

ISSUE 129 | MARCH 2022 | DHS15

# Mother Baby & Child

**LET'S TALK  
ABOUT  
STRESS &  
MOTHERHOOD**

**DEALING WITH  
AGGRESSIVE  
TODDLERS**

**HOW CLOTHES  
CREATE  
CONFIDENT  
KIDS**

**TIPS FOR  
PARENTS ON  
KIDS & TECH**

**WIN FABULOUS  
PRIZES THIS  
MONTH!**



**HAPPY  
MOTHERS'  
DAY!**



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# EDITOR'S LETTER



## *Hello Mum!*

It's Mothers' Day this month! Celebrations of mothers and motherhood originated with the ancient Greeks and Romans; and Mothers' Day in the Middle East can be traced back to more recent times. Just 66 years ago in Egypt, a movement was created to ensure mothers received the respect and recognition they deserve. Life was very different back then and modern life now can sometimes seem like a constant juggle of family, relationships and work - all with insufficient time to handle it all, let alone have time for you. Motherhood is not easy. Check out the article about stress and motherhood on page 22 and find out more about the common stressors mothers go through and see if there are any tips that can help.

Mothers' Day should be celebrated! That can mean treating yourself to something special, enjoying a breakfast made by the kids (which is truly touching!) - or heading off for a special family meal together. Either way, we have a bumper section of ideas for Mothers' Day, starting on page 46.

Of course, the ideal Mothers' Day gifts are healthy, confident children. We have a very insightful article on page 16 on the power of clothes in affecting a child's confidence. We're carrying this ahead of the release on March 21st of a very special Mothers' Day video collaboration between Okaidi Obaibi, Mother Baby & Child and some of our lovely readers - I'll send you a link to the video on the 21st! ;o)

On the topic of wellbeing, I want to draw your attention to page 26 for a look at a very clever way for children to view vegan food as a treat. I think we agree that it's better for kids to not just eat plant-based foods, but actually enjoy and prefer them. Hats off to PizzaExpress for making this happen!

In a final tribute to Mothers' Day, I have included a checklist of essential health check-ups for women. As mothers and women, I want you to be well, healthy, energetic and strong, so check out page 15 to see where you stand!

Before I go, I want to wish you a very happy Mothers' Day - a day where you can take a moment to appreciate how great you are for all that you do. I think you're awesome...and so does everyone else! xxx

*Kay*

Editor

Mother, Baby & Child Magazine

## EDITOR'S —PICK—

### SALON-QUALITY SHINE WITH THE OGX NEW APPLE CIDER VINEGAR COLLECTION

There's nothing quite like the feeling of stepping out of the hair salon and enjoying a bounce and shine that you can't achieve at home. Until now! I tested the new OGX clarify & shine + Apple Cider Vinegar Collection, a fresh and fruity way to ensure your hair gets the nourishment it deserves, while also giving your scalp the health, balance and shine you want.

This region's climate can be tough on your hair, especially since things will be heating up this month and you'll have to contend with the sand and dust in the air too. Combined, these things can lead to a flaky, dry scalp, which nobody wants to deal with! This is where OGX comes in. Infused with an uplifting blend of apple cider vinegar, this clarifying shampoo and conditioner helps gently cleanse and balance the scalp as well as removes excess oil, residue and build up, resulting in super shiny hair. It's also sulfate free, so you can luxuriate in that gorgeously glossy hair.

*You'll find the OGX Apple Cider Vinegar Collection at your nearest pharmacy or supermarket, or alternatively, you can order it online from [Mumzworld.com](http://Mumzworld.com) or Amazon. It's priced between AWD 41- 52, depending on the retailer.*

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An advertisement for ZIPPY featuring two young girls in a rustic, warm-toned setting. The girl on the left is wearing a red long-sleeved top with ruffled sleeves and a beaded necklace. The girl on the right is wearing a light blue long-sleeved top with a colorful geometric patterned collar and a brown leather bag. A red rectangular box with the ZIPPY logo is centered over the girls.

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## EDITOR'S PICK

### KIDS DISCOVER THE MAGIC IN THE POPULAR NEW RAFFLES BOOK!

Befitting for Mothers' Day, mother and daughter duo Sally and Lowri Seager have realised a lifelong dream of publishing a smash hit children's book - 'Raffles Discovers the Magic.' Centered on the adventures of an adorably friendly dog named Raffles, the book is aimed at 6-10 year olds to read themselves, but it is also a fantastic story book to read to younger children, chapter-by-chapter at bedtime.

Reading happy stories to young kids and toddlers is a great way to get them excited about bedtime, and 'Raffles Discovers the Magic' is a perfect example of how reading to a child strengthens the bonds and sets young kids up for a cosy night's sleep. There are illustrations at the start of each chapter that all the under 10's will enjoy and the book weaves in educational messages about kindness, compassion and empathy.

Raffles even has an instagram @bemoreraffles and a website [www.bemoreraffles.com](http://www.bemoreraffles.com)

*You can buy the book from any major book distributor or online from amazon.*



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



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

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

# THINGS • TO DO •



There is a bumper section of Things to Do in this issue, including delicious weekend family lunch options, lazy pool days and more!



## REGISTRATIONS NOW OPEN: BURJUMAN MALL'S RISING STARS IS BACK!

The much-awaited talent extravaganza – BurJuman Mall's Rising Stars is back with Season 3 and it promises to be even bigger and better. So if you have a little superstar aged between 4 and 16, don't miss out! Register your child and showcase their amazing talent to the mall's community, whether it's singing, dancing or other performing arts, for a chance to win some amazing prizes.

### COULD YOU BE THE NEXT WINNER?

A family-friendly and much-loved Mall, BurJuman prides itself on its true treasure - its community. They have seen the internationally loved America's Got Talent Star, Peter Rosalita, win the BurJuman Mall's Rising Stars 2019 title. The mall hopes to encourage more kids to take centre stage and shine brightly like the stars they truly are. Could your child be next?

### DETAILS: How to enter, auditions & prizes

Registrations are now open until 10th March 2022. All you have to do is download the form from [www.burjuman.com](http://www.burjuman.com), fill it out, scan it and send it to [risingstars@burjuman.com](mailto:risingstars@burjuman.com) accompanied by a 2-3 minute audition video of your child.

Call-back auditions will be held on the 4th - 6th and the 11th - 13th March 2022. Semi-finals will take place on the 19th & 20th March, with the grand finale on the 26th March.

The finalists will battle it out at the grand finale for the first place prize of AED 7,500, second place prize of AED 5,000 and third place of AED 3,000 worth of BurJuman Gift Vouchers.

So what are you waiting for? We have the spotlight ready for your little stars. Register now!

***To find out more, visit [www.burjuman.com](http://www.burjuman.com) or follow us @BurJuman on TikTok, Instagram, Facebook and @itsBurJuman Twitter.***

## INDIAN KULCHA AND PARANTHA FESTIVAL AT DHABA LANE

Taste the authentic flavours of Punjabi cuisine with a trip to the exciting Kulcha and Parantha Festival at Dhaba Lane. Running Monday to Friday until the end of March, it promises 'dhaba' style regional delicacies in an urban, chic ambience. With branches in Al Karama and Al Garhoud, Dubai's popular homegrown restaurant Dhaba Lane welcomes you to celebrate the Indian culinary heritage of flaky stuffed kulchas and melt in the mouth paranthas, starting at just AED 25.

### What's on the menu?!

The festival menu pairs the tastiest fillings and flavours to give you a wide selection of options. Expect Aloo Kulcha (AED 25), Pizza Kulcha (AED 28), and Keema Kulcha (AED 32), all served with Marthban Ke Chole, Imlee Ki Chutney, Boondi Raita, Achar, White Butter & Sweet Lassi.



You won't be short of parantha choices either, with the famous Methi (Fenugreek) Parantha (AED 25), Mooli (Radish) Parantha (AED 25), and Jodhpuri Parantha (AED 27), served with Dal Makhani, Achar, and again, Imlee Ki Chutney, Boondi Raita, Achar, White Butter & Sweet Lassi.

The festival runs until the end of March, from Monday to Friday.

**For more information, check the Dhaba Lane website: [www.dhaba-lane.com](http://www.dhaba-lane.com)**



## CHINESE SIZZLERS FESTIVAL AT YOKO SIZZLERS

The original Sizzler restaurant in Dubai, Yoko Sizzlers, is bringing out a special 7-day-a-week collection of six different flavours. Whether you like yours with prawns, paneer, wings or beef, covered in their delicious secret sauces, it's a treat for all taste buds!

### WHAT ARE SIZZLERS?

Sizzlers consist of one main dish served with a choice of sauces and a variety of tasty accompaniments. For this festival, you are served fried rice, vegetables, a choice of fries or mashed potato alongside garlic and pepper sauce. On top of this, there are a number of options, including:

- Crispy Veg
- Chilli Paneer
- Chilli Chicken
- Schezwan Wings
- Chilli Beef
- Chilli Prawns

The Chinese Sizzlers Festival takes place Opp. Burjuman Centre and Al Nahdal (Qusais) Opp. NMC Hospital.

