

ISSUE 127 | JANUARY 2022 | DHS15

Mother Baby & Child

**ANEMIA IN
KIDS & TEENS**

**THE BENEFITS
OF READING
TO BABIES**

**SUCCESS TIPS
FOR WORK-AT-
HOME MUMS**

**WEIGHT-BASED
BULLYING IN
CHILDREN**

**“MOM, I WANT
TO BE A
BLOGGER!”**

**FAMILY
NEW YEAR
RESOLUTIONS
IN 2022!**



62970001070223

CPI

Publication licensed by
Dubai Production City, DCCA



ZIPPY®

DUBAI MALL +971 4 325 3913 DUBAI MARINA MALL +971 4 399 7042 CITY CENTRE MIRDIF +971 4 888 0891 YAS MALL +971 2 565 1856
AL WAHDA MALL +971 2 447 0225 DALMA MALL +971 2 557 5756 BHS AL AIN STORE +971 3 755 8988



LIWASTORES #ZIPPYKIDSME

MANAGEMENT

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

EDITORIAL

EDITOR: Kay Marham
Kay.Marham@cpimediagroup.com
05 67 68 62 68

ADVERTISING & SPONSORSHIPS

Mathew Tharakan
mbc.sales@cpimediagroup.com
05 05 34 95 94

MARKETING

marketing@cpimediagroup.com

DISTRIBUTION & SUBSCRIPTIONS

info@cpimediagroup.com

DESIGN

Froilan A. Cosgafa IV

FOUNDER

Dominic De Sousa
(1959 - 2015)

PRINTED BY

Al Salam Printing Press LLC

FOR OTHER ENQUIRIES,
PLEASE VISIT:
motherbabychild.com



MBCM Magazine

PUBLISHED BY



HEAD OFFICE:

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

A publication licensed by Dubai
Production City, DCCA

© Copyright 2022 CPI Media Group FZ LLC.
All rights reserved.

While the publishers have made every effort to ensure the accuracy of all information in this magazine, they will not be held responsible for any errors herein.

cpimediagroup.com

EDITOR'S LETTER



Hello Mum!

Happy New Year to you and the family! I'm not only wishing you just a 'happy' new year, but a healthy, fun-filled, prosperous one too. For mums who will be working from home this year, you might have noticed colleagues and clients that ooze an enviably cool level of professionalism on Zoom calls! Well, on page 21 you can find out the secrets to achieving the pro look, as well as some pointers on how to juggle the practical demands of working from home combined with your role as a mother.

In an effort to set you up for success this year, I've also included some suggestions for New Year's Resolutions that all the family can adopt - see if there are one or two that might benefit you on page 26. And if your goals are to work to regain your pre-pregnancy body, there are some important tips to take on board before you embark on a fitness regime after birth, on page 24.

With the new year getting underway, you may notice that the school homework schedule is also hotting up. Kids need help getting organised and you'll find some great advice on page 42 about how to help your child to take control of the school homework tasks without feeling overwhelmed.

When your child does have spare time, you may have noticed them enthralled by videos on TokTok and other social platforms. It's probably no surprise that this year will see a continuation of the trend for children to start vlogging - producing their own content and videos. The Internet offers amazing opportunities for them, but some hidden dangers too. Check out the must-read article from Internet security experts at Kaspersky on page 34, as it will clue you into the world of child video content creators and how you can keep yours safe while indulging in this popular hobby!

Lastly, I want to draw your attention to the serious topic of children getting bullied over their weight. You already know that children are not as emotionally equipped for criticism as adults, and this particular issue can destroy the self-esteem of young kinds like no other bullying can. If your child is a victim of bullies, or you discover that they have been bullying another child, please take action. Rivalry and dominance are a natural part of growing up, but bullying can be far too destructive on another mother's child to let it slide. There is a thought-provoking read for all mums on page 39.

As you know, I like to leave some things for you to discover for yourself in every issue, but this time, I also sincerely hope that you discover more of the fun, health, happiness, laughter, strength and prosperity that you and your family deserve in 2022.

Happy New Year!

Kay

Editor

Mother, Baby & Child Magazine

EDITOR'S —PICK—

SECRET SKIN LAUNCHES CARBON THEORY FOR BREAKOUT-CONTROL

Hands up who's noticed a few breakouts on their skin on the back of the festive season?! Breakouts occur for many reasons and are common and whether you've been dealing with acne through your teenage years, suffer from occasional breakouts caused by bad diet, stress or adult hormones – the quest to find the right products for troubled skin is always daunting. If this sounds relatable to you, then you'll be thrilled to know that Carbon Theory, a breakthrough skincare range for acne has just landed on the award-winning Clean Beauty discovery platform, Secret Skin.

Carbon Theory's skincare range is created with all-natural, vegan and cruelty-free formulations that respond to specific needs and real-life skin concerns, with a full AM to PM regimen to keep acne at bay.

*You can check out the range at:
www.thesecondskin.com*



C O N T E N T S

Editor's Letter 03

THINGS TO DO 08

Exciting Veganuary Food Choices and Venues 09

HEALTH 12

Helping Kids Get Through the Night 13

Managing Colds & Flu This Month 14

Anemia in Kids & Teens 16

NEW YEAR'S RESOLUTIONS 20

Success Tips for Work-at-Home Mums 21

Body Goals After Having a Baby 24

Healthy New Year Resolutions for Children 26



800 NURSING
6877464



Emirates
HOME NURSING
الإمارات للتمريض المنزلي

22% DISCOUNT
ON YOUR FIRST
BABYSITTING BOOKING

Book Now

T&C's Apply

CONTENTS

PARENTING

30

The Benefits of Reading to Babies

31

Dental Health & Hygiene for Children

32

"Mom, I Want to be a Blogger!" Keeping Your Child's Hobby Safe

34

EDUCATION

38

Weight-Based Bullying in Children

39

New School Term: Time to Deal with Head Lice!

40

Tips to Stay Organised with Homework

42

GOOD LIVING

44

Editor's Beauty Picks

45

Proud Mama Reader's Photo Gallery

46

Competitions: Enter today for a chance to win this month!

48

EDITOR'S PICK

ALL THE BENEFITS OF TURMERIC... FOR YOUR SKIN!

Long been hailed as a spice with great health benefits, turmeric has attracted a plethora of accolades from the beauty industry too. From a must have beauty ingredient for every South Asian bride to get that instant wedding glow, to being a dermatologist's favourite recommendation and the key ingredient in DIY face packs, scrubs and masks, turmeric works to improve skin's texture by sloughing off dead skin cells, replenishing moisture and rejuvenating the complexion. It is loaded with antioxidants which help in improving skin elasticity, diminishing wrinkles and keeping the skin supple and glowing at all times. And not to forget the wonders it works as a lotion too, as it deeply nourishes the skin with moisture rich hydration.

As a turmeric convert, I'm delighted to see that DermoViva has introduced its new Turmeric Range, which includes creams and lotions for the face and body; face wash, face scrub and a reviving face mask, all formulated using turmeric extracts in their full potency.

DermoViva's Turmeric Skin Superfood range is available at leading supermarkets across the GCC or online on Amazon and Noon.



NURTURING THE DREAMERS *with* THE FRESHEST MILK.

مزارع العين



Al Ain Farms



THINGS • TO DO •



This month we're supporting local brands that are offering the very best of family food to start the New Year the right way!



RESOLVE TO START 2022 WITH SOME FUN FAMILY MEMORIES!

The weather outside may be frightful, but that's no reason not to start the new year by creating some happy memories with the family.

There is nothing that a family looks back on more fondly than sharing great food together and having fun, with everyone happy. Here are two great recommendations that will deliver this to your family to kick off the new year!



ZOCO LATIN & MEXICAN RESTAURANT: PUTTING THE FUN INTO JANUARY!

Latin American restaurant, ZOCO, located in The Atrium, Al Habtoor City, is a vibrant, fun and lively venue for a January brunch for all the family. This is somewhere where you can enjoy a bountiful selection of traditional Mexican items, specialty dishes and an extensive menu - something for everyone, including the pickiest of eaters! At ZOCO, you'll often see little kids happily getting up and dancing to the Latin beats beside their family's table. It's a happy place. ZOCO has vibrant Latin-themed decor and offers lots of fun ways to enjoy its dishes, including a nacho trolley that does the rounds to your table, food stations galore, lots of classic starter bites and the best chocolate mousse the city has among its dessert bar selection.

To book, call: +971 4 437 0044 or
Email: Atrium.Reservations@habtoorhospitality.com



DATE NIGHT AT THE BEST STEAK IN TOWN AT THE CITY GRILL!

The scene of many a dramatic proposal on bended knee, The City Grill in The Atrium, Al Habtoor City, has a reputation as being an epicentre the coolest kind of modern date night. It's about enjoying a memorably delicious meal with your nearest and dearest, while you chill and relax over succulent meats and a classically elegant atmosphere. A perfect night where couples can kick back and enjoy each other's company in an impeccable signature steakhouse in Dubai. Uniquely styled with a sophisticated decor, a wide selection of South African dishes with a modern twist, intense flavours and a generous selection of premium beef. Date night 2022 awaits you!

Braai Night at The City Grill

Every Tuesday, from 5pm to 11pm, enjoy a bottomless selection of some of Dubai's favourite steaks, sausages, chicken and ribs for just AED 155 per person. You can also upgrade from this soft drinks package for just AED 99 extra and enjoy free flowing beverages for three hours. Perfect for a celebration, anniversary or to spend your date night.

Surprise Someone with a Birthday Song!

Because the stakes are high (and the steaks of impeccable quality), The City Grill is a popular choice for a special birthday celebration. If you call and drop the hint, you'll be able to surprise your special someone with a birthday song from the staff to finish up a perfect birthday night, making it one they'll remember for a very long time!

For bookings, call +971 4 437 0088.

EMBRACE VEGANUARY WITH KIBSONS



Since 2014, Veganuary has inspired and supported more than one million people in 192 countries to try a vegan diet for the month of January - and beyond. If you are considering making

the change or you are looking to overhaul your current eating habits and enjoy an overall healthier lifestyle, Kibsons make it so easy with its extensive selection of vegan items to add to their already impressive product range.

