
- It damages the blood vessels in the surrounding area
- Battery-swallowing can cause immense pain to a child
- The damage caused by battery-swallowing may lead to an urgent need for surgery and long-term treatment afterwards

### SYMPTOMS OF BATTERY INGESTION

It is vital for parents to understand that the symptoms of battery-swallowing can be confused with other conditions. These are the symptoms to look out for:

- Choking and the desire to vomit
- Crying (in pain)
- Drooling
- Coughing
- Vomiting with blood (if the battery has been inside the child for a period of time)

### IMPORTANT ACTION TO TAKE

If there is even the slightest suspicion that a child has swallowed a battery, then you need to immediately get the child to Al

Jalila Children's Speciality Hospital - and go ahead and call an ambulance if you believe this will get your child to Al Jalila Hospital faster. This hospital in particular brings the expertise and experience of an emergency team who are already on high alert about the symptoms and action that needs to be taken immediately.

Speaking at the event, Dr Christos Tzivinikos, Consultant Paediatric Gastroenterologist at Al Jalila Hospital said: "In many cases, parents will go to a hospital and it will take time to do tests to determine why the child has symptoms. Precious hours could be lost, as hospitals don't automatically screen for battery ingestion.

Every minute counts - so if you think your child has swallowed a lithium button battery, get straight to Al Jalila - we're ready for this emergency. Don't stop to think about whether your insurance will cover it - all that stuff can be sorted out later. Every minute counts because damage from a lithium coin battery starts immediately inside the body. So, don't stop to think about money, insurance, or even transport - call an ambulance and just get here because this is an emergency situation. If there is even 0.01% of the battery swallowing risk, better to get to the hospital and exclude the possibility."

Also speaking at the event was Dr. Imran Asad, Consultant in Paediatric Emergency Medicine at Al Jalila Children's Hospital.



He told the audience that 'Nanny Fear' is sometimes a reason for children not getting prompt medical attention. Some nannies may be fearful of losing their jobs, being accused of neglect, getting into trouble or even being shouted at (we shouldn't underestimate how traumatic this is), and therefore occasionally remain silent, or dismiss any doubts about a child swallowing a battery. In this case, Dr Imran advised that parents let their nannies know that always reporting an incidence of accidental battery swallowing is a heroic act that would make them forever grateful. Let the nanny know that there will never be anything to fear from immediately reporting the battery ingestion and let her know that she must call an ambulance to get the child to Al Jalila Children's Hospital immediately.



### IF A CHILD SWALLOWS A BUTTON BATTERY, OR YOU THINK THEY MAY HAVE...

- NEVER give your child any food or drink - the moisture contained in food and drink create more caustic damage inside your child's body and will make the damage much worse for the child.
- NEVER even think about whether your child is covered by insurance or not, if your child swallows a 'button battery, THIS IS AN EMERGENCY, with potential life-saving implications.
- PHONE AN AMBULANCE and go directly to Al Jalila Children's Speciality Hospital. An ambulance will usually get to hospital faster than you, and the hospital generally knows that ambulances are for emergencies.

### DURACELL LITHIUM COIN BATTERY EXTRA PROTECTION MEASURES

Duracell Arabia co-hosted the event and introduced the new safety measures they have brought to the region for their batteries. The Duracell lithium coin batteries come in a double sealed pack to make it much more difficult for small children to access the batteries. And crucially, they have also introduced a special coating around each battery of the most bitter substance known. At the event, parents were invited to place the tip of their tongue on a testing strip to experience for themselves the repelling effect that a child will feel if they were to put the battery into their mouths.











## EVENT REPORT: CHILD HEALTH, SAFETY & WELLBEING

Held at the Orphic Lounge, Stella di Mare Hotel, Dubai Marina



babyshop

QV  
baby

مزارع العين  
Al Ain Farms

The subject of Child Health, Safety & Wellbeing is an enormous topic that covers many issues, hazards, situations in the home and aspects. The event was made possible by:

**Community Sponsor:** Babyshop - the caring brand behind many of our events that partners with mums to provide the best for baby, children and the mothers themselves.

**Supporting Partners:** Award-winning Australian skincare brand, QV Baby; and ethical favourite food brand, Al Ain Farms.

At this event, we focussed on two major causes of loss of life - choking and issues around choosing and correctly fitting car safety seats; and the topic of child health in the first year of life.

### **A HEALTHY START TO LIFE: With Dr Elmatboly, Pediatrics & Neonatology Specialist, Gargash Hospital**



The event was opened by Dr Mohamed Elmatboly (a.k.a. Dr Matboly), Pediatrics & Neonatology Specialist at Gargash Hospital. Dr Matboly opened with the point that the health of a new baby is tied to the health of the mother, both before and during her pregnancy. He stressed that pre and during pregnancy, a mother's diet needs to be rich in vegetables, healthy grains, plenty of water and lean proteins to lay down the building blocks for a baby's overall health and wellbeing. Equally important are things to avoid, such as being overweight, underweight, smoking (even shisha), drinking and any kind of dieting during pregnancy.

As a Pediatrics & Neonatology Specialist, Dr Matboly stressed the crucial role of breastfeeding in giving a baby the healthiest start in life. He pointed out that the optimum position to hold a baby (or prop up with a pillow) for breastfeeding is at a 45 degree angle, to reduce the possibility of their esophagus (feeding pipe) valve becoming congested with milk and causing a blockage. In this case, it is possible for a baby to be deprived of oxygen, which has the potential to cause damage to the brain, or even prove fatal.

He went on to assert that good foundational nutritional habits must be under the control of the parents, not the child - meaning that parents should avoid nurturing a 'fussy eater' by being persistent in making healthy choices available at mealtimes and avoiding stress around food.