**To book: Call 04 396 8668 for the Burjuman Centre or 04 250 5504 for Al Nahdal.**



## RAISE FITNESS AND WELLNESS AT AURA SKYPOOL

AURA SKYPOOL, the world's first and highest 360-degree infinity pool, has partnered with RAISE Fitness & Wellness and Lululemon to host an exclusive 'RAISE with us at AURA SKYPOOL' event this International Women's Day. It takes place on Tuesday 8th March between 8am and 10am. This special event has been tailored to commemorate women at new heights and will include a 'Pilates in the Sky' experience, alongside a healthy breakfast. All for AED 290 per person!

***For reservations: Call (04) 583-3124 or Email [info@raisefitnwell.com](mailto:info@raisefitnwell.com)***

# okaïdi-obaïbi



## NOW OPEN AT DUBAI HILLS MALL

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## SUNDAY FAMILY ROAST AT JOE'S BACKYARD GASTROPUB

Adding to the traditional pub roast, served with all the trimmings, Joe's Backyard Gastropub at Jumeirah Islands Clubhouse has updated their quintessential menu. They now offer both chicken and veggie roasts, as well as a kids option. A big-hearted affair, the roasts are served every Sunday for lunch and dinner, from 12pm to 1am.

The price for a roast dinner is AED 110, a roast dinner and one select drink is AED 130 and a roast dinner with two select drinks is AED 150.

**Location:** Joe's Backyard Gastropub, Jumeirah Islands Clubhouse



## POOLSIDE AQUA SUNDAY BRUNCH AT THE HIGH NOTE POOL & SKY LOUNGE

If you fancy a poolside brunch with breathtaking views of the downtown skyline, head over to the newly opened High Note Pool and Sky Lounge at Aloft, Al Mina Hotel, Mankool. Every Sunday between 2pm and 6pm, enjoy a day of free-flowing drinks, music and a delicious

international buffet, including a live barbeque, pasta, pizza and dessert stations. Drinks packages range from AED 149 to AED 249 and include a variety of homemade lemonades, soft beverages, chilled juices and more premium house drinks.



## MARCH AT THE JUMEIRAH ISLANDS CLUBHOUSE

As the Dubai winter continues and families are making the most of the cooler months, Jumeirah Islands Clubhouse (JIC) has a host of offers for everyone to enjoy.

### Pool Daze

Fancy a mini family vacay for the day?! Inspired by the beautiful Italian Riviera and located in the heart of Jumeirah Islands Clubhouse, this alfresco venue is an ideal spot for a pool day. Sunseekers can stretch out Sunday – Saturday

between 8am and 7pm, either on the poolside sun loungers or the cabanas. All while enjoying perfectly chilled drinks and a range of classic dishes from a menu curated by Isola Ristorante. The price is AED 50 for a sunbed and AED 400 for a cabana during weekdays. On weekends the rates are AED 100 for a sunbed and AED 600 for a cabana.

**Location:** The Pool, Jumeirah Islands Clubhouse

**Dates:** Sunday - Saturday

**Timings:** 8am to 7pm

# •WELLBEING•



A Happy Mothers' Day is a healthy Mothers' Day! This month, we talk about common stresses in mums, health check-ups and an exciting way to get your kids excited about vegan food!





# HEALTH CHECK-UPS FOR EVERY WOMAN

*The best way to mark International Women's Day and Mothers' Day is to resolve to take measures to be healthy! Here are the most commonly recommended check-ups for women.*

Regular health screening is an important part of living a healthy life because when a disease or abnormality is detected early, you have more opportunity to prevent complications and improve quality of life. So what screenings should you be getting? Here are 10 essential tests.

## BLOOD PRESSURE SCREENING

Blood pressure is one of the most important screenings because high blood pressure usually has no symptoms so it can't be detected without being measured. High blood pressure greatly increases your risk of heart disease and stroke.

## CHOLESTEROL CHECK

This is a tool used to assess your risk for developing heart disease or stroke. If you're age 20 or older, you should have your cholesterol measured at least once every five years. If your family has a history of heart disease or stroke, make a plan with your doctor for how often you should have this test.

## PAP SMEARS

The purpose of a Pap smear is to collect cells from your cervix, which is the lower end of your uterus. The cells collected in a Pap smear can detect if you have cervical cancer or suspicious cells that indicate you may develop cervical cancer. From ages 21 to 65, a Pap smear is recommended every three years.

## MAMMOGRAMS

A mammogram, which screens for breast cancer. The risk of breast cancer increases with age, however,

breast cancer can affect men and women of all ages. That's why having a mammography is your best defense against breast cancer because it can detect the disease in its early stages, before you or your doctor can feel it during a breast exam. If you have a family history of the disease, or other concerns, talk to your doctor about starting annual screening earlier

## BLOOD GLUCOSE TESTS

Glucose is one of the body's main sources of energy. For people with diabetes, a home test helps monitor blood sugar levels. Taking a blood sugar test can help determine your blood sugar level to see if you need to adjust your diet, exercise, or diabetes medications. If you are obese, or have a family history of diabetes, or are of a race or ethnicity that's at particular risk, it's a good idea to start earlier and get screened more often.

## SKIN EXAMINATION

You should examine your skin every month at home by carefully inspecting the skin all over your body, looking for any new moles or changes to existing moles, which can be early signs of skin cancer. If you are at increased risk for skin cancer, or have a family history of it, talk to your doctor or dermatologist about how often you should have an examination.

## DENTAL CHECK-UP

Good dental health is important from the moment your first baby tooth sprouts, and all adult women need twice-yearly dental checkups. Through regular dental checkups, which involve cleaning and examining the teeth, along with X-rays, you can spot early signs of decay and any other problems.



# THE POWER OF CLOTHES TO AFFECT CONFIDENCE IN KIDS

*The clothes we wear have a huge impact on how we feel. Ahead of the launch of the Okaidi Obaibi special commemoration video for Mothers' Day, the kids' clothing brand tells us more about clothes and confidence in children.*

The power that our clothes have over our confidence, attitudes and emotions is huge - and that goes for children. When our kids wake up in the morning and wear something they enjoy wearing, it starts the day with a little surge of happiness and confidence. When both adults and kids feel they are looking good, they feel strong, happy and inspired. In short, they're more confident. And confident kids often tend to be kind kids, as they are self-conscious in a positive way.

Think about the opposite scenario - If we put on clothes that don't fit well, we feel awkward, more shy and more inclined to 'shrink' ourselves to avoid other people noticing what we perceive about ourselves. In the case of kids, they may take things more personally, rather than reacting with confidence.

For kids, clothes can be an extension of a comfort blanket and they are just as affected by the clothes they wear as you are. Many kids will hold on to their favourite item, such as a Mickey Mouse t-shirt, long past its lifespan. They get very attached to their clothes and simply feel better in themselves when they have clothes they love! Okaidi says this is especially true when children have chosen the clothing themselves, as many do in their stores. Okaidi arranges lots of colours and styles according to type (T-shirts, trousers, dresses, etc.), along with matching footwear choices helpfully placed close by, so that kids can easily see the clothes and understand how to mix, match and feel confident in their clothes. (And yes, it helps to have expert Okaidi stylists to arrange clothes in the most helpful way for children!)

## DO YOUR KIDS HAVE HAPPY CLOTHES?

What do your kids reach for before school every morning? Maybe your kid wants to wear their favourite Batman t-shirt to school every single day. If your kids are at an age when you can use the power of clothes for good, it's a great idea to get them involved in helping to choose what they like. The experts all agree that it is better to take your child shopping with you, rather than simply come home with you. If your kids are aged between 5-8 years, now is the time to help them develop positive connections that will build on their self-esteem!

Keep an eye on the kinds of choices your child wants to make. Bullied kids are more likely to choose clothes that allow them to blend into the crowd. If your child is choosing bright, colourful clothes, it means they are happy and healthy.

It's a good idea to not force your kids to wear something of your choice if they have their own preference. They should wear what makes them feel good, as long as it's weather-appropriate. This feeling will translate into confidence and calmness.

## THE SCIENCE OF CLOTHES POWER!

Young children absolutely love playing dress-up. It doesn't take much - a tablecloth or towel magically becomes a superhero's cape, and Spiderman T-shirt suddenly comes with special powers! But have you noticed that when kids dress up, their attitude can change, according to what they are wearing? For example, little girls love

trying on their mother's shoes and clothes and often start to emulate mummy's voice, mannerisms or actions.

Imagine how you'd dress for a job interview, a romantic date or a client meeting. Your clothes will affect how you feel and how confident you are in any given situation. So it's good to remember that kids will feel similar sentiments about their clothes.