From a delectable array of dairy-free cheeses, butters and nut-milk yogurts, to brand-new mouth-watering gourmet brownies, dairy-free ice creams, ready meals, on-the-go snacks, hot sauces and baking items, the choices really are endless and are guaranteed to delight anyone who enjoys a vegan diet or is looking to make the switch this month.

As ever, Kibsons offers great prices and prompt, free delivery across Dubai, making your new vegan diet both convenient and fuss-free. Simply click on the 'Vegan' tab on the Kibsons website or app and you will clearly see all of the items that you need, readily available to make Veganuary a true success. We predict you'll find yourself discovering a world of delicious dishes that you'll love well beyond the month of January!

For more information, visit kibsons.com



VEGANUARY AT OPEN SESAME, IN HOTEL INDIGO DUBAI DOWNTOWN

Kickstart the new year with healthy vegan offerings at the Open Sesame social eatery, located in Hotel Indigo Dubai Downtown. Here, you'll find vegan and plant-based options that focus on locally sourced produce, prepared using traditional cooking techniques inspired by Mediterranean cuisine.

In terms of the atmosphere, Hotel Indigo Dubai Downtown is a boutique hotel influenced by local heritage. The hotel is home to 200 art and design objects created by local and international artists that also make an appearance at Open Sesame.

This month, you can indulge without guilt in a full 3-course meal, from tempting starters to delicate desserts. Check out the delightfully crisp and light fennel and apple salad bejewelled with contrasting pomegranate seeds and micro greens. For anyone looking for a hearty dish, try the vegan polenta - cooked to perfection with slightly charred broccoli, tomatoes and freshly made pesto. Finish your meal with a sweet and indulgent vegan chocolate cake made with a rich coconut milk mousse drizzled with a decadent chocolate sauce, coconut jelly swirl with dates, chocolate tuile and contrasting tart wild berries.

For more information, visit hotelindigo.com



PureSurfaces
surface disinfectant



21 Day

*of germ protection
with a single spray*



KILLS 99.9% OF GERMS
Long lasting protection
Water Based • Non Toxic

•HEALTH•



A solution for night-time bedwetting; a look at anemia in children and a quick rundown on how to protect against colds and flu this month.



HELPING KIDS THROUGH THE NIGHT

New Ninjamas Night time Bedwetting Underwear

While bedwetting is not always a medical concern and children normally grow out of it, it can contribute to feelings of embarrassment and stress for older children and their parents.

It has been a difficult period for many children with homeschooling, lockdowns, and added anxiety in every household driven by COVID 19. While many parents think that bedwetting could indicate a regression in their children's development as a result of their external environment, the reality is that bedwetting is more common than they think, and it is perfectly normal.

The new Ninjamas absorbent nighttime underwear is designed to help children conquer the night with powerful protection in a non-bulky design that hides under PJs that they don't have to feel embarrassed about, and to support parents in sensitively tackling this stage in their child's development. The absorbent, stealthy and comfortable night time underwear for boys and girls aged 5-12 is designed to help them sleep better and wake up feeling good.

Ninjamas offers powerful protection with unique product features designed for complete confidence, discretion, and worry-free mornings

- ✓ Feels, looks and sounds like real underwear – The FormFit Waistband stretches to fit older kids and feels like real cotton underwear. The QuietCloth™ Material minimizes noise and looks like real underwear.
- ✓ Conquers odours all night – The unique OdorMask technology activates as accidents happen to conquer odours throughout the night, so kids can wake up feeling confident each day.
- ✓ All-night leak protection – The all-night leak protection with exclusive LockAway Channels that distribute wetness quickly and evenly for powerful protection.

"Knowing many parents seek out ways to prevent their child's bedwetting, we're excited to offer a new and meaningful solution," said Karim El Fiqi, Vice President and Brand Franchise Leader at Procter & Gamble. "Ninjamas recognises that older kids' need for protection is just as important as their need for comfort and discretion. Ninjamas is the all-in-one solution for bedwetting, the overnight underwear that gives every kid (and parent) confidence to conquer the night with powerful protection."



PARENTAL EDUCATION & SUPPORT

Parental education and support are key to reducing the anxiety and stress that many parents experience, according to Expert Think Tank Spring Virtual Connect Meeting Report. Kids who deal with bedwetting often find traditional bedtime pants challenging their self-esteem. Ninjamas was designed to fit older children's body types while looking and feeling like regular underwear. Ninjamas acts as your kid's super-secret sidekick with graphics that look like underwear and a non-bulky design that hides under PJs so they can conquer overnight hours with fewer worries of being exposed or waking up with wet sheets.

Leave the dirty sheets and feelings of defeat in the past because Ninjamas Nighttime Underwear with powerful protection is finally here to deliver confidence and discretion to kids and parents everywhere as they conquer the night.

Ninjamas are currently available in-store and online in UAE and Kuwait.



MANAGING COLDS & FLU THIS MONTH

The cold and rainy weather over the UAE has brought with it an unwelcome bout of colds and flu. Here are a few insights and tips into navigating yourself and your family through it!

As the temperature is getting cool and rainy, the risk of a January cold and flu increases. It can be easy to mistake the flu for a common cold since many of the symptoms are the same, but muscle aches, cough, fever, headaches and sore throat are some of the more common signs of the flu, which tends to come on quicker than a cold.

You'll be able to tell when a flu is blowing up, as it usually starts with a sore throat, and is often accompanied by symptoms like a headache, fever and muscle aches. While there's no way to ensure you and your family members can totally avoid a cold or flu, there are steps you can take to reduce the chances.



BOOST YOUR IMMUNITY

The festive season is often a time when people ditch their normal dietary habits and go to more parties, get-togethers, festive lunches and meals over an intensive period of 2-3 weeks. The food choices tend to be rich party food, maybe more alcohol in some cases, more sugary drinks and desserts, and less salads and veg. Combining a period of excess and less healthy foods weakens the immune system, making it easier to catch a cold or flu.

To protect yourself this month, make sure your family has plenty of clean food to bolster immunity. School lunchboxes should contain salad veg and fruit and clean proteins and carbohydrates, such as wholegrain bread for sandwiches.

EXERCISE, HYDRATION & SLEEP

In addition to good nutrition, regular exercise also helps reduce inflammation in the body, which is a factor in low immunity. Not only this, proper hydration - drinking plenty of water throughout the day - can help maintain many important body functions.

Sleep is also an underrated way to boost your immunity. Taking 7-9 hours of sleep a night can help keep antibodies strong and build a defense against illnesses.

MAKE SURE YOU'RE IMMUNISED

The flu virus spreads differently to colds and can be transmitted to other people before any symptoms show. For this reason, it's important to get immunised to help protect against the strains of flu and virus that are currently doing the rounds. The immunisation is designed to generate antibodies that protect against future infection.

UPDATE YOUR MEDICINE CABINET

Get prepared beforehand in case cold and flu hit your household! Take an inventory of your medicine cabinet, get rid of any expired medicines and replace and replenish any headache tablets or cough syrups with new ones, as necessary. Make sure you have pain relievers, fever reducers, decongestants, antihistamines and cough syrups that can be used to help fight cold and flu symptoms. In addition, think about other supplies you may need to have on hand such as tissues, cough drops, hand sanitizer, antibacterial soap, a thermometer and a humidifier.

DISINFECT SURFACES AT HOME

Cold and flu viruses can live outside the human body on hard, non-porous surfaces such as metal, plastic and wood for hours, and sometimes even days. Regularly cleaning often-touched household surfaces with a disinfectant spray or wipe can help kill germs that cause the viruses. The surfaces you should pay attention to include:

- ✓ Door knobs
- ✓ Fridge & freezer handles
- ✓ Cooker/ stove knobs
- ✓ Microwave buttons & handles
- ✓ The handle of the kettle
- ✓ Light switches and cords
- ✓ Remote controls
- ✓ Faucet/ tap handles
- ✓ Countertops
- ✓ Mobile phones

ANEMIA IN KIDS & TEENS

It is very common for teenagers, especially girls, to experience anemia, but thankfully this condition is easy to treat once you spot the symptoms and take action!

Anemia is a condition that affects both adults and children, and arises when the number of red blood cells in the body falls below the normal range for the individual. Anemia is fairly easy to spot in a child, as it can make their skin look very pale and colourless, and you'll see them feeling tired, weak and energyless all the time.

Although the symptoms can be distressing for any parent to see, anemia is very straightforward to treat, because its root cause is usually an iron deficiency in your child's diet. Teenagers in particular go through a stage of growth spurt, and for this reason, teens are particularly susceptible to anemia, as are younger children with nutritionally inadequate diets.

WHAT IS ANEMIA?

Anemia means there are not enough red blood cells in the body. Red blood cells are filled with hemoglobin, a special pigmented protein that makes it possible to carry and deliver oxygen to other cells in the body. The cells in your child's muscles and organs need oxygen to survive, and decreased numbers of red blood cells can place stress on their body.

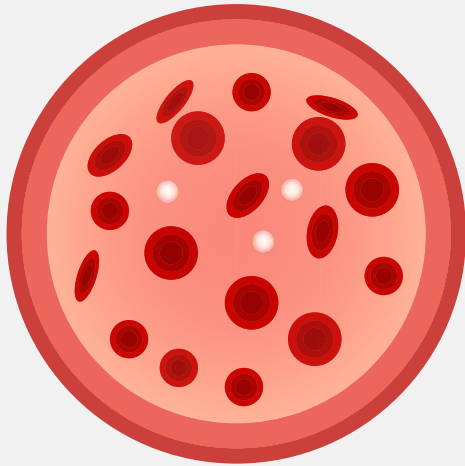
Your child may become anemic if...

- ✓ Their body is not producing sufficient red blood cells. This can happen if they don't have enough iron or other nutrients in their diet (iron-deficiency anemia).
- ✓ Their body destroys too many red blood cells. This type of anemia usually happens when a child has an illness or has inherited a red blood cell disorder, such as sickle-cell anemia
- ✓ If your child loses red blood cells through bleeding. This can either be obvious blood loss, such as heavy

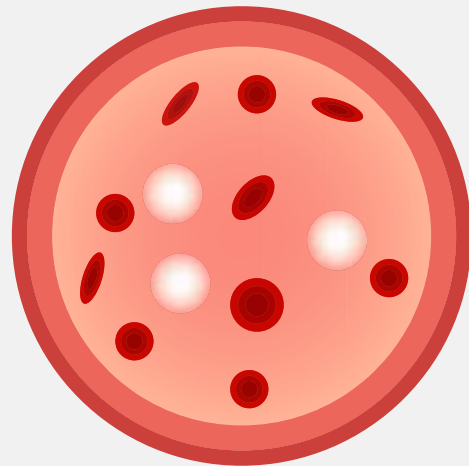




ANEMIA



**NORMAL
RED BLOOD CELL**



**ANEMIC
RED BLOOD CELL**

menstrual bleeding, or long-term low-grade blood loss, perhaps in the stools.