### **WHAT TO DO IF A CHILD IS CHOKING: With Dr Akram Abo Daken, Head of Emergency Department, Gargash Hospital**



The next speaker was Dr Akram Abo Daken (a.k.a. Dr Akram), Head of the Emergency Department at Gargash Hospital. Dr Akram's focus topic was to make sure parents understood what to do in the event their child is choking - and crucially, what not to do. He explained that if a child is choking, they are likely to go quiet as they are prevented from coughing or breathing; and the child will quickly become distressed. Choking presents extreme and life-threatening danger to a child, as the brain can only survive a few minutes without oxygen.

Dr Akram was emphatic that a parent must never put their finger into the child's mouth and try to remove the object that is causing the child to choke. The risk is that they will likely push the obstruction further down and worsen the situation.

Using a medical grade 'synthetic baby' doll, Dr Akram demonstrated the steps that need to be taken to dislodge the blockage in babies and children.

***You can read a full article on What to do if a child is choking, on page 15.***

### **YOUNG CHILDREN'S INSTINCTS & BEHAVIOURS: With Lisa Sherrington-Boyd, a.k.a. 'Principal Lisa'**

Lisa Sherrington-Boyd is a childcare expert with a background as a Nanny, School Principal and Special Needs Teacher. She works hand-in-hand with families and parents (via home visits, Zoom and even Whatsapp) who are having problems or frustrations with toddler toilet training, stress around toddler eating & mealtimes, as well as sleep and behaviour issues for young children. Affectionately known as both 'Principal Lisa' and through the name on her website, 'The Potty Queen,' Lisa has the rare ability to really understand the mindset and thought process of the under 5's, which is an enormous help to parents in understanding common toddler behaviours from the perspective of the toddler. She is able to provide a voice for the toddler, which is a huge key in solving the issues that frustrate parents...and the toddlers themselves.





Lisa's opening introduction was directed solely to the toddlers in the room, praising them for being so good for sitting through the event so far. She then explained to mums in the room that young children find it difficult to sit still and "behave" because they have strong natural instincts to move their bodies, explore, be active and engaged with their surroundings. This behaviour is not 'naughtiness,' it is 'natural-ness' for them at their stage of development.

In terms of child safety, Lisa's comments were a valuable reminder that young children are perhaps more driven by their own instincts to explore their environment than they are to fully comprehend dangers and retain safety messages from their parents.

The message came back to what mothers already know - that young children need to be supervised at all times, as accidents can happen in an instant, as we already learned from the Head of Emergency Department of Gargash Hospital, Dr Akram, in relation to choking.

Picking up on Dr Matboly's advice on fussy eaters, Lisa said she preferred the term 'eating learners' to 'fussy eaters' when referring to young children, and stressed the importance of getting them involved with ingredients and some basic preparation for mealtimes, even if this means letting younger kids put salad ingredients in a bowl, stir a sauce, or help to set the table. This involvement in their food helps them to feel more connected and enthusiastic with eating if they have helped you to put the family meal together. And this in itself is a huge piece of the 'child wellbeing puzzle.'

### **'CHILD CAR SEATS' SAFETY ADVICE & DEMO: With Ricardo Vismonte, Babyshop Product Trainer & Safe Kids Worldwide Certified Child Passenger Safety Technician (CPST)**

Ricardo Vismonte, is one of the UAE's leading experts on child car safety seats and Babyshop's Product Trainer in this area. As such, he was crucially important to the Child Health, Safety & Wellbeing event. Although most parents have some kind of car seat

for children, it is important to ensure that a child has the right seat for them, and that it is fitted properly. The US statistics give us a sobering idea of just how important this is:

- ✓ Child car seat research in the US shows the leading cause of death in children ages 3-14 in the United States is motor vehicle crashes
- ✓ In 2019 in the United States, 1,053 children 14 years and younger lost their lives in car crashes
- ✓ During 2018 in the birth to 12 years age range - the ages most children should be in some sort of child restraint - 636 children lost their lives in motor vehicle crashes
- ✓ Of all the children from birth to 12 who died in a crash in 2018, 33% were not restrained
- ✓ Fatalities represent only the tip of the iceberg, as there were more than 183,000 children in this birth to 14 years who were injured in car crashes in 2019
- ✓ Many of these injuries and deaths can be prevented



It is an interesting fact that the use of safety restraints among young children often depends on the driver's seat belt use. In 2019 in the US, 67% of fatally injured children riding with unbelted drivers were also unrestrained in the car.

Ricardo pointed out that child restraint systems are often used incorrectly, with the statistics backing up his assertion. An estimated 46% of car seats and booster seats are misused in a way that could reduce their effectiveness, according to the US research, which gives us a good snapshot of global habits and attitudes in this area.

Placing children in age and size-appropriate car seats and booster seats reduces serious and fatal injuries by more than half. Ricardo gave a detailed talk on how to ensure that child car seats are properly fitted. He emphasised that parents are freely able to take advice from the experts in every Babyshop store before buying the car seat (preferably bringing their child with them) in order to make sure that their child travels safely.





# •PARENTING•



We're taking a look  
at the benefits of  
online gaming for kids;  
helping your child  
adjust to life with a  
new baby at home; and  
how best to support a  
grieving child.







PLAYING ONLINE GAMES SAFELY:

# RULES FOR YOUNG GAMERS & PARENTS



*Parents often think that if their children play online games they are missing out on healthy human interaction and social skills. However, many parents don't realise that games may be tools that are just as useful as books, movies, sports - each in their own way, says Andrey Sidenko, an expert on children's online safety at Kaspersky.*



According to Kaspersky research, the main activities kids are interested in online are videos and YouTube - and queries related to video games in particular (32.3%). Many parents are not aware that games are not only for fun but surprisingly, they may also help children to level up useful skills, perform better academically and build better relationships with other people.