## HOW DO KIDS FEEL IN THEIR CLOTHES?

We'll find out on Mothers' Day how children feel about their clothes from the kids themselves! Popular children's clothes retailer, Okaidi Obaibi, is releasing a fascinating new video to commemorate Mothers' Day where you'll see mothers talk about how their kids' clothes affect their confidence. The video also gives some lovely insights into the perspective of children aged 5-8 when they choose their clothes. As Okaidi's commemorative Mothers' Day video is a must-watch for every mum, the brand has arranged for all our subscribers to receive a link to this insightful video. If you haven't already subscribed to Mother Baby & Child, you can do so on the website - and it's totally free.

**Look out for the video link in your inbox and find out how our mums and kids really feel about their clothes!**





# HOW TO MANAGE YOUR CHILD'S DRY SKIN

*In this article we go through some useful tips for managing your little one's dry skin.*



Dry skin can be a persistent problem for some children. As a parent it can be hard to know if it's eczema, dermatitis, allergies or simply dehydration. These skin conditions can flare up suddenly one day and be gone the next. But some can get worse over time and are stubborn to get rid of - so how do you manage your child's dry skin?

## **FIVE TIPS TO BANISH DRY SKIN**

### **Go soap-free**

If possible, buy a gentle soap-free cleanser to use on your child's face and body. Many soaps and detergents, even those designed for children, are unnecessarily harsh and can strip the skin of its natural moisture. Soap-free body cleansers add moisture to the skin while also cleansing the skin properly.

### **Avoid long hot showers**

Long hot showers dehydrate the skin. If you can, encourage children to keep showers short and use warm water (in between hot and cold). Alternatively, having a hot bath actually helps to hydrate the skin because the skin is soaking in the water for an extended period. Your soap-free body wash is good to be used in the bath too. It's best to wash and moisturise at night so that the moisturiser has lots of time to absorb into your little one's skin overnight as they sleep.

### **Good moisturiser is essential**

A good moisturiser will do wonders for the hydration and strength of your child's skin. Be consistent about applying a good moisturiser to their skin quite quickly after they get out of the bath or shower. Try to do it when their skin is still a little bit damp as it helps lock in extra moisture and doesn't allow the skin to dry too much after the wash. Putting the moisturiser on when the skin is also slightly warm means the moisturiser can penetrate better into the skin for greater overall hydration. Look for a product that is specially formulated for sensitive skin. This means that it is non-irritating and free of common ingredients that cause irritation such as fragrances or parabens.



### **Keep kids cool in hot weather**

Keeping your little one cool in hot weather is a given for many different reasons, like fatigue, headaches and heat stroke. However, did you know it can also really affect the hydration of their skin? In fact, lots of children suffer most with dry skin during the hotter months. If your child is really overheating, try applying an ice pack or wet compress to their skin. This is to avoid over sweating. Strangely, over-sweating can actually dry out the skin too. Wear loose clothing made of natural fibres such as cotton to allow the skin to breathe. If all else fails, let your child take a cool bath or shower!

### **Be wary of hidden toxins**

Try to keep your child from making skin contact with unassuming toxins. When it comes to arts and crafts, make sure your child's skin is protected with long sleeves from irritating glues, paints and slimes! These little known toxins can lead to dryness and irritation on the hands and any other parts of the skin that come into contact with these sorts of products. Wear appropriate gloves or art smocks to protect the skin during these fun but irritating art and craft activities. If you are lucky and you have children who help you clean around the house, make sure that they also wear gloves to protect their skin from the irritating and drying effects of cleaning products!

These simple tweaks are straightforward to implement at home and can help enormously with the issue of dry skin in children. However, if your little one's problem persists and you're worried, seek advice from a dermatologist.



# TEACHING CHILDREN ELECTRICAL SAFETY

*Electrical safety is essential to get right with children around - so what can you do at home to keep your kids out of danger?*

I remember being six years old and quietly playing in the living room when I saw my toddler brother Sal go flying through the air across the room and land under the dining table. Apparently, he had poked a knife into the spare plug socket by the TV. He was lucky not to be electrocuted, but thinking back, this accident happened with people in the room and was entirely preventable. So what can parents do to lessen the likelihood of any electrical incidents like this, around your kids?

## SAFETY IN THE HOME

There are a number of ways to make sure your home is as safe as possible for your children in terms of electrical hazards. Here are some useful things to keep in mind when looking to minimise the risks around you.

### Get down on their level

If your children are toddlers, crawl around your house if needs be, to identify any electrical dangers. It can be hard to spot certain things that a toddler's curious hands might find from a standing adult's height, which is why it can be helpful to get down on their level like this. Make sure to plug up lower power points with plastic outlet plugs. These are designed so well that they're difficult for adults to remove – let alone little fingers!

### Where to be aware

Hide powerboards out of sight, behind beds and drawers. A useful tip is to drill a hole in the back of the TV cabinet and thread the powerboard cord through. This avoids any tangled cords lying around, waiting for a

toddler to pull at! Also be careful of charging your phones, tablets and other daily electrics at low sockets. Make sure to supervise children in an area with potential electrical hazards and always be wary with small appliances around bathtubs or pools.

### Safety gear

You can buy safety gear specifically made to prevent electrical dangers including cord shorteners, non-conductive covers for hanging electrical cables, child-proof plastic boxes for electrics and more. All of these can help lessen risks and dangers.

## TEACHING SAFETY TO DIFFERENT AGES

### Babies

Even the youngest little one will understand words and instructions such as 'uh oh', 'dangerous', 'no' and 'ouch'. They can also understand that flicking the on-off button on sockets is bad. It can be a little difficult to communicate when your child has not yet started speaking. Be persistent and remember, they can still understand simple cues!

### Young children

Young children, particularly toddlers, experience electric shock most often when they bite into electrical cords or poke metal objects like cutlery into unprotected outlets or appliances. When speaking to young children, start off by telling them firmly that this is unsafe. Make your little ones aware of the issue of water and electrical appliances or sockets. Again, a good foundation is just communicating to your young child that this is something dangerous and that they must not touch appliances with wet hands or water.

### Older children

As your child's capacity to understand grows, add more information to these explanations. Build their understanding that a stainless steel knife is conductive - that electricity runs through it and consequently, through our body. Make it clear that water is a conductor and talk about how electricity likes grounding. This means if we touch the ground with our feet while mixing water with electricity, it will want to travel to the ground through us and we could be hurt.



### TALK ABOUT CONSEQUENCES

Unfortunately, the consequences of electric shock are real and dangerous. They can cause significant injuries, especially to young children, and can even be fatal in certain cases. Therefore, it's important to take electrical danger around children and its effects seriously.

### Toddlers and younger kids

We are constantly in places with electricity all around and young children are inquisitive. Sticking pencils, fingers and other hazardous objects into power points, or even grabbing your mobile phone near the bath or while washing, is par for the course with toddlers and young kids. Curiosity is part of learning and a natural aspect of being a child. Therefore, the main thing is to remove as many hazards as possible.

### School-going kids

School-age children are easier to educate about the risks and consequences of playing with electricity. As your child's curiosity grows, it's important to communicate the dangers in a way that is relevant to your kid's age, but which also avoids scaring them. For example, if your child is at an age where they use battery-operated or electrical devices, it's a good idea to talk about safe use together. Explain what happens when a person gets an electric shock. Reiterate how important it is

to keep electrical appliances away from water. Encourage questions from them and keep communication channels open.

### Get your child involved

There is no need for the conversation to frighten your child. It's about educating children with enough information so that they are able to understand on their own level. If you explain the risks using appliances that are familiar to them, they're more likely to find the concepts easier to grasp. In a similar vein, if you discuss electrical risks and dangers together and then develop clear safety rules around electricity as a team, they are more likely to stick to these rules.

### LEAD BY EXAMPLE

Children mimic just about everything they see! This can be tricky at times but parents can use this to their advantage when it comes to electrical safety by setting a great example. If your children see you turning the power points off when not in use or before inserting a plug, they will naturally copy you. In fact, it can be good to keep all appliances packed away when not in use.

If these practices seem normal to your children, then electrical safety won't be a challenge for them but rather a set of natural habits around the house.

# LET'S TALK ABOUT STRESS & MOTHERHOOD!

*Motherhood is an amazingly fulfilling role but at the same time, there are stresses associated with it. Let's take a look!*





Children bring joy, love, and countless blessings to our lives, however, with the commitment to nurture another human being from infancy to adulthood comes times of stress, which can often be significant. Of course, every mother faces different challenges, but the most common causes of stress include the following:

### **Time demands**

With all the care and nurturing that children require, as well as the additional demands of extra people in the household, most mothers feel short of time. Whether it's a lack of enough time to get the laundry done, time to spend just playing with the kids, time to yourself, or time for dozens of other important activities, many mothers find that there are simply not enough hours in the day to do everything that they need or would like to do.

### **Finances**

Whether using daycare, a nanny, or working from home, caring for children is expensive. As they grow into new clothes, new activities, and eventually off to college, each child can impact a family's budget. While children are more than worth the expense, parents do tend to face financial stress.