SIGNS & SYMPTOMS OF ANEMIA

- ✓ Pale or yellowish skin
- ✓ Pale cheeks and lips
- ✓ The eyelids and nail beds may look more yellow-ish than normal
- ✓ Irritability
- ✓ Mild weakness
- ✓ Feeling sleepy more frequently
- ✓ Children experiencing red blood cell destruction may become jaundiced (yellowing of the skin or eyes) and have dark tea or cola-coloured urine

Children with severe anemia may have additional signs and symptoms that include:

- ✓ Shortness of breath
- ✓ A rapid heart rate
- ✓ Swollen hands and feet
- ✓ Headaches
- ✓ Dizziness and fainting
- ✓ Restless leg syndrome

When kids eat non-food items

Children with anemia caused by very low levels of iron in their blood may also eat unusual non-food items such as ice, clay, paper, cardboard and plastic. This consumption of non-food items is called 'pica' and it often occurs in children who are low in iron and can cause constipation. In such kids, the pica usually ends after the anemia is treated with the required iron intake.

If your child shows any of these signs or symptoms, see your doctor, as even a low level of anemia can affect your child's energy, focus and ability to learn.

Chronic iron deficiency anemia can result in long term, permanent impairment of development in your child. That said, it rarely needs to become so serious, because in most cases, a simple blood test can diagnose anemia.

PREVENTING ANEMIA IN CHILDREN

Iron-deficiency anemia and other nutritional anemias can be prevented by ensuring that your child eats a well-balanced diet. Talk with your doctor about the specific dietary habits you have at home, as your child may require a nutritional supplementation to prevent anemia.

Preventing nutritional anemia

Cow's milk is not suitable for babies until they are over 12 months old. Giving cow's milk before your child's system is ready to

handle it can decrease the amount of iron absorbed in the gut, and in some cases blood loss through their stools.

If you're breastfeeding

Your baby will have an adequate supply of iron until at least 4 months of age. At 4 months of age breastfed babies should be supplemented with iron until they are eating enough complementary foods that are rich in iron. If you have any concerns, speak to your doctor about the foods best for this and whether / how much additional iron supplementation is needed.

Formula-fed babies

If you are using formula, give your baby formula with added iron. Formula milk that is low in iron can result in iron-deficiency anemia and should not be used. (Breastfeeding is always best for babies.)

After baby's first year

After 12 months of age, avoid giving your baby more than 2 cups a day of whole cow's milk. Milk is low in iron and can make babies feel full, which can decrease the amount of other iron-rich foods they'll eat.

A well-balanced diet for older children

A well-balanced diet with foods that contain iron is a must for older children. Common sources of iron include green leafy vegetables such as kale, spinach and other dark green coloured leaves; red meat, egg yolks, potatoes, tomatoes, beans, and raisins. Many grains and cereals are also fortified with added iron, so check labels to make sure.

Citrus fruits help iron absorption

Although green vegetables contain lots of iron, the iron from many vegetables comes in a form that is difficult for your body to absorb, unless they also intake Vitamin C. Achieving this is as simple as a squeeze of lemon juice over salads and green leafy veg. Encourage the whole family to eat citrus fruits or eat other foods high in Vitamin C to increase the body's absorption of iron.

FINALLY...

If your child starts to show any signs or symptoms of anemia, be sure to visit the doctor and also find out if anyone else in your family background has a history of anemia. The condition responds well to appropriate remedies and handling, and your child will soon feel the difference too!

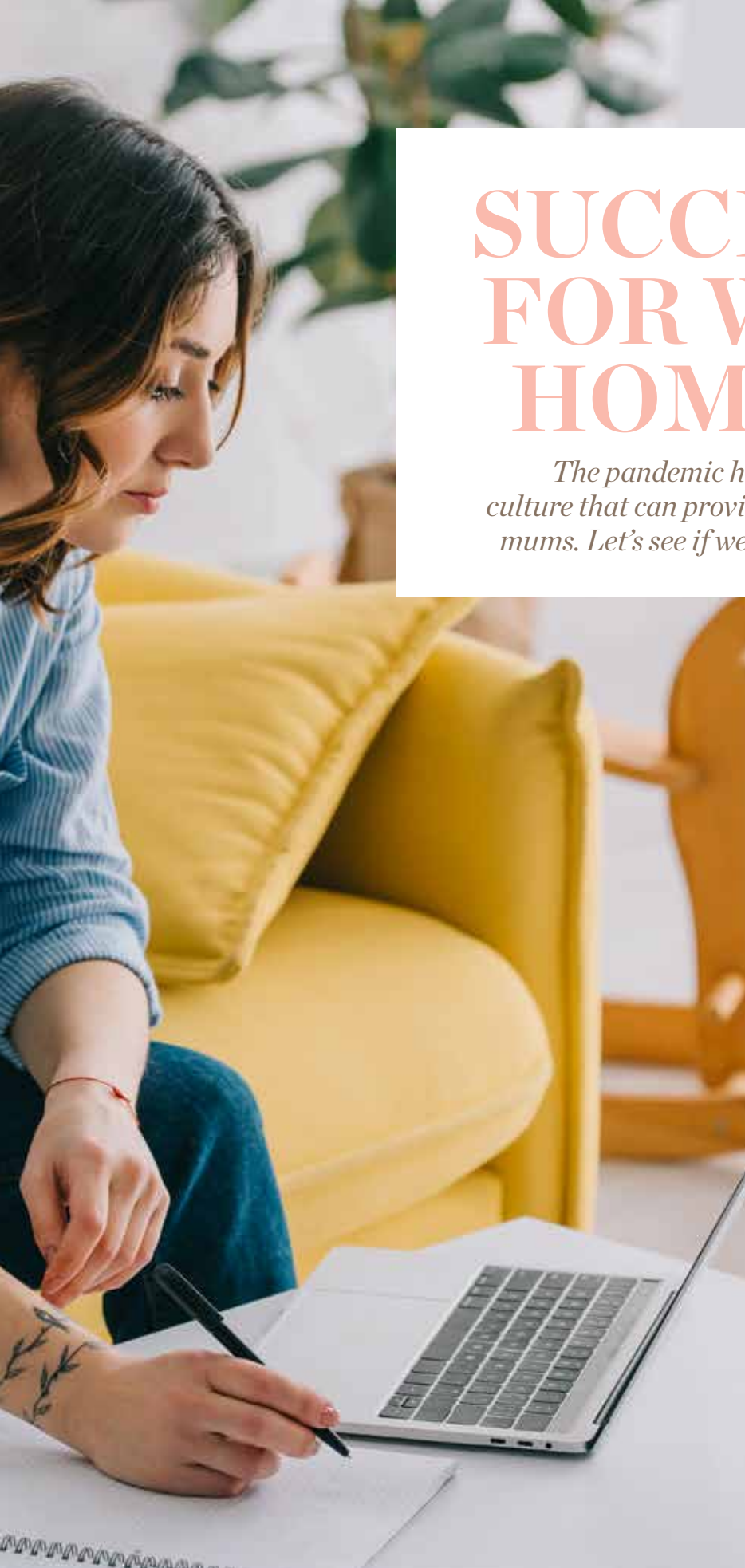


• NEW YEAR'S • RESOLUTIONS •



This month, we
have help with
your body goals
after birth; healthy
resolutions that
kids can follow;
and tips to work at
home successfully.





SUCCESS TIPS FOR WORK AT HOME MUMS

The pandemic has given rise to a work from home culture that can provide both benefits and downsides to mums. Let's see if we can help to get the balance right!

An unexpected side effect of the pandemic was that it normalised the idea of mothers of young children working from home in professional roles. Pre-pandemic, eyebrows would have been raised if your company or a client could see a child playing in the background. Now, with Zoom calls becoming a normal way to have a meeting, and full acceptance of working from home, it is much easier for mothers to successfully work from home.

At the same time, you may find that you're balancing work, parenting and home-schooling all at the same time, which can be tough and overwhelming. If you are feeling overwhelmed by playing multiple roles at once, that's okay - and it's definitely worth looking at ways to make it more structured and easier.

Before you do anything, take a moment to remember all the amazing things you've already accomplished as a person and a parent. You've already made so many complicated situations work and you have parented through the tough times of the pandemic at its height. So, remind yourself that you can balance working from home as a parent too! Sometimes a little perspective can help us manage things in a healthier way. Here are some other things to consider...

SET REALISTIC GOALS

If you're working from home this year, and have young children in the home, keep realistic expectations about what you can



actually get done in a day. Make a list of the most important things you **NEED** to do each day, followed by the things that you **WANT** to get done, and then things you would **LIKE** to get done **IF** you have time.

Before you start work, scope out how long it will take you to do each task, then budget your time for everything to take longer than it usually does to get done. How much longer may depend on the day, on the kids, or other things you have going on each day.

Instead of getting frustrated with not finishing everything you set out to do, be consciously satisfied about each task you achieve, then start your list for the next day with a better sense of what you can manage. Learn from your daily experience, as every day can teach you something.

RESPECT YOUR ROUTINE & FLEXIBILITY TOO

It's a great idea to prepare for your working day in the same way as you would if you were working outside of the home. Get

dressed for every work day, put on a slick of lip gloss, mascara or make up (if you would usually do this for working outside) and make sure you dress and look professional for all your video calls.

We are used to the idea that working life has a daily routine that follows certain patterns. For example, you might start your day with a shower, a coffee or checking up on social media. Decide which parts of your routine will benefit your new work from home situation and build them into your plans. If you usually meet a friend for a morning coffee, make your coffee at home and replace the meeting with a video call more often, in order to make you more time-efficient.

SET UP A WORK SPACE SPECIFICALLY FOR YOUR NEEDS

Some people like to have a dedicated desk space with a computer and a printer and stationery at hand. Other people like to

move from the dining table to the couch or a desk with only their laptop and coffee. Figure out what you need to do your best work and make that happen.