### Games as an educational tool

It is not only left to books, films or art to have a positive effect on the development of a child, gaming should also be included on the list! Today there are many beautiful and complex games that require a child to sharpen their fine motor skills, increase their attentiveness, foster persistence, teach them to make quick decisions and plan ahead - sometimes even several steps at a time.

Some games, Minecraft for example, are popular with not only students, but also teachers and not so long ago a special version was released with assignments for a number of school subjects. Multiplayer games are an excellent way of honing communication and

teamwork skills, while simulators give free rein to the imagination. A recent study by the Institute for Cognitive Neuroscience at the Ruhr University in Bochum, Germany, says that some of the areas of the brain responsible for learning are better developed in gamers. Not only this, the study showed that children who played more than 15 hours a week performed better on a critical thinking test than those who only played occasionally.

### Playing video games doesn't lead to violent behaviour

The mass media and therefore the general public often link violent video games to real-life violence. Debate on the topic generally intensifies after mass public shootings that we see on the news, with some commentators linking these violent acts to the perpetrators' interests in violent video games.

But there are many studies that reveal there is either no correlation at all or a minuscule one between gaming and aggression. For example, the results of the report published in the Royal Society Open Science Journal

in 2019 did not support the hypothesis that there are statistically significant links relating violent gaming to adolescents' aggressive behaviour using the current operationalisation of violent gaming. A new study from City University London finds no evidence that violence increases after a new video game is released.

### Ok, let them play but streaming is really a waste of time

There is one more gaming hobby that became popular amidst adolescents. It is live streaming, an activity where people broadcast themselves playing games to a live audience online. The audiences for these streaming services are enormous. According to Nielsen, streaming video audience share is higher than broadcast TV. It is really hard for parents to share this addiction and understand why streams are so attractive for their kids. Most likely, they are interested in watching a game that they themselves cannot play.

But we adults often spend our spare time watching TV shows - and not always smart



ones! Maybe that's more waste of time than streaming? Streamings are like sports broadcasts - and you'll identify with this if you are a sports fan!

## Cyberthreats to gamers: this is what your kids should know

Gaming accounts contain a lot of valuable information, and people with bad or malicious intentions hunt for these accounts. As the player moves on to new levels, buys in-game equipment, collects loot (in-game valuables obtained in virtual combat) and the blogger gains views, accounts acquire a special value - and the account can be easily sold on the black market.

According to Kaspersky's study, a single account in entertainment or streaming services, including Twitch, costs between \$0.50 and \$8 on the darknet. The best way to protect your accounts is to use strong passwords. Explain to your kids that safe playing only is possible if they use exclusively legitimate resources and they're extremely careful when installing a game.

During the pandemic, attacks on gamers grew exponentially. According to Kaspersky, from January 2020 - May 2021, the games most often used as bait were Minecraft and Counter-Strike: Global Offensive (CS: GO). Also entering the ratings of the most popular games used as lures are Dota, Warcraft and PUBG.

Lures for gamers include promises of free versions of popular games, updates and cheats. In the autumn of 2020, when the entire gaming world was waiting for the release of Cyberpunk 2077, there were several sites allegedly giving the game away for free. If users were tempted and pressed the 'download' button on one of the fake resources, they ended up with malware on their computers. The programme allegedly requested a license key to activate the game. In order to obtain it, users had to take a survey and provide their phone number and email address. At the end of the survey, nothing happened: users were left with a game that didn't go beyond the splash screen, while the scammers gained more contact information for yet another spam database.

## Safety tips

### ✓ Check the rating

Not every game has content that is generally suitable for all ages. Check the ratings of the games your children play and make sure they are age-appropriate.

### ✓ Make gaming a subject of discussion

If you don't like the game, try to offer an alternative, such as another game or a fun, stimulating offline activity. If a child spends too much time on gaming, help them to find other types of entertainment to connect with everyday real life and people.

### ✓ Control gaming time together with your child

You can install a special application that will control screen time, but it is very important to let your child know about this beforehand.

### ✓ Cyber literacy is a must!

Teach your child cyber literacy. Talk to them about how valuable their data is, how to protect it, and how to recognise scams and phishing. Make it a rule to protect gaming and streaming accounts, as treating accounts carelessly can lead to unpleasant surprises like loss of personal data or, in some cases, money.

### ✓ If something looks too good to be true, then it's most likely fake

A site that distributes one of the most anticipated games for free before its release is clearly a fake.

### ✓ Think twice before you enter your data

This 'think twice' ethos also applies to paying money or downloading any unnecessary programmes in order to get access to some coveted file or key.

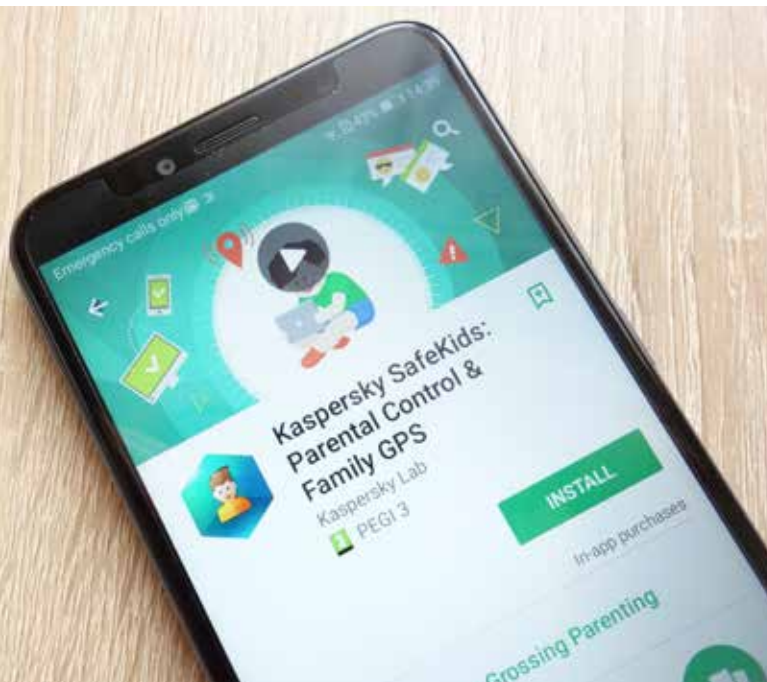
### ✓ Create strong unique passwords for all accounts

Do not share them with anyone and change passwords regularly - this applies to all online accounts, not just game accounts. The most convenient way to do this is with a password manager.