### **Relationship demands**

As mothers invest the necessary time into their relationships with their children, sometimes other relationships take a back seat, especially when children are young and need more attention. Mothers of young children often feel torn between meeting the needs of their little one and still having the energy for stimulating conversation and relaxing times with their partner.

They may also find it more difficult to make time for their friends as they juggle the responsibilities of motherhood. Also, as children grow and change, mothers can change and grow in new directions, which can also put pressure on longstanding relationships.

### **Protective Instincts**

Charged with the responsibility to care for a vulnerable young soul and nurture this sweet life to adulthood, many mothers feel the world to be a more perilous place than it once seemed. From the days when toddlers are climbing the walls and putting everything in their mouths to the days



when teens are driving without us and preparing for college, there are a multitude of dangers our children face, and therefore stresses that mothers face. Mothers also worry about their children's behaviour and social development, which makes every new stage of development a challenge.

### Self doubt

There's also the fear that many mothers have that they're not doing a good enough job. Because each child has unique temperament traits, needs, and quirks, and because children grow and change all the time, it's impossible to apply a one-size-fits-all approach to mothering.

That means that mothers are constantly reevaluating what they're doing, looking for new insights (from parenting experts who often disagree with one another on major issues),

and trying to stay one step ahead of their kids to be their best as mothers. Often, there are mysteries to be solved, crises to handle, and little dramas to deal with along the way. Given all these things, it's easy for mothers to question themselves, and become stressed by the consequences of making a mistake. It's all part of being a conscientious mother.

## COMMON STRESS-RELATED AILMENTS

### Stomach ailments

Stress can make you reach for junk or comfort foods, or upset your stomach to the point that you feel like you can't eat. Common stress-related stomach troubles include cramps, bloating, heartburn and even irritable bowel syndrome (IBS), according to a study published in 2017 in the medical journal 'Frontiers in System Neuroscience'. It's also true that

IBS affects more women than men. Depending on how you respond, these stomach-related ailments can lead to weight loss or weight gain.

### Skin reactions

Stress can lead to breakouts, and even itchy rashes and hives in some people.

### Emotional conditions

From being in a blue or irritable mood to more serious mental issues, like depression, your emotional health suffers when there's stress in your life.

### Sleep problems

Trouble falling or staying asleep is common in women affected by stress, and this is particularly counterproductive since a good night's sleep can help ease stress.

## Difficulty concentrating

Stress makes it hard to focus and be effective in your responsibilities at home or work, and that can compound your problems if the stress comes from your job to begin with.

## Heart trouble

Stress can negatively affect the entire cardiovascular system, and while it doesn't directly cause high blood pressure, stroke, and heart attack, it can definitely contribute to them.

## Lowered immune response

One of the more complicated physical reactions to stress is your body's lessened ability to fight off disease, whether it's a cold or a flare-up of a chronic condition.

## HOW TO LOWER STRESS LEVELS

In a survey of 3,000 people, it was found

that 25% of happiness hinges on how well you handle stress. And the most important stress management strategy was recorded as planning. This means anticipating what's going to stress you and having the tools in place to minimise the tension. Here are some more tips for managing stress:

## Improve your diet

By eating well-balanced meals and skipping junk food, you can improve your physical well-being and, in turn, your emotional health.

## Make time for exercise

Exercise is a phenomenal way of dealing with stress and depression and research shows that getting active can lift your spirits by increasing the hormones and neurochemicals that can improve your mood.

## Find fun ways to relax

Connect with family and friends and people you enjoy being around. Rediscover

favourite hobbies! Research published in one of the leading psychiatry journals linked pursuits that require focus, like making crafts, drawing, or even home repairs, with stress-reducing effects. Other popular stress-busters include yoga, meditation and pretty much all exercise.

## Time alone

Many mothers find it difficult to make time and save energy to care for themselves. Gone are most of the spa treatments, personal enrichment activities and even hobbies of the pre-child days once a woman's responsibilities multiply with the advent of motherhood. Sadly, many of us need this time to be alone, reflect, explore in a journal, and take care of ourselves to be in a good position to care for others.

Finally, if you feel overwhelmed by stress and its effects, talk to your doctor about ways to deal with it. You may learn new techniques for managing stress on your own, or you may find that therapy with a mental health professional will better help you to get it all under control.





# VEGAN FOOD IS EXPRESSLY FOR EVERYONE!

*The launch of the new PizzaExpress vegan menu on 14th March brings a really great way to let kids associate vegan food with their favourite delicious treat.*

Can you imagine asking your kids if they want to either order, or go out for a pizza and chocolate cake for dessert?! Most kids will jump at the opportunity, so it's fantastic news for families that from 14th March PizzaExpress is providing a great way to link a delicious, family favourite treat with vegan food. The implications are huge, in terms of getting kids (and parents) to experience how vegan dishes that are prepared with love are simply as delicious as any other quality food.

In terms of the health benefits, if you regularly include vegan dishes in your family's diet, you'll be consuming foods that include whole grains, fruits, vegetables, beans, peas, nuts and seeds. And in turn, these foods can contribute to a higher daily intake of certain beneficial nutrients. Vegan diets tend to provide more fibre, antioxidants, and beneficial plant compounds. They also appear to be richer in potassium, magnesium, folate, and vitamins A, C, and E.

## LAUNCH OF THE PizzaExpress VEGAN MENU

The PizzaExpress announcement that their limited edition vegan menu is launching on 14th March has been hotly-anticipated news among both foodies and mums who want their children to really enjoy 'clean' food. The full vegan menu is made using plant based products under a campaign called 'Go Green.' This is a collaboration with globally popular vegan brands Violife and Impossible Meat, who between them have built a unique community both in the UAE and around the world.

When brands like this make vegan products that taste just as good (if not tastier) than traditional meat and dairy produce, it resonates perfectly with the PizzaExpress mission of making delicious, hearty, healthy vegan products and dishes widely accessible to families.

## GOT A SWEET TOOTH?

If you and your kids love a chocolatey dessert, make sure to leave room for dessert from the PizzaExpress vegan menu and indulge yourselves in a delectable Fudgy Brownie or a Double Ganache Cake after your pizza of choice.

## THE FOOD SUPERPOWER TRIO

- Violife is a world market leader with 30 years of vegan product development and



production experience, with award-winning vegan alternatives to cheese brands.

- Impossible Foods makes delicious, innovative and award-winning meat from plants, which has a much smaller environmental footprint than meat from animals.
- PizzaExpress is all about Italian food, live music, stunning design and unforgettable experiences - and they've been serving food in style since 1965.
- Both vegans and 'flexitarians' (who enjoy all foods) love a great pizza - everyone does! However, not all styles of pizza are made in a way that really satisfies. Hence, PizzaExpress has curated this special limited-edition menu that retains the taste, authentic texture, nutrition and flavours of pizza, but without the common guilt factors that come with eating meat and dairy.

## REQUEST OTHER MENU ITEMS TO BE VEGANISED!

Adding another perspective to why vegan food has exploded in popularity, Prashanth Menon, Regional Director of PizzaExpress UAE says: "The switch to a plant-based diet is vital to avoid the worst impacts of climate change so, it's truly inspiring to be helping customers to be kinder to themselves and to the planet at the same time." He added: "If families have any other requests that will allow us to make

your vegan dreams come true, just let us know and we will do anything we can to help - if you dream it, vegan do it!"

## INTRODUCING KIDS TO DELICIOUS VEGAN FOOD

PizzaExpress is passionate about food and would hate for anyone to have to miss out on its deliciousness, which is why they make their pizzas, pasta and salads with the best dairy-free vegan cheese and nutrient laden plant-based meat. PizzaExpress is a place for everyone. In fact, they are obsessed with making good food, which in turn makes memorable experiences. (This is one recipe they haven't changed since 1965!)

You can choose to order in, or head out for a family pizza night and go for the full experience of starter bites, authentic pizza made the Italian way, and finish up with your choice of indulgent desserts. PizzaExpress has just launched what is arguably the most delicious vegan pizza menu in the country, meaning that families can enjoy discovering jaw-droppingly tasty flavours of vegan food crafted by skilled chefs. And the chances are, your kids will never know they are even eating vegan!

**This exclusive menu is now available in all PizzaExpress branches across the UAE, for both dine-in and delivery.**

# •PARENTING•



A look at how the environment affects a child's behaviour; using pacifiers; and tips on handling kids and their tech.





# HANDLING AGGRESSIVE TODDLER BEHAVIOUR

*Are you struggling with your toddler's outbursts? Here, Ella Ryan looks at some ways to tackle aggressive behaviour during this colourful phase of your child's life.*

As a toddler, a child will not have developed the necessary skills to deal with their feelings yet. They need you to show them how to healthily express their emotions and they need some guidance over how to behave. While the occasional temper tantrum is normal, there are plenty of things you can do to influence your toddler's behaviour positively. So, what are they?