If you really need quiet for meetings but don't have an office space in your home, you might need to squeeze a small desk or table into your bedroom. If you thrive on activity and interaction you might do well setting up in the living room.

Try to take advantage of what you already have - use a dining chair for a desk chair, move a lamp, clear some counter space. Put together a work space that works for your needs.

INVEST IN YOUR OWN PROFESSIONALISM

We were all caught by surprise working from home at the start of the lockdown. Many working mums worked in pyjamas or leisurewear to begin with, but quickly realised that they needed to up their game. Fast forward to 2022 and you

probably noticed last year that you have colleagues, clients and suppliers who have really mastered how to look great, sound crystal clear, and appear like top-notch professionals in their Zoom calls.

So what's their secret? It's usually the quality of webcam they use and quality of sound when they're on a Zoom call that makes the difference. Many professionals have realised that using the built-in camera and audio on their laptop is fine for personal use, but not good enough for professional settings. If you look closely, the best professional Zoom calls are the ones where the speaker is in clear focus and you are not distracted by their background. The lighting is even and directed on them - they're not in half shadow because of a window or uneven indoor lighting.

A very neat solution to creating Zoom professionalism is a system like the Poly P5 webcam and headset. The camera has different settings depending on whether you want to focus on your face and blur the background; or make your presentation materials the focus of your call. The camera optics are specifically optimised for video calls and it's your voice (not your child's in the background!) that will be heard clearly, as there is a built-in directional microphone that focuses on your voice, not the noise around you. There is even a privacy shutter to give you complete control of when you are on camera, which makes it ideal for mums who want to convey professionalism while working at home when the kids are around.

(See details of our competition next month for a chance to win a Poly P5!)



TAKE BREAKS FROM BOTH WORK & PARENTING

Of course, it's important to schedule dedicated breaks, including an energy-giving lunch, when possible. In an office environment the social interaction naturally lends itself to breaks and conversations. In remote work, it's up to you to start a conversation to stay connected in this way or take a break.

Check in with other parents that you work with, as they're going through this too and might appreciate a friendly word of acknowledgement for the juggling they're doing. The chances are they will check on you too, which you'll find supportive.

SUPPORT EACH OTHER AT HOME

- If you're working from home it's a good idea to talk to everyone in your household about how you can support each other. This includes spouses or other family living in your home, as well as the children. Even toddlers can understand when you need quiet time to make calls, so praise them for being good about this, but make sure you set them up with a movie that keeps your toddler engaged while you work next to them on the couch. (It's not bad parenting to take advantage of tech, just balance it out with physical activity, games, reading and human interaction.)
- If you and your partner are both working, make sure you're sharing the load on household chores to get the time you need to get your own work done.
- If your kids are doing school work, then take the opportunity to lead by example about the ways they can focus successfully and be productive. Help them plan their daily schedule, set up a good working space and establish goals for the day or week. *(See page 42 for our tips on how to help them get organised with their homework.)*

DON'T TRY TO BE THE TEACHER

Unless you've chosen to be a full time home-school parent, or you're the sole daytime carer of toddlers, it's likely your child will already be attending some form of online classes, complete with their own



school teachers. This means that your child already has a teacher - and it's not you! So let your child's teacher do their job and don't feel any pressure to take on this role too.

This will leave you psychologically free to support and encourage their learning without feeling it's your job to take over explaining algebra or history assignments.

- Make sure that your child has space to work and the technology and supplies they need, but don't feel like you need to be supervising every moment. Let the teachers do their jobs.
- On the flip side, don't expect the teachers to keep your children busy for the full day, as a good chunk of the normal school day is spent on moving between classes or activities, going to lunch and breaks. It is more realistic that home learning will take just a few hours each day, depending on your child's age and assignments - so plan accordingly.

REMEMBER, WHEN IT'S TOUGH, IT'S TEMPORARY!

Challenges like working from home with kids can be good for everyone. Your children may learn some lessons in independence and free play, and they'll get to see a side of you that they may not have known before. Remember that it won't always be this way and learning to work in less-than-ideal circumstances helps you to be a more resilient, adaptable, creative employee...and parent!

BODY GOALS AFTER HAVING A BABY

At some point after a new mum settles into her new role and routine with the baby, it's common to put some of the focus back onto her own body, energy and fitness. Here are some New Year's Resolutions if you're thinking of working towards some body goals.



When most women have their baby, their priorities change, they lose interest in the things they used to do before - and suddenly, their whole lives take on a powerful new meaning - all focussed on being a mother. Although it's tiring, it is also a blissful and magical time getting to know your new baby. As a mother, you'll never feel like your old self again - in a good way! However, there comes a time for many women when they want to work towards regaining their own body shape.

If you are planning to work towards body goals after becoming a mother, there are some golden rules to keep in mind:

- ✓ Do not put too much pressure on yourself to lose weight - it takes time
- ✓ Do not embark on any fad or restrictive diets that cut out any of the food groups
- ✓ Eat clean

Here are our tips to help you work towards your pre-pregnancy body ... or even better!

LET YOUR BODY RECOVER FROM BIRTH

After giving birth, your body is in an adjustment stage, so it is very important to let this 'repair' mode happen and not hurry into a diet and fitness regime. Give your body enough time to recuperate and restore its normal processes. Understand that getting your body back into shape will take time, so as your body heals, remember that patience, good health habits and loving yourself will go a long way.

MOVEMENT IS IMPORTANT

New mothers will find that their body will not be ready for its pre-pregnancy levels of exercise for at least 6 weeks after giving birth (and even longer if they had a Cesarean birth). Once your doctor tells you that your body is ready to start gently exercising, start by taking short walks. Gradually work your way up to 20-30 minutes of walking, between 4-6 times a week. After your 6 week check-up, talk to your doctor about increasing the intensity.

BREASTFEEDING

The body is one of the most sophisticated examples of natural engineering in the world! Case in point, mothers who breastfeed burn approximately 800 extra calories a day, making it a natural way to lose the extra weight she puts on during pregnancy. At the same time, as a breastfeeding mother, your body needs around 500 extra calories every day. In order to pass on the best nutrients to your baby, your calories should come from a variety of nutritious meals. To help both your baby's healthy development and your own body goals, avoid foods that just provide calories without any nourishing benefits, such as fizzy drinks, cakes, biscuits, chips, sweets, etc. After you've stopped or reduced your breastfeeding, your body's need for the extra calories will also tail off. This is a good time to adjust how you plan your meals and make sure you have a regular exercise routine to avoid gaining unwanted weight.

GET PLENTY OF REST

Lack of sleep can feel torturous for new mothers. Not only will it sap your energy and increase cravings, but it will upset your metabolism and make it very difficult to lose that extra pregnancy weight. Don't feel guilty about trying to sneak in a nap when your baby is sleeping. And in those early weeks do not sacrifice sleep in order to fit in a workout ... your body needs the recovery more than a workout at that point.



SET SOME EATING RULES FOR YOURSELF

When you were pregnant you may have felt like you could eat anything and get away with it. Unfortunately, this way of thinking won't cut it once the baby is born. It's time to establish some rules when it comes to your nutritional needs to help improve your metabolism and do away with the cravings.

- ✓ Focus on smaller, balanced meals spread out throughout the day
- ✓ Breakfast is your most important meal
- ✓ Be sure to incorporate good sources of protein to keep your hunger at bay
- ✓ Do include plenty of protein and fibre in your diet to help keep you full
- ✓ Include healthy fats such as salmon, nuts and avocados
- ✓ Keep plenty of chopped fresh fruit and vegetables handy as snacks

GET BACK TO A REGULAR EXERCISE ROUTINE

If you were exercising during your pregnancy, it will make getting back into a routine easier. If not, it doesn't matter, as

you can start a regular routine by simply putting one foot in front of the other and starting a walking habit! Getting back to exercise is a gradual process, but there are a few things that you can focus on after your doctor tells you you are ready:

- ✓ Bridge and plank exercise will help strengthen the abdominal and core areas
- ✓ Yoga or pilates will help your strength and flexibility
- ✓ Activities like swimming, cycling, and treadmill workouts will do a good job of getting your heart rate up
- ✓ Cardio and weights exercises should gradually be added to your routine later

New mums feel good when they have energy and strength, so be sure to incorporate strength training exercises that target your entire body. And keep in mind that strength training will go a long way in making your metabolism more efficient and helping you lose unwanted body fat.

Remember to be patient and embrace the challenge of getting your body back. It will take time to lose any weight you have gained, but resolve to stick to the guidelines above and you WILL succeed in your goals!

HEALTHY NEW YEAR RESOLUTIONS FOR CHILDREN

The new year is the perfect time to get your child to understand that a change in habits is a great idea. But it's up to you to provide the momentum to make sure everyone follows through!

Now that we're at the start of 2022, you have the power to make the New Year's resolutions fun for your kids, introduce a rewards system, or even resolve to give lots of praise and 'thank-yous' to your kids for doing well. And always remember, it only takes three weeks for a new habit to form!

Start by setting some realistic goals that you know your children can achieve without stress and pressure. Under these circumstances, children like having something to work towards. You can introduce sticker charts to track progress depending on their age.

SET YOUR NEW YEAR'S RESOLUTIONS TOGETHER

It will be overwhelming for children of any age to deal with a long list of things they need to change, practice or improve. For this reason, it's better to sit together and decide on the one or two goals they want to go for. This way, they are psychologically committed themselves - rather than just being told what to do.

Make it fun

When your child reaches the (manageable) goals you have agreed together, let them know that it's worth celebrating! This needs only to be as simple as letting them decide the family movie for movie night together.

If you are intending to help your very young children to eat more fresh fruit and veg, a fun way to do this is to add sweeter veggies like carrots and beetroot to smoothies that they will enjoy. Involving kids in making the decisions about family meals can help turn these resolutions into habits you can all sustain.

Here are some healthy resolution ideas for you to consider for children of all ages:





NEW YEAR'S RESOLUTIONS FOR TODDLERS

- ✓ Tidying up the toys and putting them away after each session of playing
- ✓ Brushing their teeth twice a day together
- ✓ Washing hands together after going to the toilet and before eating
- ✓ Try one new food every week and one new veggie (give them a choice of which veggie - a red one, green, yellow or orange one!)
- ✓ After eating take their bowl or plate to the kitchen
- ✓ Play nicely with other children, because they might need a nice friend
- ✓ Always tell mum, dad, or an adult carer how they feel - whether that is scared, angry, happy or upset

RESOLUTION IDEAS FOR KIDS AGED 5 - 12

Having too many resolutions can feel oppressive for young children, so it is better not to have too many resolutions at the start. The following will give you some ideas from which to choose a few, and maybe you can add to the list a bit at a time.