### ✓ Use a reliable security solution such as Kaspersky Total Security

This security solution can recognise cyberthreats, block phishing sites and prevent navigations to malicious pages. And there's a special game mode you can activate so that the solution doesn't interfere when you or your child are playing.

Adults often have many biases that can complicate the interaction with our children. The world we live in now differs from the world of our childhood. It's true that it's much more digital, but we should adapt to this new reality as our children are part of this modern world. Their interests may be different from ours but there are advantages for us as well, as children can help teach us and open a new brand world to us adults. So don't be afraid to break your patterns and remember that your task is to help your kids to explore the digital world safely.



# HELPING YOUR KIDS ADJUST TO A NEW BABY

*The lives and routines of children and teens are dramatically changed when a new baby sibling arrives. Here we look at some pointers to help them adjust to the family member.*

The lives of most children or teens involve routine, structure and established inter-family dynamics and relationships - including their relationship with you and the time they're used to having with you. However, when a new baby comes home, both mother and baby (and of course dad!) have very important and specific needs, and as a result your children and teens may react with excitement, happiness, nervousness, jealousy or even anger. So how do you help them adjust to life with a new baby in the house?

The best way is to involve your children with their new sibling right from the start, which will help them to adjust more quickly. Talk to them about how they want to be involved with the baby, but make sure you are still able to spend one-on-one time with your older kids to maintain the strength of your relationship.

## COMMON SIBLING FEELINGS TOWARDS A NEW BABY

School-age children will typically have strong feelings about the new family structure which might include:

- ✓ Being initially happy and excited about having a tiny baby to help care for, but are soon disappointed because the reality of a newborn is different from their idea of what it would be like
- ✓ Jealous because literally overnight, your main priority is the new baby and your child or children will suddenly feel they have to share or compete for your attention
- ✓ Irritated and resentful because the new baby cries a lot, disrupts their sleep, creates extra chores, or means they have to wait for your help or attention
- ✓ Excluded or not as important to you, if you can't give them as much attention as they're used to getting from you
- ✓ Embarrassed - especially if they're teenagers and the only ones among their friends with a newborn sibling

All children have to make adjustments when a new baby joins the family. If your older child's initial reaction to the baby isn't positive, it might help to know that positive sibling relationships often take time to develop.

If you can make this a positive and exciting time, your child will feel that the change is about everybody in the family and not just about the new baby. You could highlight the things you love about your children and the important contribution they make to the family - for example, *'You make the best chocolate cake in the family!'*

## INVOLVING YOUR TODDLER WITH THE NEW BABY

It's good for you and your husband to talk with your child about being involved with the new baby - and you can start these conversations even before the baby is born. Your toddler might like to get involved by:

- ✓ Passing you the things you need to give the baby a bath or nappy change
- ✓ Singing a song to the baby or playing peekaboo
- ✓ Reading the baby a story
- ✓ Sharing bath time
- ✓ Playing gently with the baby
- ✓ Having lots of pictures taken with them and the new baby, and displaying them so they can take pride in seeing themselves as a big brother or sister.

When your toddler wants to get involved, lots of praise will help your child feel good about helping and encourage them to do it again. If your child isn't interested in helping, try waiting for a few days and then asking again. Let your toddler regularly overhear you talking to the new baby about how lucky s/he is to have such an amazing big





brother/sister, and telling the baby about some great things about your toddler.

## TEENAGE CHILDREN

Your teenage child might like to be involved in more active care of the baby - for example, watching the baby while you catch up on a little sleep or prepare a meal. Remember, it's normal for teenagers to be more interested in their own activities, friends and lives, than they are in babies. However, a bond will usually develop over time if you don't force them together. Also, a teenage child may not want to babysit or change diapers! Your child is more likely to want to be involved if they feel that it isn't a chore, so try not to push your child into doing things for the baby if they are reluctant.

Emphasising your teenage child's age and maturity can encourage your child to feel more responsible and motivated to help.

### Make one-on-one time for older children

Children of all ages need a strong relationship and warm, loving interactions with you to feel secure and confident. This can be particularly important if older children feel like they're getting less of your time and attention because of the new baby.

One of the best ways to strengthen your relationship with your older children after your new baby arrives is to make some one-on-one time for your older children each day. This time together is special in itself, and it can also give your child the chance to talk

about how they're feeling about the changes in your family. And if your child has been expressing their feelings through challenging behaviour, it can make challenging behaviour less likely.

- ✓ Try to set aside some time each day to talk with your child with no interruptions
- ✓ Try to organise some fun activities alone with your child if possible, like doing arts and crafts, or going somewhere together - ask your child to choose some of the days
- ✓ Use family mealtimes as a time to focus on them and talk about what has happened during their day

Work with the other adults in your child's life - the children's father, grandparents, aunts and uncles or caregiver - to make sure older children know that the people closest to them want to spend time with them. For example, one of you could take the baby for a walk on a weekend morning, so the other can share a leisurely breakfast at home with the other child or children.

Don't worry about finding the time for everyone! The new baby will do a lot of sleeping in the early months and if you coordinate as much sleep time as possible with your baby, you'll find you still have great quality time with your other children.