## **SUPPORTING YOUR CHILD'S BEST BEHAVIOUR**

### **Teach house rules**

Children have no idea what rules to follow at home unless you clearly and persistently teach them. Establish consistent boundaries at home as this is the foundation layer for teaching good behaviour. Toddlers are naturally curious and want to touch and explore the environment around them. If there is anything valuable you don't want them to handle, be sure to hide or remove it. Consider making a specific area in your house where your child can play with books and toys so they are less likely to catch sight of forbidden items. Whenever children break an important rule, talk gently to them immediately so they can link together their action and the rule being broken.

### **Don't use threats**

Threats are not helpful. It's always more effective to positively reinforce the behaviour you want to see or to teach children alternative behaviours than to say something like "stop that or...". It's important to ask toddlers to use their words instead of acting out next time they feel angry.

### **Distractions can be good**

Sometimes it's helpful to distract your child. As long as you're not offering them bribes to behave differently (especially sweet snacks), distraction can be a positive tool to reframe your toddler's focus. There's nothing wrong with intentionally changing their focus in order to calm down and then talk about the issue using words once they have settled.

### **Don't expect self-control**

Toddlers lack self-control because they simply aren't developed enough to have it. Toddlers need you to remind them (probably many times!) not to kick, hit or bite when they are angry but instead, to express their feelings through words.

### **We don't hurt each other**

Make sure to supervise your toddler particularly around any disputes with



playmates. If the disagreement is small, don't get involved and let the children solve it on their own. However, if the disagreement becomes physical, the children definitely need your intervention. Gently separate the children until they have calmed down. Be calm, be firm that it doesn't matter who "started it". There is no excuse for hurting each other and you won't allow it.

### **Alternatives to fighting**

In place of fighting, teach your child to say "no" in a firm voice or teach them to turn their back or find compromises instead of pushing and shoving. This equips your child with skills to settle differences with words rather than violence and to uphold their own boundaries without hurting others.

### **Praise good behaviour**

Make sure to always say "great job" when your child behaves well or tries to use their words when upset. Praise your child for these behaviours and make a point of telling them how well they are doing and how proud you are of them for it.

### **Time-outs are okay**

When you're wound up and upset, it's a good thing to pause and de-escalate your feelings. Toddlers are no different. There's nothing wrong with using a time-out when your child's behaviour is inappropriate or when they are overwhelmed, upset and acting out. It provides routine in tense situations and gives everybody a chance to calm down before

addressing the disagreement. It also sends your child the message that their behaviour is not acceptable and they need time to reflect on it.

### **Control your own temper**

One of the best ways to teach your little one about appropriate behaviour is to model what you want them to do. Children copy what they see, so if you express your anger in quiet, peaceful ways, your child will too.

### **Show consistency**

Although disciplining your toddler is never pleasant, it's simply a part of parenting! Remember that your child will grow from



learning to understand what they have done wrong and what to do next time. They will benefit from being shown how important it is to take responsibility for their actions and accept the consequences. If your child senses mixed feelings from you, it can be confusing and they may convince themselves that they didn't do anything bad after all.

### **THE DIFFERENCE BETWEEN DISCIPLINE AND PUNISHMENT**

Many people assume that discipline and punishment are the same thing but they are not.

Discipline is a way of teaching. It provides lessons and enhances a positive parent-child relationship. When you discipline, you should give your child praise along with instruction in

a firm tone, with the intent of improving his or her behaviour. On the other hand, punishment is negative. Punishment is when you dish out an unpleasant consequence because your child does or doesn't do something.

### **NEVER HIT, SHOVE OR SHOUT AT A TODDLER.**

Remember, up to the age of three and sometimes later, children don't understand the concept of punishment. Setting limits is a much better approach - most children will respond to clear, calm and consistent boundary-setting.

### **WHEN TO SEEK HELP**

If your child is unusually aggressive for

longer than a month or so and you find yourself struggling to cope with it on your own, consult your paediatrician. Other warning signs include:

- ✓ Physical injury to themselves or others
- ✓ Attacks on you or other adults
- ✓ Being sent home or not being allowed to play by neighbours or school
- ✓ The frequency of outbursts

Progress may be slow, but stick with it and you will see changes! Keep in mind that the best way to tackle aggressive toddler behaviour is to give your child a stable, secure home life with firm, loving discipline and full-time supervision.



# CHANGE THE ENVIRONMENT, CHANGE THE BEHAVIOUR!

*Kids will behave one way at home, another way at school and differently again in public. Let's take a look at how changing the environment changes behaviour.*

When children start life as babies, they communicate what they want and need by crying, and you are there to meet all their needs. When they are hungry, tired, or want your attention, a toy or a book, they get used to the idea that they just need to cry out, and they'll get what they want.

With the advent of the toddler years, they are able to use some words, but are still learning to put words together into sentences. So, it's often easier to get your attention by acting out, as they know this works! Children will often use the strategies that have worked for them in their early years as they get older, by which time it can manifest in some behaviours that can be tough for both mother and child to handle, such as crying, screaming, getting frustrated. (The child, that is!)

If your child is behaving in a way you don't like, it's a good idea to look at what's going on in your child's environment. If you change your child's environment, you can often change your child's behaviour.

Changing the physical environment can include the timing of activities, your requests and instructions, as well as the actual location. Changing the environment can also just mean making small, manageable changes to what's happening around your child. It doesn't mean moving house, changing the furniture, installing expensive play equipment and so on!

## WHAT IS YOUR CHILD'S ENVIRONMENT?

When it comes to children's behaviour, the environment just means the little things around your child. Your child's 'behaviour environment' includes:

- ✓ Their location – for example, at the park, at home, at the supermarket
- ✓ Toys, books and play equipment, but also other things you might not want them to play with
- ✓ Other children or siblings and how they're behaving
- ✓ Sensations like noise and light
- ✓ The time of day
- ✓ Your requests and instructions
- ✓ These things can influence your child's behaviour and even trigger unwanted

behaviour sometimes. For example, it's normal for your child to:

- ✓ Want to play with the things around them
- ✓ Explore the surroundings
- ✓ Feel tired if it's nap time
- ✓ Feel overwhelmed if there's a lot of noise or activity
- ✓ Not want to share her favourite toys
- ✓ Not follow your instructions if she doesn't understand them

## CHANGING YOUR CHILD'S PHYSICAL ENVIRONMENT

Here are some ideas for changing the physical things in your child's environment to help your child behave the way you want.

### At home

- ✓ Move fragile or expensive items out of sight and reach - this is important for safety as well as good behaviour
- ✓ Make a 'quiet space' for your child to use when he feels overwhelmed. This could just be a special cushion with some of your child's favourite books nearby
- ✓ Make sure screens like tablets and TVs are off when you need your child to focus on something like getting ready for school in the morning

### Out and about

Choose a safe outside space, which might include a garden, the park, or a communal play area, for example. You'll be less stressed, and your child's activities are less likely to upset others.

On car, train or bus journeys, change around where you all sit! For example, have one parent sit between two children. Or let one child sit next to a window for a while, then change.

For a family day out, look for places that have things that both you and your child will enjoy - for example, a playground for your child and a coffee shop for you.

Use music to change the environment on a car trip. You can play upbeat music if your child is bored, or soothing music when you want her to settle.

## Toys and belongings

Install a child gate on the door of an older sibling's room. This will give the older child some time playing with toys, undisturbed by a younger sibling.

Put your child's favourite toys in a place that he can reach. This way he won't be tempted to climb or get into unsafe places when he's looking for his toys.

Help your child choose and put away toys she might not want to share with visiting children.

## Changing the timing of activities

You can change your child's environment by changing when things happen. Here are some ideas:

- ✓ Encourage quiet, calming activities before bedtime
- ✓ Take your child grocery shopping after an afternoon nap
- ✓ Get up earlier to reduce pressure and stress in the morning rush for school
- ✓ Start bath time earlier to avoid tantrums about getting out of the bath
- ✓ Plan frequent breaks on a long car drive

## Changing your requests and instructions

You might be able to change your child's behaviour by changing the way you tell or ask your child to do things.

An instruction is when you tell your child to do something. If you give clear, short and simple instructions, your child will know what's expected of him – for example, *'Please hold my hand when we cross the road'*. But children can feel overwhelmed or rebellious if there are too many instructions.

A request is when you ask your child to do something. For example, *'Could you set the table, please?'* Your child can choose to say yes or no to a request. Requests give your child choices and a sense of control, which might make your child more likely to cooperate.

It's a good idea to aim for a mix of instructions and requests...and try to use requests more often than instructions, as children instinctively want to please you!

# WHEN DOES BABY NEED A PACIFIER?

*The benefits of pacifiers are well known to include soothing and comforting babies. That said, there are a few potential side issues associated with them.*

Babies have an instinct to suck without receiving milk and this reflex is incredibly soothing for them. You may have noticed your little one sucking a thumb on the ultrasound or you might even see them attempting to put a finger or thumb in their mouth as a newborn.