Be Nice!

Always being friendly to other children and invite them to join in with activities - especially the quiet and shy ones, because they might need your child's help to make friends.

Drinking More Water

Drink more water every day - a glass in the morning, a water bottle at school, after school and with dinner. Make water consumption normal!

More Exercise

Resolving to do half an hour of a physical sport or activity they enjoy, for every hour spent at a screen. This could include rollerblading, bike riding, taking a football to the park, skipping rope, or climbing.



Sun Protection

Always putting on sun protection cream and wearing a hat and sunglasses when possible.

Safety

Aside from using hand sanitiser, washing hands, wearing masks and maintaining social distancing, make sure your child also undertakes other safety measures too. These include: always wearing a helmet when riding their bike, scooter or skateboard.

Talk About Bullying

Make sure your child resolves to tell you about any bullying that happens at school.

Online Security

Discuss the importance of your child resolving to never share their personal information online. This includes their name, home address, school name or phone number. Make sure they know that they can only share their photo with your permission.

Internet & Screen Rules at Home

This one needs discussion and agreement with your child at the outset. Explain to your child that too much screen time is damaging to their eyes, as well as over-stimulating their brains, meaning that they won't sleep well - and this in turn means they may not do as well as they can at school. Set sensible limits together, then stick to them!



NEW YEAR'S RESOLUTION IDEAS FOR TEENS (13 YEARS OLD AND OLDER)

Taking Better Care of Their Skin

Pimples and acne are a common feature in teenagers and can impact their self-esteem, social life and even emotional well-being. Hormonal changes play a role in the condition of their skin, as does the foods they eat, their water consumption and skincare routine. Show your child how to start a simple skincare regime of washing their face thoroughly, cleansing, toning and moisturising in the new year.

Eating More Vegetables!

Explain to your child how vitamins and minerals are essential for bodies to function

healthily, help with healthy sleep, digestion, skin, energy and everything inside the body that makes us perform at our best. Get their agreement that daily veggies are the best way to counter any of the sugary foods they may have that work against their health, so it is important to have a good balance.

Swapping Fizzy Drinks for Water

Our maximum sugar intake should be less than 25 grams per day. Yet, the most popular sugary drinks amongst teens exceed that in just one serving. Red Bull has 29 grams of sugar, Coke has 39 grams and Mountain Dew has 46 grams of sugar in every serving. Ask your teens to swap the soda and give their body what it really needs - water. Explain that this will help to keep acne at bay and help them to have a healthy glow!

Limiting Screen Time

For the same reasons as the previous section, too much screen time affects a child's brain and eyes negatively. Ask them to resolve to keep a good balance and limit their TV shows and leisure screen time to (not binge watch them!) a maximum of two hours a day, or less.

Having a Break from Social Media Every Month

As much as teenagers enjoy keeping up with their friends, encourage them to take one day a month of that time to do something fun that makes them happy. This could be a theme park day, going to play a football game

in the park, having friends over for lunch and a video. Help them see the benefits of having a 24-hour break from social media every month and use that time to do something for themselves.

Getting Enough Sleep

Unfortunately, some parents allow their children to stay up late, but this can actually cause many problems for a child, including poor school performance, slower healing ability and less energy.

Resolve that your child gets 8-10 hours of sleep a night.

Helping Around the House

Explain to your child what it takes for the home to run smoothly and how everyone should play their part. Simple things will go a long way, such as clearing the table, keeping their rooms tidy, and clearing up and spills. With lots of praise and a simple 'thank-you,' from you, these activities will make your child feel better about themselves.

Dealing with Stress & Negative Emotions

The moods of teenagers will change frequently and will usually feel overwhelming for them. They may be more prone to tears, anger, frustration or feel withdrawn. They are at an age where they compare themselves and their lives to their friends and people they see in the media. Sometimes, they don't think they're as 'good' or as 'pretty' as others and the teenage years are a delicate time for their self-esteem.

Get your teen to resolve to talk to you about how they are feeling. Whether they are angry, stressed, inexplicably sad or even calm, relaxed and happy, encourage them to talk about their feelings. Talking about your own feelings will help to normalise this kind of dialogue! If they don't want to talk to you, help them to realise that there are other people they can also talk to, such as their friends, teachers and other family members.

LAST WORD

You're always welcome to have a chat with your family doctor about other important habits that can help ensure a happy, healthy and safe new year for you and your family!



•PARENTING•



Everything you need to support kids who want to start vlogging; starting a dental routine for babies; and reading to your baby.

THE BENEFITS OF READING TO BABIES

We know that the earlier a child is exposed to books and reading, the more likely they are to become a reader for life. But some interesting things also happen in the brain of a newborn that makes reading to them from birth beneficial to their development.



The human brain is powerful and still a mystery, and while babies may not be able to talk, it doesn't mean they aren't learning and absorbing everything around them. Researchers have uncovered a critical key to healthy development for babies and toddlers - reading aloud to them every day. Research tells us three ways early reading can literally change the course of a child's life:

PROMOTING BRAIN DEVELOPMENT

Science tells us that the first 3 years of life are the most rapid period of growth for a person at any stage of their life. From laying in a crib to crawling to walking and then running, a child's physical body is growing at a rapid rate. Their brains are growing even faster - hidden behind their giggles is a brain that is fast at work.

Born with about 100 billion neurons (the cells that receive, process, and transmit information in our brains), babies are actively working to make sense of the world around them. These neurons have the ability to connect with each other and form neural pathways - the foundation for learning. Using language and reading aloud to babies promotes the development of these pathways, and the more pathways a child develops, the more they will be able to learn as time goes on.

BUILDING VOCABULARY

The more language a child hears - from reading books, talking and singing songs etc. - the more words they have exposure to. The more words a baby hears, the stronger their cognitive development. According to research, the quality and quantity of book reading in early infancy influences the child's vocabulary and early reading skills. This affects their readiness for kindergarten, which is a key predictor of success in school later.

ENHANCING BRAIN PROCESSING SPEED

A child's mental processing speed is shaped through a rich engagement with language. A fast processing speed allows babies and toddlers who recognise words to put their energy and focus on the next word in the sentence. Kids who have a high engagement with language (via reading aloud, talking, and more) get more out of each interaction. Their vocabulary develops, their ability to remember, reason, and conceptualise are all strengthened through the power of hearing words.

You may feel a little silly reading to a newborn or very young baby, but think of it like this: they get to enjoy some close bonding with you while hearing your soothing voice as you cosy up together. Spending time like this every day also has the spin-off benefits of reducing the stress levels of a newborn whose world has dramatically changed from the safety of the womb - and you'll find that you enjoy this time as much as your baby does!



DENTAL HEALTH & HYGIENE FOR CHILDREN

The number-one dental problem among toddlers is tooth decay, with 10% of toddlers already having one or more cavities. Your kids will need your help to get their oral hygiene habits right, so here are a few tips to guide you.

If you have ever seen a baby or toddler with a bottle or sippy cup filled with fruit juice or diluted cordial, you can imagine how their early teeth have a prolonged exposure to the sugar in these drinks. So it's no surprise that:

- ✓ By age three, 28% of children have one or more dental cavities
- ✓ By age five, nearly 50% of children have one or more dental cavities

Many parents assume that cavities in baby teeth don't matter, because the teeth will fall out anyway. But that's not true. Dental decay in baby teeth can negatively affect permanent teeth and lead to future dental problems.

TEACHING GOOD DENTAL HABITS

The best way to protect your child's teeth is to teach them good dental habits from the earliest age. With proper encouragement, your child will quickly adopt good oral hygiene as a part of their daily routine. However, while they may be enthusiastic about brushing, they won't yet have the control or technique to brush their teeth by themselves. You'll need to supervise and help so that the brush removes all the plaque - the soft, sticky, bacteria-containing deposits that accumulate on the teeth that cause tooth decay. Also, keep an eye out for areas of brown or white spots which might be signs of early decay.

WHEN TO BRUSH BABY TEETH

As soon as your child has their first tooth you should brush the tooth twice a day with a tiny smear (the size of a grain of rice) of fluoride toothpaste on a child-sized toothbrush that has soft bristles. There are brushes designed to address the different needs of children at all ages, ensuring that you can choose a toothbrush that is appropriate for your child.

AMOUNT OF TOOTHPASTE

At age 3, you can start using a pea-size amount of fluoride toothpaste, which helps prevent cavities. If your child doesn't like the taste of minty toothpaste, try another flavour - there are milder and fruity flavours on the market. Also teach your child not to swallow



any toothpaste, even though at this age they are often still too young to remember to rinse and spit every time. Swallowing too much fluoride toothpaste can create white or brown spots on your child's adult teeth.

EFFECTIVE BRUSHING

You'll hear all kinds of advice on whether the best brushing motion is up and down, back and forth, or around in circles. The truth is that the direction really doesn't matter. What's important is to clean each tooth thoroughly, top and bottom, inside and out. This is where you'll encounter resistance from your child, who probably will concentrate on only the front teeth they can see! It may help to turn it into a game of 'find the hidden teeth.' Incidentally, a child cannot brush their own teeth effectively without help until the age of about six to eight years old. So be sure to supervise the brushing, or do the actual brushing if your child is very young.

LIMIT THE SUGAR

Besides regular toothbrushing with the right amount of fluoride toothpaste, your child's diet will play a key role in their dental health. And, of course, sugar is the big villain. The longer and more frequently your child's teeth are exposed to sugar, the greater the risk of

cavities. 'Sticky sugar' foods such as sticky caramel, toffee, chewing gum, and dried fruit - particularly when it stays in the mouth and bathes the teeth in sugar over a long period of time - could do serious damage to your child's teeth. Make sure to always brush your child's teeth after consuming a sugary food item. In addition, do not allow your child to have any sugar-containing liquid in a sippy cup for a prolonged period, which includes fruit juice, diluted cordial or fizzy drinks.