# SUPPORTING A CHILD DURING BEREAVEMENT

*Whether your child has lost a family member, someone they know or a beloved pet, it can be a tricky balance to support children at this time.*

*Here are some pointers to help navigate this sad eventuality.*



As a six year old, my niece Gina experienced the loss of her grand aunt Chrissy and her pet goldfish in the same year. Chrissy was a much loved 88 year-old and, since they were babies, she had always delighted in spending time with all the kids in her extended family. Chrissy would be a regular at the Sunday lunch table and never missed Gina's birthdays, Easters, Christmases or school occasions. Gina's goldfish Bobby on the other hand had been with her for less than two months as her first and much longed-for pet. Interestingly, and in a way that is completely normal for a young child, Gina displayed much more overt grief and sadness at the loss of Bobby the fish than losing everyone's favourite grand aunt.

Adults are understandably hit hard and overwhelmed with their own grief when losing someone close to them. Children can also be impacted by the same loss in a big way, but this will often manifest in a completely different way to adults. As a parent, here are some key points to remember about how children deal with a bereavement:

- ✓ Children and teenagers grieve just as much as adults but may show it in different ways
- ✓ Children have less ability to put into words how they are feeling
- ✓ Children sometimes may not seem to be directly affected by a death, but you can often see their distress in their behaviour rather than in what they are able to say

This is a time for lots of hugs and also clear explanations of why their loved one died, in a way that is appropriate for your child's age.

## SUPPORTING GRIEVING CHILDREN

### Hold and comfort

Hold and comfort your child. Keep them close to you and make sure your child's usual caregivers give them plenty of gentle attention.

### Be honest

Be honest about what has happened. Talk to your child in a way that is right for their age. This will help your child make sense

of things and help to reduce any anxiety and confusion.

### Be patient

Sometimes children temporarily show behaviour usually associated with an earlier stage of development. This is called regressive behaviour. They may start wetting the bed again, or talking with a 'baby' voice. Be patient. Patience and understanding will support your child to get their confidence back in their own time.

### Discuss and communicate

Discussion and communication will help your child understand and process the bereavement. Follow your child's lead and answer questions honestly. Ask your child what they are thinking and feeling.

### Talk about feelings

Talk about feelings and help your child to identify what they are feeling. Your child may be experiencing strong feelings of sadness, anxiety and anger over their loss. Help them to make sense of these feelings by putting words to them.

### Spend quality time

Your calming presence can be deeply reassuring, so spend quality time together - whether this is playing, going for a walk, making a cake or preparing a meal together, or going on a mission to your nearest recycling facility and grabbing a cold drink on the way back.

### Ask open ended questions

Rather than asking 'are you okay?' (which means they can only give a yes or no answer) ask open ended questions that draw out their thoughts and feelings. For example, *'What are you thinking about at the moment?'*

### Keep routines going

Keep to routines as much as possible. Routines will help your child feel secure and reassured that their world continues to make sense.

Understand that grief feelings depend on the relationship with the person who has died.

It's important to understand that the stronger the relationship is with the loved one, the more intense the grief feelings may be in times of loss.

### Stay calm and show warmth

If possible, when a child 'acts out', remember that they may be overwhelmed by feelings. Stay calm and respond to your child with warmth and empathy.

### Acknowledge your child's feelings

If your child becomes overwhelmed with their feelings, it's helpful to acknowledge the way they are feeling. Distraction can also help - 'let's go for a walk' or 'let's play a game'.

### Remember that how we grieve is unique

Grief is sometimes described as an emotional fingerprint - it is unique to each of us. There is no normal way to grieve. It is a turbulent time that can affect us physically, emotionally, mentally and spiritually. The main thing to remember when supporting children and teenagers with their grief is to reassure them you are there to look after them and to help keep them safe.

### Reassure

Some ways to reassure your child:

- ✓ Listening
- ✓ Inviting rituals into the family as you mourn
- ✓ Offering choices around grieving (*"what way would you like to remember?"*)
- ✓ Creating outlets where feelings can be expressed, such as creative writing, art, sport, dance and play.

Also, sharing your own grief can help children understand they are not alone. They may be reassured about their own big feelings. You will also be modelling healthy expression. But, if you are feeling particularly emotional, it may be wise to have some time away from your child. That way, they don't become afraid by the intensity of your loss.

# •EDUCATION.



Find out why  
dinosaurs are better  
than flashing lights;  
and dolls, blocks  
and farm animals  
can help your child's  
development this  
toy-giving season!





# TOYS THAT INSPIRE OPEN PLAY

*With the season of giving coming up, lots of children will be gifted lots of toys - but do some provide better educational benefits than others?*





It's been firmly proven that children learn through play, yet every year, toy makers release the latest 'must-haves' for kids, including toys based on favourite movie characters and plenty of button-pressing light-up features, including noise! As fun as these things might be, it's worth asking whether the latest fad toys actually inspire creativity in children, or whether they have limited functional value. Child development experts generally agree that toys designed for 'open play' - ones that require children to use their imagination - are the ones that provide the best educational and developmental benefits.

### WHAT IS OPEN PLAY?

Open play usually involves toys that don't have set rules of play or a specific outcome to playing with them, meaning that a child can

get creative and make up their own way of playing with them. One example could be a set of dinosaur figurines. My nephew loved playing with them by putting them into toy trucks and whizzing them around; repeatedly building a 'dinosaur farm,' with fences made from crayons, or bits of card and paper. He'd use other toys, like farm animals and teddy bears to be the dinosaur farmer, or zookeeper. He'd get the tyrannosaurus to chase the other dinosaurs, only to be 'told off' by the teddy bear. The set up was always different and he provided the scenarios and dialogue with great enthusiasm.

Toys designed for open-ended play allow kids' imaginations to run wild and free without fear of failing or making a wrong move. They enable children to safely explore their own creativity without expectations, and in doing so, become more familiar and comfortable with the world around them.