A pacifier can be given to your baby as something safe to suck for comfort. As a parent, it's important to know that there is no right or wrong choice. Some people hate pacifiers, others love them. Some babies refuse them, others never want to give them up! It's a matter of personal preference - but it's good to understand both the positive and negative effects so you can make the decision that's best for your child.

## WHAT ARE THE BENEFITS OF A PACIFIER?

Pacifiers have a number of obvious benefits in helping babies feel relaxed and helping you keep things manageable as a parent. However, let's take a look at some of the more specific ways a pacifier can be useful. These are:

### Bedtime routine

Pacifiers can be very useful for reducing how much your baby cries. This is particularly good if your baby needs help calming down or falling asleep at

bedtime. It also encourages your little one to self-settle by providing them with enough comfort to be able to go to sleep alone.

### Emergencies

Pacifiers can also come in handy as a distraction in an emergency. Every parent has moments where they need a way to immediately help their crying baby, whether it's over sore gums from teething, loud noise in a public place or even during immunisations. In these tricky situations, pacifiers can be a great tool for parents to rely on to help their little one feel safe and soothed.

### Bottle feeding and settling

If your baby feeds from a bottle, they will likely need to suck for longer than the milk lasts in the bottle. Giving your child a pacifier when the bottle is empty can help them feel more settled after their feed. Once they feel this, your baby will likely spit the pacifier out, so if this does happen, resist the temptation to put it back in! Only put it back in if they truly need it.

## WHEN TO START

Pacifiers can be given any time from birth up to toddler age. Those who are bottle fed can



start using a pacifier earlier than those who are breastfed. If you are breastfeeding your little one, only give a pacifier once your baby has learnt to latch correctly and nursing is well-established between you. Be mindful not to use the pacifier too close to feeding time as this can confuse your baby and cause issues with the amount of milk they are willing to drink. Whatever timeline you choose to follow, just remember that every baby is unique and will adapt in their own way to this new experience you've introduced to them!

### Important to remember

Make sure to have several of the same types of pacifiers on hand as they tend to be misplaced or get dirty easily! Always take care to clean and sanitise your child's pacifiers regularly to make sure bacteria doesn't grow.



## OTHER COMFORTERS

The natural sucking reflex disappears around three months as your child's awareness increases. This means by four or five months old, your baby might have other ways to calm and ground themselves. These can include rubbing cloth tags, sucking knots on toys, patting or rubbing their head on the mattress, turning their head from side to side or cuddling a soft toy. It's a good idea to foster these alternative methods of soothing so that giving up the pacifier is easier.

## WHAT TO LOOK OUT FOR

There are many benefits to sucking a pacifier, but there are some potential side

effects that are important to be aware of. Spending lots of time sucking on one can raise the likelihood of ear infections due to the bacteria it adds to your baby's saliva. For older children who still use a pacifier during the day, it can interfere with the way they form words and sounds, leading to speech development issues.

## SAYING GOODBYE

The day will come when you and your baby are ready to stop using a pacifier. You have a number of options on how to do this. Depending on your child's age and understanding, you can simply have a goodbye ceremony and get rid of all the pacifiers in one go, so that there

is no turning back. Other children may find it easier to wean off using it slowly. Introduce another comforter such as a cuddly soft toy while your baby still sucks a pacifier. Then slowly reduce the amount of pacifier use while putting a greater emphasis on the other comforter. Reduce pacifier sucking down to just at bedtime. Then progress to removing the pacifier before your child is fully asleep. Consistency is key! It should take about three weeks for your child to learn a new way to calm, at which point you can stop using a pacifier permanently.

Parents who understand that pacifier sucking has good and bad effects are in a better position to choose mindfully about using them and giving them up when the time is right.

# TIPS FOR PARENTS ON KIDS & TECH

*Technology can be empowering for kids but can impact their development too. How can you balance this and make technology work for your family?*





In the digital age we live in, parenthood involves more than just helping a child navigate the real world. It now means guiding them through the virtual one too. It's clear that technology is here to stay, so it's essential to teach kids to use it in a healthy way, by developing skills and habits that shape them into successful digital citizens. Let's delve into what that means.

## HOW TO HANDLE ONLINE MEDIA AT HOME

### Create a family media use plan

Media should work for you, your household values and your parenting style. When used moderately and appropriately, it can be a great tool and enhance everyday life. Unfortunately, it can sometimes displace more important activities like face-to-face interaction, family time, outdoor play, exercise, unplugged downtime and sleep. So it's essential to use it well and a family plan can provide ground rules and structure to make this happen.

### Treat all environments the same way

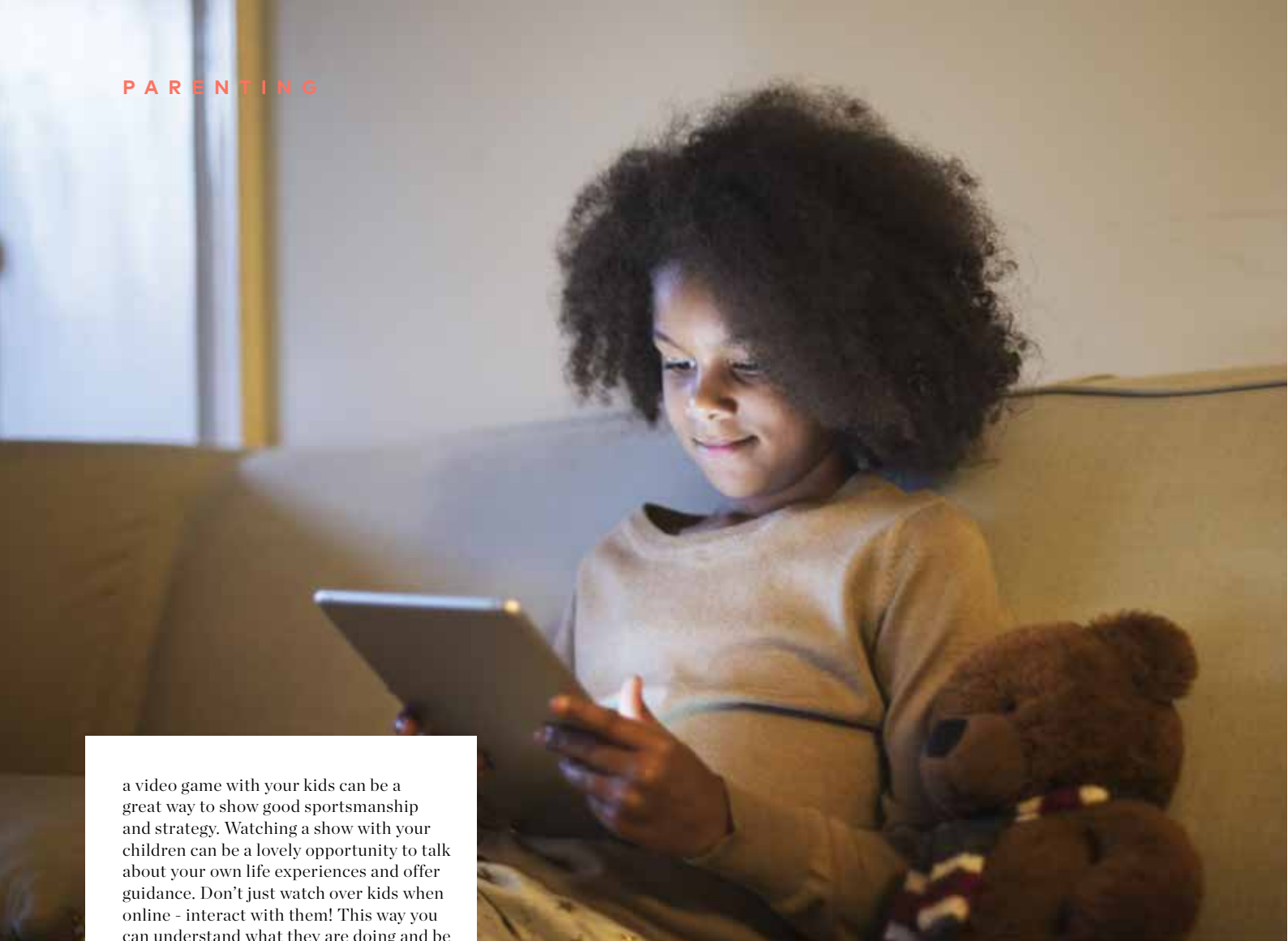
The same parenting guidelines apply in both real and digital environments. Set limits; kids need them, expect them and respond well to them. Know your children's friends, both online and off. Know what platforms, software, and apps your children are using. Keep an eye on what sites they visit and what activities they take part in online, exactly as you would in the real world.

### Have limits and prioritise playtime

Like any other activity, it's a good idea to have reasonable limits around media use. Playing offline, in an unstructured way, is really important for children - it stimulates creativity and mental relaxation. It's really healthy to make unplugged playtime a priority every day and it promotes better concentration, self assuredness and mental resilience.