ARRANGE REGULAR DENTAL CHECKUPS

During regular visits, the pediatrician will check your child's teeth and gums to ensure their health. If she notices problems, she may refer your child to a pediatric dentist (pedodontist) or a general dentist with an interest in treating the dental needs of children. It is recommended that all children see a pediatric dentist and you establish a regular visiting schedule by the age of one year.

As part of a dental checkup the dentist will make sure all of a child's teeth are developing normally and that there are no dental problems. The dentist will usually give you further advice on proper oral hygiene for your child. In some cases, your dentist may also apply a topical fluoride solution to provide extra protection against cavities.

“MOM, I WANT TO BE A BLOGGER!” KEEPING YOUR CHILD’S HOBBY SAFE

A report by global market research company, Morning Consult, revealed that more than half of people aged between 13-38 would like to become an influencer. Your child might be one of them! Here, David Jacoby, Security Researcher at Kaspersky, talks to us about how to make sure your child fulfils their blogging ambitions safely - and the role you play in this as a parent.

So, how do you react when your child stubbornly stamps their feet and declares their dream is to become an influencer, instead of an engineer or teacher?

Children today are surrounded by devices and digital services from birth, and many can’t imagine life without them. For the younger generation, blogging is not just a fleeting hobby, it’s an integral part of life, like smartphones or social networks.

Creating, maintaining, and promoting a blog is a difficult task, which requires a wide range of skills that could be useful in their future career. Writing will help your child discover their creativity and how to express themselves, providing you with a valuable insight into their life and bringing you closer together. Your support will help them take the first step to realising their ambition with confidence and security.

Blogging is like blasting off in a rocket to outer space. Your children create something new and share it with their audience, not knowing what they’ll encounter or what the outcome will be. Before any space adventure, it’s essential







to check the safety and reliability of all systems – and in this case, that’s your child’s social media accounts.

Kaspersky has prepared top tips for parents and young bloggers to help them step safely and securely into the exciting new world of blogging.

MY ACCOUNT, MY RULES... BUT SECURE ONES!

A social media account is a blogger’s main tool, where they spend most of their time uploading content, sharing it with subscribers, communicating with an audience and expressing their point of view. It is the public face and the most important asset of any would-be influencer and could one day turn your child into a fully-fledged brand.

An account is like the control room of a rocket ship - it is key to protecting your child and keeping a would-be influencer’s brand afloat, so protecting it should be your first priority.

It is good practice to start with a password, which is the key that launches the rocket. The more advanced and reliable the key, the fewer opportunities there will be for someone to hack and gain access to your child’s account. Nordpass publishes annual ratings of the weakest and most popular passwords that are easiest to crack. We can

all be reckless sometimes, so take a moment with your child to check out these ratings and see if your passwords are there. If they are, change them as soon as possible.

Be sure that you set up two-factor authentication on your kid’s social media account. It is a reliable feature that will make access more secure. Two-factor authentication is no panacea for preventing hijacks by cybercriminals, but it’s a formidable barrier to anything that might try to compromise a profile protected by it.

SELECTING A STRONG PASSWORD

Creating a strong password is not as difficult as it seems. Importantly, it must be unique. Your child might be tempted to reuse a password from an email or social media account, for ease of remembering, so spend some time helping them to make up a new one. For example, a safe option is to make the password personal. You can try the ‘Story Algorithm’ method. It is based on using familiar phrases or words that make sense to you and will not only help you remember the password, but also make it a strong combination.

Firstly, you need to think of any phrase, song lyric, quote from a movie, or any other familiar phrase. Then take the first letter from the first five words and add a special

character between every letter. As a result, you will have a line of symbols that you can customise for each social network using the power of associations. For example, for a Facebook password, you can add the word ‘blue’ at the end, while for Twitter you can add ‘bird’ and so on. If it is difficult to remember such passwords (which is quite natural), consider using a Password Manager that will keep them safe and even come up with new ones for you.

PRIVACY IS YOUR PERSONAL TREASURE

Through their accounts, your child can discuss topics that are important to them and express their opinions. Audiences are interested in following influencers who are willing to share a piece of their personal life. But while this can help them feel connected and attract new subscribers, it can also threaten their security. For example, it’s fun to talk about what kind of dog they want to buy and ask their followers for opinions. Who wouldn’t want to participate in puppy selection? But it would not be safe to place a geotag with the address of your house in the photo with your child’s new pet.

If your child’s ambition is to become a blogger, then be sure to discuss the issue of privacy with them – what they can say and when it is better not to share personal details. For example, sharing posts of scans and photos online, especially IDs, tickets, and other documents, is not a good idea. It’s also advisable to keep geotags private and not share information about your location and travel plans (such as dates, schedule or flight number). Consider setting up a P.O. Box if your child plans to review or promote items or receive gifts.

Remember that everything your child shares with subscribers will become available to everyone. For example, some might take advantage of your kid’s openness and try to steal card details, or hack their account after figuring out their home address. While it is important to remain vigilant, there is a trusted security solution that can protect your child on their online journey.

STAY STRONG, STAY CALM (OR HATERS GONNA HATE!)

Becoming a blogger is like getting on a stage in front of a huge audience. The only

difference is that an unlimited number of people from around the world can enter your space and spectate. Sounds a little scary, but at the same time exciting, right?

Blogging is essentially an opportunity for your child to showcase their talents and attract subscribers. In an ideal world, everyone would relate to their work and react positively and encouragingly to every new post or video. It sounds like a scene from a perfect world, right? In the real one, unfortunately, this is not always the case.

If your child has ambitions to become a blogger, it is important that you prepare them for any negativity. Expert insights urge bloggers not to take any bad or hurtful comments to heart, become upset, or more importantly give up on their dream.

It's important to warn your child that trolls or aggressors are only looking for a reaction, their main goal is to hurt or provoke emotions. The more attention that aggressors receive, the more they will continue to write negative posts.

To protect your child's mental health, it is good practice to learn how to work with negative comments – you can teach your kid to ignore troll posts, delete negative comments, or report insults to moderators. It might also be a good idea to turn off comments.

Fortunately, for many, blogging is not just a hobby, but a fully-fledged way of self-expression and an opportunity to meet like-minded people to discuss a variety of issues. This can make it a rewarding activity in the face of any negativity.

Running a channel will help your child not only develop creative skills, but also give them the ability to create something new. At the same time, it is important not to forget about safety, which will help turn this process into a pleasant and exciting experience.

KASPERSKY'S QUICK TIPS

Account protection

- ✓ The key rule – never re-use passwords for several accounts. Each social media account requires a unique password.
- ✓ Check the strength of the password. Is it long enough? Is it copied from the password for another online service? Find more tips for setting a strong password in the article above.
- ✓ Does your child's account have two-factor authentication? Check how this can be done in this article.
- ✓ To set a complex and unique password, you can use a Password Manager that

will keep passwords safe and help create unique options for each account.

Privacy

- ✓ Discuss with your child that their main email address and phone number should be private. It is a good idea to create an additional email account and purchase an additional SIM card to use for online shopping and other situations that require sharing your data with strangers.
- ✓ Check social privacy settings. Talk to your child about what should remain private, and what they can share with their audience. It's up to you to decide what information your kid will share with strangers. It is also a good idea to change their social network account privacy settings.
- ✓ Encourage your child to be vigilant about their privacy settings on social media sites so that posts are only visible to selected friends and family.
- ✓ Involve yourself in your child's online activities from an early age so it becomes an established norm. You can even mentor them so it feels less formal and authoritative.

Communication with strangers

- ✓ Be part of your child's hobby, not only for their safety but to demonstrate that you care. Who knows, maybe you will learn something new.
- ✓ As a blogger, your child will come across a lot of different people. Discuss at the beginning what topics can be communicated with strangers and what information they should never share. Not all followers are friendly or legitimate users, so your child should be prepared for suspicious users contacting them. The best solution would be to stop responding to messages or block any scam users.
- ✓ Red flags can include too much interest in your child's personal and intimate life, their personal secrets or information, as well as requests to share sensitive data.
- ✓ It's best practice to discuss your child's online experience with them and, in particular, anything that makes them feel uncomfortable or threatened.



•EDUCATION•



Our best tips to help your child stay on top of homework demands; an easy solution to the new term head lice problem; and bullying advice.



WEIGHT-BASED BULLYING IN CHILDREN

Children who are overweight are often forced to deal with challenges beyond the pressure to lose weight. They may also be teased at school because of their body weight. Here's how you can help.



Children are not in control of their weight, it's their parents who are in charge of their nutritional options, and therefore their weight. Aside from giving a child low self-esteem, an overweight child can often be the target of bullies at school and they are not emotionally equipped to deal with such hostility. Taunting from other kids can take an emotional toll on a child, making them feel isolated, embarrassed and sad.

Many overweight children eventually dread going to school, and are more likely to make excuses - and even fake illness - to avoid going to school. According to research, children who are teased about their body weight are also likely to avoid physical activities at school, usually because these are settings where they feel most vulnerable to being teased.

WHAT TO TELL YOUR CHILD

Make sure your child knows and understands bullying includes teasing

and it is NEVER acceptable and utterly wrong for anyone to treat someone this way. Explain that there is not a single acceptable reason for any child to make another feel bad, regardless of whether it is because of weight, skin colour, or any other reason - bullying is never okay and it is the other children that are at fault. Reassure them that you will take action to make it stop, and in the meantime, they need to view the bully as the one who is at fault, not them.

Remind them they have power over the bully

Let your child know that they are always in the 'power position' in this situation, as your child has the power to get the bully into a lot of trouble - and maybe even be excluded from school if they continue their behaviour. Why? Because their behaviour is not acceptable to anyone - not your child, or the school.

Encourage your child to tell an adult

Make your child understand that bullies only try to taunt others if they think they can get away with it. For this reason, they must tell the teacher and also tell you. Let them know it's okay to talk to any teacher or adult in the school, as ALL of them will be keen to help make the teasing stop.

Tell your child to stay with other kids and friends

Help your child to identify at least one other friend that they can be with when they walk through school hallways, sit in the cafeteria, or take the school bus.

Don't react to the bully

Tell your child that if a bully says anything, to just keep busy with their phone, or keep chatting to their friend - do their best to not react. Explain that the bully is looking for a reaction, and if they don't get any reaction at all, then it makes them look silly. If the bully persists more

than once, then they should calmly walk in the direction of a teacher to report the bully and say: "He/She is bullying me about my weight."