### OPEN PLAY IS EDUCATIONAL

Unlike toys that are initially exciting but limited (like pressing buttons to get sounds or lights), toys that promote open play offer children limitless possibilities. These kinds of toys provide the opportunity for children to use their imagination, come up with ideas, create their own rules and embrace possibilities. Not only this, they offer benefits that include:

- Encouraging children to develop independence and confidence
- Promoting their cognitive flexibility and social awareness
- Strengthening their hand-eye coordination and fine motor skills
- Building their language skills, expression and vocabulary



- Encouraging children to think critically and develop their reasoning
- Sparking children's imagination and creativity
- Providing a calm outlet to help process their emotions

## TOYS THAT INSPIRE OPEN PLAY

If you're planning on buying toys this festive season and want to include ones that are great for open play, here are a few suggestions:

### Dolls, animals & figurines

Dinosaurs, dolls, and animals like sea creatures or farm animals really come to life in children's minds, talking to one another, playing, interacting and sharing stories. You might even overhear your child revealing to them how they feel about things, as it's easy for a young child to view their little figurines as their friends!

### Building blocks

Humble building blocks provide much more benefits through play than you might think. On a practical level, blocks are entertaining and fulfilling for children to play with, especially when they indulge their natural instinct to build and knock down their own towers and structures. While doing this however, the block play is helping to sharpen their fine motor skills, focus and coordination.

### Stacking toys

These include blocks, cups, and other stacking toys such as Lego or Duplo. All these help children to focus and test their coordination and/or balancing skills. They also help teach shape and colour recognition. Some stacking cups can be enjoyed in the bath, adding even more possibilities as they create waterfalls, dunk them beneath the surface, fill and empty them. A few plastic cups in the bath before bedtime is a great way for a toddler to get rid of any excess energy and prepare to relax for a bedtime story before bed.

### Role-Play toys

Role play toys such as doctor's kits, tea sets, cash registers and dollhouses inspire children to embrace the world with toys that allow them to learn about the real thing. They can cook at the stove, feed their baby, put a bandage on their teddy bear, and prepare



imaginary dinner for their playmate... even if that's you!

### Trucks, cars & carriages

Kids love to explore how things work. For children over the age of 4 or 5, toys like trucks, cars and machines give them an opportunity to take a closer look. Encourage your children to set up race tracks, load up their trucks and learn how to move things around, or empty out; or take them in the backyard and pretend they're on a farm or even running their own airport.

### Arts & crafts materials

Arts and craft materials allow young kids to discover colour, design, patterns and textures while honing fine motor skills and hand-eye coordination. Children also find textured materials such as Play Dough naturally calming and soothing, as well as it engaging their attention and fostering their creativity. Creating gives children a great sense of pride and satisfaction too.

### Fancy dress

Fancy dress means everything from Halloween costumes to making their

own pirate hat to help children to explore different characters and become anyone or anything they want to be. Not only will their creativity sharpen up, so will their excitement, their confidence, and even their language development as they navigate their way through their imaginary worlds and adventures.

## A NOTE OF CAUTION!

Do take great caution with any toys that have wheels, bows, ribbons or any other pieces that could come loose and create a choking hazard, as these kinds of toys are NOT generally suitable for kids under 4. Check the box carefully for age guidelines and carefully check the toys yourself for anything that could put a baby or toddler at risk. This might include pulling at any 'bead' eyes or buttons, small moving parts or car wheels. If you have children or babies under 3 at home, avoid any toys that can fit in a child's mouth, or ones that contain small balls, marbles or rubber bands, etc. Look for the hidden potential choking hazards, such as balloons, the small hats or hair bows on dolls; and any arts/crafts materials that have a lid, such as felt tip colouring pens.

# GOOD LIVING.



Hair and make up -  
check. The cheese  
course - check.  
Hassle-free Xmas  
lunch - check.  
Sophisticated drinks  
- check. Festive coffee  
to finish - check.  
We're all set for  
Christmas!



## THE GIFT OF VATIKA FOR YOUR HAIR THIS WINTER!



Vatika has made the Editor's Festive Picks list because they're a high quality range of hair care products, based on natural ingredients, at a great price (typically under AED 30), and easily available in all the main hypermarkets, as well as Amazon. Beyond the easy availability, the ingredients make sense in terms of nourishing and conditioning your hair to leave the most amazing shine and feel. The range includes Enriched Hair Oils, Shampoos, Conditioners, Hair Creams, Hair Serums, Hair Colours and Treatments. They're made with natural plant and superfood ingredients, with the brand also including a range of men's products. These products are a great way to gift your hair a festive treat!

*You'll find Vatika products in all the main hypermarkets and Amazon.ae*



# PERFECT CURLS FOR CHRISTMAS AND BEYOND!



Anyone with naturally curly hair is gonna love this! It's no secret amongst us 'curly girlies' that our hair sometimes has a mind of its own. To look their best, curls should be handled with care and using the right products are essential to tame those tresses! HASK's Curl Care collection is designed with this in mind and the Curl Care collection guarantees the hydration and care your curls need. The six-piece range is now a favourite among Hollywood hairstylists for styling, treating and nourishing curly hair. It features everything you'll need on wash day including a moisturising shampoo (AED 35), intensive deep conditioner (AED 39), and a curl-enhancing jelly (AED 39). The products have naturally-derived ingredients that include a miracle blend of Coconut Oil, Argan Oil and Vitamin E to hydrate and protect curls from damage and frizz.

*HASK products are in all major supermarkets & online on [www.glambeaute.com](http://www.glambeaute.com)*



## 100 GIFTS UNDER AED 100 BY LOOKFANTASTIC.COM

This festive season, you can treat your favourite people to a thoughtfully chosen pressie from LOOKFANTASTIC's selection of 100 products under AED 100.