### Share screen time

Watching, playing and engaging together during screen time encourages happy social interactions, bonding and learning. Playing



a video game with your kids can be a great way to show good sportsmanship and strategy. Watching a show with your children can be a lovely opportunity to talk about your own life experiences and offer guidance. Don't just watch over kids when online - interact with them! This way you can understand what they are doing and be a part of it.

### Set the right example

When you model discipline and good manners around media, children will pick that up and copy it. This extends to limiting your own media use. Less media time for everyone means you'll all be more available for together time. Strong relationships are built from making time to interact with your kids without the distraction of screens and phones.

### Face-to-face communication

Very young children learn best through two-way communication. Speaking back and forth is critical for language development, even when your baby is simply babbling and making sounds. Conversations can be face-to-face or by video chat if a parent or grandparent is abroad. Research tells us that it's the two-

way exchange that boosts language skills, much more so than just listening or the one-way interaction of a screen.

### Media use for younger kids

When toddlers are younger than eighteen months, avoid digital media use aside from video chatting. For children between this age and two, watch digital media with them because this way they can learn from watching and talking with you. Keep screen use very limited for children between two and five - up to an hour of high-quality programming per day. Watching these programmes together with parents is healthier for young children. They learn best when what they have just learned through a screen is then re-taught in the real world. So, if the programme looks at the numbers 1-3, repeat this lesson later when you are having dinner or spending time with your child.

### Tech-free spaces

Family mealtimes, other family and social gatherings and children's bedrooms are best kept screen free. Turn off televisions that aren't being watched as even background TV can interfere with face-to-face time with kids. Charge devices overnight, outside your child's bedroom. This helps them avoid the temptation to use their devices when they need to be asleep. These practices encourage more family time, healthier eating habits and more restful sleep.

### Technology as a distraction

Media can be very good at keeping kids calm, quiet and distracted as part of a number of ways your children learn to settle themselves. However, it's better if it's not the only way. Children need your guidance on how to name and handle their emotions.

It's good to teach them to calm down through breathing and talking when upset. Technology is not a substitute for these things and it's important to find strategies other than media for emotions.

### Research apps

There are over 80,000 apps that are marketed as educational, but there is very little research demonstrating their actual quality. Apps labelled "interactive" should involve more than just pushing and swiping. Look up reviews around age-appropriate apps, games and programs or talk to your peers to gather your own information, so you can make the best choices for your children.

### Teenagers and online time

Digital relationships are part of the modern teenage experience. Social media can support their social connection and allow them to explore more about themselves but it can also be a negative space. It's

good to make sure your teen is behaving appropriately in both the real and digital world. Lots of teens need to be reminded that a platform's privacy settings do not make things actually private and that images, thoughts and comments shared online will forever be a part of their digital footprint. Keep lines of communication open and encourage them to ask questions or share their worries.

### Digital safety

It's healthy to talk to your child about the importance of privacy and the dangers of online predators. Teens should be taught that once content is shared with others, they can not delete it completely. This includes sending or sharing inappropriate pictures. Your child may be unaware of privacy settings. Explain clearly that predators use social media, chat rooms and online gaming to contact children. It's important to have these conversations and to make sure your child follows your agreed digital safety rules.

### Mistakes will happen

Kids are bound to make mistakes while online. React with empathy and turn a mistake into a teachable moment. Certain things such as bullying or posting harmful images may signal a deeper issue. Nobody cares more about your child's digital wellbeing than you, so be sure to monitor your child's behaviours carefully. Don't be afraid to seek out professional help if that's something you think your child needs.

### FINALLY...

Teaching children to use technology healthily can help them learn in fun and engaging ways, express their creativity and stay connected to others. Parents who are aware of online safety and the negative effects of too much screen time are better able to prioritise face-to-face connection and set their kids up for the best outcomes.



# •EDUCATION•



This month we  
take a detailed  
look into the major  
developmental  
benefits of nursery  
school.



A woman with blonde hair is sitting behind a young child with dark skin and curly hair. They are both focused on playing with colorful plastic building blocks on a light-colored table. The child is wearing a red and black patterned shirt. The woman is wearing a white top. In the background, there is a framed picture on the wall.

# NURSERY SCHOOL & CHILD DEVELOPMENT

*Nursery school can play an important part in your child's early development. Here, we look at a few of the most common advantages of nursery.*

The human brain develops the majority of its neurons in the first five years of a child's life, which is why a baby's brain development is so crucial. During this time, a child's brain undergoes rapid development; building the child's cognitive skills, social-emotional capacity, gross-motor skills and executive functioning – which includes everything from impulse control to problem-solving. The intake of new information is critical to the formation of these neural pathways, and as such early education is hugely important.

Research has shown that children who attend early learning programmes demonstrate improved social skills, higher levels of school achievement, and enhanced attention spans. Children taught how to speak a second or third language during their early developmental years will also show higher levels of academic achievement across all subjects in later years.

Yet some people still have reservations about the importance of formal early childhood education and cite their child being too young or not ready as the main reasons for not opting for a nursery. Deciding to send your child to the nursery can be a difficult decision to make, for others, it may not be a choice but a necessity due to returning to work. Regardless of you questioning the benefits of early education, or being guilt-laden for having to return to work, you can be assured that the positive benefits of formal early years education will have a direct impact on your child's development now and later on as well as they progress to big school.



## WHY SEND YOUR CHILD TO NURSERY?

### Social skills development

Little kids usually get excited at the idea of playing with their friends, but it is also a way to learn a lot from mixing with other children. Interacting socially with other kids paves the way for learning how to get on with people when they are older. As they grow, they will find it natural to engage with their peers, as well as form friendships.

### Nursery encourages playtime

Your child gets the opportunity to play and learn in a group and benefit from playing with other children. This in itself can help them to gain confidence and develop their social skills. Your child's nursery will likely introduce your children to different kinds of outdoor activities that will help them to develop healthy habits. Both indoor and outdoor play is important, as children develop muscle control, balance and coordination. The range of messy play activities at a nursery is far greater than is usually done at home, including playing with water, sand, paint and glue.

### Structured learning and care

Staff in the nursery are trained to create and maintain a secure and stimulating environment for your child's development. Some studies have also found that children who had spent three years or more in nursery education could advance their academic attainment by up to a year or two over those whose parents kept them at home until the age of five. There is also the added benefit of spending one-to-one time with a member of staff.

### Preparation for school

Children benefit from mixing with other kids and will therefore be more prepared and better equipped when it comes to starting school. They will also adapt easily to a learning environment, have greater social skills, and they will feel more secure in a different environment.

A nursery will have also helped your child develop confidence in relating to adults. On another note, a nursery

will have encouraged your child to find and use a tissue for their nose, wash their hands, tidy toys, and realise they sometimes have to share toys, wait for things and take turns. Furthermore, they will be taking part in activities that build on their abilities, interests, and propel their learning to greater heights.

### Benefits for you too!

Your children are being looked after by nursery teachers who have had a decent night's sleep, enjoy their work and are paid to change nappies, manage tantrums and clear up food thrown on the floor. Parents feel more relaxed after having a break from their children, which can only be a good thing for both parent and child.

Nursery workers witness the behaviour of our children from a completely different perspective and through experience. With this in mind, you can gain a lot from talking to your child's nursery teacher about how your child is developing at school and they will almost always have valuable insights into your child's progress.



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# GOOD LIVING •



We're featuring lots of ways to pamper your mums and aunties this month, as well as a bumper competition section!



## MOTHERS' DAY GIFT GUIDE

Here are Ella Ryan's gift idea picks for Mothers' Day, whether you're buying for a friend, a sister, an auntie, your mama or yourself!



## UNFORGETTABLE EXPERIENCES FOR MUMS AT W DUBAI – THE PALM!

Don't get me started on how much I love a pampering spa treatment to relax, revive and refresh after a long week...or even month. Mums everywhere feel at their best when they're well rested and relaxed, so simply making time for a lovely relaxing lunch hits the spot in a totally different way. That's why my top pick for Mothers' Day is what's happening this month at W Dubai - The Palm.

The month of March is all about the ladies at W Dubai - The Palm, because this iconic hotel is providing an array of what I think are perfect packages and experiences for mums across its stunning venues. Trust me - and be prepared to be seriously pampered at AWAY Spa, indulge in a vibrant buffet selection at LIV, or take an afternoon to relax and soak up the sun at the recently opened Lido by Torno Subito.

Available from now until March 31st, you can tune out at AWAY Spa with a rejuvenating 60 minute Comfort Zone Facial, for only AED 500. Perfect for deep cleansing, age protection or sensitivity, AWAY Spa's Comfort Zone Facial is designed to provide whatever the individual skin needs. And for ladies looking to experience an Italian Riviera holiday vibe, Lido by Torno Subito is the perfect spot. Throughout March, discover the seriously playful beach destination, and enjoy complimentary beach access and a welcome drink to set the relaxing mood that you deserve!