Developing a wider friendship group

Find activities outside of school that your child can participate in, where they can develop a new friend group that may be less inclined to tease.

Manage their self-esteem

Spend lots of time with your child and praise them for well done homework, helping with chores, and other things to keep their self-esteem high. Reinforce your child's strengths and admirable qualities that have nothing to do with body weight.

TALK TO YOUR CHILD'S TEACHER

It is better to let the teacher and principal handle the situation at school, rather than contacting the bully or the bully's parents yourself. Let your child's teacher know that your child is being bullied and how it is affecting them. Request that the teacher steps in, addresses the situation as a matter of urgency and puts an end to it. If the teasing continues, ask the school principal to get involved. Your child may be embarrassed for you to talk to the principal, so be very discreet but do so anyway, as it is more important that you work with the school to stop the bullying.

DON'T FORGET ABOUT DEVICES & SOCIAL MEDIA

Weight-based bullying through social media is very hurtful. Monitor your child's social media activity and take any cyber-bullying against your child seriously. Take screenshots and report it to the school immediately. Tell your child not to hesitate to block anyone who bullies them or makes them feel uncomfortable on social media - as this is part of the power they have over the situation.



BACK TO SCHOOL? DON'T BE AFRAID OF HEADLICE

The start of the school term usually means increased cases of head lice in children. Here, the experts talk about the problem...and more importantly, the solution.

Nothing is more disturbing than finding head lice running around on your beautiful child's scalp. Don't panic! Head Lice are very common amongst children and the treatments these days are safer and more effective than ever before.

Unpleasant as they are, head lice are remarkably common in children and you should understand that it has nothing to do with your parenting if your child has them! If you are panicked about finding head lice in your child's hair, it is important not to pass on the panic to your child.

What are Head Lice?

Lice are tiny insects that attach to human hair and feed on the blood in the host's scalp, which in turn causes intense itching. This itching and scratching of the head is one of the first symptoms that parents notice.

How did Your Child Catch Head Lice?

If you're wondering how your child got the head lice in the first place, it's almost always from contact with another child. Head lice are highly adept at transferring from one head to another when kids are in close contact with each other, which happens during playtime, when rolling around, sharing clothing, toys, headphones, hats, combs or towels. These little critters can even transfer from one child to another through direct skin contact.

How to Check for Head Lice

If the school has notified you that there is a head lice case in your child's class, or if you notice your child frequently scratching their head, you need to check their scalp thoroughly. As head lice move very quickly through the hair, they can be hard to catch.

Choose the Right Headlice Comb

To do a thorough check, split the hair into organised sections and search each section thoroughly with a fine tooth comb.

Head lice and their tiny grey or brown eggs (called 'nits') can usually be found behind and just above your child's ears, and also at the back of their neck. The nits are attached firmly to hair, usually around half a centimetre from the scalp.

You cannot use an ordinary comb for this, you need a special comb designed for the job. The ideal head lice comb has rounded teeth to help the hair detangle and pass through the comb. It also has metal teeth that are specifically designed to remove both the head lice and their eggs, which won't bend or break while combing the hair.



Remove any lice you see, scrunch them in a tissue and put this in a plastic bag and dispose of it immediately. Head lice cannot survive away from the human host, so they don't survive longer than two days. When you have done this, it's time to address the nits and remaining head lice.

Treatment for Head Lice

The only way to get rid of these insects and keep them at bay is through a product specially designed for the purpose. It is important for any head lice treatment you use to be clinically proven, safe, fast, effective and easy to use - for both you and your child.

Product Recommendation

MOOV Headlice shampoo is clinically proven to kill head lice and eggs. It contains natural essential oils that make it both safe and effective in killing head lice and eggs. It only

needs to be used for 15 minutes on the hair, which makes it comfortable for your child, fast and easy to use.

The key to getting rid of your child's head lice is understanding that you have to catch and treat them through their whole lifecycle. Each egg takes 3 weeks to become an adult, which will then lay more eggs. So, you must repeat the treatment from the egg (nits) to the adult stages, as some of the eggs will still be protected by their shells on the first treatment.

MOOV Head Lice Shampoo is therefore used 3 times - 7 days apart (on days 1, 7 & 14), in order to cover the entire head lice lifecycle and ensure that all the lice and the eggs are killed completely.

MOOV Head Lice Combing Conditioner contains a blend of natural essential oils that untangle and soften the hair and improves the effectiveness of the shampoo.

The MOOV Head Lice Removal Comb has fine-teeth that are especially designed to loosen the 'glue-like' bond that attaches nits to the hair, as well as helping to rake out and remove dead lice and eggs after the treatment.

Using all three of MOOV Head lice products range together gives you an unbeatable solution, so it is a good idea to include the MOOV treatments in your back-to-school preparations.

SOURCES:

- “ nhs.uk/conditions/head-lice-and-nits/
- “ mayoclinic.org/diseases-conditions/head-lice/symptoms-causes/syc-20356180
- “ pediatrics.aappublications.org/content/pediatrics/early/2015/04/21/peds.2015-0746.full.pdf



Children are not as experienced as adults in understanding the benefits of being well organised. This is a skill that adults have because they can see ahead to the consequences if they don't have productive systems in place. Kids are also naturally prone to getting distracted from their homework, so here's an action plan for the new year to tackle the task.

TIPS TO STAY ORGANISED WITH HOMEWORK

Now that the new school term has started, maybe your child could benefit from some help keeping organised with homework! If so, here are our top tips for how to set them up for success this year.

DESIGNATE A STUDY AREA

It's hard for your child to stay organised and focused on homework if they are surrounded by their bedroom clutter, such as piles of clothes everywhere. It's hard to focus on homework in an uncomfortable chair, or with younger siblings running around, or someone else watching TV in the room. Constant distractions will work against your child's homework tasks and greatly affect their productivity.

If your child does not already have one, start the year with a designated study area where they can focus in peace and comfort. This could be a corner in the living room, or a space in your child's bedroom - either way, create a functional study area away from distractions, with good lighting and a comfortable chair.

Get your child involved by letting them choose the desk (or desk colour), chair or a few cool accessories to organise themselves. The more onboard your child is, the better the chance they will take ownership of the space and actually look forward to doing their homework there.

USE ORGANISATION TOOLS

Many children start the new school term organised, but after a few weeks or months, they can struggle to keep up with assignments and deadlines. The trick is to help your child put a system in place at the outset, then make the proper tools available, so they stay organised. These are good ones:

Year Planner

A planner allows your child to write down homework assignments for each class, highlight important tests or projects and add other important activities like sports, extracurricular or family events.

Calendar

A large wall calendar placed above your child's desk can help your child to map out all their homework commitments, tests and exams so they can see everything in one place and never miss a deadline. You could also use an online calendar, which would allow your child to add in assignments, set reminders for important due dates and deadlines and even colour-code reminders so they can prioritize more easily. However, if you are looking to limit screen time and also monitor your child's homework, a wall calendar would be best.

Keep a To-Do List

Surprisingly, a simple To-Do list can be the greatest organisational tool of all. Get your child to write the daily list of what they need to do, then cross off the items one-by-one as they complete the task. It instils good habits and a methodical approach to doing their homework.

Take Good Notes in the Lessons!

Many children fail to take good quality, detailed and accurate notes as the teacher is talking, only to find later that they don't remember enough from the lesson to do



their homework. Taking good notes in class is critical to your child's success. In fact, studies have proven that taking good notes in class can improve active listening and comprehension, as well as retention of the topic.

Distraction Blocking Apps

The Internet is necessary for homework, but it also provides plenty of distractions that are just a click away. Bearing in mind that many social networks are specifically appealing to children and teens - and very addictive to them - it's no wonder kids have difficulty staying focused on homework!

That's why a distraction blocking app can help. These apps can actually help kids to build focus and discipline. When they turn them on, they can't open anything distracting, as they simply won't work.

CLEAR OUT THE BACKPACK EVERY WEEK

Children's school backpacks can quickly gather clutter, including used gym gear, unwanted lunch items, food wrappers, notes and old papers. Help your child stay organised by clearing out anything that is not needed for the immediate school week - and do this clear out every week. An organised school bag will make it easier for them to feel more in control and stay organised.

HELP THEM MANAGE THEIR STUDY TIME

Children of all ages can have a hard time actually getting down to work on their assignments from school. Some might do lots of complaining first, ask to watch TV for a while before starting, or find other ways to procrastinate. In the end though, they can usually manage to power through their homework, once they sit down to focus. But as a mum, you might find that they wasted a lot of time first!

According to research, sometimes children's brains will form conclusions based on their emotions. In other words, when their perception of how much homework they have is exaggerated, sitting down to do the homework can feel overwhelming and hopeless, which can make them feel stressed and avoidant.

To help clear their mind of any stress, whip through with them what is needed for each homework topic and ask them to start with a short burst of 30 minutes of furious activity, to get as much done as possible. Check how they're doing after this, praise them for progress, and challenge your child to do another 30 minute intense burst to power through the task.

Let them know the secret to doing their homework in the quickest amount of time is to avoid scrolling or clicking, and just focus on one 30-minute burst at a time. The chances are, your child will quickly realise that the work is getting done and the task is not as big as they thought!

• GOOD LIVING •



Kicking off the year with natural beauty products; our first reader 'Proud Mama & the Cutie Pies' picture gallery; and cool competitions!



The beauty industry has undergone a big change in recent times and the biggest trends for 2022 are here to stay for the long-term: cruelty-free, environmentally friendly and natural. For mums everywhere, this is my top pick to kick off the year!



BIO-OIL: THE NEW YEAR'S RESOLUTION FOR SKIN

Multi award-winning, clinically proven and recommended by doctors and pharmacists around the globe, Bio-Oil Skincare Oil is the world's leading skin and stretch mark product. Plant-based and suitable for both sensitive and oily skin, Bio-Oil Skincare Oil is renowned for its ability to not just improve the appearance of scars and stretch marks, but treat hyperpigmentation, smooth and soothe aging skin, help with moisture retention and boost elasticity. Here are the Editor's Picks for the New Year:

BIO-OIL DRY SKIN GEL

Developed using cutting edge technology, Bio-Oil Dry Skin Gel is a high-performance gel that has a far higher oil count than more traditional water-based creams, lotions and gels. This means it creates an occlusive layer over the skin that locks moisture in and helps to make dry skin a thing of the past.