Choose from mini eye-shadow palettes to grooming essentials for men, there's a little something for everyone!

Online British beauty boutique [lookfantastic.com](http://lookfantastic.com) is the original online British beauty store. With over 14,000 products from more than 450 brands across hair, make up, skin care, and electrical they have something for everybody.

*You can checkout the range at: [lookfantastic.com](http://lookfantastic.com)*

## THE BEST GIFT EVER FOR CHEESE-LOVERS!

True cheese lovers occupy a higher rank in the 'foodie chain' than people who merely love dining out. The world of cheese can be a complex one. People who love cheeses are rightfully excited by discovering and trying new ones. Since cheeses were first produced over 6,000 years ago, different countries, regions, soils, climates and production methods have produced thousands of varieties of cheeses, with many that are available now based on local traditions from Europe and even the Middle-Ages! This is the kind of thing that rings a cheese lover's bell!

Fast forward to today, Jones the Grocer, the award-winning café, gourmet grocer and artisan cheese retailer has the most perfect gift for cheese lovers - a members-only subscription for cheese connoisseurs and enthusiasts in the UAE. Each month, the Jones Cheese Culture Club will deliver four handpicked, farmhouse, seasonal cheeses at the perfect age, from around the world, alongside two perfect pairings for each cheese.

A great touch that makes serious cheese-lovers so excited about the Jones Cheese Culture Club is that the box includes a mini-education on each cheese, including expert fromager's notes, the best pairings, a guide to storing and prolonging the cheese's life and facts such as the origin, milk type, history and the aging time of each cheese.



## THE PERFECT, READY-TO-GO FESTIVE CHEESE COURSE

The beautifully presented subscription box is ohhh so exciting to receive every month and will comfortably last your cheese enthusiast for weeks. Alternatively, if you're having friends over for traditional fayre over the festive season, the Jones Cheese Culture Club cheese box is your ready-made cheese course for up to eight people. It will be an extremely special centrepiece course that will really get people talking, as they will not find many of these cheeses available anywhere else in the country.

Delivery is shipped free of charge, the cheeses are exclusively selected for members and no cheese is ever repeated within a 12-month period.

Jones Cheese Culture Club offers 3, 6, 9, and 12-month terms, making the subscription a loving gift for cheese enthusiasts that will keep on making them thrilled and excited when the new box arrives each month. (AED 899.00 for a 3-month subscription.)

*For more information on the Jones the Grocer's Cheese Culture Club; to sign up or arrange your cheese-lover's dream gift, visit [www.jonesthegrocer.com](http://www.jonesthegrocer.com)*





## A GREAT BRITISH TURKEY TAKEAWAY THIS CHRISTMAS FROM THE ROSE & CROWN AT THE ATRIUM



It's the most wonderful time of the year with merriment all around. Why step out when you can bring the festivities home? Enjoy a memorable celebration with your loved ones in a cozy setting at The Rose & Crown or within the comfort of your home this Christmas.

If you're planning a traditional British Christmas dinner, you may be dreading wrestling with a huge turkey, all the stress to cook it thoroughly and worrying about oven space for the roasties this year. Well, you can tick that big bird off your list by leaving the culinary details to The Atrium's British Pub. With a traditional turkey all ready to go, all you'll have to worry about is cleaning up!

From 24th to 26th December, The Rose & Crown will be offering your ready-roasted turkey for take-away, prepared to perfection by chefs and served with all the traditional trimmings to make your Christmas feast a memorable one. Bag yourself a mouth-watering 8kg Butterball Turkey served with Brussel Sprouts, Buttered Carrots, Roasted Parsnips, Potatoes, Turkey Jus and Cranberry Sauce. Priced at just AED 595, it will easily feed around eleven people.

If you prefer to enjoy a lavish feast with the family, head over to The Rose & Crown to make the most of their all-day festive specials until 31st December. From a traditional Beef Wellington to hand-carved Roast Turkey, there is something for everyone's tastes.

- **All-Day Festive Specials:** 6th to 31st December. AED 55 for the vegetarian option and AED 90 for non-vegetarian options
- **Turkey Take-away:** 24th to 26th December. Order 24-hours prior. AED 595 for an 8kg turkey with all the trimmings.

*For more details and to order: Call +971 4 437 0022*

## SOPHISTICATED & ALC-FREE ADULT DRINKS FOR THE FESTIVE SEASON



During the festive period there are usually more social gatherings to attend and opportunities to get into 'the season to be merry and jolly.' Drink Dry has a wonderful selection of great quality drinks for mums who want all the social fun of gatherings, dinners and parties, but don't require alcohol to have it. Not everyone wants the usual offerings of fizzy drinks and sugary juices, so it's great that Drink Dry has a range of low-sugar, sophisticated adult drinks, including curated hops, spirits, still and sparkling grape, cocktails and tonic mixers to suit all taste buds. And all with no alcohol! All drinks can be ordered online and delivered to your doorstep. What's more, the range of drinks available are significantly lower in sugar and calories – giving you even more guilt-free enjoyment! the competition today!

## THE BEST & ONLY WAY TO FINISH YOUR FESTIVE MEAL



Nespresso presents an enchanting, limited-edition holiday collection in collaboration with Colo Johanna Ortiz, perfect for unique gifts for all coffee aficionados. Nespresso's Forest Variations coffees are available for both Original and Vertuo Next machines for AED 43 and AED 32 respectively.

*The full festive collection can be found in boutiques across the UAE and online from until the 30th of December.*

# COMPETITIONS

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

## IMPORTANT ANNOUNCEMENT!

- Every month, we love giving away thousands of dirhams worth of great prizes to our loyal readers!
- In a change to our competition rules, from this month onwards our competitions are only open to our Instagram followers
- Our winners are chosen by prize draw - meaning our software picks the winners' names at random
- All you have to do to be in with a chance to win a prize is click to enter at the end of the competition you're interested in and fill in your details. And yes, you can enter more than one competition every month!
- Don't forget to include your IG handle...and best of luck!