Maybe most of all, I'm looking forward to the fabulous Mother's Day Sunday Roast at LIV. It's all about discovering an incredible selection

of vibrant live cooking stations and luscious desserts (with free-flowing beverages), while the little ones have access to the Games Room.

### MOTHER'S DAY PACKAGES

- Tune out at AWAY Spa with a rejuvenating 60 minute Comfort Zone Facial
- Games Room access for children above 4 years' old
- Maximum two children per booking
- Daily, from 10.00am – 10.00pm, 1st March - 31st March
- Priced at: AED 500

### Mother's Day Sunday Roast at LIV

Taking place on Sunday 27th March, 2022, 1:00pm-4:00pm, LIV is where you'll find a showstopping buffet selection featuring vibrant live stations, bottomless drinks and delicious desserts. The little ones will also have access to the Games Rooms! The prices are: AED 295 including soft drinks; AED 395 including house beverages; AED 495 including bubbles. Kids below 12 years dine for free!



## LUSH HANDMADE COSMETICS MOTHERS' DAY COLLECTION

My mum is a Wonder Woman! For this reason, I was excited to see that this Mother's Day, LUSH Fresh Handmade Cosmetics have launched a cool collection of pampering goodies. Of course, all mums are wonder mums, so they can all indulge in an amazing selection of aromatic shower and bath essentials that truly pamper all mums, just as they deserve! LUSH is going all-out with their Mother's Day Collection so you can shower the mother figures in your life with the best of all-natural products including bath bombs, shower gels, body wash, soothing eye masks and indulgent gift sets. It's bubbles all around with these exciting LUSH products!

*The LUSH Mother's Day collection is available across all LUSH Stores and online at: [mena.lush.com](http://mena.lush.com)*

## A CLEVER 2-TEXTURE LIPSTICK BY JUST B COSMETICS

As Mother's Day approaches, I'm usually on a quest to find the perfect gift and I know my mum loves things that are more personal than generic flowers and chocolates. Lip Spectrum by Just B Cosmetics is a perfect lipstick range to match every mood and look, as well as being formulated for all skin tones. Lip Spectrum actually has two textures in every lipstick and shades that can be mixed and matched to create different looks and finishes. Each Lip Spectrum has a Pigment Fluid for a blurry matte finish; and a Pigment Glaze that has a smoothing, creamy finish. The formula is enriched with high-quality ingredients like Vitamin E, beeswax and sunflower seed oil that protect and nourish the lips.

*The Lip Spectrum range is available in five colour families and ten delightful shades, available online at [justbcosmetics.co](http://justbcosmetics.co)*



# EVERY MAMA LOVES A SHOE!



Does your glamma mama love luxury shoe brands such as Nicoli, SJP or Manolo Blahnik? Or do you want to treat yourself to an iconic shoe to remind yourself who you are outside of your role as a mother?! If shoes ring your bell, check out a couple of my ultimate picks for a really special and memorable gift! Nicoli are well known for their

bespoke designs that last through every season - shimmery sandals and glittery heels that are glamorous yet comfy. You'll find a fantastic range at Dubai Mall, Mirdif City Centre, Dubai Festival City, Souq Qaryat, Abu Dhabi Mall and Yas Mall.

If, like me, you are targeting something really glam, I'd recommend SJP by Sarah Jessica Parker. A pair of exclusive SJP shoes will surely delight any stylish mum - and who wouldn't want to flaunt this coveted shoe brand! An amazing selection is available at the SJP flagship store in Dubai Mall, Level Shoes

and also online at [instarunway.com](http://instarunway.com). Of course it was SJP herself that helped to create an iconic status around the Manolo Blahnik brand. So if you want to celebrate Mother's Day with a classic gift, a Manolo Blahnik piece from the Spring Summer 2022 Collection is the ultimate gift for fashionista mums.

*You'll find what you're looking for at the Manolo Blahnik flagship stores at Dubai Mall; The Galleria Maryah Island Abu Dhabi; Level Shoes and Harvey Nichols.*



## PREFER TO CREATE YOUR OWN LITTLE GIFT HAMPER?



If you know that your mum loves to have a regular routine of using natural products, then I recommend two to add to your gift hamper! The first is Dabur Amla Therapeutic Oil Hair Growth, because we know the water in this region can be harsh on our hair. This product is enriched With Pure Amla, Sweet Almond, Aloe Vera and more than 15 herbs - leaving hair with the most amazing softness and shine!

My second hamper pick is...well...any of the products from the DermoViva Superfood range! DermoViva is the first skincare brand in the Middle East to launch a Superfood range of products to care for skin. The collection includes Body Smoothie lotions, Body Dessert Creams, Face Masks, Scrubs and Face Wash for anyone who demands natural, safe and chemical-free products in their regular skincare routine....and that sounds a lot like MY mum!

*You can pick up both the Dabur Amla Therapeutic Oil Hair Growth and the DermoViva Superfood in all the leading supermarkets in UAE and online from Amazon and Noon.*

# COMPETITIONS

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

## WIN! A HANDCRAFTED PREMIUM ARTBOX FROM KIDZ LOVE ART, WORTH AED 500



Kidz Love Art is part of the homegrown concept We Love Art, that gives everyone the opportunity to paint. One lucky winner will receive an exclusive Kidz Love Art Box equipped with an easy-to-do kit, including a 30x40 cm canvas, high quality materials and detailed guidance to create a masterpiece. It not only offers a fun way to nurture your child's creative spark, making them feel like a true artist, but it also gives them experience and encourages them to create amazing art at home.

## WIN! A HAMPER OF NATURAL SKINCARE PRODUCTS FROM CORINE DE FARME, WORTH AED 500

Corine de Farme, the award-winning skincare brand from France, offers a range of skincare and beauty products that cater to the entire family, especially keeping in mind the sensitive skin of babies and children. You'll find products that are enriched with 100% natural extracts, and are also tear-free, hypoallergenic, paraben free, dermatologically tested, lightly scented and of great value. One lucky person will win a hamper brimming with Corine De Farme products, including a sulphate free shampoo, body wash, body lotion, baby wipes and more.



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

## WIN! A HAMPER OF NATURAL SKINCARE PRODUCTS FROM HERBAL ESSENTIALS, WORTH AED 500

Herbal Essentials creates cruelty free, high-performance skincare products with plant-active natural ingredients for clean and confident skin. As experts in hydration, the brand uses water that is sourced from the Himalayas and naturally filtered through 26,000 feet; ensuring that each product contains three key minerals that help skin cell renewal, boost antioxidant production and locks in moisture. One lucky winner will receive a hamper packed with a full set of products that are perfect for any skincare lover and clean beauty enthusiast.



## WIN! A GIFT VOUCHER FROM CHAMPION CLEANERS, WORTH AED 500

Champion Cleaners, the premium dry cleaners and laundry providers best known for quality service, is offering you the chance to win a gift voucher worth AED 500. The brand offers their expertise to get your home and kids' items in top shape, with services including shoe and bag restoration, baby car seat cleaning and sanitisation, soft toy cleaning and comprehensive mattress solutions. The team accomplishes this by utilising cutting-edge technologies, providing free pick-up and delivery and offering additional benefits to ensure a hassle-free and easy experience.



**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!

## COMPETITIONS

### WIN! ONE OF THREE FESTIVAL CITY MALL GIFT CARDS, WORTH AED 500



Three lucky winners will receive one gift card each, to enjoy a good dose of retail therapy at Dubai Festival City Mall. Shop international and homegrown brands and experience live

entertainment perfect for families. Discover a range of beauty, fashion, F&B, electronics, home and interior outlets such as the iconic IKEA. Visit fun venues such as Novo Cinemas, Bounce-X and Fabyland to catch the latest action before completing the night with the spectacular, ever-changing laser, light, water multi-sensory extravaganza that is the IMAGINE show.

### WIN! A CLEANING HAMPER FROM DISINFECTANT BRAND ZOFLORA, WORTH AED 500



Here to help bring magic to your cleaning routine, Zoflora is giving one lucky winner a hamper of their delightful products. Zoflora not only kills

99.9% of bacteria and viruses that cause illnesses and bad odours, but also leaves your home with a beautiful, long-lasting fragrance. A little goes a long way too, with one 500ml bottle making 20 litres of ready-to-use disinfectant when diluted in water. With over six fragrances to choose from, there's a scent to suit every room and mood.

### WIN! AN ALPINE FEAST FOR THE WHOLE FAMILY AT PUBLIQUE, WORTH AED 500



Take the family to one of Dubai's favourite Alpine experiences in the heart of the city, now offering a new kids' menu. Publique fuses together a vibrant bar and restaurant, with every detail of the interior evoking the warm and rustic splendour of a mountain lodge, including a traditional wooden bar, a gondola DJ booth and a chalet-style terrace boasting pristine views onto the Arabian Gulf. Win a table for four and make it a perfect destination to take the kids for a delightful family meal out.

**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!



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