BIO-OIL SKINCARE OIL (NATURAL)

Ten years in the making, Bio-Oil Skincare Oil (Natural) boasts all the same skin smoothing, plumping and improving qualities as The original Bio Oil, but is made from entirely natural ingredients (think vitamins, plant extract and oils), meaning that it is particularly well suited to pregnant mothers, or women who want to embrace an entirely natural skincare routine.

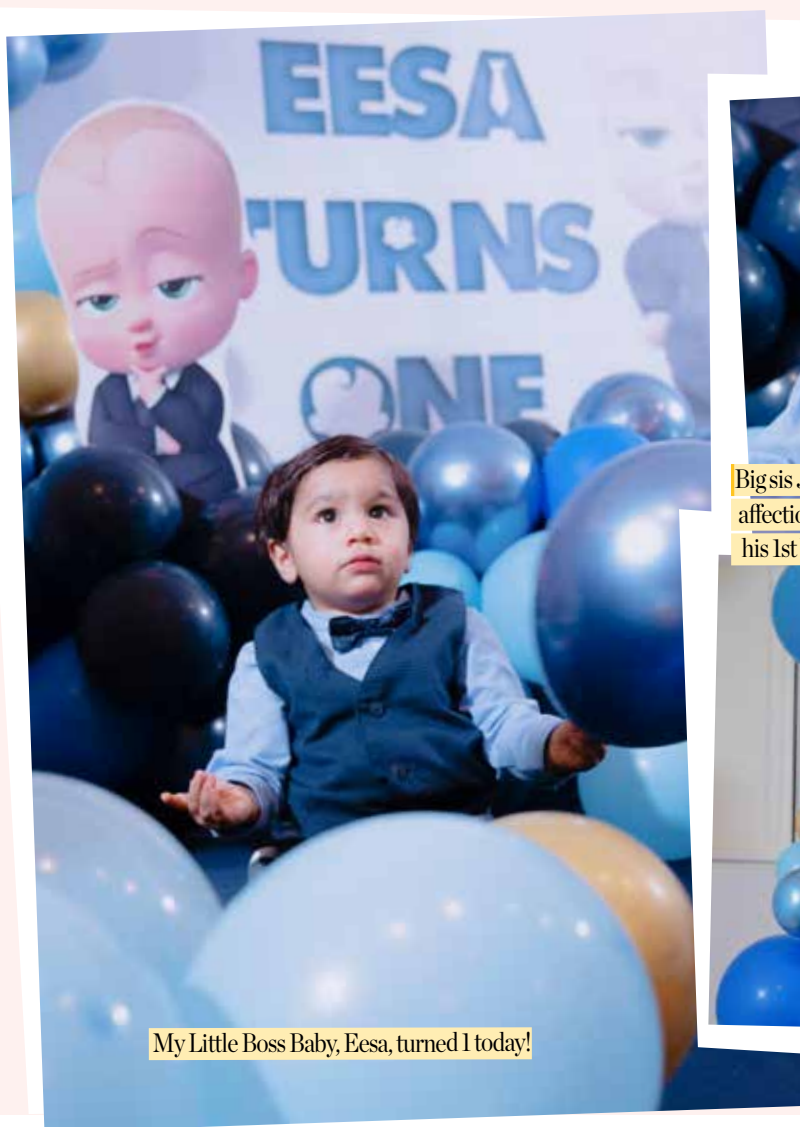
BIO-OIL BODY LOTION

Bio-Oil Body Lotion is entirely unique an extremely efficient moisturiser, thanks to its high oil count. It is also lightweight, easily absorbed and suitable for frequent use. As replenishing and hydrating as a thick body butter or cream, Bio-Oil Body Lotion is non-greasy, effortless to apply and leaves skin feeling silky smooth and wonderfully hydrated. For best results, apply twice daily to cleansed skin using a light, circular motion.

PROUD MAMA & THE CUTIE PIES!

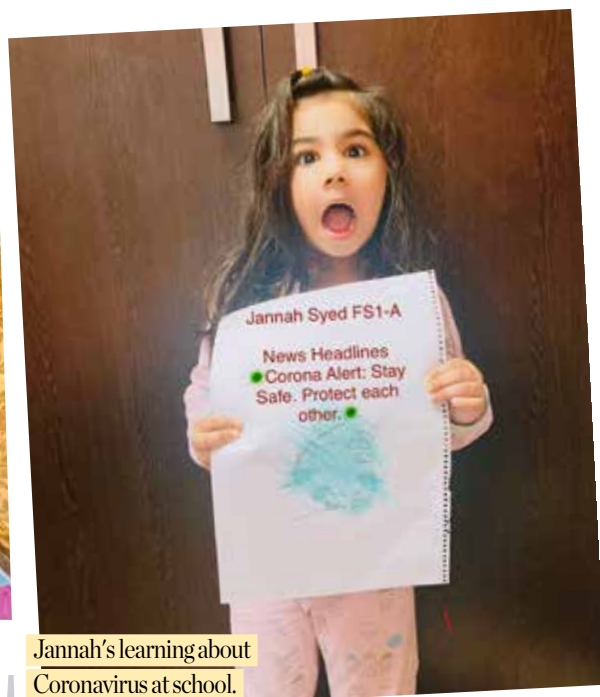
Group Sales Director and proud mother of two, Kausar Syed was officially the first mum to DM our Instagram with her favourite pictures of her 'cutie pies,' hoping to be picked in our new reader feature.

And it's YOUR turn next! For a chance to be featured, DM us on our Instagram with your pics showing us what makes you proud! Details are on page 50.





Jannah painted a heart for her little brother.



Jannah's learning about Coronavirus at school.



Jannah dressed up as Goldilocks for her school play. So cute! So proud!



Seeing my babies cuddling was magical.



The big moment - Eesa crawling for the first time!

COMPETITIONS

motherbabychild.com/competitions

WIN! A 5-DAY TRIAL OF THE iMOM MAMA DIET PLAN WORTH AED 775

Co-founded and managed by Dietitian and Nutritionist Sabine Karam, iDiet by Healthbox.me is a flexible and easy-to-use app that simplifies the headache of planning your everyday meals. iDiet offers **11 meal plans**, including the iMom plan which has two options: the Mom-to-Be Diet dedicated to pregnant women; and the Mama Diet, created especially for breastfeeding mothers. The Mom-to-Be plan is based on a varied diet that includes the right amount from each food group to achieve a healthy and appropriate weight gain, while ensuring that both you and your baby's nutritional needs are met.

The Mama plan is crafted to help you get back to your usual weight while supplying the nutrients you need during breastfeeding, such as proteins, calcium, iron and vitamins. The menu contains a low-fat healthy version of a variety of international dishes for your daily delivery of breakfast, lunch, dinner and three snacks. The iDiet team carefully curates your menu, ensuring you get your entire daily nutrient requirements through consuming a variety of tasty dishes, while having the option to make changes to the menu based on your food preferences. iDiet by Healthbox is offering one lucky mum a 5-day trial of one of the iMom plans to help start the New Year on a healthy note!



WIN! ONE OF 3 KIND LYFE VEGAN SNACK BOXES WORTH AED 135

As families participate in 'Veganuary,' Kind Lyfe's newest, limited edition gift box is the perfect gift for yourself, family and friends who want to enjoy a nutritious yet scrumptious and 'clean' sweet treat. The box is jam-packed with eight delicious cookies, including two of each of the following: The popular Raw Chocolate Dipped Cookie; the Fruit Mix Cookie; the Raw Double Chocolate Chunk Cookie; and the Raw Chocolate Chunk Cookie. There are also three yummy cookie dough bite boxes in the range: The Classic Cookie Dough Bites; the Chocolate Brownie Cookie Dough Bites; and the newly launched, Pecan Pie Cookie Dough Bites.

The brand, its gift boxes and the variety of flavours are stylish proof that vegan snacks can be even more tasty than the traditional snacks made from animal fats and excessive processing. The Kind Lyfe vegan snacks are free from gluten, preservatives and refined sugar, as well as being non-GMO. This means that you can enjoy a cleaner diet and still enjoy tasty snacks as part of your Veganuary resolutions. Enter the competition today to be in with a chance to win one of three tasty boxes!

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! ONE OF TWO VATIKA HAIR PAMPER HAMPERS WORTH AED 250 EACH

New Year's resolutions are a great way to start the year off with a fresh slate - and that includes your hair care regime! Popular hair care brand, Vatika suggests the four New Year Resolutions that you should consider ensuring that 2022 is your best hair year yet!

- **Switch to natural products:** Opt for products with natural ingredients such as avocados, honey, coconut oil and garlic, among others. These are all brilliantly beneficial for the hair.
- **Pump up the vitamins:** Feed your hair with the right superfoods and vitamins to give your hair a healthy shine. Your hair needs vitamin A to stay moisturised and grow, Vitamin E to prevent oxidative stress and boost hair growth, and Vitamin F to maintain a healthy and balanced scalp.

- **Indulge in a weekly hair treatment:** A hair mask or hair cream will help strengthen, moisturise & condition your hair from root to tip giving you lush, silky, and healthy hair.
- **Oil for healthy hair:** A nourishing oil gives your hair certain minerals, vitamins, and essential fatty acids that strengthen your roots and boost the overall health of your hair. Shampoos that contain oils are the ultimate luxury in hair care!

Vatika hair care products are enriched with hair oils which include Vitamins A, E & F, and give you the nourishment your hair needs in just 20 minutes. To celebrate the start of the New Year, they're giving away a Vatika Hair Pamper Hamper to two lucky readers! (Please note: the winning hamper products may vary from some of the flavours shown here!)

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 this 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)

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. Bio-Oil® is available at all leading pharmacies in the UAE.

ora

حضانة المستقبل
nursery of the future



EARLY BIRD OFFER

**15% OFF
FOR 2022**

**OFFER VALID UNTIL
15TH JANUARY, 2021**

**2022 IS THE FUTURE,
YOU CAN START SAVING TODAY!**

ENROLL YOUR CHILD FOR AN EXCITING YEAR OF FUN
AND LEARNING IN THE HUB OF ALL THINGS FUTURISTIC.

www.ora.ae | +971 52 646 4155 | info@ora.ae

*T&C Apply