## WIN! A COMPLIMENTARY CHRISTMAS BRUNCH FOR FOUR AT ZOCO, WORTH AED 1,000

Revel in the spirit of the season with an exotic brunch hosted by ZOCO on Christmas Day (25th December 2021, from 12.30pm to 4pm). A festive feast filled with live cooking stations, a lavish spread, free flowing drinks, buzzing music and Christmas decorations await at this Mexican and Latin American diner. The team is all set to serve you traditional flavours, signature dishes, sweet treats and more.

On top of the usual traditional melodies and festive treats, Santa Claus and his little helpers will also be dropping by to say hello to all the little ones who have been good this year. As the soft package is priced at AED 225, and the house package is AED 375 per person, the value of this exciting prize is around AED 1,000. The prize can only be redeemed on 25th December during the Christmas Brunch from 12.30pm to 4pm, and one lucky winner will treat a party of four to this fabulous prize. Enter today - it could be YOU!



## WIN! A FREE EYE CHECKUP FOR YOUR CHILD WITH MOORFIELDS DUBAI PAEDIATRIC EYE SPECIALISTS WORTH AED 500

Every parent knows how crucial it is to manage and safeguard their precious child's health - and that means immunisations, routine screenings such as hearing tests, weight, and growth charts for their children, not to mention regular dental check-ups and even treatment, if and when



the time arises. But what about their vision? Many parents will only take a child for an eye test if there is a problem. However, it is important to understand that some eye conditions do not display any

signs or symptoms, so the only way to know for sure is to take your child for a sight test.

To raise awareness of the importance of regular eye tests for children, Moorfields Dubai is giving away a free eye check-up to one lucky winner to a free consultation with the expert paediatric eye specialists at Moorfields Dubai. The prize does not include any additional tests that may be required by the Ophthalmologist.

**TO ENTER:** *You'll need to have an Instagram account to enter, so make sure you follow us on IG to be eligible to enter this prize draw competition! Just fill in the details on your entry form - and don't forget to include your IG handle!*



## WIN! A MUM & KID'S OUTFIT FROM THE GIVING MOVEMENT WORTH AED 850



The first sustainable athleisure brand manufactured in the UAE, The Giving Movement is celebrating its launch of 78 new styles that include sporting leisurewear. The range covers women's, men's, kids', modest wear and unisex ranges, as well as the new maternity range. The 110 styles use 100% sustainable materials and thoughtful designers that bring a new and fresh colour palette for AW21. Part of the new collection launch, The Giving Movement's Kids Collection, is a mini-version of the adult's wear - making it the perfect mini-me collection for parents and kids to match a full look!

The colour palette includes classic favourites like true black, seasonal grey, khakis and neutrals, but you'll also find the pops of electric blue and vivid greens add high-tones of more fun, as well as brighter hues. The favourite softer and muted shades, like dusty pink, soft blue and mint green, continue from the previous seasons by popular demand. Enter the competition today for a chance to win a set consisting of a top & bottoms for mum, and one for a child too! The total value is AED 850, so this is a fantastic prize to go for!

## WIN! THE NEW CLEVAPURE HIMALAYAN SALT LAMP FROM CLEVAMAMA WORTH CA. AED 300

When your baby can't sleep well, neither can you. That's why a comfortable sleeping environment is so important. Warm, dry air can irritate delicate skin and tiny throats and noses, making it hard to settle at night. ClevaPure Salt Lamp to the rescue! Containing natural Himalayan Salt Crystals, the ClevaPure™ Salt Lamp from ClevaMama is a humidifier, comforting night light, natural air purifier, and aromatherapy diffuser in one. The ClevaPure Salt Lamp is available exclusively at selected Mothercare stores Dubai Mall, Mirdif City Centre, Mall of Emirates and Yas Mall. It's a MUST HAVE product for all mums, and we have one to giveaway to one lucky winner! Enter today for your chance to win!



**TO ENTER:** You'll need to have an Instagram account to enter, so make sure you follow us on IG to be eligible to enter this prize draw competition! Just fill in the details on your entry form - and don't forget to include your IG handle!

# ANNOUNCEMENT



## PROUD MAMA & THE CUTIE PIES... (AND YES, THAT MEANS YOU!)

*Mother Baby & Child is celebrating...YOU! From next month, our mothers, babies and kids are being featured in a big way with our new Proud Mama & The Cutie Pies Instagram and magazine features. Read on for details of how you can be featured...*

There is no doubt - our kids melt our hearts with the funny things they say and do, their innocence and pure cuteness! And we all know that mothers are the biggest heroes in the world, as you're the ones who are building the future. We're proud of you mama, so we want to feature you!

**DM us your pics on our Instagram for the new 'Proud Mama & The Cutie Pies' gallery on our Instagram & for the magazine!**

From the early smile of your newborn, your baby experimenting with feeding themselves, exploring and discovering their world. Moments of happiness, birthdays, your anniversary, your new pregnancy, your kids' first day in the new school uniform, big smiles, lazy days, fun activities,

little grumpy faces and of course, YOU, mama! Show us what a proud mama you are by sending us your pics to feature on Mother Baby & Child. Here's how it works:

- Email your favourite picture each week of you, your child or your baby (or all 3 if you like!)
- We'll pick the best shots (pics in focus, with clear lighting) and feature them in our Proud Mama & The Cutie Pies gallery on Instagram each week.
- We'll feature a selection of high-resolution images of Proud Mamas and their Cutie Pies in the magazine every month!

**Enter your pictures and show us what makes you proud, mama!**

**SEND YOUR PICS TO:** [instagram.com/MBCMazine](https://www.instagram.com/MBCMazine)



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